

AVALON PARK

An Independent Living Neighborhood

September 22, 2024 – September 28, 2024



QUOTE OF THE WEEK

MAY THE AUTUMN LEAVES REMIND YOU TO RELEASE AND
LET GO. NOW, OPEN A SPACE WITH EASE AND GRACE
FOR MIRACLES TO GROW.

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



AVALON PARK Daily Program Schedule



Sunday, September 22, 2024

HAPPY FIRST DAY OF AUTUMN!

The first day of autumn, also known as the autumnal equinox is the day when the sun is directly above the equator, making day and night almost equal in length. Celebrate today by making a list of all that you are grateful for.

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.

CHURCHES WE TRANSPORT TO:	LEAVE TIME	PICK-UP TIME
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 22, 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!*



CHIEFS @ FALCONS 7:20 PM in the Orchard Room

Whether you are into Football or not... come hangout with us in the Orchard Room this evening! There's always someone to chat with!

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 23, 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

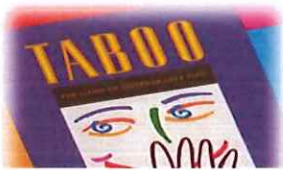


There are several groups of Residents who enjoy morning walks here at Avalon. This morning when you get coffee ask around to find who is walking when, and how far they are going. You are bound to find the perfect group.

Rise and Shine Errands with Mark

9:00 AM – 11:00 AM

HWY K Day! Groceries, Walgreens, CVS, Target, Kohls, & Dollar Tree!



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: Fall Resin Coasters

11:30 AM in the Craft Center

Resident Instructed Canasta!

11:30 AM – 1:30 PM Orchard Room



Monday, August 23, 2024 – Cont'd

Blackjack with Mark in the Fitness Center

11:30 AM – 1:30 PM

Everyone is welcome to come play!



Pick-A-Park! Picnic, Hike, & Enjoy!

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? Bring your devices with you.

NEW: Photography Club with Sada!

See you in the Orchard Room at 1:30 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!

Buzz Game with Mark

2:00 PM in the Fitness Center





AVALON PARK Daily Program Schedule



Tuesday, September 24, 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

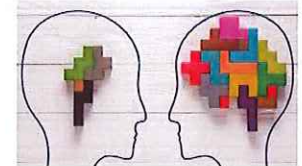
Doctor's Appointments with Mark

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

"POSITIVE NEWS STORIES" Around the World with **Sada**

Residents are encouraged to bring weekly **GOOD 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 24, 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.

Birthday Bash for September!

12:30 PM LINGO BINGO!

SADA IS READY FOR YOU!



1:30 PM HAPPY HOUR

FEATURING: APPLE CIDER COCKTAIL



2:00 PM LIVE BAND:

FEATURING: THE BB BOOMERS

4:00 PM BIRTHDAY BASH DINNER

ENTRÉE:

*PRIME RIB TOPPED WITH AU JUS, AND
HORSERADISH SAUCE, OR,
FISH & CHIPS, OR*

SCALLOPS IF YOU SIGNED UP W/ MEGHAN

SIDES:

*MASHED POTATOES w/ GRAVY, AND
GREEN BEANS*

SOUP:

LOBSTER BISQUE

DESSERT:

CHOCOLATE CAKE





AVALON PARK

Daily Program Schedule



Wednesday, September 25, 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

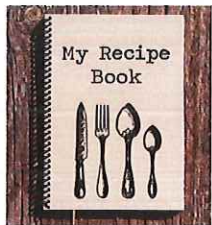
Wednesday, September 25, 2024 – Cont'd

A Fall Lunch Excursion:

Ethyl's Smokehouse & Salon
Meet in the Lobby at 11:15 AM



A true down-home hangout featuring burgers, wings, steak, BBQ, salads, big TVs, & comfortable indoor/outdoor seating. Be there!



Crafts: Avalon's Recipe Book!

11:30 AM in the Craft Room

Are you a typist? We need helpers to re-type recipes.



Resident Instructed Game

"Hand, Knee and Foot"

11:30 AM in the Orchard Room

Crocheting Class with Joan & Beth

Meet at 1:00 PM in the Orchard Room

Questions? Joan (636) 866-6010 or Beth (417) 260-5988



Trivia with Sada

2:00 PM in the Orchard Room





AVALON PARK

Daily Program Schedule



Thursday, September 26, 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

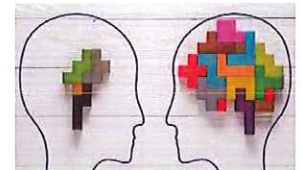
Meet in the Lobby



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



Hand and Foot Card Group

11:00 PM – 1:00 PM due to Adams Presentation



Thursday, September 26, 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.

UNDERSTANDING

Medicare



Medicare 101 with Adam

Prepare for your upcoming Enrollment
1:00 PM in the Orchard Room

Original Medicare coverage is broken into two parts. Part A and Part B. Medicare Part A covers inpatient, or hospital stays while Part B covers outpatient or medical care. Together, Part A and B cover about 80% of the typical healthcare costs seniors face leaving a few significant gaps in coverage. Still have questions? Adam is here today to prepare you for enrollment in October.

Sada's Education Topic:

“Decoding the Secrets of Egyptian Hieroglyphs!”



2:00 PM in the Orchard Room

The writing system used by ancient Egyptians to record their language is fascinating! They were made up of a series of small signs, or hieroglyphs, that were a combination of pictures, sounds, and letters. When you see these symbols, they won't mean what you think! Be there!



