

# AVALON PARK

*An Independent Living Neighborhood*

September 1, 2024 – September 7, 2024



## QUOTE OF THE WEEK

“WHAT YOU THINK, YOU BECOME. WHAT YOU FEEL,  
YOU ATTRACT. WHAT YOU IMAGINE, YOU CREATE.”

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



# AVALON PARK

## Daily Program Schedule



### Sunday, September 1, 2024

Times Vary for Avalon's Walking Groups

Meet in the Lobby

#### Walking Club



There are several groups of Residents who enjoy morning walks here at Avalon. This morning when you get coffee ask around to find who is walking when and how far they are going. You are bound to find the perfect group.

TIMES VARY Church Transportation

Meet in the Lobby



**Let Katie know if you want your church added to this list.**

\*A Catholic Service is provided at 9:00 AM in the Fitness Center at Avalon.

<u>CHURCHES WE TRANSPORT TO:</u>	<u>LEAVE TIME</u>	<u>PICK-UP TIME</u>
Calvary Church on Mid Rivers	8:15 AM	10:00 AM
Chapel of the Lake	10:20 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

Questions? Contact Joan S. (636) 866-6010



Sunday, September 1, 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: Sandy & Bob 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, September 2, 2024

CATHOLIC MASS IS OFFERED AT 8:00 AM IN THE FITNESS ROOM



## It's National Hummingbird Day!

Be on the lookout! Track how many you see today!

**Times Vary for Avalon's Walking Groups**

**Meet in the Lobby**

**Walking Club**



There are several groups of Residents who enjoy morning walks here at Avalon. This morning when you get coffee ask around to find who is walking when, and how far they are going. You are bound to find the perfect group.

**No Errands today due to Labor Day.  
We will continue them on Wednesday.**



## Brain Games Worksheets

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

The Concierge will pass them out! Just ask!

# Monday, September 2, 2024 – Cont'd

10:30 AM

**Fitness Class (On Your Own)**

**Fitness Center**



Colleen is not here today, so take the initiative and lead your friends through the routines you have learned. Fitness not only stimulates both hemispheres of your brain; it also helps strengthen body's posture, alignment, balance, and patterns of movement.



## Wii Bowling League

**11:30 AM** in the **Fitness Center**

The Concierge will set it up for you. Just ask.

## Resident Instructed Card Game!

Join us for Canasta!

11:30 AM – 1:30 PM Orchard Room



## Cardinals @ Brewers

1:10 PM in the Orchard Room

**It's that time of year again!  
Don't forget to Schedule  
your flu shots!**





# AVALON PARK

## Daily Program Schedule



### Tuesday, September 3, 2024

**CATHOLIC MASS** IS OFFERED AT **8:00 AM** IN THE **FITNESS ROOM**

**Times Vary for Avalon's Walking Groups**

**Meet in the Lobby**

#### Walking Club



There are several groups of Residents who enjoy morning walks here at Avalon. This morning when you get coffee ask around to find who is walking when, and how far they are going. You are bound to find the perfect group.

**9 AM-3 PM**

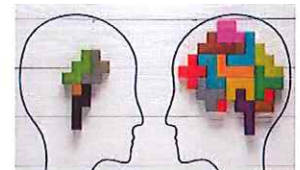
**Doctor's Appointments with Katie**

**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**

### **"GOOD NEWS" STORIES with Sada**

Bring in any **POSITIVE** News Stories from this week to share!

**\*10:30 AM in the Orchard Room**

**10:30 AM**

**Heart Healthy Fitness Class with Katie**

**Fitness Center**



This fitness class will incorporate exercises to help strengthen your heart and lungs. These simple stretching methods will strengthen your body's posture, alignment, balance, and patterns of movement.

### **It's National Wii Bowling Day!**



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

If you have never tried this game, this is your chance to come learn!

