

AVALON PARK

An Independent Living Neighborhood

August 25, 2024 – August 31, 2024



QUOTE OF THE WEEK

ALLOW YOURSELF TO BE PROUD OF YOURSELF
AND ALL THE PROGRESS YOU'VE MADE.
ESPECIALLY THE PROGRESS NO ONE ELSE CAN SEE.

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



AVALON PARK

Daily Program Schedule



Sunday, August 25, 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 25, 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: Pam M!



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

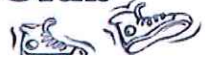
Daily Program Schedule



Monday, August 26, 2024

9:00 AM Outdoor Walking Club Meet in the Lobby

Walking Club

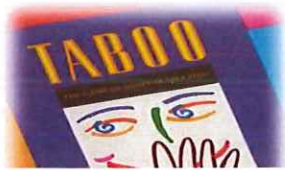


There are several groups of Residents who are now enjoying their walks outdoors. Each group goes different distances. It's so much more enjoyable to walk with a group! Take your water with you!

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



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: Happy Dog Days!

Homemade dog biscuits today!!

11:30 AM Orchard Room

Avalon's "YOUR STORE" Meeting.

If you work at the store now, or you would like to, please attend a short meeting at 11:15 AM in Fitness Center!

Monday, August 26, 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!

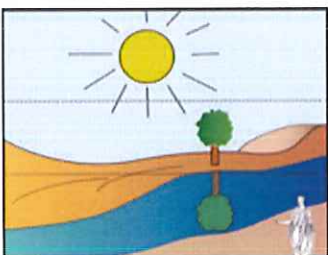


Tech Assistance: Cell Phones & Laptops



1:00 PM in the Orchard Room

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



Sada's Philosophy Hour

2:00 PM in the *Fitness Center*

TOPIC: Plato's "Allegory of the Cave"

The allegory is related to Plato's Theories. He begins by having Socrates imagine a cave where people have been imprisoned from childhood. He explains how the "Forms" (or "Ideas"), and not the material world known to us through sensation, possess the highest and most fundamental kind of reality. Knowledge of the Forms constitutes what Socrates considers "the Good". Interested? Come learn more!



AVALON PARK

Daily Program Schedule



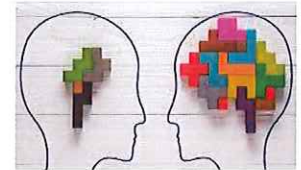
Tuesday, August 27, 2024

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 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, August 27, 2024 – Cont'd

It's the "Dog Days of Summer"
Birthday Celebration for August!

12:30 PM LINGO BINGO!

SADA HAS A SURPRISE FOR YOU!

BINGO
LINGO



1:30 PM HAPPY HOUR

FEATURING: ROOT BEER FLOATS

2:00 PM LIVE SINGER: "MARTY ABDULLAH"

FEATURING: RHYTHM, BLUES, JAZZ, & DANCE

4:00 PM BIRTHDAY BASH DINNER

ENTRÉE:

*PRIME RIB TOPPED WITH AU JUS AND/OR
HORSERADISH SAUCE, OR FISH & CHIPS, OR
SCALLOPS IF YOU SIGNED UP W/ MEGHAN*

SIDES:

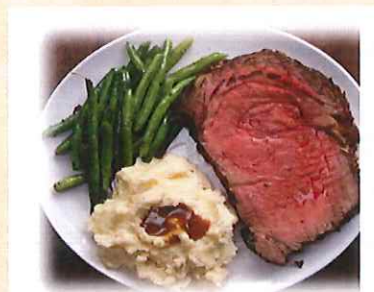
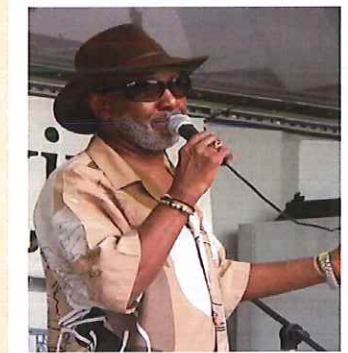
MASHED POTATOES w/ GRAVY, & GREEN BEANS

SOUP:

LOBSTER BISQUE

DESSERT:

CHOCOLATE CAKE



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



AVALON PARK

Daily Program Schedule



Wednesday, August 28, 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

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.

