

AVALON PARK

An Independent Living Neighborhood

June 16, 2024 – June 22, 2024



QUOTE OF THE WEEK

“ON FATHER’S DAY WE CELEBRATE THE FATHERS
WHOSE EMBRACE IS MORE THAN HOME.
IT’S THE SAFEST PLACE WE’VE EVER KNOWN.”

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



AVALON PARK

Daily Program Schedule



Sunday, June 16, 2023

HAPPY FATHER'S DAY!

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.

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 Father's Day Brunch!

Specials: Chicken Fried Steak & Meat Lovers Quiche

10:00 AM – 1:00 PM



Knitting & Crocheting Club

Meet friends at 12:15 PM in the Lobby



Sunday, June 16, 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, June 17, 2024

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.)



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! Take your water with you!

Rise and Shine Errands with Mark

9:00 AM – 11:00 AM

Monday is Highway 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.

RESIDENT FEEDBACK MEETING WITH KATIE:

11:15 AM IN THE BACK OF THE ORCHARD ROOM

LET'S TALK ABOUT THE SUNDAY NIGHT FOOD TRUCK IDEA

Monday, June 17, 2024 – Cont'd

Weekly Facebook Photo Workshop with Sada!

See you in the **Orchard Room** at **12:00 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!

Blackjack in the Fitness Center

12:30 PM – 2:30 PM

Today's adjusted time is due to the monthly Resident Feedback Meeting.



Wounded Warriors Donation Drive

Visit the table at 12:30 PM in the Orchard Room
Buy a raffle ticket for the Red, White & Blue Afghan give-a-way July 4th!



Crafts: Hair Bows & More!

1:30 PM **Craft Center**

Avalon Park's Book of WOWS!

2:30 PM in the Orchard Room with Katie
Curious??? Well, attend this program to find out more!



AVALON PARK

Daily Program Schedule



Tuesday, June 18, 2024

9 AM-3 PM Doctor's Appointments (Highlander Only) **Meet in Lobby**



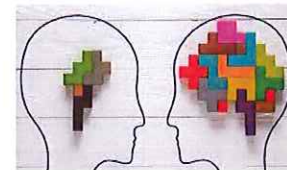
This is a complimentary service. *All appointments requested for this service must be within a 10-mile radius and written down in the Doctor's Book in the Lobby by 4:00 PM the day before the appointment so proper travel accommodations can be scheduled for each resident.

Summer Bible Study with Chaplain, Kyle

Join us for this very special topic today:
 "The Power of the Holy Spirit for Making Disciples"
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



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, June 18, 2024 – Cont'd

ANDY'S FROZEN CUSTARD TRIP!

LEAVE AVALON AT 11:30 AM



Tuesday Bingo with Sada!

1:00 PM in the Orchard Room

SINGER/GUITARIST: JAMES KEEFE!



2:00 PM in the Orchard Room

James is an energetic acoustic guitar player who roves around the Dining Room as he sings.

You will enjoy this upbeat show! Be there!

Attention all Bridge Players!

Meet at 6:45 PM in the Fitness Room

**Are you Registered to Vote? Primaries are August 6th
Registration Applications & Info on Absentee Ballots are the Front Desk.**



AVALON PARK

Daily Program Schedule



Wednesday, June 19, 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 Exercise Class 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.



Creative Art Class with Sada!

11:15 AM Craft Center

Find on what's going on this week in the art world!

Wednesday, June 19, 2024 – Cont'd

Excursion: Lunch and a Movie



Leave Avalon at 11:15 AM

We will stop for lunch at Red Robin for Gourmet Hamburgers and Brews

The Movie Starts at 1:05 PM

The true story of Dr. Ming Wang, a Chinese immigrant who defies all odds to become a world-renowned eye surgeon. Dr. Wang sets out to restore the sight of a blind orphan.



Resident Instructed Card Game

Hand, Knee, and Foot

11:30 AM in the Orchard Room



Unsolved Mystery Feature with Sada

1:00 PM in the *Fitness Center*

“The incident at Dyatlov Pass in Russia”

Wii Bowling League

2:30 PM in the Fitness Center





AVALON PARK

Daily Program Schedule



Thursday, June 20, 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!

