

# AVALON PARK

*An Independent Living Neighborhood*

September 29, 2024 – October 5, 2024



## QUOTE OF THE WEEK

THERE IS SOMETHING INHERENTLY HOPEFUL IN UNLIKELY FRIENDSHIPS. IT OUR ABILITY TO CONNECT, AND HOW IN ALL THE WAYS THAT MATTER, WE ARE NOT THAT DIFFERENT.

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



**Sunday, October 6, 2024. 2:00 PM**

*Shook Theater St. Charles Community College*  
\$12.00 each.

# Arsenic and Old Lace

*Arsenic and Old Lace* by Joseph Kesselring

Join us for an evening of hilarity and suspense with Joseph Kesselring's classic dark comedy, *Arsenic and Old Lace*. Set in a charming Brooklyn neighborhood, this uproarious tale follows Mortimer Brewster as he navigates the chaos of his eccentric family. His sweet, elderly aunts have a peculiar hobby that involves more than just charity work, and his brothers range from delusional to dangerously sinister. As Mortimer tries to manage the madness and protect his family, you'll be on the edge of your seat with laughter. Don't miss this unforgettable theatrical experience that promises to tickle your funny bone and leave you grinning from ear to ear!



**Sign up by Tuesday, October 1<sup>st</sup>  
if you would like a ticket.**





# AVALON PARK

## Daily Program Schedule



### Sunday, September 29, 2024

## What to celebrate today....

This day is also known as Silent Movie Day, World Heart Day, National Coffee & Biscotti Day, as well as International "Happy Goose Day!" A day to celebrate with silly jokes or puns. Make someone smile 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.

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 29, 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 @ CHARGERS

3:25 PM on CBS Orchard Room

Whether you are into Football or not... come hangout and watch the game with us in the Orchard Room! After BINGO!

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 30, 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!

## FOOD COMMITTEE MEETING

11:15 AM IN THE ORCHARD ROOM



### Crafts/Game: Fly Swatter Game

11:30 AM in the Orchard Room



Monday, September 30, 2024 - Cont'd

## Resident Instructed Canasta!

11:30 AM – 1:30 PM Orchard Room



## Blackjack with Mark 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? Bring your devices with you.



## Halloween Meeting with Sada!

1:30 PM in the Orchard Room

Please attend if you and your friends will be decorating a table for the Kid's Costume Parade on Sunday, October 20<sup>th</sup>! Let's plan how to set up the space!

## NEW: Photography Club with Sada!

See you in the Orchard Room at 2:30 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!





# AVALON PARK

## Daily Program Schedule



### Tuesday, October 1, 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**

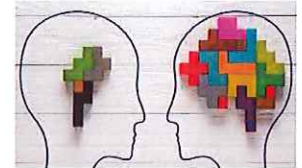
**Doctor's Appointments with Mark**

**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, October 1, 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.*

## **OCTOBER TOWN HALL MEETING**

**PLEASE MAKE EVERY EFFORT TO ATTEND!**

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

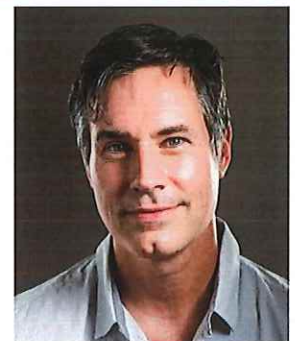
*MEGHAN WILL UPDATE US ON THE LATEST NEWS FOR AVALON PARK. WE WILL REVIEW FIRE DRILLS AND INTRODUCE YOU TO **FOX REHAB!** THEY BRING THE CLINIC TO YOU FOR PHYSICAL, OCCUPATIONAL, AND SPEECH THERAPY RIGHT HERE AT AVALON PARK. MEET THEM TODAY!*

## *Happy Hour Starring:*

**Singer, Matt Davis** on the **Keyboards**

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

Matt Davis is a versatile musician, singer, songwriter, and multi-instrumentalist from St. Louis, Missouri. Matt holds a Bachelor of Music Performance degree and is a board-certified Music Therapist. With over 30 years of experience in a wide variety of musical styles, a common thread has always been his love of American roots music. Don't miss this show!