All About Dogs Program

11:15 AM in the Fitness Center



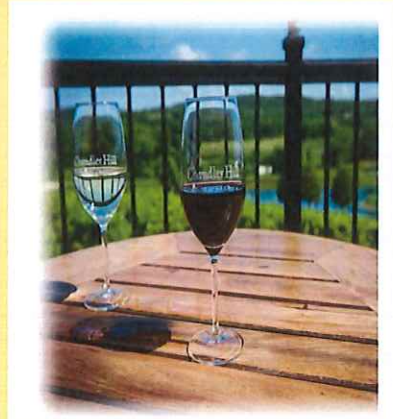
Wednesday, August 28, 2024 – Cont'd

Lunch Excursion: Winery Wednesday

Today's Trip: Chandler Hill

Meet in the Lobby at 11:15 AM

The weather is beautiful today making it a perfect day to visit this gorgeous place with fabulous views & food!



Crafts: Icing the Dog Bones

11:30 AM Orchard Room

The icing is pet safe! Let's deliver them to a local shelter!



Resident Instructed Game

"Hand, Knee and Foot"

11:30 AM in the Orchard Room

Trivia with Sada

2:00 PM in the Orchard Room



If you are a Veteran, we would love to add you to Avalon Park's "Wall of Honor." Please see Katie for information...



AVALON PARK

Daily Program Schedule



Thursday, August 29, 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**



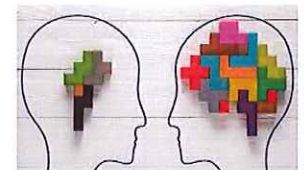
This Challenge Class is one that uses several standing exercises and stretching techniques. It's for those who have request a step-up from seated fitness. Come give it a try.

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.

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 29, 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 Watercolor Birdhouse! It's beautiful!!

Meeting with Meghan: Alzheimer's Walk Event

1:00 PM in the Orchard Room

Let's go Team Avalon! We need to get your T-Shirts ordered, and advise you on how that day will go. You don't NEED to "walk," so, just come and enjoy the event! The pre-planning starts now!

The date of the event is Saturday, September 18th!

Talent Show Practice!

2:00 PM in the Fitness Center



AVALON PARK Daily Program Schedule



Friday, August 30, 2024

**This is the last day to turn in School Supplies!
Thank you to everyone who has donated so far. It is your
thoughts that will be responsible for so many smiles!**

8:00 AM Indoor Walking Club Meet in the Lobby



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



Bodies 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!

Friday, August 30, 2024- Cont'd

Blackjack with Mark

11:45 AM - 1:30 PM



Meet in the Fitness Room today after Fitness Class!

BOOK OF WOWS WITH KATIE!

12:30 PM in the Orchard Room. Bring your stories!



Resident Requested Event!

"Karaoke & Sock Hop"

Featuring: The Avalon Residents!

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

Get ready for an afternoon of music, karaoke,
and dancing! Poodle Skirts welcome!

Friday Bridge Players!

Meet at 6:15 PM in the Fitness Room



AVALON PARK Daily Program Schedule



Saturday, August 31, 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 Birds. 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 @ Yankees

TBA in the **Orchard Room**

UPCOMING EVENTS

Monday, September 2nd Happy Labor Day! No Bus Trips today.

Tuesday, September 3rd Entertainers: Cherry & Jerry; Ragtime Show!

Wednesday, September 4th A Winery Adventure: Montelle Winery!

Friday, September 6th Live Singer, Ken Roberts as Johnny Cash!

Tuesday, September 10th Live Band: Denim Blue with Mike Layton!

Friday, September 13th Avalon Park's 3 Year Anniversary Celebration from 1:00-3:00 with Butch Wax and the Hollywood's Garden Party!

Tuesday, September 17th Singer, Rick Curtright on Guitar!

Friday, September 20th Get ready for Avalon Park's 2nd Talent Show!

Tuesday, September 24th Birthday Bash with Refreshments, Live Band and Special Dinner Presented to you by Chef Cam and Chef D.

(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 in mid 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.**