

AVALON PARK

An Independent Living Neighborhood

August 11, 2024 – August 17, 2024



QUOTE OF THE WEEK

IN THE DARKEST STORMS, THE LIGHTHOUSE'S LIGHT
SERVES AS A GUIDING FORCE, SHINING THROUGH THE
ROUGH WATERS AND LEADING US TO SAFETY.

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



AVALON PARK

Daily Program Schedule



Sunday, August 11, 2024

The Fantastic 2024 Summer Olympics ends today! What a season it was! What were some of your favorite moments?

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!

Brought to you by Chef Cam & Chef "D"
10:00 AM – 1:00 PM



Knitting & Crocheting Club

Meet at 12:15 PM in the Lobby



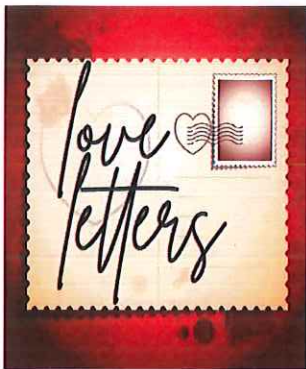
Sunday, August 11, 2024 – Cont'd

MAHJONG WITH MARCIA

12:15 PM in the Fitness Center



ACT II Theater Trip! Leave at 1:15 PM



Two friends, Melissa & Andrew have exchanged notes, cards, and letters with each other for over 50 years. From 2nd grade, through summer vacations, to college, and well into adulthood, they have spent a lifetime discussing their hopes, ambitions, dreams, disappointments, victories & defeats. But long after the letters are done, the real question remains: Have they made the right choices or is the love of their life only a letter away?

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**



AVALON PARK

Daily Program Schedule



Monday, August 12, 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 Sada 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!



Crafts: Faux Stained Glass

11:30 AM Craft Center

Today we will use Tissue Paper for this project!

Monday, August 12, 2024 – Cont'd

Resident Instructed Card Game!

Join us for Canasta!

11:30 AM – 1:30 PM Orchard Room



Texas Hold 'Em in the *Fitness Center*

11:30 AM – 1:30 PM

Everyone is welcome to attend!



Tech Assistance: Cell Phones & Laptops



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

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



Sada's History Program!

2:00 PM in the *Fitness Center*

TOPIC: "The History of Cereal"

An American invention, breakfast cereal began as a digestive aid, acquired religious overtones, became a sugary snack and now toggles between health food and sweet indulgence. Throughout that history, it has mirrored changes in the world beyond the breakfast table.

Join Sada today for the highlights.



AVALON PARK

Daily Program Schedule



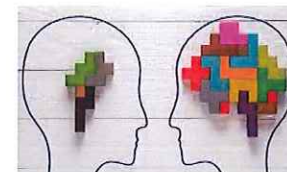
Tuesday, August 13, 2024

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

HANGMAN CHALLENGE with Sada
***9:15 AM in the Orchard Room**



Summer Bible Study with Chaplain, Kyle
 Kyle is back this week for a beautiful Bible Study Class focused on Summer reads.

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

10:30 AM **Heart Healthy Fitness Class with Sada** **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



Tuesday, August 13, 2024 – Cont'd

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.

Unsolved Mystery Program with **Sada**

1:00 PM in the *Fitness Center*

“Who and Where is DB Cooper”

Today we will discuss another famous Unsolved Mystery. Get ready to be intrigued by this story. Sit back and enjoy, then tell us your thoughts after the Program. Be there!

Live Singers: Joe Bruce & Trish

2:00 PM in the Orchard Room

Does that name sound familiar? Joe is Sue's Son! He has been singing for years on end and has been here with the Children's Orchestra during the holidays. He and his wife are an amazing duo that you are sure to enjoy!

Attention all Bridge Players!

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



AVALON PARK

Daily Program Schedule



Wednesday, August 14, 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 – 10:30 AM

HWY K Day! Groceries, Walgreens, CVS, Target, Kohls, & Dollar Tree!

Brain Games 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 Seated Fitness 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.

Wii Golf! Come try it out!

