

AVALON PARK

An Independent Living Neighborhood

October 13, 2024 – October 19, 2024



QUOTE OF THE WEEK

“EIN GUTES GEWISSEN IST EIN SANFTES RUHEKISSEN.”
(A CLEAR CONSCIENCE IS A SOFT PILLOW.)

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



AVALON PARK

Daily Program Schedule



Sunday, October 13, 2024



What to celebrate today....



It's National M&M Day!! M&M'S had become so popular by 1950 that an ingenious solution for consumers to distinguish the real M&M'S from inferior imitators was to stamp each candy with the now famous "m". The slogan "Look for the m on every piece" was created. M&M'S Peanut Chocolate Candies were introduced in 1954 and the color used to print the "m" was changed from black to white.

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, October 13, 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!*



ATTENTION ALL PINOCHLE PLAYERS
WE MEET AT 6:00 PM IN THE FITNESS CENTER
Questions? Contact Sandy M.

Mark Your Calendars!

This Tuesday at 10:00 AM we will be introducing Dr. Mansour, Avalon Park's new IN-HOME Doctor! Please make every effort to be there for a Q&A!



AVALON PARK

Daily Program Schedule



Monday, October 14, 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

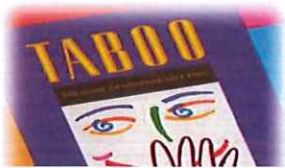


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Rise and Shine Errands with Mark

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: Finish Our "Happycrows!"

11:30 AM in the Craft Center

Let's get this couple ready to be placed outside for the Family Day Halloween Party! Your help is needed!

Monday, October 14, 2024 - Cont'd

Resident Instructed Canasta!

11:30 AM – 1:30 PM Orchard Room



Texas Hold EM 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 Decorating with Sada

1:00 PM in the Orchard Room



Please come help hang up some Wall Decorations, Streamers, Spider Webs, and other great things to get in the Spirit of the Month at hand!

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 15, 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

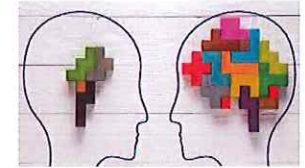
Doctor's Appointments with Mark

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**

Live Presentation of Services!



10:00 AM in the **Orchard Room**

Come meet Avalon Park's new In-Home Doctor! He will be discussing all the services that he will be providing for Residents here. Q & A session to follow.

Avalon's Wii Bowling League

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

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



Tuesday, October 15, 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.

NOTE: We will start setting up the Orchard Room at 12:00 PM for the dancers. All tables will be shifted away from the coffee counter so they can set up their own wooden dance floor. Thanks for cooperating!

St. Louis Strutter's Live!

1:30 PM in the Orchard Room

“Live Dancers you’ll never forget!”





AVALON PARK

Daily Program Schedule



Wednesday, October 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.

Rise and Shine Errands with Mark

****9:00 AM – 10:30 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

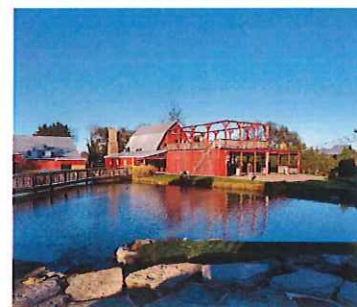
Wednesday, October 16, 2024 – Cont'd

Last Winery Wednesday Trip this Year!

"Cedar Lakes in Wright City"

Meet in the Lobby at 10:45 AM

This is a beautiful Winery with lake views,
delicious food, & comfortable seats inside and out!



Ceramic Ghost Lights with Sada

11:30 AM in the Craft Room

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



Resident Instructed Game

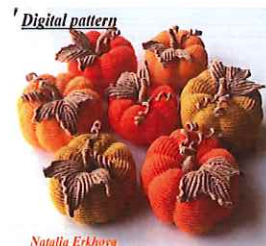
"Hand, Knee and Foot"

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 SERIES: "ALL ABOUT EGYPT"

2:00 PM IN THE FITNESS CENTER

In Halloween Spirit...did you know the biggest business in Egypt is DEATH?
Learn about their rituals, mummification process, and tombs etc...



AVALON PARK

Daily Program Schedule



Thursday, October 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.

***9:00 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

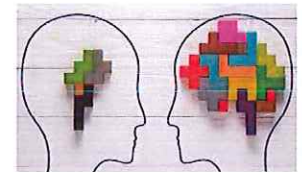
Meet in the Lobby



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 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.



Paint and Sip with Sada

12:00 PM in the Orchard Room

Learn to paint "The Road to Fall." Sada is here to teach you the proper brush tricks to create this art!

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 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



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!

Blackjack with Mark!

11:15 AM – 12:45 PM in the Fitness Center



Join us today! We'll play a few hands before the Octoberfest Party!

Friday, October 18, 2024- Cont'd

Oktoberfest

1:00 PM John K's Presentation!

John will be giving you a brief History of Oktoberfest. What exactly is it?
How did it all get started? And how it came to be in St. Louis!

You will also have the chance to taste some famous German Beers as well
as sample some Hot Pretzels with dipping sauces.

2:00 PM So Grand Polka Band



So Grand Polka Band is a polka band from St. Louis, Missouri! The band formed in 2019 as a side project, but soon all its members fell in love with polka! They began appearing around town at festivals and they have been gleefully received by both young and old audiences ever since!

