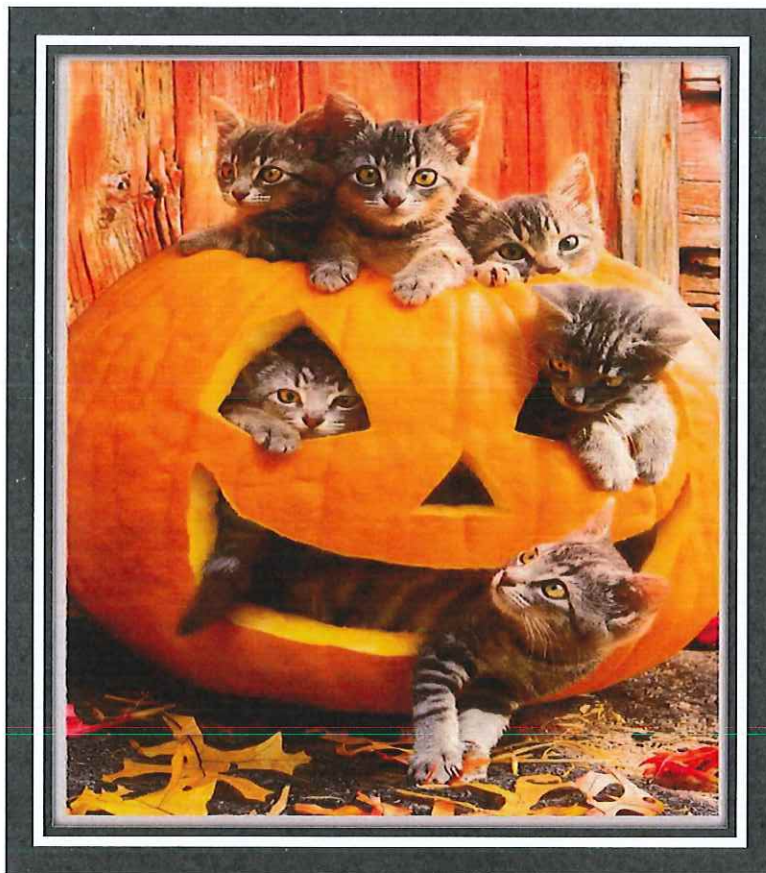


# AVALON PARK

*An Independent Living Neighborhood*

October 20, 2024 – October 26, 2024



## QUOTE OF THE WEEK

“LIVE YOUR LIFE AND FORGET YOUR AGE!”

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



# AVALON PARK

## Daily Program Schedule



### Sunday, October 20, 2024

## What to celebrate this month....

October is National Blindness Awareness Month. Be sure to attend the Presentation with our Guest Speakers this coming Friday. One of them is Mark's niece who was blind from birth! Her and her friend will be teaching you tricks and techniques to use for all stages of vision loss.

### 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



# **Halloween Family Bash!**

**Sunday, October 20<sup>th</sup>**

**12:30 PM Do your best to finish Brunch early today.**

**1:00 PM Residents!: Gather your friends, decorate those tables & get your treat bowls ready for the Kid's Costume Parade!**

**1:30 PM Families Arrive for Pumpkin Decorating & Crafts**

**2:00 PM Outside Photograph with all kids in Costumes**

**2:15 PM The Costume Parade will  
begins in the Orchard Room!**

**Featuring: Live Singer: Sterling Lloyd**

**3:15 PM Refreshments and Family Bingo**





# AVALON PARK

## Daily Program Schedule



### Monday, October 21, 2024

Times Vary for Avalon's Walking Groups

Meet in the Lobby

#### Walking Club

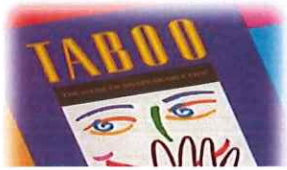


There are several groups of Residents who enjoy morning walks here at Avalon. This morning when you get coffee ask around to find who is walking when, and how far they are going. You are bound to find the perfect group.

### 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**

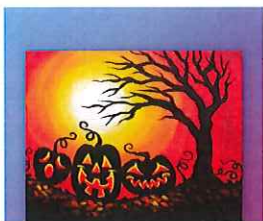
**Fitness Center**



Fitness not only stimulates both hemispheres of your brain; it also helps strengthen body's posture, alignment, balance, and patterns of movement.

### Crafts: Jack-O-Lantern Greeting Cards

**11:00 AM in the Craft Center**



This will be like a Paint-and-Sip Class. Sada will teach you the brush strokes to create these cards!

Monday, October 21, 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!



