

AVALON PARK

An Independent Living Neighborhood

April 28, 2024 – May 4, 2024



QUOTE OF THE WEEK

“NEVER WASTE ANY AMOUNT OF TIME DOING ANYTHING
IMPORTANT WHEN THERE IS A SUNSET OUTSIDE
THAT YOU SHOULD BE SITTING UNDER.” – C. JOYBELL

AVALON PARK
11001 COTTLEVILLE TRAILS DRIVE
COTTLEVILLE, MO 63304
WWW.AVALONPARKSL.COM



AVALON PARK

Daily Program Schedule



Sunday, April 28, 2024

8:00 AM **Indoor Walking Club** **Meet in the Lobby**

Walking Club



Join us this morning to track those "laps". Since the building is shaped like the letter "L" that means that "1 Lap" will equal "1 L-Shape". Begin at the Fitness Center and walk to one end of the hallway to get started. And...GO! Each L-Shape is .10 Miles, so 5 L-Shapes is ½ Mile and 10 L-Shapes is 1 Mile.

TIMES VARY **Church Transportation** **Meet in the Lobby**



CHURCHES

St. Joseph's Catholic Church
Calvary Church on Mid Rivers
Chapel of the Lake

LEAVE TIME

8:15 AM
8:15 AM
10:20 AM

PICK-UP TIME

9:40 AM
10:00 AM
12:20 PM

Avalon's Sunday Brunch

Brought to you by Chef Cam & Chef "D"
10:00 AM – 1:00 PM



Knitting & Crocheting Club



Meet at 12:15 PM in the Lobby

We are Knitting & Crocheting baby blankets, booties, and hats for the Mother's Day Donation Drive for Birthright! Keep up the great work!

Sunday, April 28, 2024 – Cont'd

MAHJONG WITH MARCIA

12:15 PM in the Fitness Center



BINGO at 2:00 PM

In the Orchard Room! Today's Caller: Don S.



Sunday Resident Pizza Party Announcement!

Sunday Pizza Parties are a resident planned event. The Residents who are collecting the money for the Pizza Party tonight will announce it during Bingo. They will let you know where they will order from. Usually, it's \$8-10 per person.

These parties are BYOB! *The kitchen is off limits!*



AFTERNOON FITNESS OPPORTUNITY HEART & SOUL FITNESS VIDEO

4:00 PM in the Fitness Center

The Concierge will set up the video for you!
Go to YOU TUBE. Search: Heart and Soul Fitness.



ATTENTION ALL PINOCHLE PLAYERS
WE MEET AT 6:00 PM IN THE FITNESS CENTER
Questions? Contact Sandy M.



AVALON PARK

Daily Program Schedule



Monday, April 29, 2024

****Please take note that many program times have changed this week due to Golden Games.****

Avalon Park has a Mending Company!

Monday is Drop Off Day at the Craft Center!

Need a hem, a button sewn? We can help! (No Jeans Please.)



8:00 AM

Indoor Walking Club

Meet in the Lobby

Walking Club



Join us this morning to track those "laps". Since the building is shaped like the letter "L" that means that "1 Lap" will equal "1 L-Shape". Begin at the Fitness Center and walk to one end of the hallway to get started. And...GO! Each L-Shape is .10 Miles, so 5 L-Shapes is ½ Mile and 10 L-Shapes is 1 Mile.

Rise and Shine Errands with Mark

8:45 AM – 11:00 AM

Make suggestions like Merry-Go-Round Resale, Nail Spas, Banks, YMCA, Walgreens, CVS, Grocery Stores, Target, Walmart, or others.



Hangman Challenge with Sada
****10:15 AM in the Orchard Room****

10:30 AM

Fitness Class with Colleen

Fitness Center



This class is one where you will learn stretches, use weights, balls, and straps. Fitness not only stimulates both hemispheres of your brain; it also helps strengthen body's posture, alignment, balance, and patterns of movement.

Monday, April 29, 2024 – Cont'd

Last Day for the Mother's Day Quilt Raffle!

Buy tickets at 11:00 AM in the Orchard Room

Wii Bowling League

11:15 AM in the Fitness Center



Golden Games 2024: Texas Hold Em!

Leave Avalon at 11:30 AM

Good Luck Avalon Players!! Be sure to eat a good healthy Breakfast this morning!



Crafts with Sada: DIY Ring Dishes

11:30 AM Craft Center

These make the perfect gift! Be there!



Weekly Facebook Photo Workshop with Sada!

See you in the **Orchard Room** at **1:00 PM**

Let's review this week's photos taken at Avalon Park during daily activities, parties, classes, and events. If you have taken photos, bring them! Let's get them posted!



AVALON PARK

Daily Program Schedule



Tuesday, April 30, 2024

Golden Games 2024: *Pinochle Players!*

Leave Avalon at 8:15 AM

Good luck Avalon Players! Be sure to eat a good healthy Breakfast this morning!



9 AM-3 PM Doctor's Appointments with Mark Meet in the Lobby



This is a complimentary service. *All appointments requested for this service must be within a 10-mile radius and written down in the Doctor's Book in the Lobby by 4:00 PM the day before the appointment so proper travel accommodations can be scheduled for each resident.

