

A AVALON PARK

An Independent Living Neighborhood

August 18, 2024 – August 24, 2024



QUOTE OF THE WEEK

“I HAVE ALWAYS BEEN DELIGHTED AT THE PROSPECT OF A NEW DAY, A FRESH TRY, ONE MORE START, WITH PERHAPS A BIT OF MAGIC WAITING SOMEWHERE BEHIND THE MORNING.” – J. B. PRIESTLEY

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



AVALON PARK

Daily Program Schedule



Sunday, August 18, 2024

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 18, 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, August 19, 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

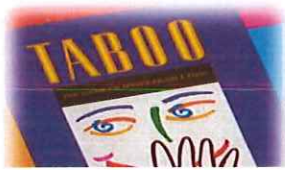


There are several groups of Residents who are now enjoying their walks outdoors. Each group goes different distances. It's so much more enjoyable to walk with a group! Take your water with you!

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: Easy Fall Wreaths

11:30 AM Craft Center

Monday, August 19, 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 come play!



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 Programs

2:00 PM in the *Fitness Center*

TOPIC: "The History of Condiments"

Since ancient times people have used condiments to enhance their food. The first condiment was salt. Salt has always been used both as a preservative and to enhance the flavor of food. Vinegar has also been used since ancient times. Its name is probably derived from the French word "vin aiger" meaning sour wine. (Vinegar was used as a medicine as well as a food). Learn more today!



AVALON PARK

Daily Program Schedule



Tuesday, August 20, 2024

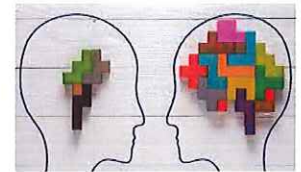
9 AM-3 PM **Doctor's Appointments with Mark** **Lobby**



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**

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



Resident's Bible Study Gathering

Get together and read on your own today. Kyle is off today.

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 20, 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.

Bingo Featuring: Sada!

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

Happy Hour with Live Band:

“The Old Country Buzzards”

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

The boys are back with a great show planned for you today!
Grab some new residents and invite them to sit with you while you enjoy a libation and compare your dance moves!

Attention all Bridge Players!

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



AVALON PARK

Daily Program Schedule



Wednesday, August 21, 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 Katie

9:00 AM – 11:00 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 21, 2024 – Cont'd

Resident Instructed Card Game

Hand, Knee, and Foot

11:30 AM - 1:30 PM Orchard Room



AN AFTERNOON YOGURT PARFAIT PARTY!

1:00 PM in the Orchard Room



Live Resident Presentation

“Wellness and You!” *By Scott & Sandy*

2:00 PM in the Orchard Room

Scott and Sandy will present the extreme importance of mind and body wellness as you thrive and enjoy life at every age. They will provide and explain various physical wellness and mental wellness tools for you to consider towards your life's journey and all there is to take advantage of here at Avalon Park.





AVALON PARK

Daily Program Schedule



Thursday, August 22, 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.

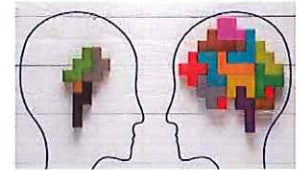
9 AM-3 PM Doctor Appointments with Katie Meet in Lobby



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.

Brain Challenge with Sada

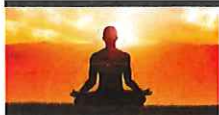
9:30 AM in the Orchard Room



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 22, 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 this unique Leaf Print Art! 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 23, 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

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!

Craft Project: **Faux Stained Glass** **Craft Room at 11:30 AM**



Friday, August 23, 2024- Cont'd

Chicago Actress, Ellie Presents:

*"A Brief on Briefs... Cup Check Please!
A Scholarly Talk on a Jocular Subject"*

2:00 PM in the Orchard Room



Last year Ellie was here with the humorous presentation of "The Rise and Fall of Ladies Undergarments." This year she is back to teach us the History of Undergarments for Men. They were initially created to perform the basic functions of preventing clothes chafing bodies and bodies soiling clothes. With design, production, taste and fashion varying dramatically over time, people decided to investigate the beginning of man covering his end, and explore the evolution of stylish skivvies. The earliest undies to have been unearthed were discovered by archaeologists and dated to approximately 5,000 years BC. Find out more today with this humorous study at how far we have come.

Come laugh and enjoy this unique History Program! You will love it!

Friday Bridge Players!

Meet at 6:15 PM in the Fitness Room



AVALON PARK

Daily Program Schedule



Saturday, August 24, 2024

Saturday Hymn Sing on your own!
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**

The Theme today is “Vacation!” 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 @ Minnesota

TBD in the **Orchard Room**

UPCOMING EVENTS

- **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!**
 - **Friday, August 30th Last day to turn in School Supply Donations.**
 - **Monday, September 2nd Happy Labor Day!**
 - **Tuesday, September 3rd Cherry & Jerry "Ragged Blade Ragtime"**
 - **Friday, September 13th Avalon Parks's 3rd Year Anniversary Party Starring Butch Wax and the Hollywood's "Garden Party"**
 - **Saturday, September 28th Alzheimer's Walk! Join Team Avalon!**
- (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.**