***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.

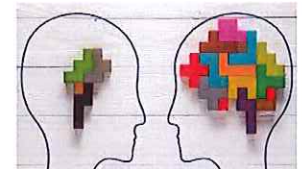
9 AM-3 PM Doctor Appointments with Mark Meet in Lobby



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.

Brain Challenge with Sada

9:30 AM in the Orchard Room



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.

Thursday, June 20, 2024 – Cont'd



Hand and Foot Card Group

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



Tech Help with Katie: Cell Phones & Laptops



12:30 PM in the Orchard Room

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

Trivia with Sada



12:15 PM in the Orchard Room

Guest Speaker: Robert Cornejo

2:00 PM in the Orchard Room

Due to the explosive growth of the County as well as passage of Prop K this past April, there have been a lot of changes at the St. Charles County courthouse and there are many more. In less than a 3-year period, St. Charles County will have experienced unprecedented changes at the courthouse ranging from new judges, a new probate commissioner, building new courtrooms as well as plans to construct two more courtrooms within the current structure. My presentation will show your residents all the new and exciting changes in the judicial branch right here in their own community!





AVALON PARK



Daily Program Schedule

Friday, June 21, 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

Strength is key to maintaining balance & flexibility and is very important in preventing falls. Attending makes you stronger in mind, body, and spirit!



Creative Art Class with Sada!

11:15 AM **Craft Center**

Find on what's going on this week in the art world!

Friday, June 21, 2024- Cont'd

Wii Golf League! Try it!

11:45 AM in the Fitness Center



Texas Hold 'Em with Mark

11:30 AM - 1:30 PM

Meet in the Orchard Room today!



Fashion Week:

Orchard Room at 11:00 AM

Bring your own color or choose from the many that we have here!



Happy Hour!

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

Come listen to: The BB Boomers Band!

Friday Bridge Players!

Meet at 6:15PM in the **Fitness Room**



AVALON PARK
Daily Program Schedule



Saturday, June 22, 2024

Hymn Sing with Kim
10:00 AM in the Fitness Center



BIBLE STUDY WITH FRED HAMPTON
11:00 AM – 12:00 PM in the Fitness Center

Residents: Hand Knee & Foot Card Game
Join us at NOON in the Orchard Room



Saturday "YOUR STORE" Hours
12:30 PM – 2:00 PM Fitness Center



Resident Run: "Scrabble Battles"
1:00 PM in the Orchard Room

The Theme today is "Summer!" Divide into 2 teams and see what team can make the most words in one hour. The games will be on the end tables in the Orchard Room.



Cardinals VS Giants
TBD in the Orchard Room

UPCOMING EVENTS

- **Tuesday, June 25th Self Improvement Series “Love, Accept, Forgive”**
- **Tuesday, June 25th Birthday Bash with Lingo Bingo, Live Acoustic Singer: Harry Fry, Cake, and Chef Cam’s Special Dinner!**
- **Wednesday, June 26th Day Excursion to Josephine’s Tea Room and Gift Shops. Limited to 15 Residents.**
- **Friday, June 28th Singing Duo Featuring: Dan and Denise!**
- **Monday, July 1st Food Committee Meeting at 11:15 AM.**
- **Tuesday, July 2nd Town Hall Meeting followed by one of your favorite Amazing Singers, Matt Smith on the keyboards!**
- **Thursday, July 4th Live Music with Roy & Dave from 1 PM – 3 PM**
- **Friday, July 5th A Holiday BBQ Celebration from 2:00 PM-5:00 PM**

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

DAILY TIPS & REMINDERS

- **Are you registered to vote? See the Front Desk for questions.**
- **Please add your Doctor’s Trips in the book 24 hours in advance.**
- **Do you want your bed sheets changed? Put a fresh set on your bed the day your apartment is cleaned, and it will be done.**
- **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.**
- **Pick your next neighbor! Recommend someone to move in and receive a \$500 incentive!**
- **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.**
- **The Avalon Store is open Thursdays & Saturdays on the 2nd Floor.**