

AVALON PARK

An Independent Living Neighborhood

May 26, 2024 – June 1, 2024



QUOTE OF THE WEEK

"OUR DEBT TO THE HEROIC MEN AND VALIANT WOMEN IN THE SERVICE OF OUR COUNTRY CAN NEVER BE REPAID. THEY HAVE EARNED OUR UNDYING GRATITUDE. AMERICA WILL NEVER FORGET THEIR SACRIFICES." - PRESIDENT HARRY S. TRUMAN

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



AVALON PARK

Daily Program Schedule



Sunday, May 26, 2023

It's Indianapolis 500 Day!

It's the buzz of energy in the Indiana air. It's the sense of pride racing through your heart. It's that feeling connecting you to "The Greatest Spectacle in Racing." This is the 108th Running of the Indianapolis 500 presented by Gainbridge.



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



Sunday, May 26, 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: Pam M.



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!*



Avalon's Social Sundays

6:00 PM in the **Orchard Room**

Bring games, snacks, and supplies for whatever your group decides to do. Want to start some new Clubs? Take your ideas to Katie!

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 27, 2024



9:00 AM Outdoor Walking Club Meet in the Lobby

Walking Club



There are several groups of Residents who are now enjoying their walks outdoors. Each group goes different distances. It's so much more enjoyable to walk with a group! Get out there today and enjoy this morning weather! Take your bottles of water with you.

10:30 AM Exercise Class (on your own) Fitness Center



Be your own instructor today! Use those stretches, weights, balls, and straps just how your instructors taught you. Exercise not only stimulates both hemispheres of your brain; it also helps strengthen body's posture, alignment, balance, and patterns of movement. Keep it up!

Visit Avalon Park's Wall of Honor

Take a walk by Avalon Park's Wall of Honor today and salute our Veterans. On this Memorial Day remember to reflect on the service and sacrifice they made for us. If you are a Veteran, please see Katie so we can get your photo on the wall!



Cardinals @ Cincinnati

Time TBA: Fitness Center

Monday, May 27, 2024



Game Players Social

11:30 AM – 1:30 PM Fitness Center

Practice your skills on Texas Hold 'em or Blackjack today.

There is also Backgammon, Scrabble, Yahtzee and Rummikub. So, come on out, get social, and have fun!

Movie: Babes in Arms

1:30 PM Orchard Room



It's on Netflix! Babes in Arms is the 1939 American film version of the 1937 coming-of-age Broadway musical of the same title. Starring Mickey Rooney & Judy Garland.

A Beautiful Dinner

Pork Tenderloin Melt

Baked Beans

Red, White, and Blue Spinach Salad with
Feta Cheese and Poppyseed Dressing

Peach and Cherry Cobbler for Dessert

The Ala Cart Menu will also be available.



AVALON PARK

Daily Program Schedule



Tuesday, May 28, 2024

9 AM-3 PM **Doctor's Appointments with Mark** **Lobby**



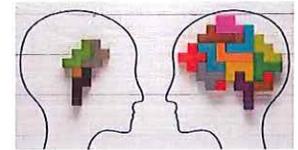
This is a complimentary service. *All appointments requested for this service must be within a 10-mile radius and written down in the Doctor's Book in the Lobby by 4:00 PM the day before the appointment so proper travel accommodations can be scheduled for each resident.

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 Challenge 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



Tuesday, May 28, 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.

Birthday Celebration for April

12:45 PM LINGO BINGO!
SADA IS AT IT AGAIN!



1:45 PM HAPPY HOUR
FEATURING: DRINKS & CUP CAKES

2:00 PM LIVE ENTERTAINMENT
THE DENIM BLUE BAND



4:00 PM SPECIAL DINNER
*PRIME RIB, MASHED POTATOES
WITH GRAVY & GREEN BEANS
BLACK AND WHITE CAKE*



Attention all Bridge Players!
Meet at 6:45 PM in the **Fitness Room**



AVALON PARK

Daily Program Schedule



Wednesday, May 29, 2024

8:00 AM Outdoor Walking Club Meet in the Lobby

Walking Club



There are several groups of Residents who are now enjoying their walks outdoors. Each group goes different distances. It's so much more enjoyable to walk with a group! Get out there today and enjoy this morning weather!