AVALON PARK

Daily Program Schedule



Friday, September 27, 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 – 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 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 27, 2024 – Cont'd

Cell Phone & Laptop Assistance



10:30 AM in the Orchard Room

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

Texas Hold 'Em with with Mark!

11:30 AM – 1:30 PM in the Fitness Center

Everyone is welcome to play!



Fall Decorations with Sada

12:30 PM in the Craft Center

Today we will be creating leaves and pumpkins to decorate the Orchard Room. It's time for that Fall Feeling!

Live Singing Duo: Dan & Denise

2:00 PM in the Orchard Room

Dan and Denise will be singing some Eagles songs today mixed with a little Bob Seager, James Brown, and more!

You will love them!





AVALON PARK Daily Program Schedule



Saturday, September 28, 2024

ALZHEIMER'S WALK DAY!



LEAVE AVALON AT 8:30 AM

LET'S GO TEAM AVALON! WE WILL TAKE SEVERAL TRIPS TO GET EVERYONE THERE ON TIME. WEAR YOUR T-SHIRTS AND COMFORTABLE SHOES, DRESS FOR THE WEATHER, BRING CASH FOR FOOD AND DRINKS OFFERED AT THE PARTY. BE THERE!

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



Cardinals @ Giants
TBA in the Orchard Room

UPCOMING EVENTS

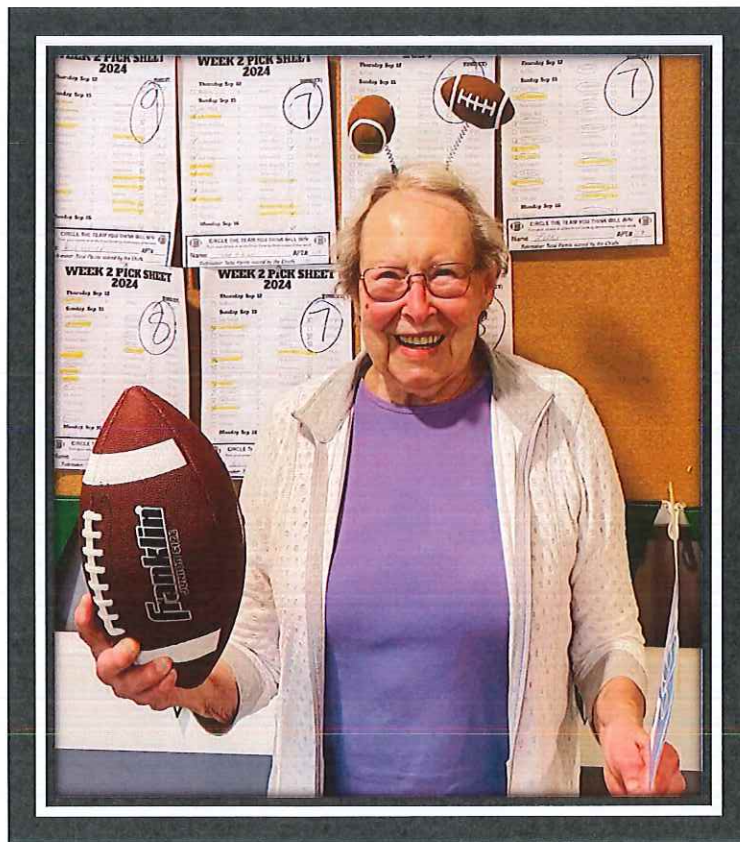
- Monday, September 30th Food Committee Meeting with Cam
 - Tuesday, October 1st Town Hall followed by Singer Matt Davis
 - Friday, October 4th Book Club Meeting, Monthly Library Stop, and Singer, Mary Stoinski with Karaoke on the Keyboards
 - Tuesday, October 8th Monthly Bible Study with Kyle
 - Tuesday, October 15th Live Dancers Starring the St Louis Strutters
 - Friday, October 18th Oktoberfest Party with a Live Polka Band and Special Dinner by Chef Cam and Chef D.
 - Saturday, October 20th Halloween Family Day, Decorated tables for the Children's Costume Parade and Live Singer, Sterling Lloyd
- (Monthly Dates & Events are subject to change, including additions)*

DAILY TIPS & REMINDERS

- Pets are not allowed in the Dining Room during mealtimes.
- 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. If you need help, 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 2 WINNER



CONGRATULATIONS

* Lou Moore*

She picked 10 winning teams right!

WEEK 4 PICK SHEET 2024

Thursday, Sep. 26

TIME(CT)

Dallas at NY Giants 7:15 pm

Sunday, Sep. 29

New Orleans at Atlanta 12:00 pm

LA Rams at Chicago 12:00 pm

Minnesota at Green Bay 12:00 pm

Pittsburgh at Indianapolis 12:00 pm

Denver at NY Jets 12:00 pm

Philadelphia at Tampa Bay 12:00 pm

Cincinnati at Carolina 12:00 pm

Jacksonville at Houston 12:00 pm

Washington at Arizona 3:05 pm

New England at San Francisco 3:05 pm

Cleveland at Las Vegas 3:25 pm

Kansas City at LA Chargers 3:25 pm

Buffalo at Baltimore 7:20 pm

Monday, Sep. 30

Tennessee at Miami 6:30 pm

Seattle at Detroit 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: _____