Bible Study with Chaplain, Kyle Schmidt

"Revelation, a book of encouragement for the patient endurance of the saints."

*** 9:30 AM in the Library on the 4th Floor***

Brain Hangman with Sada

9:30 AM in the Orchard Room



10:30 AM Heart Healthy Fitness Class with Katie Fitness Center



This class will incorporate simple exercises with weights, balls, and straps to strengthen muscles, tendons, and bones. These stretching methods can improve balance and tone your whole body.

Tuesday, April 30, 2024 – Cont'd

GOLDEN GAMES PRACTICE

MEET KATIE AT 11:15 AM IN THE LOBBY
FOR A 1 MILE WALK AT A NEARBY TRAIL!

Wii Bowling League

11:15 AM in the Fitness Center



Meditation Class with Sada @ 11:30 AM Library



When we train our awareness both internally and externally, we increase our capacity to act with wisdom, no matter what life throws at us.

Birthday Celebration for April

12:30 PM LINGO BINGO!

SADA IS AT IT AGAIN

1:30 PM HAPPY HOUR

FEATURING: DRINKS & CUP CAKES

2:00 PM SINGER & VIOLINIST

TOM WINTER

**BINGO
LINGO**



Tom began studying violin at the age of six. In 2013 he freelanced at numerous venues around St. Louis. He holds a Bachelor of Arts in Music from Lindenwood and has been teaching the after-school 5th grade orchestra program for the Webster Groves School District since 2019. He mixes a classical style with a loose, improvised, and energetic tone!



AVALON PARK

Daily Program Schedule



Wednesday, May 1, 2024

Good Luck Jack Skilling at the Golden Games Bowling Competition today!!

8:00 AM Indoor Walking Club Meet in the Lobby

Walking Club



Join us this morning to track those "laps". Since the building is shaped like the letter "L" that means that "1 Lap" will equal "1 L-Shape". Begin at the Fitness Center and walk to one end of the hallway to get started. And...GO! Each L-Shape is .10 Miles, so 5 L-Shapes is ½ Mile and 10 L-Shapes is 1 Mile.

Rise & Shine Errands with Katie

8:45 AM – 10:30 AM



Brain Games with Sada!

10:15 AM in the Orchard Room*

ROSARY AND PRAYERS

10:00 AM in the Library on the 4th Floor



10:30 AM Seated Fitness with Colleen Fitness Center



This class is one where you will learn stretches, use weights, balls, and straps. This class not only stimulates both hemispheres of your brain; it also helps strengthen body's posture, alignment, balance, and patterns of movement.

Wednesday, May 1, 2024 – Cont'd

Excursion: Lunch at Montelle Winery

Meet in the Lobby at 11:00 AM

The most beautiful views wait for you at Montelle Winery. Today the weather is expected to be perfect! The food is fantastic!



Resident Instructed Game

Hand, Knee and Foot

11:30 AM in the Orchard Room

Craft Class with Sada: DIY Ring Dishes

11:30 AM in the Crafts Center

Trivia with Sada

2:15 PM in the Orchard Room



If you are a Veteran, we would love to add you to Avalon Park's "Wall of Honor." Please see Katie for information...



AVALON PARK

Daily Program Schedule



Thursday, May 2, 2024

8:00 AM **Indoor Walking Club** **Meet in the Lobby**

Walking Club



Join us this morning to track those "laps". Since the building is shaped like the letter "L" that means that "1 Lap" will equal "1 L-Shape". Begin at the Fitness Center and walk to one end of the hallway to get started. And...GO! Each L-Shape is .10 Miles, so 5 L-Shapes is ½ Mile and 10 L-Shapes is 1 Mile.

***9:00 AM** **Challenge Fitness Class with Colleen** **Fitness Center**



This Challenge Class is one that uses several standing exercises and stretching techniques. It's for those who have request a step-up from seated fitness. Come give it a try.

9 AM-3 PM **Doctor Appointments with Mark** **Meet in Lobby**



This is a complimentary service. *All appointments requested for this service must be within a 10-mile radius and written down in the Doctor's Book in the Lobby by 4:00 PM the day before the appointment so proper travel accommodations can be scheduled for each resident.



Thursday Brain Games with Sada
9:30 AM in the Orchard Room

Tech Assistance: Cell Phones & Laptops



10:00 AM in the Lobby

What questions do you have? Let us help you today.

Come visit Avalon Park's In-House Store

10:30 AM – 12:00 PM in the Fitness Center

Thursday, May 2, 2024 – Cont'd

Meditation Class with Sada @ 11:30 AM Library



When we train our awareness both internally and externally, we increase our capacity to act with wisdom, no matter what life throws at us.



Hand and Foot Card Group

12:00 PM – 2:00 PM in the Orchard Room



Wii Bowling League

1:00 PM in the Fitness Center



Live Presentation with Sada

"Fictional Villains: Born Bad or Victims of Circumstance"
2:00 PM in the Orchard Room

So, what is it with King Kong, Frankenstein's Monster, Maleficent, the Wicked Witch of the West, and others? Are they born bad... or something else? Come find out today!