Tuesday, September 3, 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.*

## **SEPTEMBER TOWN HALL MEETING**

**PLEASE MAKE EVERY EFFORT TO ATTEND!**

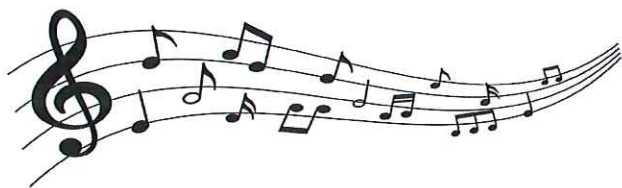
**12:45 PM in the ORCHARD ROOM**

*MEGHAN WILL UPDATE US ON THE LATEST NEWS FOR AVALON PARK.  
STICK AROUND AFTERWARDS AND ENJOY SOME GREAT LIVE MUSIC!*

## *A Ragtime Happy Hour Starring:*

**Cherry & Jerry with Ragged Blade**

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



**Attention all Bridge Players!**

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



# AVALON PARK

## Daily Program Schedule



### Wednesday, September 4, 2024

CATHOLIC MASS IS OFFERED AT 8:00 AM IN THE FITNESS ROOM

Times Vary for Avalon's Walking Groups

Meet in the Lobby

#### Walking Club



There are several groups of Residents who enjoy morning walks here at Avalon. This morning when you get coffee ask around to find who is walking when, and how far they are going. You are bound to find the perfect group.

### Rise and Shine Errands with Katie

9:00 AM – 11:00 AM

HWY K Day! Groceries, Walgreens, CVS, Target, Kohls, & 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 Seated Fitness with Colleen

Fitness Center



This class not only stimulates both hemispheres of your brain; it also helps strengthen body's posture, alignment, balance, and patterns of movement.

We are gathering resident life stories to fill our "Avalon Book of WOWS!" Be there tomorrow!!



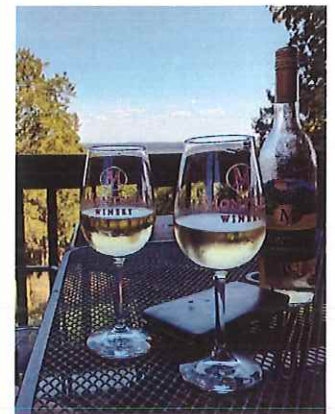
Wednesday, September 4, 2024 – Cont'd

## Lunch Excursion: Winery Wednesday

Featuring: Montelle Winery!

Meet in the Lobby at 11:15 AM

The weather is beautiful today making it a perfect day to sit out on the deck, take in the views, & enjoy fantastic food.



## Crafts: Avalon's Recipe Book!

11:30 AM in the Craft Room

Dig up your favorite Fall recipes to add to our book!



## Resident Instructed Game

"Hand, Knee and Foot"

11:30 AM in the Orchard Room

## **Sada's Lecture Part 2 on AI**

2:00 PM in the Fitness Center

Today you will meet Max and Sophia and have the chance to chat with AI live. Come check it out!



# AVALON PARK

## Daily Program Schedule



### Thursday, September 5, 2024

**CATHOLIC MASS IS OFFERED AT 8:00 AM IN THE FITNESS ROOM**

**Times Vary for Avalon's Walking Groups**

**Meet in the Lobby**

#### Walking Club



There are several groups of Residents who enjoy morning walks here at Avalon. This morning when you get coffee ask around to find who is walking when, and how far they are going. You are bound to find the perfect group.

**\*9:00 AM**

**Challenge Fitness Class with Colleen**

**Fitness Center**



This Class is a step-up from the Seated Fitness Classes. Come give it a try. Each class is modified to the individuals who attend.

**9 AM-3 PM**

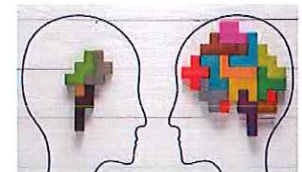
**Doctor Appointments with Katie**

**Meet in the 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, September 5, 2024 – Cont'd



## Hand and Foot Card Group

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



## Sip and Paint with Sada

**12:00 PM in the Craft Center**

Enjoy a sip of wine as you learn the brush strokes to create this unique Fall Trees Scene. It's beautiful!!

