

# AVALON PARK

*An Independent Living Neighborhood*

July 21, 2024 – July 27, 2024



## QUOTE OF THE WEEK

"REST IS NOT IDLENESS, AND TO LIE SOMETIMES ON THE GRASS UNDER TREES ON A SUMMER'S DAY, LISTENING TO THE MURMUR OF THE WATER, OR WATCHING THE CLOUDS FLOAT ACROSS THE SKY, IS BY NO MEANS A WASTE OF TIME."

AVALON PARK  
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COTTLEVILLE, MO 63304  
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# AVALON PARK

## Daily Program Schedule



### Sunday, July 21, 2024

Please give a warm welcome to new Residents, Mike and Marty when you see them this week at Avalon!

**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 21, 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 22, 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 Colleen**

**Fitness Center**



Come enjoy Colleen's Fitness Class! Fitness not only stimulates both hemispheres of your brain; it also helps strengthen body's posture, alignment, balance, and patterns of movement. Be there!



**Abstract Art! Painting with Bubbles**

**11:30 AM Craft Center**

Monday, July 22, 2024 – Cont'd

## Resident Instructed Card Game!

Join us for Canasta!

11:30 AM – 1:30 PM Orchard Room



Sign up for the Alzheimer's Walk with Team Avalon!

Find out more at 11:30 AM in the 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\*

*"Vanished Into Thin Air!"*

Today we will finish telling the story of the Marty Celeste Ghost Ship and start The Missing Roanoke Colony. Sit back and enjoy, then tell us your thoughts about each one!



# AVALON PARK

## Daily Program Schedule



### Tuesday, July 23, 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.

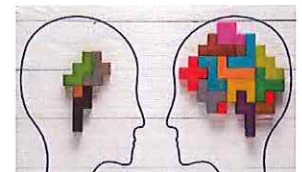
## Summer Bible Study with Kyle

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 4<sup>th</sup> 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 23, 2024 – Cont'd**

**Hallmark Greeting Card Organizing Crew!**

**12:15 PM in the Fitness Room**

**BINGO with Sada!**



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

**Live Speaker: Vicki Davis**

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

**THE DIFFERENCE BETWEEN  
“IN-HOME CARE” AND “HOME HEALTH”**

**Family and Friends are invited!**

**There will be plenty of time for**

**Questions and Answers!**

**Refreshments will be provided.**



**Attention all Bridge Players!**

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



# AVALON PARK

## Daily Program Schedule



### Wednesday, July 24, 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 – 10:15 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 4<sup>th</sup> 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: "Catching Fireflies"

**11:30 AM**      **Craft Center with Sada**





Wednesday, July 24, 2024 – Cont'd

## Resident Instructed Card Game

**“Hand, Knee, and Foot”**

11:30 AM – 1:30 PM Orchard Room



## Movie Excursion! “Fly Me To The Moon”

Leave Avalon at 10:30 AM

Ok Folks. The Rest of the Story is headed to the Movies! Sitting in for Paul Harvey today will be Mr. Walter Cronkite. Did the US really land on the moon in 1969? Was the moon landing real or filmed on a movie set near the launch site? Do you know where the Sea of Tranquility is? Are you superstitious? Does a black cat mean bad luck? Let's go see this movie, seek the facts & learn “The Rest of the Story!”



## Wii Bowling League

1:00 PM in the Fitness Center



## **Talent Show Meeting! The Date is set!**

**12:30 PM** in the **Orchard Room**

Let's start discussing what talents you are planning on presenting to the audience this time, so we can plan the design for the stage.



# AVALON PARK Daily Program Schedule



## Thursday, July 25, 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.

## **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**

All Greeting Cards are now 4 for \$1.00. Come check out all that we have!

## **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 25, 2024 – Cont'd



## Hand and Foot Card Group

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



## Trivia with Sada

1:00 PM in the Orchard Room



## Live Presentation!

*Yolanda & Ann from Regions Bank are back!*

### **“Protecting Your Assets”**

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

Learn about the importance of protecting your assets, how to add beneficiaries to your accounts and/or property to avoid probate, as well as how Revocable Living Trusts work and the purpose of Estate planning and when it becomes necessary.

**Family and Friends are welcome!**



# AVALON PARK Daily Program Schedule



## Friday, July 26, 2024

# The Summer Olympics Begin Today!

**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*

## TABOO CHALLENGE with Sada



**9:30 AM** in the Orchard Room

## **Vitality in Motion Fitness Class with Katie**



**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!



## Crafts: Bikini Poster Project

**11:00 AM**    **Craft Center**

Friday, July 26, 2024 – Cont'd

## Televised Opening Ceremony

12:30 PM in the Orchard Room on NBC

*The Summer Olympics are here!!*



## Avalon's Summer Olympic Games

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

The REAL Summer Olympics start today in Paris! Avalon has some FUN sports for you to Participate in as well.

These games are a hoot! Come check them out!

**Happy Hour!**

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

**NEW BAND: Copper Reign!**

**Good old Classic Rock-N-Roll, Rhythm, Funk and Harmony!**

**Friday Bridge Players!**

Meet at 6:15 PM in the Fitness Room



**AVALON PARK**  
**Daily Program Schedule**



**Saturday, July 27, 2024**

**Saturday Hymn Sing** on your own!  
**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 VS Nationals**

**6:15 PM** in the **Orchard Room**

# UPCOMING EVENTS

- Tuesday, July 30<sup>th</sup> Birthday Bash Featuring “The Brightside Band” Tiki Drinks, & a Special Dinner Prepared by Chef Cam & Chef “D”
- Wednesday, July 31<sup>st</sup> Lunch Excursion to Pizza Ranch Restaurant!
- Friday, August 2<sup>nd</sup> Avalon’s Book Club Meeting, Our monthly Library Stop, and Live Singer Micah Turnbough does Sinatra!
- Monday, August 5<sup>th</sup> Monthly Food Committee Meeting with Cam
- Tuesday, August 6<sup>th</sup> Town Hall Meeting and Kona Ice Truck
- Wednesday, August 7<sup>th</sup> Avalon’s Route 66 Excursion: The Famous Ted Drewes Frozen Custard AND Crestwood Bowl
- Friday, August 9<sup>th</sup> Live Band Digital Sound with Doc Scott & Fellas
- Saturday, August 11<sup>th</sup> ACT II Theater Excursion: “LOVE LETTERS”

*(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 2<sup>nd</sup> Floor.