

AVALON PARK

An Independent Living Neighborhood

June 23, 2024 – June 29, 2024



QUOTE OF THE WEEK

“IN THE SUMMER, THE SONG SINGS ITSELF. SO, MAKE YOUR VOICE THE SOUNDTRACK OF SUMMER. CAUSE A LITTLE BIT OF SUMMER IS WHAT THE WHOLE YEAR IS ALL ABOUT.”

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



AVALON PARK

Daily Program Schedule



Sunday, June 23, 2023

Every June 23RD NATIONAL PINK DAY colors the world in vibrant shades of pink and explores everything it represents!

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 Sunday Brunch!

Exceptionally Prepared by Chef Cam and Chef "D"

10:00 AM – 1:00 PM



Knitting & Crocheting Club

Meet friends at 12:15 PM in the Lobby



Sunday, June 23, 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!*



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 24, 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

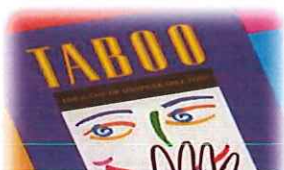


There are several groups of Residents who are now enjoying their walks outdoors. Each group goes different distances. It's so much more enjoyable to walk with a group! Take your water with you!

Rise and Shine Errands with Mark

9:00 AM – 11:00 AM

Monday is Highway K All The Way!



TABOO 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.

AVALON OLYMPICS MEETING WITH KATIE:

11:15 AM IN THE BACK OF THE ORCHARD ROOM

COME SIGN UP FOR AVALON SUMMER OLYMPIC EVENTS!

Monday, June 24, 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 with Beth

Visit her 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: Beaded Suncatchers!

1:30 PM **Craft Center**

Avalon Park's Book of WOWS!

2:30 PM in the Orchard Room with Katie
Curious??? We are starting an Avalon Book! Join us!



AVALON PARK

Daily Program Schedule



Tuesday, June 25, 2024

9 AM-3 PM **Doctor's Appointments** **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.

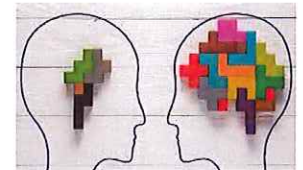
Self-Improvement Sessions with Katie

Join us for this very special topic today:
 "Love, Accept, Forgive"

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

HANGMAN 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 25, 2024 – Cont'd

Birthday Celebration for June

12:30 PM LINGO BINGO!
A BRAND NEW CALLER!!

BINGO
LINGO



1:30 PM HAPPY HOUR
FEATURING: STRAWBERRY MARGARITAS

2:00 PM ACOUSTIC SINGER AND GUITARIST
HARRY FRY! A NEW AVALON FAVORITE!



4:00 PM BIRTHDAY BASH DINNER

ENTRÉE:

*PRIME RIB TOPPED WITH AU JUS AND/OR
HORSERADISH SAUCE OR CHOOSE FISH & CHIPS*

SIDES:

MASHED POTATOES w/GRAVY, & GREEN BEANS

SOUP:

LOBSTER BISQUE

DESSERT:

BLACK TIE MOUSE CAKE



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 26, 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

Groceries, Walgreens, CVS, Target, Kohls, & Dollar Tree!

RED, BLACK, HIGH, LOW 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.

Print and Sip with Sada!

11:00 AM Craft Center

Enjoy a sip of wine as you print Rosettes with Celery!



Wednesday, June 26, 2024 – Cont'd

Day Excursion: Josephine's Tea House & Antique Shop!

Leave Avalon Park at 11:15 AM

This Trip is Limited to 16 Residents. Enjoy a delicious lunch of soup, salad, sandwiches & homemade desserts. Their bakery chooses 16 desserts daily from a collection of over 70 recipes. After lunch, you can browse through their shops and relax in the beautiful gardens.



Resident Instructed Card Game

**Hand, Knee, and Foot
11:30 AM in the Orchard Room**



Famous Crime Stories with Sada

1:15 PM in the *Fitness Center*

Crime Couples: Bonnie & Clyde, Faye & Ray, and more!

Wii Bowling League

2:30 PM in the Fitness Center





AVALON PARK

Daily Program Schedule



Thursday, June 27, 202

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.

TRIBOND CHALLENGE with Katie

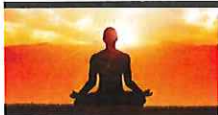


9:30 AM in the Orchard Room

Come visit Avalon Park's In-House Store

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

Meditation Class with Katie @ 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 27, 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 **Fitness Center**

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

Trivia with Katie

1:00 PM in the **Fitness Center**



“My First Summer Job!”

Help us out at 2:00 PM in the Fitness Center

The bulletin board on the 2nd Floor has a new Summer Theme! We will give you an index card and help you fill out what your Summer Jobs were growing up! If you have an old photo of yourself, doing that job... bring it! We'll give you back the original! Help us fill the Board!

Wii Bowling League

2:45 PM in the **Fitness Center**





AVALON PARK

Daily Program Schedule



Friday, June 28, 2024

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

Walking Club



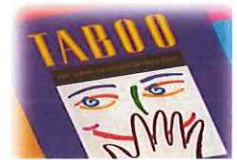
Join us this morning to track those "laps". Since the building is shaped like the letter "L" that means that "1 Lap" will equal "1 L-Shape". Begin at the Fitness Center and walk to one end of the hallway to get started. And...GO! Each L-Shape is .10 Miles, so 5 L-Shapes is ½ Mile and 10 L-Shapes is 1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

Rise and Shine Errands with Mark

9:00 AM – 11:00 AM

Fridays are for Merry-Go-Round Resale, Nail Spas, Banks, YMCA, Walgreens, CVS, Grocery Stores, Target, Walmart, or others.

TABOO CHALLENGE with Katie



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!



Beaded Suncatchers with Katie

11:15 AM **Craft Center**

Feel free to continue working on these projects!

Friday, June 28, 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!



Happy Hour!

2:00 PM in the Orchard Room

Married Singing Duo: Dan & Denise!

Friday Bridge Players!

Meet at 6:15 PM in the Fitness Room



AVALON PARK
Daily Program Schedule



Saturday, June 29, 2024

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

Canasta Players Wanted at NOON!

Grab a Deck of Cards in the Gray Cabinet located in the Fitness Center.
 Then head down to the Orchard Room to play.

Resident Led: 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 "Avalon!" 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 Reds

TBD in the **Orchard Room**

UPCOMING EVENTS

- Monday, July 1st Food Committee Meeting at 11:15 AM.
- Tuesday, July 2nd Town Hall Meeting followed by one of your favorite live Singers, Matt Davis on the keyboards!
- Wednesday, July 3rd The “Rest of the Story” with Mark!
- Thursday, July 4th Live Music with Roy & Dave from 1 PM – 3 PM!
- Friday, July 5th Book Club! New Book: “Apple Turnover Murders”
- Friday, July 5th Red, White, and Blue BBQ from 2:00 PM-5:00 PM!
- Tuesday, July 9th CHT, Donald Thorson Presents: “Hand Health.”
- Wednesday, July 10th Route 66 Big Chief Restaurant, Wildwood.
- Friday, July 12th Happy Hour: The Bucket List Band at 2:00 PM!
- Tuesday, July 16th Duo, Mickey & Lori on Keyboards and Vocals!

(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 cash gift!
- 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.