## Wii Bowling League

**12:15 PM in the Fitness Center**



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



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

Someone at the Front Desk can help you as well.

**AVALON'S BOOK OF WOWS WITH KATIE**

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

## Trivia with Sada

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





# AVALON PARK

## Daily Program Schedule



### Friday, September 6, 2024

CATHOLIC MASS IS OFFERED AT 8:00 AM IN THE FITNESS ROOM

Times Vary for Avalon's Walking Groups

Meet in the Lobby

#### Walking Club



If you choose to walk inside, here is a mileage tracker for you: The building is shaped like the letter "L" that means "1 Lap" will equal "1 L-Shape". Each L-Shape is .10 Miles, so 5 L-Shapes is ½ Mile & 10 L-Shapes is 1 Mile.

### Rise and Shine Errands with Katie

9:00 AM – 11:00 AM

Mid Rivers Day: Resale Shops, Walmart, Kohls, Aldi's, Target, Pet Store

### TABOO CHALLENGE with Sada



9:30 AM in the Orchard Room

### Seated Yoga Fitness Class with Sada



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!

### BOOK CLUB MEETING

11:00 AM in the LIBRARY



Please join us for a fabulous club meeting today.

Please return "I Still Dream About You." Our New Book is: "The Woman in the Window" By A.J. Finn. Questions? Call Mary D: 314-330-6986.

Friday, September 6, 2024 – Cont'd

**Texas Hold 'Em with with Mike!**

**11:30 AM in the Orchard Room**

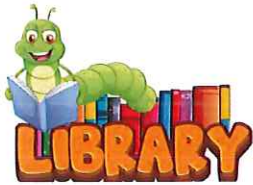
Everyone is welcome to play!



**Sada's SPA DAY for Nails!**

**11:30 AM Orchard Room**

Get your nails painted today. NO trimming or filing.



**St. Charles Library at Avalon**

**1 PM – 2 PM Fitness Center**

Over 200 books are brought in to be checked out. If you love to read, this event is for you! Large print books are available too!

**Happy Hour!**

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

**Live Singer: Ken Roberts!**

Get ready for a Johnny Cash Show! Be there!



# AVALON PARK

## Daily Program Schedule



**Saturday, September 7, 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**

The Theme today is “Autumn.” 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 Seattle**  
**6:15 PM** in the **Orchard Room**

# UPCOMING EVENTS

- **Sunday, September 8<sup>th</sup> Please attend Grandparents Day Brunch!**
  - **Tuesday, September 10<sup>th</sup> Live Band: Denim Blue with Mike Layton**
  - **Wednesday, September 11<sup>th</sup> Resident Request: Lunch at Black Bear**
  - **Friday, September 13<sup>th</sup> Avalon Park's 3<sup>rd</sup> Year Anniversary Party Starring Butch Wax and the Hollywood's "Garden Party" with appetizers, drinks, charcutier boards, and specialty dinner!**
  - **Tuesday, September 17<sup>th</sup> Singer, Rick Curtright on Guitar**
  - **Thursday, September 19<sup>th</sup> Medicare 101 Meeting with Adam**
  - **Friday, September 20<sup>th</sup> Avalon Park's Talent Show!**
  - **Saturday, September 28<sup>th</sup> 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 2<sup>nd</sup> Floor.**



# September Birthdays

Tom Naeger 2<sup>nd</sup>

Scott Knickman 2<sup>nd</sup>

Jan Severs 6<sup>th</sup>

Karl Beutel 10<sup>th</sup>

Ray Baker 16<sup>th</sup>

Joanne Miller 18<sup>th</sup>

Doris Grimsley 20<sup>th</sup>