

AVALON PARK

An Independent Living Neighborhood

July 14, 2024 – July 20, 2024



QUOTE OF THE WEEK

“YOUR GOOD FRIENDS WILL KNOW YOU BETTER
IN THE FIRST MINUTE YOU MEET THEM THAN YOUR
ACQUAINTANCES WILL KNOW YOU IN A THOUSAND YEARS.”

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



AVALON PARK

Daily Program Schedule



Sunday, July 14, 2024

Please give a warm welcome to all the new Residents you see at Avalon Park this week!

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 with Friends

This Club Meets at 12:15 PM in the Lobby



Sunday, July 14, 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 15, 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

A Highway K Trip for Walgreens, Kohls, Target, and Grocery Stores.



TABOO CHALLENGE with Sada

9:30 AM in the Orchard Room

10:30 AM Fitness Class with Katie Fitness Center



Katie will be teaching class today since Colleen is off. Fitness not only stimulates both hemispheres of your brain; it also helps strengthen body's posture, alignment, balance, and patterns of movement. Be there!



X-Mas in July Stocking Stuffer

11:30 AM Craft Center

Monday, July 15, 2024 – Cont'd

Resident Instructed Card Game!

Join us for Canasta!

11:30 AM – 1:30 PM Orchard Room



Texas Hold 'Em Fitness Center

11:30 PM – 1:30 PM

Everyone is welcome to play!



Tech Assistance: Cell Phones & Laptops



12:30 PM in the Orchard Room

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

Unsolved Mystery Program with Sada

2:00 PM in the *Fitness Center*

"Jack the Ripper & Mary Celeste"

Today we will discuss two more famous Unsolved Mysteries. Get ready to be intrigued by both stories. Sit back and enjoy, then tell us your thoughts about each one! Be there!



AVALON PARK

Daily Program Schedule



Tuesday, July 16, 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.

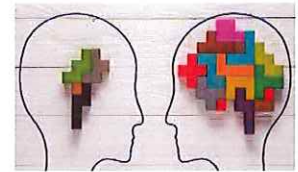
Self-Improvement Series with Katie

Join us for this very special topic today:
 "7 Ways to Learn from Your Negative Thoughts"

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 16, 2024 – Cont'd

BINGO with Sada!



12:45 PM in the **Orchard Room**

LIVE SINGERS: MICKEY AND LORI!

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



Mickey Olsen was keyboard player for country music singer Lee Greenwood (God Bless the U.S.A.); country band Sawyer Brown and several other name entertainers before moving to Lake St. Louis, Missouri from Nashville, Tennessee. Lori Kem is a marvelous soprano with tremendous vocal skills. Tom Hill says, "Don't miss them!"

94TH MLB ALL-STAR GAME 2024

6:00 PM ON FOX

Let's all cheer on Ryan Hesley! He has already racked up an MLB-leading 31 saves, closing out 31 of the Cards' first 44 wins -- a near-record pace. An NL All-Star in 2022, He earned his second All-Star selection thanks to his proficiency in saves and his 2.41 ERA.



Attention all Bridge Players!

Meet at 6:45 PM in the **Fitness Room**



AVALON PARK

Daily Program Schedule



Wednesday, July 17, 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

A Highway K Trip for Walgreens, Kohls, Target, and Grocery Stores.

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.



Paint & Sip: "Christmas in July"

11:30 AM Craft Center with Sada

Wednesday, July 17, 2024 – Cont'd

Resident Instructed Card Game

“Hand, Knee, and Foot”

11:30 AM – 1:30 PM Orchard Room



Lunch Excursion: The Tattooed Dog

Leave Avalon Park at 11:30 AM

A New Restaurant in Wentzville!

Join us for a fun experience at this new full-service restaurant and bar serving specialty burgers, house made fries and other updated comfort grub offered in low-key, rustic digs. A spectacular Menu is available at the Front Desk. Sign up to reserve your spot!



Wii Bowling League

12:30 PM in the Fitness Center



Avalon Park's Book of WOWS!

2:30 PM in the Fitness Center with Katie

Grants Farm, The Arch, & The Delta Queen! Curious???



AVALON PARK

Daily Program Schedule



Thursday, July 18, 2024

8:00 AM **Outdoor Walking Club** **Meet in the**

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 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, July 18, 2024 – Cont'd



Hand and Foot Card Group

11:30 AM – 1:30 PM in the Orchard Room



Talent Show Planning Day!

12:30 PM in the Fitness Center

The Residents of Avalon have requested another Talent Show! Please attend the meeting today and let's discuss how this show will be set up and presented to our audience. The date has been set!

We want your input! Please attend!

Alzheimer's Walk Registration!

Join Team Avalon!! Information will be in the Orchard Room 1:00 PM – 2:00 PM. The Walk takes place on Sat., Sept 28th at SCCC!

Trivia with Sada

2:00 PM in the Orchard 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



Friday, July 19, 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 Katie

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!



X-Mas in July Stocking Stuffer

11:30 AM **Craft Center**

Friday, July 19, 2024 – Cont'd

Weekly Facebook Photo Workshop with Sada!

See you in the **Orchard Room** at **12:30 PM**

Let's look at any photographs you have taken this week. This is your chance to get them on our Avalon Website! Our goal is to post fun photos each week!



Avalon's Summer Olympic Games

1:00 PM in the **Orchard Room**

These games are a hoot! Come join us and see what there is to participate in. The REAL games start next week!

Happy Hour!

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

"Live Singer, Joe Ellegood"

Friday Bridge Players!

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



AVALON PARK
Daily Program Schedule



Saturday, July 20, 2024

Saturday Hymn Sing & 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 Led: “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 @ Atlanta
TBD in the **Orchard Room**

UPCOMING EVENTS

- Tuesday, July 23rd A Presentation for you & your family by Vicki Davis “In-Home Care VS Home Health. What’s the Difference?”
- Thursday, July 25th Ann & Yolanda from Regions Bank are back to Educate you on “Protecting Your Assets” Families are welcome.
- Friday, July 26th Featuring a NEW 60’s-70’s Band: “Copper Reign”
- Tuesday July 30th Birthday Bash Featuring “The Brightside Band” Tiki Drinks, & a Special Dinner Prepared by Chef Cam & Chef “D”
- Friday, August 2nd Get excited about our Sinatra Singer Micah T, Avalon’s Book Club Meeting, & the monthly Library Stop Group.
- Monday August 5th Monthly Food Committee Meeting with Cam
- Tuesday August 6th Town Hall Meeting for August

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

DAILY TIPS & REMINDERS

- Please return all Avalon Dishes to the Dining Room Daily.
- 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 are now in 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.
- The Avalon Store is open Thursdays & Saturdays on the 2nd Floor.