# AVALON PARK

## Daily Program Schedule



### Wednesday, October 2, 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.

**\*No Errands Trip today due to the Pumpkin Farm and Lunch Excursion!**

We will see you on Friday for Errands!

**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.



**Resident Led: Hand, Knee, Foot**  
**11:30 AM in the Orchard Room**



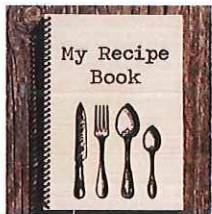
Wednesday, October 2, 2024 – Cont'd

## Pumpkin Picking and Lunch Excursion:

Dickherber Pumpkin Patch & Corner Pub & Grill

Meet in the Lobby at 9:30 AM

Let's pick some Fall Pumpkins for ourselves and the upcoming craft project, and then stop for lunch!



## Crafts: Avalon's Recipe Book!

11:30 AM in the Craft Room

Bring in your recipes. What's your favorite holiday yum?



## 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



## SADA'S LECTURE: "GROWING UP EGYPTIAN"

2:00 PM IN THE FITNESS CENTER

This is a continuation of the fabulous program from last week!

Don't miss these life stories of remarkable people!





# AVALON PARK

## Daily Program Schedule



### Thursday, October 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.

**\*9:00 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**

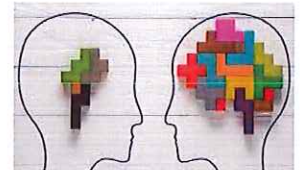
**Meet in the Lobby**



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**

**\*11:30 PM – 1:30 PM in the Orchard Room\***





Thursday, October 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.*



## **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 Scene. You can do it!

## **Wii Bowling League**



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

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

BECOME A PAGE IN THE BOOK TODAY! OUR BOOK IS MADE UP OF COOL, UNIQUE LIFE STORIES ALL ABOUT YOU, THE RESIDENTS AT AVALON PARK! COME SEE WHAT WE HAVE WRITTEN SO FAR!

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

## **Trivia with Sada**

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







# AVALON PARK

## Daily Program Schedule



### Friday, October 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



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

### Pick a Park! Lunch & Hike with Katie



Meet at 11:00 AM in the Lobby

Since the workers will be assembling the Screen in the Fitness Room today, we will take our exercise class outside! Join us!

### BOOK CLUB MEETING

11:00 AM in the LIBRARY



Please join us for a fabulous club meeting today.

Please return "The Woman in the Window." Our New Book will be: "The Racketeer" by John Grisham. Questions? Call Mary D: 314-330-6986.



Friday, October 4, 2024 – Cont'd

**Texas Hold 'Em with with Mark!**

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

On the First Friday of the Month, this game is located in the Orchard Room.



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

**1:00 PM 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: Mary Stoinski**

It's a karaoke type show! You pick the song, and she sings it!





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



**Saturday, October 5, 2024**

**Saturday Hymn Sing with Kim**  
**10:00 AM** in the **Fitness Center**



**Resident Led: Hand, Knee & Foot**  
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.

**REMINDER: Theater Trip Tomorrow!**

*“Arsenic and Old Lace”*

Showtime: **Sunday, October 6<sup>th</sup>**

Leave Avalon at **1:15 PM/Tickets \$12.00**



# UPCOMING EVENTS

- Tuesday, October 8<sup>th</sup> Monthly Bible Study with Kyle
- Tuesday October 8<sup>th</sup> Mark's Spectacular Music Presentation
- Tuesday, October 15<sup>th</sup> Live Dancers Starring the St Louis Strutters
- Friday, October 18<sup>th</sup> Oktoberfest Party with a Live Polka Band , A Presentation by John, Beer tasting, Hot Pretzels, and Special German themed Dinner by Chef Cam and Chef D.
- Saturday, October 20<sup>th</sup> Halloween Family Day, Decorated tables for the Children's Costume Parade and Live Singer, Sterling Lloyd
- Saturday October 23<sup>rd</sup> National Scarry Movie Day!
- Tuesday, October 26<sup>th</sup> National Pumpkin Pie Day!

