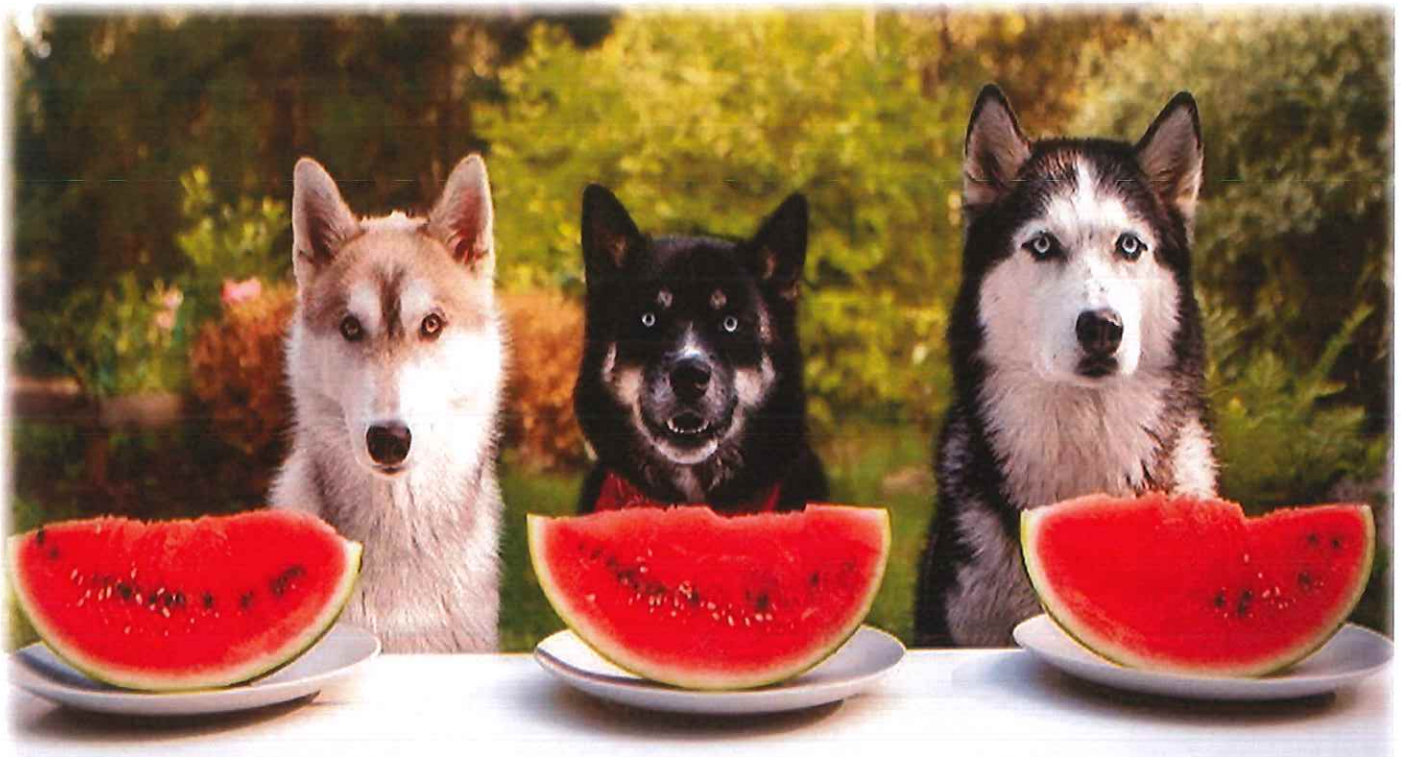


AVALON PARK

An Independent Living Neighborhood

July 7, 2024 – July 13, 2024



QUOTE OF THE WEEK

“EVERY MORNING WE ARE BORN AGAIN.
WHAT WE DO TODAY IS WHAT MATTERS MOST.
TAKE A BITE OUT OF LIFE WITH A FRIEND TODAY!”

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



AVALON PARK

Daily Program Schedule



Sunday, July 7, 2023

Please give a warm welcome to all the new Residents you see at Avalon! Lou, Rob, Michael and Martha!

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 7, 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 8, 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



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.



Crafts: Beaded Suncatchers!

11:30 AM Craft Center

Monday, July 8, 2024 – Cont'd

Resident Instructed Card Game!

Canasta!

11:30 AM – 1:30 PM Orchard Room



Blackjack in the 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*

“Three Famous Unsolved Mysteries”

Join us for an Intriguing Program as we discuss Three of the most famous Unsolved Mysteries: “The Bermuda Triangle,” “The Identity of Jack the Ripper,” and “Mary Celest.”



AVALON PARK

Daily Program Schedule



Tuesday, July 9, 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.

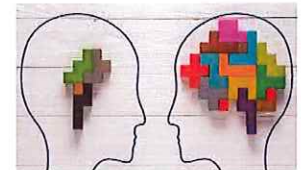
Summer Bible Study with Chaplain, Kyle

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

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 9, 2024 – Cont'd

COTTLEVILLE COOKIES & CREAM
LEAVE AT 11:30 AM



Musical Bingo with Sada!