4:00 PM Special German Dinner

Starters: Potato Soup
Main Entrée: Pork Schnitzel OR Roasted Chicken
Sides: Roasted Vegetable Trio
and Potato Pancakes
Dessert: German Chocolate Cake





AVALON PARK

Daily Program Schedule



Saturday, October 19, 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**



Calling all Singers at Avalon!

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

Please meet with Sandy so she can explain her vision of what it might be like to start an Avalon Glee Club or Choir especially now that the holidays are here.



Please let the Concierge know how many of your family members will be attending our Avalon Halloween Bash tomorrow!

UPCOMING EVENTS

- **Sunday, October 20th Halloween Family Day, Decorated tables for the Children's Costume Parade and Live Singer, Sterling Lloyd**
 - **Tuesday, October 22nd Dr. Mansour will be meeting with Residents to sign them up for Services.**
 - **Friday, October 25th Live Speaker: Mandy Dovin, Mark's Niece. She has been blind from birth and will teach you some unique ways to live with your visual impairments at all levels.**
 - **Tuesday, October 29th Birthday Bash! Live Band, Refreshments, Happy Hour Drinks and Special Dinner!**
 - **Thursday October 31st Halloween Day! We are encouraging all Residents and Staff Members to Dress Up today! Let's have fun!**
- (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.**

The Doctor Is In!

It is with much excitement that we announce our new House Doctor!

George Mansour, MD.

October 15th at 10:00AM

Historically, medical treatment had to be accessed only at the doctor's office or hospital. We can now provide this service in your home at Avalon Park. Wherever you call home, that's where we will meet you to provide the care you need.

You won't want to miss this! Feel free to invite your family as well.

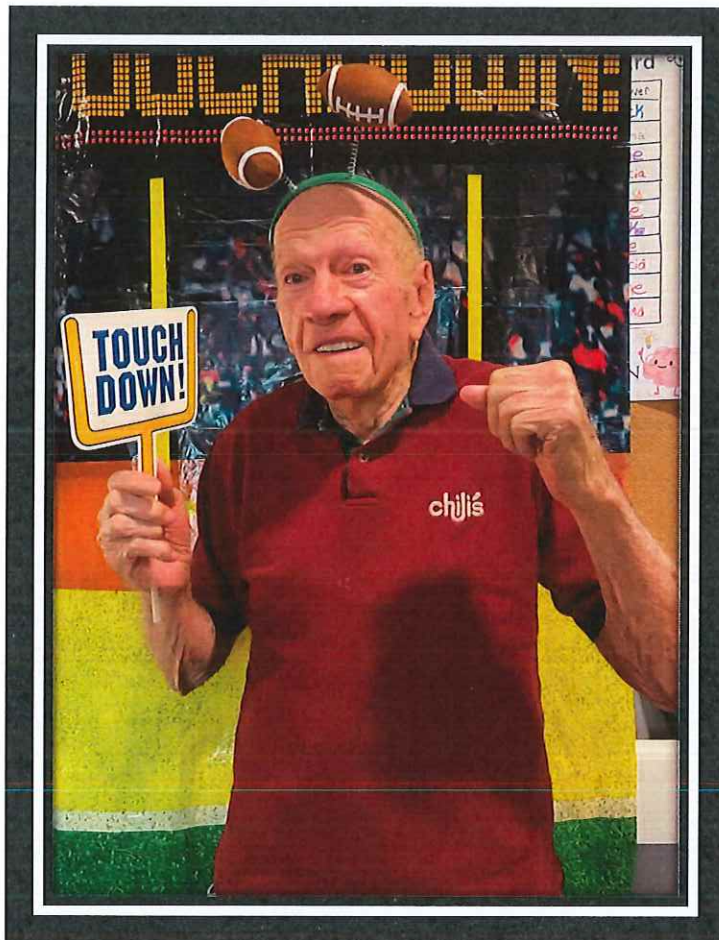
Dr. Mansour is licensed by the state of Missouri and Certified by the American Board of Internal Medicine. He is a medical staff member of most SSM, Mercy and BJC Hospitals.

Dr. Mansour's practice participates with Medicare and most major Medicare related insurance plans including Supplemental and Advantage plans.





YOU PICK 'EM WEEK 5



CONGRATULATIONS

* Ray Fields *

He wins again this week with 10 winning teams!

WEEK 7 PICK SHEET 2024

Thursday, Oct. 17

TIME(CT)

Denver at New Orleans 7:15 pm

Sunday, Oct. 20

New England at Jacksonville 8:30 pm

Seattle at Atlanta 12:00 pm

Tennessee at Buffalo 12:00 pm

Cincinnati at Cleveland 12:00 pm

Houston at Green Bay 12:00 pm

Miami at Indianapolis 12:00 pm

Detroit at Minnesota 12:00 pm

Philadelphia at NY Giants 12:00 pm

Las Vegas at LA Rams 3:05 pm

Carolina at Washington 3:05 pm

Kansas City at San Francisco 3:25 pm

NY Jets at Pittsburgh 7:20 pm

Monday, Oct. 21

Baltimore at Tampa Bay 7:15 pm

LA Chargers at Arizona 8:00 pm

Byes: Chicago, Dallas



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: _____