

AVALON PARK

An Independent Living Neighborhood

June 30, 2024 – July 6, 2024



QUOTE OF THE WEEK

“FROM EVERY MOUNTAIN SIDE...
LET FREEDOM RING!”

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



AVALON PARK

Daily Program Schedule



Sunday, June 30, 2023

This is a reminder to mark your calendars for our next big BBQ Dinner this coming Friday from 2:00-5:00 PM

9:00 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! 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 with Friends

This Club Meets at 12:15 PM in the Lobby



Sunday, June 30, 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, July 1, 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

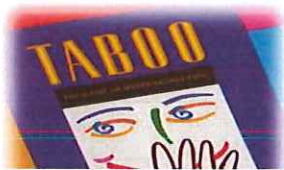


There are several groups of Residents who are now enjoying their walks outdoors. Each group goes different distances. It's so much more enjoyable to walk with a group! Take your water with you!

Errands with Mark. Highlander only!

9:00 AM – 11:00 AM

We will take 3 Residents at a time.



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.

FOOD COMMITTEE MEETING WITH CAM:

11:15 AM IN THE BACK OF THE ORCHARD ROOM

EVERYONE IS WELCOME TO ATTEND AND GIVE FEEDBACK!

Monday, July 1, 2024 – Cont'd

Weekly Facebook Photo Workshop with Sada!

See you in the **Orchard Room** at **12:15 PM**

Let's review the photos you took this week during daily the programs, activities, classes, and events at Avalon Park. Let's get them posted on our website!

Texas Hold 'Em in the Fitness Center

12:30 PM – 2:30 PM

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



Wounded Warriors Donation Drive with Beth

Last Chance to buy a Raffle Ticket! 12:30 PM in the Orchard Room!
The Red, White, and Blue Afghan drawing is July 4th at 1:00 PM



Crafts: Beaded Suncatchers!

1:30 PM **Craft Center**

Avalon Park's Book of WOWS!

2:30 PM in the Orchard Room with Katie
Curious??? Come see the first three pages of the book!



AVALON PARK

Daily Program Schedule



Tuesday, July 2, 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 Session with Katie (Part 2)

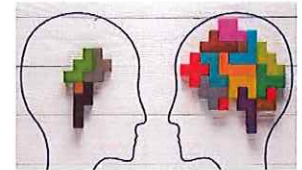
Join us for this continued topic today:

"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, July 2, 2024 – Cont'd

JULY 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.
STICK AROUND ENJOY AN ICE CREAM BAR BEFORE THE MUSIC STARTS!*

LIVE SINGER: MATT DAVIS

2:00 PM in the Orchard Room



Matt Davis is a versatile musician, singer, songwriter, and multi-instrumentalist from St. Louis, Missouri. He holds a Bachelor of Music Performance degree and is a board-certified Music Therapist. With over 30 years of experience in a wide variety of musical styles, a common thread has always been his love of American roots music. You will just love this guy! Don't miss it.

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, July 3, 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

9:00 AM – 11:00 AM

(If the bus has not yet returned, we will take the Highlander)

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.



A Patriotic Paint & Sip

11:00 AM Craft Center with Sada

Come see what Sada will teach you to paint today!

Wednesday, July 3, 2024 – Cont'd

Resident Instructed Card Game

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



Wii Bowling League

12:30 PM in the Fitness Center

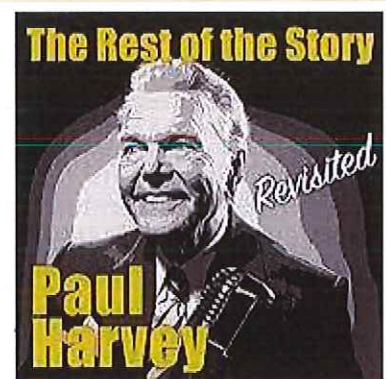


The Rest of the Story

Featuring: Mark and Sada

2:00 PM in the Orchard Room

On this episode, find out what Bayer Aspirin has to do with a Willow Tree. How do you catch a thief in England? Do all you baseball fans remember any ball players from the St. Louis Wolves? What famous actor was on death row before being rescued in the 11th hour?