*(Monthly Dates & Events are subject to change, including additions)*

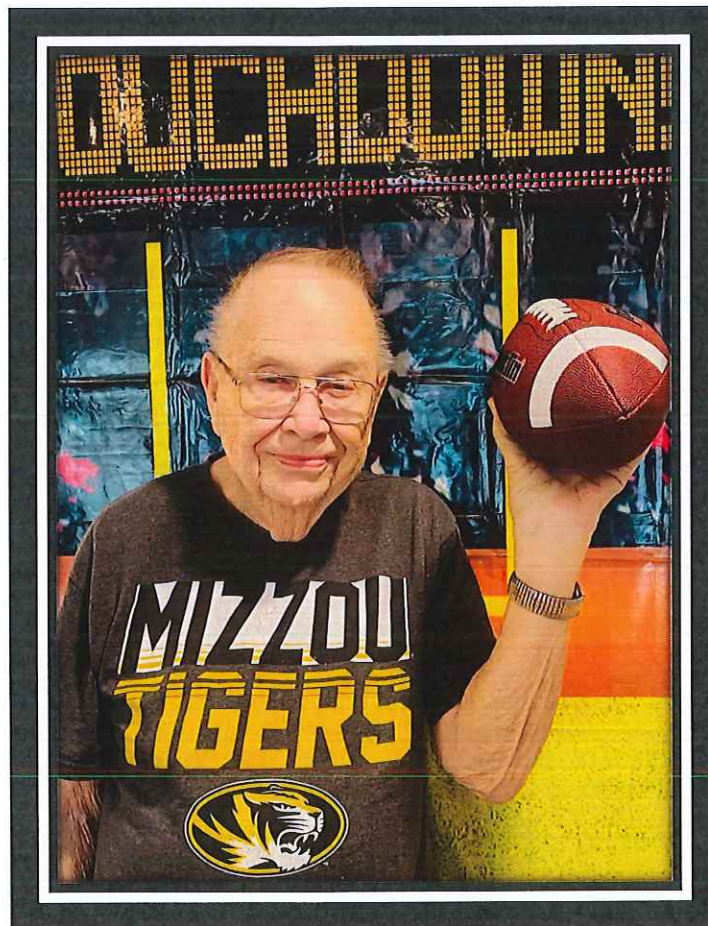
# DAILY TIPS & REMINDERS

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





# YOU PICK 'EM WEEK 3 WINNER



## CONGRATULATIONS

**\* Don Benz \***

**He picked 9 winning teams right!**



# WEEK 5 PICK SHEET 2024

## Thursday, Oct. 3

**TIME(CT)**

Tampa Bay at Atlanta  7:15 pm

## Sunday, Oct. 6

NY Jets at Minnesota  8:30 am

Carolina at Chicago  12:00 pm

Baltimore at Cincinnati  12:00 pm

Miami at New England  12:00 pm

Cleveland at Washington  12:00 pm

Indianapolis at Jacksonville  12:00 pm

Buffalo at Houston  12:00 pm

Las Vegas at Denver  3:05 pm

Arizona at San Francisco  3:05 pm

Green Bay at LA Rams  3:25 pm

NY Giants at Seattle  3:25 pm

Dallas at Pittsburgh  7:20 pm

## Monday, Oct. 7

New Orleans at Kansas City  7:15 pm

*Byes: Detroit, LA Chargers, Philadelphia, Tennessee*



**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:** \_\_\_\_\_