

AVALON PARK

An Independent Living Neighborhood

September 15, 2024 – September 21, 2024



QUOTE OF THE WEEK

OPTIMISM IS A HAPPINESS MAGNET. IF YOU STAY POSITIVE,
GOOD THINGS & GOOD PEOPLE WILL BE DRAWN TO YOU!

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



AVALON PARK

Daily Program Schedule



Sunday, September 15, 2024



Happy Dot Day!



Dot Day is all about getting creative and letting your inspiration guide you to create new things! What will you create 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.

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



Sunday, September 15, 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, September 16, 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.



TABOO CHALLENGE with Sada

9:30 AM in the Orchard Room

10:30 AM Fitness Class with Colleen

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: Resin Coaster Keepsakes

11:30 AM in the Craft Center

Resident Instructed Card Game!

Join us for Canasta!

11:30 AM – 1:30 PM Orchard Room



Monday, August 16, 2024 – Cont'd

Blackjack with Mark in the Fitness Center

11:30 AM – 1:30 PM

Everyone is welcome to come play!



370 Lakeside Park: Picnic & Hike!

Leave Avalon at 11:30 AM with Katie

Get your walking shoes ready! Let's go!

Tech Assistance: Cell Phones & Laptops



1:00 PM in the Orchard Room

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

NEW: Photography Club with Sada!

See you in the Orchard Room at 2:00 PM

A few Residents have wanted to start up the Photography Club again! Let's do it! Just in time for Fall and all the upcoming holidays! Learn how to use your cell phone as your camera and how to crop, brighten, and re-touch photos!

**It's that time of year again!
Schedule your flu shots!**





AVALON PARK

Daily Program Schedule



Tuesday, September 17, 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

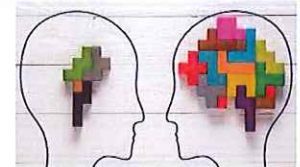
Lobby



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" Around the World with Sada

Residents are encouraged to bring weekly **POSITIVE** News Stories 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.

Avalon's Wii Bowling League

11:15 AM in the Fitness Center



This game is a blast! We are looking to form teams for the Fall!

Tuesday, September 17, 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.



Sip and Paint with Sada

12:30 PM in the Craft Center

Enjoy a Sip as you learn the brush strokes to create this Sunflower Scene. It's beautiful!!

Tuesday Happy Hour Featuring:

Singer, Rick Curtright on Guitar!

2:00 PM Orchard Room

You may have seen Rick around St. Charles singing at local pubs and wineries. He has a love for 70's Music! Come enjoy!!



Attention all Bridge Players!

Meet at 6:45 PM in the Fitness Room



AVALON PARK

Daily Program Schedule



Wednesday, September 18, 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 Mark

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 4th 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.



Resident Led: Hand, Knee, Foot

11:30 AM in the Orchard Room

Wednesday, September 18, 2024 – Cont'd

Donation Delivery & Lunch Excursion

Meet in the Lobby at 11:15 AM

We will take your school supply donations to KidSmart, a local Charity in Westport. They will give us a tour of their Center and explain how they distribute all donations. Then we head to Westport & enjoy lunch!



Crafts: Avalon's Recipe Book!

11:30 AM in the Craft Room

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

Knitting & Crocheting Class!

Meet at 1:00 PM in the Orchard Room
Questions? Contact Joan S. (636) 866-6010



Trivia with Sada

2:00 PM in the Orchard Room





AVALON PARK

Daily Program Schedule



Thursday, September 19, 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

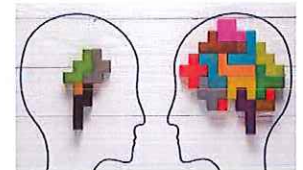
Doctor Appointments with Mark

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 19, 2024 – Cont'd



Hand and Foot Card Group

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



Avalon Park's Raffle to Reach our Alzheimer's Walk Donation Goal!

11:30 AM – 3:00 PM in the **Fitness Center**

HOW IT WORKS... If you give \$10.00, you get 10 tickets. Then walk around the tables and put your tickets in the box of the raffle item you want to win! There will be several Themed-Filled Baskets, Restaurant Vouchers, Grocery Store Vouchers, Movie Tickets, and much more! Put all your tickets in one box, or a few in several boxes.

Sada's Pirate-Themed Program!

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

HAPPY NATIONAL TALK LIKE A PIRATE DAY!

Today you will learn the History of Actual Pirates!

You don't want to miss this show!!



*The Orchard Room is Reserved today from
2:30 PM – 3:00 PM for one of our Talent Show
Singers who is doing a Sound Check and Rehearsal.*



AVALON PARK

Daily Program Schedule



Friday, September 20, 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 Mark

**9:00 AM – 10:45 AM* Due to Talent Show*

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 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!

Avalon's Wii Bowling League



11:15 AM in the Fitness Center

This game is a blast! We are looking to form teams for the Fall!