**NEW: Photography Club with Sada!**

**See you in the Orchard Room at 1:15 PM**

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

*Weird & Haunted News with Sada & Mark*

*2:00 PM in the Orchard Room*

Beware! It is that time of year strange, weird and haunting news stories, right? Come listen to some stories we have prepared to share with you...but feel free to bring some of your own to share as well!



# AVALON PARK

## Daily Program Schedule



### Tuesday, October 22, 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

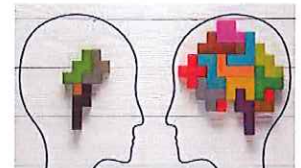
Lobby



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



### Sign Up to have Dr Mansour as your Primary Care Doctor!

Starting at 10:00 AM in the Orchard Room/ PDR

Today, Dr. Mansour's RN, Brian Murphy will be here to answer additional questions and begin enrolling you for Primary Care Services. Time slots will be available throughout the morning so you can go about your daily routine until it is your turn to meet with him.

**Tuesday, October 22, 2024 – Cont'd**

**Tech Assistance: Cell Phones & Laptops**

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

Ask for help with your devices while you wait to talk with Brian Murphy, RN about enrollment for Primary Care Services.



**10:30 AM Heart Healthy Fitness Class with Sada 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, position, alignment, balance, and patterns of movement.

**Avalon's Wii Bowling League**

**11:15 PM in the Fitness Center**

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



**Meditation Class with Sada @ 12:00 PM Library**



*\*NEW TIME TODAY\**

*When we train our awareness both internally and externally, we increase our capacity to act with wisdom, no matter what life throws at us.*

**Buzz – Buzz Game with Mark!**

**2:00 PM in the Fitness Center**

Feel like laughing? You need to check this game out!



# AVALON PARK

## Daily Program Schedule



### Wednesday, October 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!

### 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 23, 2024 – Cont'd

## Wednesday Lunch Excursion

Resident Requested: Pizza Ranch

Meet in the Lobby at 11:30 AM

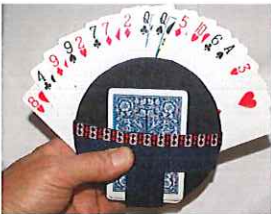
We will have a private room for our group today.  
This place also has amazing Pasta, Wings, & More!



## Autumn Door Decor with Sada

11:30 AM in the Craft Room

If your front door is feeling a little empty, be there today!



## 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: "Growing up Greek"

2:00 PM IN THE FITNESS CENTER

In true Halloween Spirit...We will be studying ancient Greece and some of their rituals from the early days. You will be amazed!



# AVALON PARK

## Daily Program Schedule



### Thursday, October 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.

**\*9:00 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**

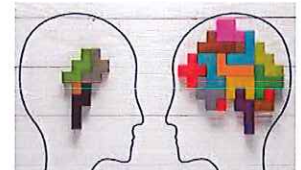
**Doctor Appointments with Mark**

**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 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.*



## **Paint & Sip Cont'd with Sada**

**12:15 PM in the Orchard Room**

The "Road to Fall" painting will continue today. Finish learning the proper brush strokes to create this lovely scene!

## **Wii Bowling League**



12:15 PM in the Fitness Center

## **John K Teaches the Phase-10 Card Game!**

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

In this game, a "Phase" is composed of sets, runs, cards of one color, or a combination of these. As the name suggests, there are **10 Phases!** The object of the game is to be the first person to complete all ten! The Phases must be made in order, from 1 to 10. Learn what each of the "Ten Phases" are as well as, what "Hitting," "Wild," and "Skip" mean for this game. Be there!

## **Trivia with Sada**

2:00 PM in the Orchard Room





# AVALON PARK

## Daily Program Schedule



### Friday, October 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



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".

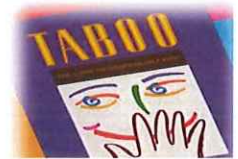
Each L-Shape is .10 Miles, so 5 L-Shapes is ½ Mile & 10 L-Shapes is 1 Mile.

### 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 Sada



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!

### *Operation Bedroll Project*

**11:30 AM Orchard Room**



*We are needing help sorting, smoothing and cutting the plastic bags.  
No experience necessary! Sada will be there to help get you started!*

**Friday, October 25, 2024 – Cont'd**

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

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

Join us today! Everyone is invited! Get ready to have a blast!



**Finish Your Autumn Door Décor**

**1:00 PM in the Craft Center**

Come see what this project is all about!

If your door is done, let's help another resident!



**Live Speakers on Vision! Featuring Mandy Dovin, her friend, and their Support Dogs!**

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

Mandy is Mark's Niece. She was born Blind. Mandy's friend is someone who was able to see growing up but recently lost her vision. Mandy will share her story about growing up with no vision and her friend will speak about growing up with vision and then losing it. They will teach you tricks and techniques for coping with vision loss. You also get to meet their dogs! Please make every effort to be there!