11:15 AM in the Fitness Center



Wednesday, August 14, 2024 – Cont'd

Resident Instructed Card Game

Hand, Knee, and Foot
11:30 AM - 1:30 PM Orchard Room



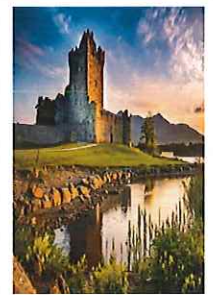
Resident Requested Lunch Excursion!



“Outback Steakhouse”
Leave Avalon at 11:00 AM

TOUR OF IRELAND!

Live Speaker: Aiden Murry
2:00 PM in the **Orchard Room**



Come meet Aiden Murry! He is one of our Resident's best friends! He is here from Ireland visiting the states for only 1 week only and has made Avalon one of his stops. Aiden has offered to give a lecture on Irish Culture and the most famous landmarks and places to visit! You will fall in love with his accent as well as his personality!



AVALON PARK

Daily Program Schedule



Thursday, August 15, 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.

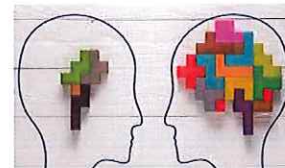
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Brain Challenge with Sada

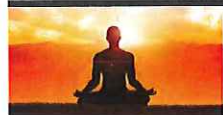
9:30 AM in the Orchard Room



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, August 15, 2024 – Cont'd



Hand and Foot Card Group

12:00 PM – 2:00 PM in the Orchard Room



Wii Bowling League

12:15 PM in the Fitness Center



Sip and Paint with Sada

12:30 PM in the Craft Center

Enjoy a sip of wine as you learn the brush strokes to create a Lighthouse scene! It's beautiful!!

Tech Assistance: Cell Phones & Laptops



1:00 PM in the Orchard Room

Someone at the Front Desk can help you as well.

Trivia with Sada

2:15 PM in the Orchard Room





AVALON PARK

Daily Program Schedule



Friday, August 16, 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

Make suggestions like Merry-Go-Round Resale, Nail Spas, Banks, YMCA, Walgreens, CVS, Grocery Stores, Target, Walmart, or others.

Friday Brain Games 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!



Crafts: Faux Stained Glass

11:30 AM **Craft Center**

Today we will use Tissue Paper for this project!

Friday, August 16, 2024- Cont'd

Blackjack with Mark

11:45 AM - 1:30 PM



Meet in the Fitness Room today after Fitness Class!

Talent Show Practice!

1:00 PM in the Orchard Room

Happy Hour!

2:00 PM in the Orchard Room

Singer & Violinist

"Tom Winter"



Friday Bridge Players!

Meet at 6:15 PM in the Fitness Room



AVALON PARK
Daily Program Schedule



Saturday, August 17, 2024

Saturday Hymn Sing with Kim
10:00 AM in the **Fitness Center**



BIBLE STUDY ON YOUR OWN

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**

Today's theme is **MUSIC**. Divide into 2 -3 teams and see what team can make the points in one hour. The board games are on the end tables in the Orchard Room.



Cardinals VS Dodgers
6:15 PM in the **Orchard Room**

UPCOMING EVENTS

- **Tuesday, August 20th Live Band: “The Old Country Buzzards”**
- **Wednesday, August 21st Live Presentation by two of our very own Residents, Sandra and Scott titled “Wellness and You!”**
- **Friday, August 23rd Chicago Actress, Ellie Presents: “A Brief on Briefs: Cup Check Please” This is Part II to “The Rise and Fall of Ladies Undergarments” that she performed last year!**
- **Tuesday, August 27th Birthday Bash with Special Drinks, Live Singer and Dancer, Marty Abdullah, and a Special Dinner Made by Chef Cam and Chef D!**
- **Wednesday, August 28th Winery Wednesday at Chandler Hill!**
- **Friday, August 30th Rumors of an Avalon Sock Hop and Karaoke!**

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

DAILY TIPS & REMINDERS

- **Doctor’s Trips must be written in the book 24 hours in advance.**
- **Continental Breakfast Hours are 6:30 AM – 10:00 AM.**
- **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.**
- **Want to pick your next neighbor? Be the first person to recommend someone to move in and receive a \$500 incentive!**
- **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.**
- **Please turn Cell Phones OFF during Entertainment & Meetings.**
- **The Avalon Store is open Thursdays & Saturdays on the 2nd Floor.**