

AVALON PARK

An Independent Living Neighborhood

April 7, 2024 – April 13, 2024



QUOTE OF THE WEEK

“DON’T BE AFRAID OF NEW BEGINNINGS. DON’T SHY AWAY FROM NEW PEOPLE, NEW ENERGY, NEW SURROUNDINGS. EMBRACE NEW CHANCES AT HAPPINESS.” – BILLY CHAPATA

AVALON PARK
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COTTLEVILLE, MO 63304
WWW.AVALONPARKSL.COM



AVALON PARK

Daily Program Schedule



Sunday, April 7, 2024

Solar Eclipse Announcement!

While St. Louis will not be in the direct path during the 2024 total solar eclipse on Monday, April 8th, the partial eclipse in St. Louis is expected to last from 12:42 p.m. to 3:17 p.m., with the maximum coverage of the sun around 2 p.m. Be prepared!

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



Sunday, April 7, 2024- Cont'd

Knitting & Crocheting Club



Meet at 1:30 PM in the Lobby

We are Knitting & Crocheting baby blankets, booties, and hats for Birthright! If you like Cross Stitch, See Nora G in #224 to help with a quilt.

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 usually 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!*



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 8, 2024

Special Eclipse Glasses will be available at the Front Desk! Pick them up before heading outside!

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

9:00 AM – 11:00 AM

Monday Errand Days are HWY K all the way!



Hangman Challenge with Sada

9:30 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 8, 2024 – Cont'd

Crafts: Sip and Watercolor

11:00 AM in the Craft Center



Have a sip of wine while you create a watercolor masterpiece!

Texas Hold Em' in the Fitness Center

11:30 AM – 1:30 PM

Everyone is welcome! Let's Play!



Let's View the Eclipse!!

The "partial eclipse" in St. Louis is expected to last from 12:42 p.m. to 3:17 p.m., with maximum coverage of the sun around 2 p.m. Special glasses are at the Front Desk!

Sada's Weekly Website & Facebook Workshop

See you in the Orchard Room at 2:30 PM

Let's keep our Website and Facebook updated with the great programs that we do each day! Bring any photos you have taken last week.

March Madness Championship Game!!

The Evening Game Time is TBA



AVALON PARK

Daily Program Schedule



Tuesday, April 9, 2024

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



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 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

"Join us as we walk through Ephesians together"

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

Brain Hangman with Sada

9:30 AM in the Orchard Room



Tuesday's Heart Healthy Fitness with Katie

10:30 AM in the Fitness Room



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 9, 2024 – Cont'd

Wii Bowling Crew with Katie
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.

GOLDEN GAMES PRACTICE

12:30 PM IN THE FITNESS CENTER

GOLF/ PUTT-PUTT PRACTICE

Whether you are signed up for Golden Games or not, come on up and hit a few balls with us! We will make some challenging shots, as well as, some easy shots.



Live Singers: The J Monet Trio

2:00 PM Orchard Room

Don't miss Elston & Katherine perform a fabulous Spring Show for you this afternoon! It's pure Harmony!





AVALON PARK

Daily Program Schedule



Wednesday, April 10, 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 & 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.



Brain Games with Sada!

9:30 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.

June B's Raffle Tickets for Birthright Available!

Meet at 11:00 AM in the Orchard Room

Wednesday, April 10, 2024 – Cont'd

Crafts: Yarn Sculptures

11:30 AM in the Craft Center



Resident Instructed Game

Hand, Knee and Foot

11:30 AM in the Orchard Room

Lunch Excursion: A Vintage Experience

Today's Trip: PIO'S Italian Restaurant

Meet in the Lobby at 11:30 AM

Old-school eatery serving amazing Italian fare since 1958 in vintage wood-paneled cozy atmosphere.



Trivia with Sada

2:00 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, April 11, 2024

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



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'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.



Brain Games *all about the Cardinals!*

9:30 AM *in the Orchard Room*

Cell Phone & Laptop Questions



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, April 11, 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



GOLDEN GAMES PRACTICE

MEET KATIE AT 12:30 PM IN THE LOBBY
FOR A 1 MILE WALK AT A NEARBY TRAIL!

Wii Bowling League

12:30 PM in the Fitness Center



Avalon Talent Show... Practice Day # 2

2:00 PM in the Fitness Center

Let us know what you have planned! If you need space to practice a dance, we have a CD Player!



AVALON PARK

Daily Program Schedule



Friday, April 12, 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!

Crafts: Message in a Bottle!

11:30 AM in the Craft Center



Friday, April 12, 2024- Cont'd

Cell Phone Safety Program with Kristen

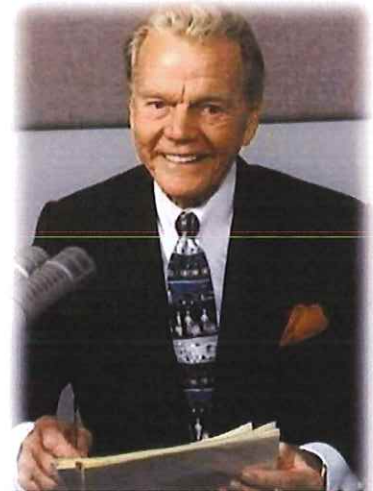
1:00 PM in the Orchard Room

Kristen from the St. Charles Library will be here to give you some valuable hints on how to protect your identity when it comes to your cell phone, as well as help you set up storm alerts & more.

The Rest of the Story with Mark

2:00 PM in the Orchard Room

Join us as Mark and his Media Specialist, Sada, bring you a fabulous story that includes: a post Easter Message, a few baseball stories, as we SWING into the season, as well as, a unique twist on the Cinderella Story.



BRIDGE NOW AT 6:45 PM IN THE FITNESS CENTER
Questions? Contact Elaine R.



AVALON PARK

Daily Program Schedule



Saturday, April 13, 2024



HYMN SINGING WITH KIM

10:00 AM in the Fitness Center

Kim is back today to lead the Hymn Sing.

Join us for an uplifting musical prelude to Fred's Bible Study.

BIBLE STUDY WITH FRED HAMPTON

Fred is back! Today's teaching is called: "The Sermon on the Mount."

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



STL Cardinals vs Arizona

7:10 PM Orchard Room

UPCOMING EVENTS

- Friday April 19th NEW Live Singer and Guitarist Harry Fry
 - Monday, May 22nd Happy Earth Day!
 - Friday April 26th New Band: “The Bright Side” with Kevin De Sain
 - Friday April 26th! NEW LIVE BAND: “The Bright Side”
 - Saturday April 27th – May 4th Are the Golden Games! Go Avalon!!
 - Tuesday, April 30th New Performer, Tom Winter on the Violin like you have never seen before!
 - Friday, May 3rd The Kentucky Derby 2024
 - Saturday, May 4th “May the Fourth be with You” (Star Wars Day!)
 - Sunday, May 5th ACT II Theater Excursion: “Over the River...”
- If you are interested in tickets for this play, please see Katie!

(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 \$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.