Rise and Shine errands with Mark

9:00 AM – 11:00 AM

HWY K Day! Groceries, Walgreens, CVS, Target, Kohls, & Dollar Tree!

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 Katie Fitness Center



Colleen is not here today. Please feel free to step up and lead this class. 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 29, 2024 – Cont'd

Route 66 Trip: The Pink Elephant!

Leave Avalon Park at 11:15 AM

Must have 13 Residents for this Trip to take place. The Pink Elephant is located on Historic Route 66 in the old Livingston High School that was built in 1929. Today, it is a 30,000 square foot antique shopping mall, surrounded by historic fiberglass figures. The mall also has two retro shops The Mother Road Fudge Factory and Candy Shop, and The Twistee Treats Diner where we will eat lunch!



Sip and Paint with Sada

11:30 PM in the Craft Center

Join us for a sip of wine as we learn the brush strokes to create a beautiful beach scene!

Resident Instructed Games

Hand, Knee, and Foot

11:30 AM in the Orchard Room





AVALON PARK

Daily Program Schedule



Thursday, May 30, 2024

8:00 AM Outdoor Walking Club Meet in the Lobby



There are several groups of Residents who are now enjoying their walks outdoors. Each group goes different distances. It's so much more enjoyable to walk with a group! Get out there today and enjoy this morning weather!

***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.

Summer True Crimes Series with Sada

10:00 AM in the Orchard Room

"The Thing About Pam Hupp"

Who is this woman? Why did she do what she did? What is your take on the events that led up to her crimes? What was her sentence? Do you agree? Where is she now?

You won't believe this story! Please attend!

Thursday, May 30, 2024 – Cont'd

Come visit Avalon Park's In-House Store

10:30 AM – 12:00 PM 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.



Hand and Foot Card Group

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



Tech Assistance: Cell Phones & Laptops



1:00 PM in the Orchard Room

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

Trivia with Sada

2:15 PM in the Orchard Room





AVALON PARK

Daily Program Schedule



Friday, May 31, 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 **Katie**



10:30 AM in the Fitness Room

Lisa is off today, so Katie will teach the class. 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!



Wii Bowling League

11:15 AM in the **Fitness Center**

Friday, May 31, 2024- Cont'd

Craft Project:
Foam Picture Frames
Craft Room at 11:30 AM



Texas Hold 'Em in the Fitness Center

11:30 AM– 1:30 PM with Mark

Everyone is invited to play!



**Happy
Hour!**

2:00 PM in the **Orchard Room**

Join us for drinks and dancing featuring:

“The Old Country Buzzards Band!”

Attention all Bridge Players!
Meet at 6:45 PM in the Fitness Room



AVALON PARK

Daily Program Schedule



Saturday, June 1, 2024



HYMN SINGING ON YOUR OWN

10:00 AM in the Fitness Center

Today you'll sing on your own. 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**



Cardinals @ Philadelphia

TBD in the **Orchard Room**

UPCOMING EVENTS

- **Monday, June 3rd Food Committee Meeting**
- **Tuesday, June 4th Town Hall Meeting**
- **Friday, June 7th Pianist, Mary Stoinski plays the songs you pick!**
- **Tuesday, June 11th Singer, Sterling Lloyd's Summer Showcase**
- **Friday, June 14th Day Excursion: Ferry Boat & The Loading Dock**
- **Saturday, June 15th Ambassadors of Harmony at Touhill Theater**
- **Sunday, June 16th Father's Day Brunch**
- **Friday, June 21st Happy Hour with The BB Boomers Band!**
- **Tuesday, June 25th Birthday Bash with Lingo Bingo, Live Music, Cake, and Chef Cam's Special Dinner!**
- **Friday, June 28th Live Singers: Dan and Denise**

(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.**