

AVALON PARK

An Independent Living Neighborhood

October 6, 2024 – October 12, 2024



QUOTE OF THE WEEK

THERE ARE TWO TIMES OF THE YEAR:
AUTUMN AND WAITING FOR AUTUMN.

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



AVALON PARK

Daily Program Schedule



Sunday, October 6, 2024

What to celebrate today....

It's National Coaches Day! What sports did you participate in growing up? What were they? Did you have a favorite Coach? What was his/her name? What is something they told you that you will never forget?

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 6, 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.



CHIEFS VS SAINTS

7:15 PM on ESPN Orchard Room

Whether you are into Football or not... come hangout this evening, socialize, and watch the game with us in the Orchard Room!



AVALON PARK

Daily Program Schedule



Monday, October 7, 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

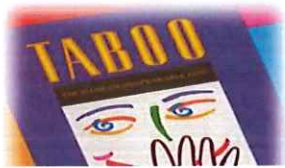


There are several groups of Residents who enjoy morning walks here at Avalon. This morning when you get coffee ask around to find who is walking when, and how far they are going. You are bound to find the perfect group.

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: Watercolor Pumpkins!

11:30 AM in the Craft Center

We will continue painting more Pumpkins for the Orchard Room! They look so amazing!!!!

Monday, October 7, 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 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 8, 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

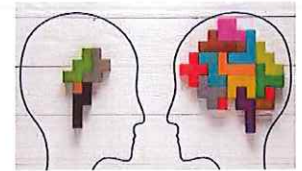
Doctor's Appointments with Mark

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

Monthly Bible Study with Kyle at 9:30 AM in the Library

Topic: "The Gospel According to Exodus"

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 8, 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.

Programs & Activities Meeting!

1:00 PM in the Orchard Room

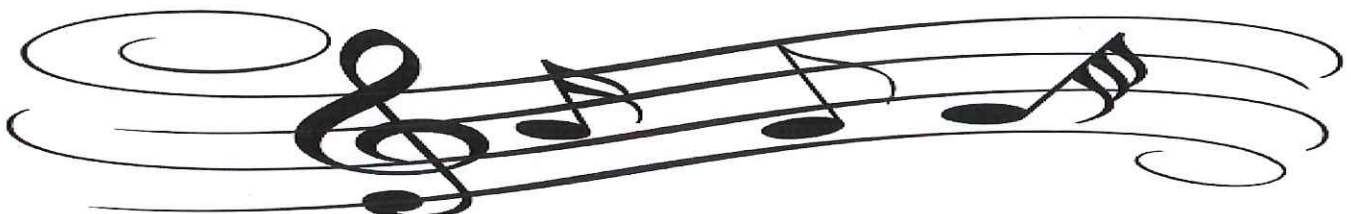
The holidays will be approaching quickly. Let's talk about some of the larger trips and Special Events coming up. For example: Today you will sign up for the Ambassadors of Harmony Christmas Show! Be there!

Music Presentation by "Sadark" (Mark & Sada)

"An Afternoon of Renaissance"

2:00 PM in the Orchard Room

Enjoy the music of Orchestras, Symphonies and Choirs in the comfort of your Avalon Home. In true "Rest of the Story" format learn about these extraordinary groups and enjoy their special music renditions of their greatest hits!





AVALON PARK

Daily Program Schedule



Wednesday, October 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



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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

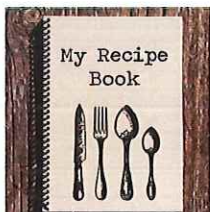
Wednesday, October 9, 2024 – Cont'd

Resident Requested Lunch Excursion:

Lunch at Zia's & a Halloween Tour through the town.

Meet in the Lobby at 10:45 AM

One of the most Popular Restaurants on the Hill! Let's enjoy Lunch and then an Halloween tour of the town.



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 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.

***9:00 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.

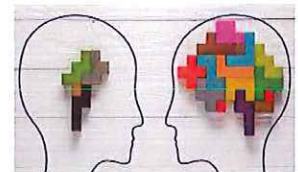
9 AM-3 PM Doctor Appointments with Mark **Meet in the Lobby**



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 10, 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.



Scarecrow Making with Sada

12:00 PM in the Orchard Room

We will be making "friendly" Scarecrows to complete our beautiful outdoor set-up on the Front Patio!

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 11, 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".

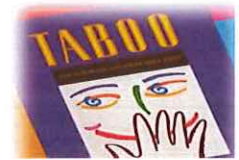
Each L-Shape is .10 Miles, so 5 L-Shapes is ½ Mile & 10 L-Shapes is 1 Mile.

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!

Pick-a-Park! Lunch & Hike with Katie

Meet at 11:00 AM in the Lobby

Let's take advantage of this beautiful weather while it's still here! Today we'll head to Babler State Park.

