

# AVALON PARK

*An Independent Living Neighborhood*

August 4, 2024 – August 10, 2024



## QUOTE OF THE WEEK

“BEAUTIFUL AND GRACEFUL, VARIED AND ENCHANTING, SMALL BUT APPROACHABLE, BUTTERFLIES LEAD YOU TO THE SUNNY SIDE OF LIFE. AND EVERYONE DESERVES A LITTLE SUNSHINE.”

AVALON PARK  
11001 COTTLEVILLE TRAILS DRIVE  
COTTLEVILLE, MO 63304  
[WWW.AVALONPARKSL.COM](http://WWW.AVALONPARKSL.COM)



# AVALON PARK

## Daily Program Schedule



### Sunday, August 4, 2024

If you see any new residents this week, make sure you give them a warm welcome to Avalon Park

**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, August 4, 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 5, 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**

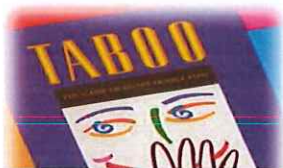


There are several groups of Residents who are now enjoying their walks outdoors. Each group goes different distances. It's so much more enjoyable to walk with a group! Take your water with you!

### Rise and Shine Errands with Mark

**9:00 AM – 11:00 AM**

Highway K Shops! Walgreens, CVS, Groceries, Kohls, Target, Dollar Tree



### **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.

### FOOD COMMITTEE MEETING WITH CAM:

**11:15 AM IN THE BACK OF THE ORCHARD ROOM**

**EVERYONE IS WELCOME TO ATTEND AND GIVE FEEDBACK!**

Monday, August 5, 2024 – Cont'd

## Resident Instructed Card Game!

Join us for Canasta!

11:30 AM – 1:30 PM Orchard Room



## Weekly Facebook Photo Workshop with Sada!

**See you** in the **Orchard Room** at **12:15 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!

## Texas Hold 'Em in the Fitness Center

**\*12:30 PM – 2:30 PM\***

Today's adjusted time is due to  
Avalon's Food Committee Meeting.



## Crafts: Faux Stained Glass with Sada

**Meet at 1:30 PM** in the **Craft Center**

Today we use Paint for this version of our fabulous Project!

## Avalon Park's Book of WOWS!

2:30 PM in the Orchard Room with Katie  
*Curious???* We are up to 8 pages of our book! Come see!



# AVALON PARK

## Daily Program Schedule



### Tuesday, August 6, 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.

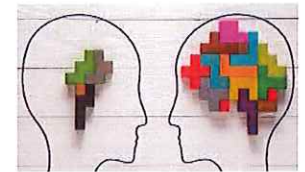
### Summer Bible Study on your own

Feel free to meet on your own today.

Kyle will return next Tuesday.

**\*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 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**

### 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 6, 2024 – Cont'd

# AUGUST TOWN HALL MEETING

*PLEASE MAKE EVERY EFFORT TO ATTEND!*

**12:45 PM** in the **ORCHARD ROOM**

*Meghan WILL UPDATE US ON THE LATEST NEWS FOR AVALON PARK.  
STICK AROUND ENJOY A TREAT AT THE KONA ICE TRUCK ON US!*

## **MEET and GREET!**

## **KONA ICE TRUCK IS BACK!**

### **2:00 PM -3:00 PM**

Let's welcome all our newest Residents to Avalon! Kona shaved ice is nutritious and delicious! It's a frozen dessert shaved into thin, delicate flakes, creating a soft and fluffy texture that melts in your mouth. There are healthy alternatives such as Vita-Blend or Fruit First as well as dye-free & sugar-free options! There are over 20 flavors to choose from!



## Talent Show Practice

**2:30 PM** in the **Fitness Center**



# AVALON PARK

## Daily Program Schedule



### Wednesday, August 7, 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

*9:00 AM – 11:00 AM*

Highway K Shops! Walgreens, CVS, Groceries, Kohls, Target, Dollar Tree

### 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.

### Wii Bowling League

**11:15 AM** in the **Fitness Center**





Wednesday, August 7, 2024 – Cont'd

## Resident Instructed Card Game

Hand, Knee, and Foot  
11:30 AM in the Orchard Room



## Paint & Sip: "Flowers in a Mason Jar"

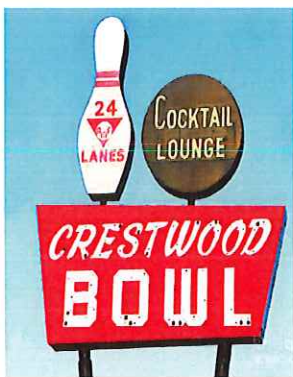
11:30 AM Craft Center with Sada

Enjoy a sip of wine as Sada teaches you brush strokes for this creation!

