

# AVALON PARK

*An Independent Living Neighborhood*

September 8, 2024 – September 14, 2024



## QUOTE OF THE WEEK

ANNIVERSARY CELEBRATIONS ARE LIKE THE PAGES OF A WONDERFULLY WRITTEN BOOK PACKED WITH ENDURING FRIENDSHIP. MAY YOUR NEW BONDS CONTINUE TO FLOURISH!

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



# AVALON PARK Daily Program Schedule



## Sunday, September 8, 2024



**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

## *Grandparent's Day Brunch!*

Brought to you by Chef Cam & Chef "D"

10:00 AM – 1:00 PM



*The Knitting & Crocheting Club will now be held on  
Wednesdays at 1:00 PM in the Lobby!*



Sunday, September 8, 2024 – Cont'd

## MAHJONG WITH MARCIA

12:15 PM in the Fitness Center



## Family BINGO at 2:00 PM

Kids Prizes included today! Our caller is: 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 9, 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

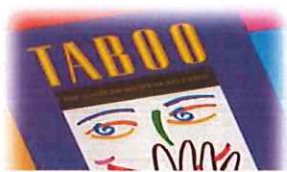


There are several groups of Residents who enjoy morning walks here at Avalon. This morning when you get coffee ask around to find who is walking when, and how far they are going. You are bound to find the perfect group.

## Rise and Shine Errands with Mark!

*9:00 AM – 11:00 AM*

A Highway K Trip for Walgreens, Kohls, Target, and Grocery Stores.



## TABOO CHALLENGE with Sada

*9:30 AM in the Orchard Room*

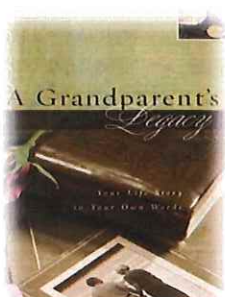
**10:30 AM**

**Fitness Class with Colleen**

**Fitness Center**



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: Legacy Journals Begin

**Come see what this project will be all about!  
Next week we will shop for your Journals!**

**11:30 AM Orchard Room**



Monday, September 9, 2024 – Cont'd

## Resident Instructed Card Game!

**Canasta!**

11:30 AM – 1:30 PM Orchard Room



## Blackjack in the Fitness Center

11:30 PM – 1:30 PM Fitness Center

Everyone is welcome to play today!



## USA Resale Excursion with Katie Leave at 12:30 PM



This is a fabulous Resale Shop to explore. They are exceptionally organized and a variety of items such as clothing, jewelry, hats, scarfs, shoes, furniture, and so much more!

## Tech Assistance: Cell Phones & Laptops



1:00 PM in the Orchard Room

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

## Talent Show Practice with Sada

2:00 PM in the Orchard Room

Let's do a full practice run! The show is next Friday!!





# AVALON PARK Daily Program Schedule



## Tuesday, September 10, 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**

**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 with Chaplain, Kyle

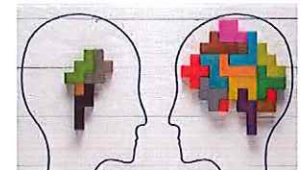
Join us for this very special topic today:

"The Heart of Christ towards sinners & sufferers; gentle and

**\*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 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.



Tuesday, September 10, 2024 – Cont'd

## Wii Bowling League!

11:15 AM in the Fitness Center

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



## 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.*

## THEMED LINGO BINGO:

**“WEAR A HAT!”**



**12:45 PM ORCHARD ROOM**

## Tuesday Happy Hour Starring:

Live Band: Denim Blue

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 11, 2024

REMEMBER SEPTEMBER 11, 2001  
**PATRIOT DAY**



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

Your "You Pick 'Em Sheets" are due today by 5:00 PM at the Front Desk!

### 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 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.



Wednesday, September 11, 2024 – Cont'd

## Resident Requested Lunch Excursion:

Featuring: **Black Bear!**

Meet in the Lobby at **11:15 AM**

An easy-going restaurant serving traditional comfort foods in a woodsy setting. Plus, Breakfast is served all day long!



## 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**

## *The Good News Program with Sada*

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

Let's all add to the program today by bringing a story that you have heard on the news, or read in the paper this week that has a good ending, is happy, positive, encouraging, cheerful, or exciting!





# AVALON PARK Daily Program Schedule



## Thursday, September 12, 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**

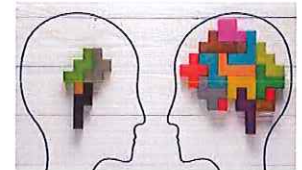
**Meet in the Lobby**



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 12, 2024 – Cont'd

## Texas Hold 'Em with Mark!

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

Everyone is welcome to play!

*\*Must be finished by 1:30 PM\**



## 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 Pumpkin. It's beautiful!!

## Goodbye Celebration for Jack!

Meet at **1:45 PM** in the Orchard Room

Come for refreshments as we wish Jack the very best of luck as he sets out on his journey to Colorado for a new career! See you there!

## Trivia with Sada

**2:15 PM** in the Orchard Room







# AVALON PARK Daily Program Schedule



## Friday, September 13, 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." So if you walk "one L-Shape," it equals "one Lap." 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!



# *It's a Celebration!*

# *Happy 3<sup>rd</sup> Anniversary*

# *to Avalon Park!*



Friday, September 13, 2024

In the Orchard Room

1:00 PM - 3:00 PM

What a year! Come enjoy specialty appetizers, sweet delicacies, and signature drinks!

*Entertainment by The Garden Party Band  
Featuring members of Butch Wax & The Hollywoods!*







# AVALON PARK Daily Program Schedule



**Saturday, September 14, 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 “Family.” 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 @ TOR**  
**TBA** in the **Orchard Room**



# UPCOMING EVENTS

- 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!
  - Tuesday, October 1<sup>st</sup> Singer and Piano with Matt Davis
  - Thursday, October 4<sup>th</sup> Karaoke Music Program with Mary Stoinski
  - Tuesday, October 15<sup>th</sup> The St. Louis Strutters Dance Show
  - Friday, October 18<sup>th</sup> Oktoberfest Party with Live Polka Band, Appetizers, Beer Tasting, and a fabulous German Meal!
  - Sunday, October 20<sup>th</sup> Family Day Halloween Bash! Costume Parade, Tricks and Treats, Games and Contests, and Live Singer!
- (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.



# WEEK 2 PICK SHEET 2024

## Thursday, Sep. 12

**TIME(ET)**

Buffalo at Miami  8:15 pm

## Sunday, Sep. 15

Las Vegas at Baltimore  1:00 pm

LA Chargers at Carolina  1:00 pm

New Orleans at Dallas  1:00 pm

Tampa Bay at Detroit  1:00 pm

Indianapolis at Green Bay  1:00 pm

Cleveland at Jacksonville  1:00 pm

San Francisco at Minnesota  1:00 pm

Seattle at New England  1:00 pm

NY Jets at Tennessee  1:00 pm

NY Giants at Washington  1:00 pm

LA Rams at Arizona  4:05 pm

Pittsburgh at Denver  4:25 pm

Cincinnati at Kansas City  4:25 pm

Chicago at Houston  8:20 pm

## Monday, Sep. 16

Atlanta at Philadelphia  8:15 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:** \_\_\_\_\_