

AVALON PARK

An Independent Living Neighborhood

May 5, 2024 – May 11, 2024



QUOTE OF THE WEEK

“BE GENUINELY INTERESTED IN EVERYONE YOU MEET AND EVERYONE YOU MEET WILL BE GENUINELY INTERESTED IN YOU. NEVER LOSE A CHANCE TO MAKE A FRIEND!”

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

AVALON PARK

Daily Program Schedule

Sunday, May 5, 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 have been making blankets, booties, and hats for the Mother's Day Donation Drive for Birthright! We present them the gifts this Tuesday!

Sunday, May 5, 2024 – Cont'd

MAHJONG WITH MARCIA

12:15 PM in the Fitness Center



ACT II Theater Trip! Leave at 1:15 PM

Comedy: "Over the River and Through the Woods"

When a young bachelor, Nick, tells his *Ethnic* Italian Grandparents that his job is relocating him. They are shocked and don't want him to go. He is someone who spends every Sunday dining with them. So, they, and the rest of his family decide to devise a secret plan to try and make him stay.

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!*



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

AVALON PARK

Daily Program Schedule

Monday, May 6, 2024

****If you participated in the Golden Games, we will all ride together to the Dinner Banquet tonight!****

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



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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.



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, May 6, 2024 – Cont'd

FOOD COMMITTEE MEETING!

11:15 AM IN THE BACK OF THE ORCHARD ROOM

Wii Bowling League

11:15 AM in the Fitness Center



Finish your DIY Ring Dishes with Sada

12:30 AM Craft Center

Texas Hold Em' in the Fitness Center

12:30 AM – 2:30 PM

Today's adjusted time is due to the monthly Food Committee Meeting.



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!

Golden Games Banquet!

Leave Avalon Park at 4:15 PM

AVALON PARK

Daily Program Schedule

Tuesday, May 7, 2024

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.

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.

Tuesday, May 7, 2024 – Cont'd

APRIL TOWN HALL MEETING

PLEASE MAKE EVERY EFFORT TO ATTEND!

12:45 PM in the ORCHARD ROOM

Meghan WILL UPDATE US ON THE LATEST NEWS FOR AVALON PARK.

May BBQ Celebration!

2:00 PM – 5:00 PM in the Orchard Room

THIS BBQ WILL REPLACE THE DINNER FOR TONIGHT SO THE ORCHARD ROOM CAN BE SET UP FOR THE ORCHESTRA!



LIVE: SPRING ORCHESTRA

Starts at 7:30 PM with over 25 kids!

Please welcome: The Tri County Home School Orchestra! Led by: Steve Haney (Melba's Son)



AVALON PARK

Daily Program Schedule

Wednesday, May 8, 2024

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

Walking Club



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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.

Wednesday, May 8, 2024 – Cont'd

Lunch at Ameristar Casino & Cardinals

Meet in the Lobby at 11:00 AM

Play the slots or just hang out in Sports Bar Restaurant to enjoy some food while you watch the St. Louis Cardinals take on the NY Mets!



Resident Instructed Game

Hand, Knee and Foot

11:30 AM in the Orchard Room



Painting Techniques with Sada:

11:30 AM in the Craft 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 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.

***9:00 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 9, 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



THE BUZZ GAME WITH MARK

12:45 PM IN THE FITNESS CENTER

If you have never played this game, you are in for a real treat!

We will put all chairs in a circle one you arrive. Be on time!

True Crimes Presentation with Sada

“Who was Natalia Grace and Gypsy Rose?”

2:00 PM in the Orchard Room

Who are these two girls? Why did they do what they did?
What is your take on the events that led up to their crimes?
What were their sentences? Do you agree?

Where are they now?

AVALON PARK

Daily Program Schedule

Friday, May 10, 2024

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

Walking Club



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Rise and Shine Errands with Katie

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 Sada



10:30 AM in the Fitness Room

Lisa is off today, so Katie will teach. 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!

BOOK CLUB MEETING

11:00 AM in the **LIBRARY**



Please return "Lilac Girls." Our new book is: "Under the Wide Starry Sky."
By Martha Nancy Horan. Call Mary D. with questions: 314-330-6986.

Friday, May 10, 2024- Cont'd

Avalon Talent Show... Practice Day # 5

12:00 PM in the Fitness Center

Let's practice the order of the performances!

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

Live Chicago Actress: Ellie Carlson

**Presents: "It's Good to be Queen...
A Portrayal of Queen Victoria"**

2:00 PM in the Orchard Room



*You will be served
Tea & Brussels Biscuits*

Her Majesty Victoria, by the Grace of God, of the United Kingdom of Great Britain and Ireland Queen, Defender of the Faith, Empress of India...

She was an enigmatic and imposing figure and probably the most influential woman in all of modern history. It is surprising to learn just how the many things that we take for granted today came about because Queen Victoria, and how her consort Prince Albert championed them. Your time with the Queen will take place in 1876 when she has just been named Empress of India; a country she never actually visited, as a matter of fact. Nor did she ever visit America.

So, as an audience member today, suspend your disbelief and bring your sense of humor.

AVALON PARK
Daily Program Schedule

Saturday, May 11, 2024



HYMN SINGING WITH KIM

10:00 AM in the Fitness Center

Kim will lead the Hymn sing today. Feel free to bring a list of songs you'd like to hear as a prelude to Fred's Bible Study.

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

At NOON in the Orchard Room

Saturday "YOUR STORE" Hours

12:30 PM – 2:00 PM Fitness Center



**This weekend:
Cardinals @ Milwaukee**

UPCOMING EVENTS

- **Sunday, May 12th Mother's Day Brunch**
- **Thursday, May 16th Don't Miss the Touchtone Crystal Jewelry Sale**
- **Friday, May 17th Live Singers, Roy and Dave**
- **Tuesday, May 21st Live Blues Singer and Dancer, Marty Abdullah**
- **Wednesday, May 22nd Avalon Park's Day at the Cardinals Game**
- **Friday, May 24th Avalon Park's Talent Show**
- **Tuesday, May 28th Birthday Bash with Happy Hour Drinks and Cake, a Live Band called Denim Blue & Chef Cam's Special Dinner**
- **Friday, May 31st Live Band, The Old Country Buzzards**

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

DAILY TIPS & REMINDERS

- **Continental Breakfast Hours are 6:30 AM – 10:00 AM**
- **Doctor's Trips must be written in the book 24 hours in advance.**
- **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.**
- **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.**