

AVALON PARK

An Independent Living Neighborhood

October 27, 2024 – November 2, 2024



QUOTE OF THE WEEK

“WHEN THE WORLD IS SO COMPLICATED, THE SIMPLE
GIFT OF FRIENDSHIP IS WITHIN ALL OF OUR HANDS.”

— MARIA SHRIVER

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



AVALON PARK

Daily Program Schedule



Sunday, October 27, 2024

What to celebrate today....

It's National Occupational Therapy Day! If any of you have ever had an OT to help you regain your independence, you know how important that career is! THANKS TO ALL THE OCCUPATIONAL THERAPISTS WHO HELP AVALON PARK!

Times Vary for Avalon's Walking Groups

Meet in the Lobby



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



Sunday, October 27, 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 RAIDERS

3:25 PM on CBS Orchard Room

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



AVALON PARK

Daily Program Schedule



Monday, October 28, 2024

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

Times Vary for Avalon's Walking Groups

Meet in the Lobby

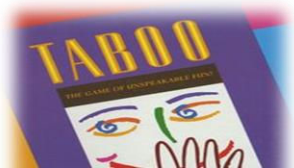


There are several groups of Residents who enjoy morning walks here at Avalon. This morning when you get coffee ask around to find who is walking when, and how far they are going. You are bound to find the perfect group.

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: Cheese Cloth Ghosts!

11:30 AM in the Craft Center

**These make great gifts for family & friends!
They look so amazing & are easy to make!**

Monday, October 28, 2024 - Cont'd

Resident Instructed Canasta!

11:30 AM – 1:30 PM Orchard Room



Texas Hold 'Em in the Fitness Center

11:30 AM – 1:30 PM

Everyone is welcome to come play!



Tech Assistance: Cell Phones & Laptops



12:00 PM in the **Orchard Room** with **Katie**

What questions do you have? Bring your devices with you.

NEW: Photography Club with Sada!

See you in the **Craft Room** at **1:00 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!

St. Charles Haunted Stories with *Sadark*

2:00 PM in the *Orchard Room*

Come listen to some TRUE Haunted stories about St. Charles Missouri. We will share some stories with you first and then open the floor for you to share.



AVALON PARK

Daily Program Schedule



Tuesday, October 29, 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



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!

Please let the Concierge know your Thanksgiving Meal Plans.
Will you dine with us here at Avalon? Will you bring guests?
Or do you plan to dine with family and friends somewhere else?

Tuesday, October 29, 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.

Birthday Bash for October!

12:30 PM LINGO BINGO!

SADA IS READY FOR YOU!



BINGO
LINGO



1:30 PM HAPPY HOUR

FEATURING: FORBIDDEN FRUIT COCKTAIL

2:00 PM LIVE BAND:

FEATURING: THE BUCKET LIST BAND

4:00 PM BIRTHDAY BASH DINNER

ENTRÉE:

*PRIME RIB TOPPED WITH AU JUS, AND
HORSERADISH SAUCE, OR,*

FISH & CHIPS, OR

SCALLOPS IF YOU SIGNED UP W/ MEGHAN

SIDES:

*MASHED POTATOES w/ GRAVY, AND
GREEN BEANS*

SOUP:

LOBSTER BISQUE

DESSERT:

CHOCOLATE CAKE





AVALON PARK

Daily Program Schedule



Wednesday, October 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**



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.

Morning Errands with Katie in the Highlander.
**9:00 am - 10:30 AM* (3 Residents at a time)*
 Mark will have the bus for routine Maintenance.

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 30, 2024 – Cont'd

A Historic St. Charles Lunch Tour!

You Pick! Llewellyn's, Lewis & Clarks, Schlafly's, or Margos?

Meet in the Lobby at 11:30 AM

You pick the restaurant! The Streets of St. Charles look beautiful in the Fall. Let's go for the views!



Paint and Sip

"Starry Halloween Night"

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

Join Sada as she teaches you the brush strokes to create this amazing piece of art!

Crocheting Class with Joan & Beth

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

Questions? Joan (636) 866-6010 or Beth (417) 260-5988



Spooky Trivia with Sada

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





AVALON PARK

Daily Program Schedule



Thursday, October 31, 2024

MASS 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 Katie

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 31, 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.



HALLOWEEN PHOTOS!

Meet at 12:00 PM in the **Lobby**

Let's see those outfits everyone!!

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

BECOME A PAGE IN THE BOOK TODAY! OUR BOOK IS MADE UP OF COOL, UNIQUE LIFE STORIES ABOUT THE RESIDENTS HERE AND/OR THEIR FAMILIES! COME SEE WHAT WE HAVE WRITTEN SO FAR!

1:00 PM IN THE ORCHARD ROOM



SADA IN CHARACTER!

2:00 PM IN THE ORCHARD ROOM

“THE LEGEND OF SLEEPY HALLOW!”

*AS TOLD BY ABIGAIL WILSON,
KATRINA VAN TASSEL'S MAID SERVANT AND
CITIZEN OF THE TOWN*



AVALON PARK

Daily Program Schedule



Friday, November 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



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.

Remembrance Ceremony

10:00 AM in the Orchard Room

Please join us as we celebrate All Souls Day (one day early.) This is an annual Ceremony to show respect and remember the friends we have lost this year. Reverend Kyle will lead with words and prayer. A candle will be lit for each friend, and songs will be sung in dedication. After the Ceremony, feel free to stay gathered and share your stories with each other.

BOOK CLUB MEETING

11:00 AM in the LIBRARY



Please join us for a fabulous club meeting today.

Please return "The Racketeer." Our New Book will be: "Starry Night" by Debbie Macomber. Questions? Call Mary D: 314-330-6986.

Friday, November 1, 2024 – Cont'd

Afternoon Errands with Katie

12:00 PM – 2:00 PM

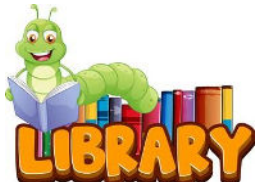
HWY K Day! Groceries, Walgreens, CVS, Target, Kohls, & Dollar Tree!



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!

Operation Bedroll Project

2:00 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!*

NEW Wii Sport: Frisbee Dog!

2:30 PM in the Fitness Center





AVALON PARK
Daily Program Schedule



Saturday, November 2, 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.

Save the Date of Tuesday, November 26th

An Encore Presentation by Sadark!

Enjoy **MORE** music from Orchestras, Symphonies, Choirs and individuals in true “Rest of the Story” format.

See **new** stories about what led these extraordinary people to have created the music they did, and why. Don't miss it!

UPCOMING EVENTS

- **Monday, November 4th Food Committee Meeting**
 - **Tuesday, November 5th November Town Hall Meeting followed by: Live Singer, Harry Fry on guitar.**
 - **Sunday, November 10th ACT II Theater Trip: Comedy Production: "Once Upon a Mattress" Leave Avalon at 1:15 PM**
 - **Monday, November 11th Veterans Day Ceremony under the Flag!**
 - **Tuesday, November 13th Luch Excursion: Josephine's Tea House**
 - **Friday, November 15th The Live Band Copper Reign is back!**
 - **Sunday, November 17th MBU Theater Presents "Newsies!"**
 - **Tuesday, November 19th Birthday Bash and Ice Cream Social**
 - **Tuesday, November 26th "Sadark's" Encore Musical Program**
- (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.**