Friday, September 20, 2024 – Cont'd

Texas Hold 'Em with with Mark!

11:00 AM – 12:30 PM in the Fitness Center
Time change due to Talent Show today!



AVALON'S TALENT SHOW!

1:00 PM – 3:00 PM

1. Betty Jo & Co. Act 1
 2. Annette Singing
 3. Joan Crocheted Items
 4. Mark's Stand Up
 5. Sada's Magic Act
 6. Betty Jo & Co. Act 2
- Final Act: "The MASUESSAS"



AVALON PARK
Daily Program Schedule



Saturday, September 21, 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

Divide into 2 teams, choose a theme, 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 Indians
6:15 PM in the Orchard Room

UPCOMING EVENTS

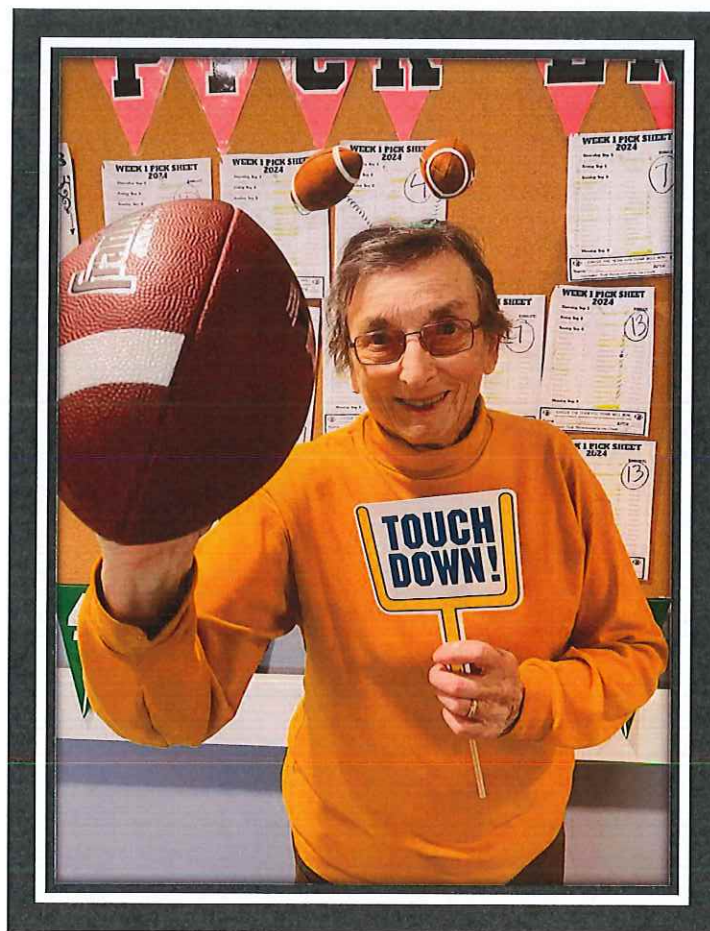
- **Tuesday, September 24th Birthday Bash featuring Happy Hour Drinks and Snacks, Live Band, and Special Dinner**
 - **Thursday, September 26th Medicare 101 Meeting with Adam**
 - **Friday, September 27th Live Singing Duo Starring Dan and Denise**
 - **Saturday, September 28th The Annual Alzheimer's Walk**
 - **Monday, September 30th Food Committee Meeting with Cam**
 - **Tuesday, October 1st Town Hall followed by Singer Matt Davis**
 - **Friday, October 4th Book Club Meeting, Monthly Library Stop and Singer, Mary Stoinski on the Keyboards**
 - **Tuesday, October 8th Monthly Bible Study with Kyle**
 - **Tuesday, October 15th Live Dancers Starring the St Louis Strutters**
- (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.**



YOU PICK 'EM WEEK 1 WINNER



CONGRATULATIONS

Betty Jo

She picked 15 winning teams right!

WEEK 3 PICK SHEET 2024

Thursday, Sep. 19

TIME(CT)

New England at NY Jets 7:15 pm

Sunday, Sep. 22

NY Giants at Cleveland 12:00 pm

Chicago at Indianapolis 12:00 pm

Houston at Minnesota 12:00 pm

Philadelphia at New Orleans 12:00 pm

LA Chargers at Pittsburgh 12:00 pm

Denver at Tampa Bay 12:00 pm

Green Bay at Tennessee 12:00 pm

Carolina at Las Vegas 12:00 pm

Miami at Seattle 3:05 pm

Detroit at Arizona 3:05 pm

Baltimore at Dallas 3:25 pm

San Francisco at LA Rams 3:25 pm

Kansas City at Atlanta 7:20 pm

Monday, Sep. 23

Jacksonville at Buffalo 6:30 pm

Washington at Cincinnati 7:15 pm



CIRCLE THE TEAM YOU THINK WILL WIN!

Turn your sheets in at the Front Desk by Wednesday of this week.



Name: _____ **APT#** _____

Tiebreaker: Total Points scored by the Chiefs: _____