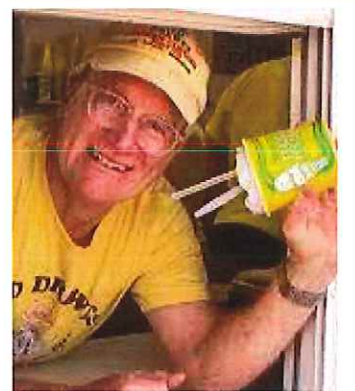
## Route 66 Excursion

*"Ted Drewes, Crestwood Bowl & Spencer's"*

Leave Avalon Park at 11:30 AM



This is your chance to see more of Route 66 in person! Mark's live tour will be presented as you ride along on the bus. The tour includes a stop for Ted Drewes Frozen Custard and continues with a drive by both the Historical Crestwood Bowling Alley and Spencer's Restaurant in Kirkwood!



**Musical Bingo with Sada!**

2:00 PM in the Orchard Room





# AVALON PARK Daily Program Schedule



## Thursday, August 8, 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.

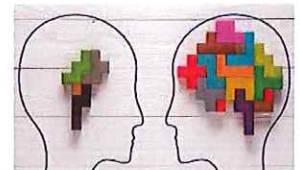
**9 AM-3 PM**      **Doctor Appointments with Mark**      **Meet in Lobby**



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**

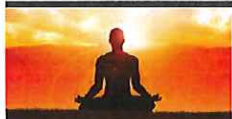


## Come visit Avalon Park's In-House Store

**10:30 AM – 12:00 PM in the Fitness Center**

*We have fantastic Greeting Cards 4 for \$1.00!*

## 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 8, 2024 – Cont'd



## Hand and Foot Card Group

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



## Crafts: Faux Stained Glass with Sada

**Meet at 12:30 PM in the Craft Center**

Today we use Paint for this version of our fabulous Project!

## **Tech Assistance: Cell Phones & Laptops**

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

Someone at the Front Desk can help you as well.



## An Educational Program with Sada

2:00 PM in the *\*Fitness Center\**

### ***“Evolution of A.I. (Artificial Intelligence)”***

Machines started taking over years ago. From electronic alarms on digital clocks, sip machine-made coffee, dish washers, flush toilets. Today we wonder—and worry—about the ever-shrinking pool of tasks machines *can't* do well. "Does AI understand emotions?" "Can a car really drive itself?" "Will robots care for me when I'm old?"

Join us for this VERY curious topic being discussed all over the world.



# AVALON PARK

## Daily Program Schedule



### Friday, August 9, 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!

### Blackjack in the Fitness Center

**\*11:45 AM – 1:30 PM\***

Everyone is welcome to play after Fitness Class ends.



Friday, August 9, 2024 – Cont'd

## Trivia with Sada

12:30 PM in the Orchard Room



2:00 PM in the Orchard Room

*Live Band Featuring Doc Scott!*

Doctor Scott Tomasino and his friends love getting together to play the kind of music that makes you get up and dance! Don't miss this show!



## Friday Bridge Players!

Meet at 6:15 PM in the Fitness Room



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



**Saturday, August 10, 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**

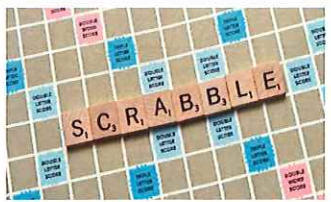
**Resident Led: Hand, Knee & Foot Card Game**



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 “Weather!” 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 @ Royals**

**TBD** in the **Orchard Room**

# UPCOMING EVENTS

- **Saturday, August 11<sup>th</sup> ACT II Theater Production: “LOVE LETTERS”**
- **Tuesday, August 13<sup>th</sup> Live Singers: Joe Bruce and Trish are here!**
- **Wednesday, August 14<sup>th</sup> Live Tour of Ireland with Aiden Murry**
- **Friday August 16<sup>th</sup> Live Violinist and Singer, Tom Winter is back!**
- **Tuesday, August 20<sup>th</sup> Live Band: The Old Country Buzzards**
- **Wednesday, August 21 Live Presentation by two of our very own Residents, Sandra and Scott titled “Wellness and You”**
- **Friday, August 23<sup>rd</sup> Chicago Actress Ellie Presents: “A Brief on Briefs, Cup Check Please” This is Part II to “The Rise and Fall of Women’s Undergarments” that she performed last year!**

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