GOLDEN GAMES PRACTICE

MEET KATIE AT 3:00 PM IN THE LOBBY
FOR A 1 MILE WALK AT A NEARBY TRAIL!



AVALON PARK

Daily Program Schedule



Friday, May 3, 2024

8:00 AM **Indoor Walking Club** **Meet in the Lobby**

Walking Club



Join us this morning to track those "laps". Since the building is shaped like the letter "L" that means that "1 Lap" will equal "1 L-Shape". Begin at the Fitness Center and walk to one end of the hallway to get started. And...GO! Each L-Shape is .10 Miles, so 5 L-Shapes is ½ Mile and 10 L-Shapes is 1 Mile.

Rise and Shine Errands with Mark

9:00 AM – 11:00 AM

Make suggestions like Merry-Go-Round Resale, Nail Spas, Banks, YMCA, Walgreens, CVS, Grocery Stores, Target, Walmart, or others.

Friday Brain Games with Sada

9:30 AM in the Orchard Room



Vitality in Motion Fitness Class with Lisa B

10:30 AM in the Fitness Room



You will really enjoy the way Lisa teaches. Strength is key to maintaining balance and flexibility and is very important in preventing falls. The more you attend this class the stronger you become in mind, body, and spirit!

Golden Games 2024: Mini-Golf!

Leave Avalon at 11:45 AM

Good luck to Sandy & her sister Debbie!



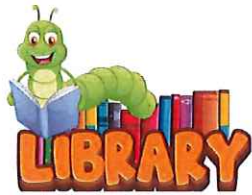
Friday, May 3, 2024- Cont'd

Avalon Talent Show... Practice Day # 4

12:00 PM in the Orchard Room

Let's practice the order of the performances!

The Date for Avalon's Talent Show is: Friday May 24th!



St. Charles Library at Avalon

1 PM – 2 PM Fitness Center

Over 200 books are brought to be checked out. They will be here the first Friday of every month! So, if you love to read, this event is for you! Large print books are available!

Kentucky Derby Party!

STARTING AT 2:15 PM

SADA AND MARK WILL ENTERTAIN YOU WITH A SPECIAL THEMED PRESENTATION, INCLUDING DRINKS AND MORE!





AVALON PARK
Daily Program Schedule



Saturday, May 4, 2024

Golden Games 2024: 1 Mile Walk!

Leave Avalon at 9:45 AM

Good luck to Lillie, Jan, Mary Beth, & Lorna!



BIBLE STUDY WITH FRED HAMPTON

Fred is back! Come take a listen to a beautiful lesson today!

11:00 AM – 12:00 PM in the **Fitness Center**



Resident Instructed Game

Hand, Knee and Foot

11:30 AM in the **Orchard Room**

Saturday “YOUR STORE” Hours

12:30 PM – 2:00 PM **Fitness Center**

Watch the 150th Kentucky Derby Today!

Coverage Starts at 1:30 PM on NBC!

Feel free to watch in the Orchard Room

UPCOMING EVENTS

- **Sunday, May 5th ACT II Theater Excursion: “Over the River and...”**
A Comedy Play about an Italian Family. One ticket left! See Katie.
- **Monday, May 6th Golden Games Banquet for ALL Participants!**
- **Tuesday, May 7th Our May Day BBQ from 2:00 PM – 5:00 PM and THEN an Evening Orchestra Event with Steve Haney and The Tri County Home School Orchestra will start at 7:30 PM! Ages 5-18!**
- **Wednesday, May 8th Ameristar Casino Trip & Watch the Cardinals**
- **Friday, May 10th Live Chicago Actress: “It’s Good to be Queen!”**
- **Friday, May 10th Book Club Meeting in the Library**
- **Sunday, May 12th Mother’s Day Brunch**
- **Friday May 24th Avalon Park’s Talent Show!**

(Monthly Dates & Events are subject to change, including additions)

DAILY TIPS & REMINDERS

- **Want to pick your next neighbor? Be the first person to recommend someone to move in and receive a \$500 incentive!**
- **See to it a Storm Alert App is set up on your cell phone as we enter Tornado Season. Ask a staff member for help.**
- **Make sure your File of Life Paperwork is filled out, updated, and posted on your refrigerator. Questions? See Meghan.**
- **Doctor’s Trips must be written in the book 24 hours in advance. Please return all Avalon Dishes to the Dining Room Daily.**
- **Please turn Cell Phones OFF during Entertainment & Meetings.**
- **The Avalon Store is open Thursdays & Saturdays on the 2nd Floor.**
- **Let’s fill the Pack & Play on the 2nd Floor with items needed for The Birthright Mother’s Day Donation Drive.**

REMINDER!

Tuesday, May 7th, 2024

BBQ Dinner will be served
from 2:00 PM– 5:00 PM

Tri-Country Home School Orchestra

Conductor, Steve Haney & over 25 Young Musicians!

The Musicians will start arriving at 6:45 PM
to tune their instruments.

The Concert begins at 7:30 PM