# AVALON PARK

## Daily Program Schedule



Saturday, October 26, 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

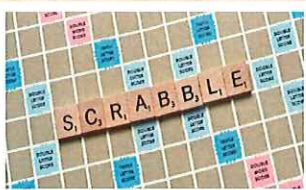
**\*Saturday "YOUR STORE" Hours\***  
**12:30 PM – 2:00 PM Fitness Center**



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.



Resident Run: "Scrabble Battles"

2:30 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.

# UPCOMING EVENTS

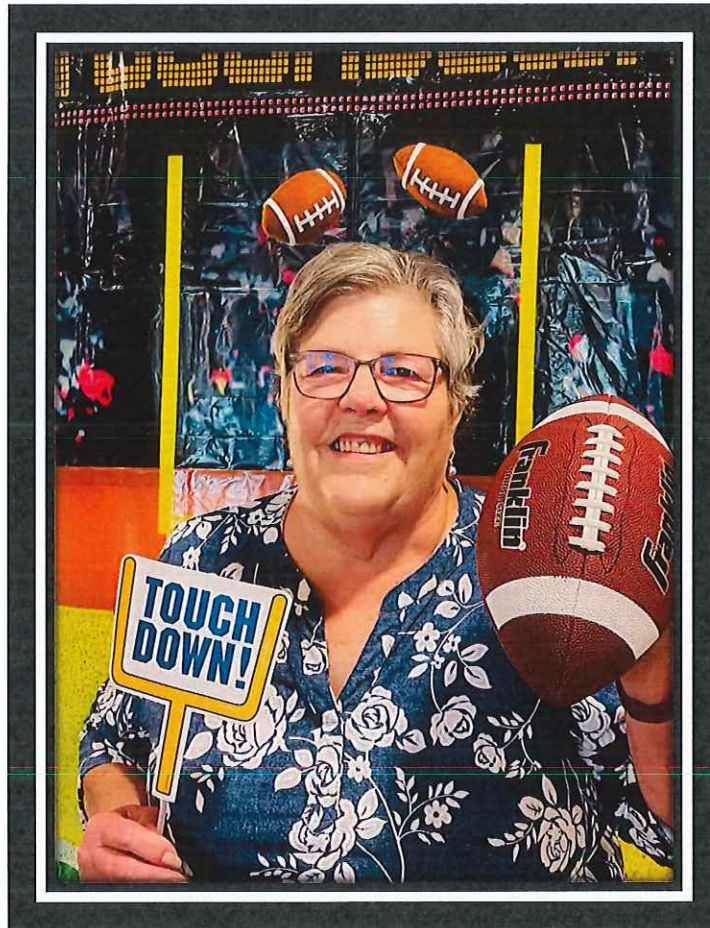
- Tuesday, October 29<sup>th</sup> Birthday Bash! Live Band, Refreshments, Happy Hour Drinks and Special Dinner!
  - Thursday, October 31<sup>st</sup> Halloween Day! We are encouraging all Residents and Staff Members to Dress Up today! Let's have fun!
  - Friday, November 1<sup>st</sup> Remembrance Day Celebration
  - Monday, November 4<sup>th</sup> Food Committee Meeting
  - Tuesday, November 5<sup>th</sup> November Town Hall Meeting followed by: Live Singer, Harry Fry on guitar.
  - Sunday, November 10<sup>th</sup> ACT II Theater Trip: Comedy Production: "Once Upon A Mattress" Leave Avalon at 1:15 PM
  - Monday, November 11<sup>th</sup> Veterans Day Ceremony under the Flag!
- (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 6



## CONGRATULATIONS

**\* Ruthie Hall \***

**She made Avalon History by choosing every win right!**



# WEEK 8 PICK SHEET 2024

## Thursday, Oct. 24

**TIME(CT)**

Minnesota at LA Rams  7:15 pm

## Sunday, Oct. 27

Baltimore at Cleveland  12:00 pm

Tennessee at Detroit  12:00 pm

Arizona at Miami  12:00 pm

NY Jets at New England  12:00 pm

Atlanta at Tampa Bay  12:00 pm

Chicago at Washington  12:00 pm

Green Bay at Jacksonville  12:00 pm

Indianapolis at Houston  12:00 pm

New Orleans at LA Chargers  12:00 pm

Buffalo at Seattle  3:05 pm

Philadelphia at Cincinnati  3:25 pm

Carolina at Denver  3:25 pm

Kansas City at Las Vegas  3:25 pm

Dallas at San Francisco  7:20 pm

## Monday, Oct. 28

NY Giants at Pittsburgh  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:**