Bring about \$10.00 for Jimmy John's Sandwiches on the way!



Friday, October 11, 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!



Craft: Fall Decoupage Wall Art

11:30 AM in the Craft Center

Come see what this project is all about!



Operation Bedroll Project

1:00 PM 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!*



Happy Hour!

2:00 PM in the Orchard Room

Live Singer: Joe Ellegood

Joe plays guitar and sings a variety of hits that you will love!



AVALON PARK

Daily Program Schedule



Saturday, October 12, 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: Please RSVP for Avalon’s Family Day Halloween Bash! Tell the Front Desk how many kids will be in your Party. If you plan on handing out treats at the Costume Parade, reserve your table with Sada!

UPCOMING EVENTS

- **Tuesday, October 15th Live Dancers Starring the St Louis Strutters**
- **Tuesday, October 15th A Live Presentation at 10:00 AM with Dr. Mansour, our new House Doctor. He will tell you about all the services he will be providing at Avalon Park. Don't miss it!**
- **Friday, October 18th Oktoberfest Party with a Live Polka Band, A Presentation by our John K., Beer tasting, Hot Pretzels, and Special German themed 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**
- **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.**

(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.**

WEEK 6 PICK SHEET 2024

Thursday, Oct. 10

TIME(CT)

San Francisco at Seattle 7:15 pm

Sunday, Oct. 13

Jacksonville at Chicago 8:30 am

Arizona at Green Bay 12:00 pm

Indianapolis at Tennessee 12:00 pm

Houston at New England 12:00 pm

Tampa Bay at New Orleans 12:00 pm

Cleveland at Philadelphia 12:00 pm

Washington at Baltimore 12:00 pm

LA Chargers at Denver 3:05 pm

Pittsburgh at Las Vegas 3:05 pm

Detroit at Dallas 3:25 pm

Atlanta at Carolina 3:25 pm

Cincinnati at NY Giants 7:20 pm

Monday, Oct. 14

Buffalo at NY Jets 7:15 pm

Byes: Kansas City, LA Rams, Miami, Minnesota



CIRCLE THE TEAM YOU THINK WILL WIN!

Turn your sheets in at the Front Desk by Wednesday of this week.

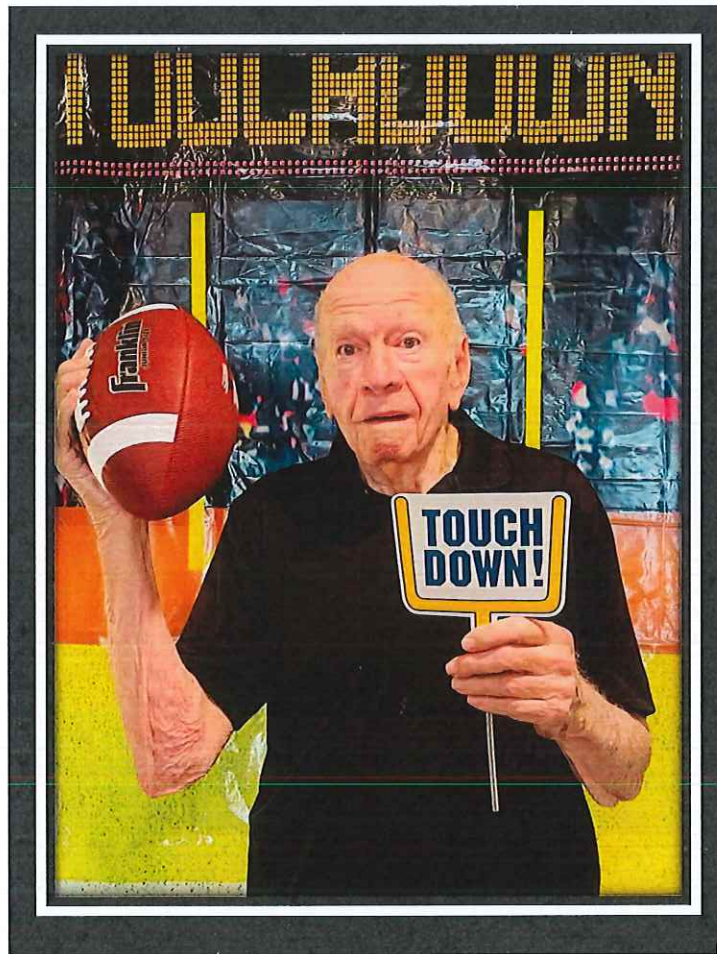


Name: _____ **APT#** _____

Tiebreaker: Total Points scored by the Chiefs: _____



YOU PICK 'EM WEEK 4



CONGRATULATIONS

* Ray Fields *

He picked 12 winning teams right!