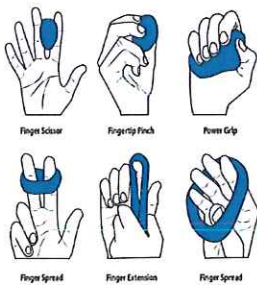
12:45 PM in the Orchard Room



LIVE SPEAKER: DONALD THORSON

2:00 PM in the Orchard Room

Donald is a Hand Therapist from Athletico. He will be presenting on hand, wrist, elbow, finger, and thumb conditions and treatments. Join us!



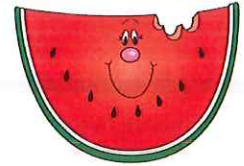
Attention all Bridge Players!
Meet at 6:45 PM in the **Fitness Room**

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 10, 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.



Summer Paint & Sip

11:30 AM Craft Center with Sada

Come see what Sada will teach you to paint today!

Wednesday, July 10, 2024 – Cont'd

Resident Instructed Card Game

Hand, Knee, and Foot

11:30 AM – 1:30 PM Orchard Room



Route 66 Excursion to: “Big Chief Roadhouse & Speakeasy” Leave Avalon Park at 11:30 AM

Following Mark’s “Rest of the Story” Presentation, we are off to the **Big Chief Restaurant** on Route 66! They opened in 1928 as part of a tourist camp that included overnight accommodations for travelers on the newly opened U.S. Route 66 through Missouri, now known as Wildwood. We will also check out their Speakeasy! Join us!



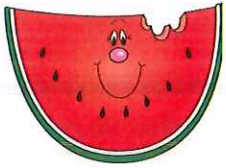
Wii Bowling League

12:30 PM in the Fitness Center



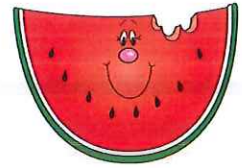
Avalon Park’s Book of WOWS!

2:30 PM in the Fitness Center with Katie
Curious??? Your stories are making our book thicker!



AVALON PARK

Daily Program Schedule



Thursday, July 11, 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

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 11, 2024 – Cont'd



Hand and Foot Card Group

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



SPECIAL MED DROP DAY!

12:00 PM – 2:00 PM in the **Fitness Center**

Are you someone who has left over or expired medication that you need to dispose of? Bring your EXPIRED Medications to the Fitness Center today where they will be deposited in SPECIAL plastic bags and then delivered to the Cottleville Police Station. Liquids NOT accepted.

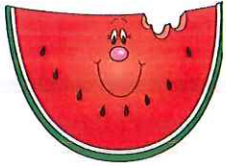
Alzheimer's Walk Registration!

Join Team Avalon!! Information will be in the Fitness Center 12:00 PM – 2:00 PM. The Walk takes place on Sat., Sept 28th at SCCC!

Trivia with Sada

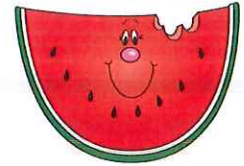
2:00 PM in the Orchard Room





AVALON PARK

Daily Program Schedule



Friday, July 12, 2024

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

Walking Club



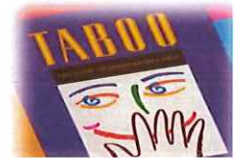
Join us this morning to track those "laps". Since the building is shaped like the letter "L" that means that "1 Lap" will equal "1 L-Shape". Begin at the Fitness Center and walk to one end of the hallway to get started. And...GO! Each L-Shape is .10 Miles, so 5 L-Shapes is ½ Mile and 10 L-Shapes is 1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



Magnet Mania with Sada

10:30 AM **Craft Center**

Make Magnetic Planters out of Wine Corks!

Friday, July 12, 2024 – Cont'd

Texas Hold 'Em in the Fitness Center

11:30 PM – 1:30 PM

Everyone is welcome to play!



Weekly Facebook Photo Workshop with Sada!

See you in the Orchard Room at 12:30 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!

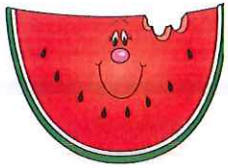


2:00 PM in the Orchard Room

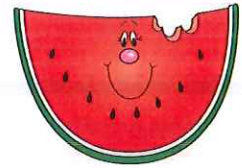
"The Bucket List Band"

Friday Bridge Players!

Meet at 6:15 PM in the Fitness Room



AVALON PARK Daily Program Schedule



Saturday, July 13, 2024



It's International Friendship Day!
Hug a friend today!!

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 Cubs TBD in the Orchard Room

UPCOMING EVENTS

- Tuesday, July 16th Happy Hour! Featuring Singers Mickey & Lori!
- Friday, July 19th Live Singer and Guitarist, Joe Ellegood is here!
- 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.

(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.