Thankyou Betty-Jo for mending our outdoor flags!



AVALON PARK Daily Program Schedule



Thursday, July 4, 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!

Firecracker Fitness Class with Colleen!

9:00 AM in the Fitness Center!



This Fitness Class will put a spark in your step all day today! Colleen is a fabulous Fitness Coach who is a Physical Therapist here at Avalon Park. Be there!

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

Thursday, July 4, 2024 – Cont'd



Hand and Foot Card Group



**10:30 AM – 12:30 PM in the Orchard Room*

THE ROY & DAVE SHOW!

1-3 PM ORCHARD ROOM



These guys are amazing entertainers who came to us through Mark, our Driver. You will love their harmony, spirit, and energy! how they can get you on your feet.



July 4th Dinner Special!

Soup: Philly Cheesesteak Soup w/ Peppers and Onions

Entrée 1: Smoked Turkey Breast topped with Turkey Gravy and served with Green Bean Casserole and Cranberry Sauce

Entrée 2: Country Fried Steak served with Mashed Potatoes and White Gravy

Dessert: Raspberry Cheesecake Lasagna



AVALON PARK Daily Program Schedule



Friday, July 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.

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 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!

BOOK CLUB MEETING

11:00 AM in the **LIBRARY**

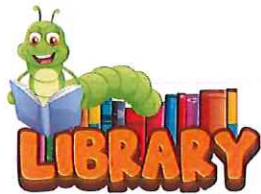


Please return "The Stars Are Fire." Our New Book will be: "The Apple Turnover Murder" by Joanne Fluke. Questions? Call Mary D: 314-330-6986.

Friday, July 5, 2024 – Cont'd



Magnet Mania with Sada
11:30 AM Craft Center
Make Magnetic Planters out of Wine Corks!



St. Charles Library at Avalon

1 PM – 2 PM Fitness Center

Over 200 books are brought in to be checked out. If you love to read, this event is for you! Large print books are available too!

Avalon's Red, White, and Blue BBQ!

2:00 PM - 5:00 PM in the Orchard Room & Back Patio

Smoked Pulled Chicken, Cheeseburger Sliders, Smoked BBQ Brisket, Cam's Broccoli Salad, Watermelon Feta Salad, Baked Beans, Potato Wedges & Cookies

Beer, Wine, Soda, Iced Tea, and Lemonade

Friday Bridge Players!

Meet at 6:15 PM in the Fitness Room



AVALON PARK
Daily Program Schedule



Saturday, July 6, 2024



Saturday 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

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 “Patriotic!” Divide into 2 teams and see what team can make the most words in one hour. The board games are on the end tables in the Orchard Room.



Cardinals @ Nationals

TBD in the Orchard Room

UPCOMING EVENTS

- Tuesday, July 9th CHT, Donald Thorson Presents: “Hand Health.”
- Wednesday, July 10th Route 66 Big Chief Restaurant, Wildwood. There is an actual Speakeasy in the basement we will explore!
- Thursday, July 11th: Med Drop Day! See Katie for details.
- Friday, July 12th Happy Hour: The Bucket List Band at 2:00 PM!
- Tuesday, July 16th Duo, Mickey & Lori on Keyboards and Vocals!
- Friday, July 19th Live Singer and Guitarist, Joe Ellegood is here!
- Tuesday, July 23rd True Crime Program with Sada
- Thursday, July 25th Ann and Yolanda from Regions Bank will be here for a live Presentation about “Protecting Your Assets”
- Friday, July 26th Featuring a NEW 60’s-70’s Band: “Copper Reign”

(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.



PLEASE JOIN US FOR

A Celebration by Avalon Park

RED WHITE AND BLUE

BBQ

Friday, July 5th

★ **2:00 PM - 5:00 PM** ★

Eat in the Dining Room or on the Back Patio!

Smoked Pulled Chicken, Cheeseburger Sliders, Smoked BBQ Brisket,
Broccoli Salad, Watermelon Feta Salad, Baked Beans, Potato Wedges & Cookies

Beer, Wine, Soda, Iced Tea and Lemonade

