

AVALON PARK

An Independent Living Neighborhood

December 1, 2024 – December 7, 2024



QUOTE OF THE WEEK

"TO APPRECIATE THE BEAUTY OF A SNOWFLAKE, IT IS NECESSARY TO STAND OUT IN THE COLD."

— ARISTOTLE

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



AVALON PARK

Daily Program Schedule



Sunday, December 1, 2024

What to celebrate today....

Eat a Red Apple Day: Celebrated on December 1, this day raises awareness of a health challenge. It's also National Cookie Cutter Day, Twin With Your Dog Day, Christmas Book Day, and National Rosa Park's Day!

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 & Friends!

10:00 AM – 1:00 PM



Sunday, December 1, 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: Sada!



Mexican Train Dominoe Fans

4:00 PM in the Orchard Room

Several games are in the gray cabinet in the Fitness Center. Play up there or down in the Orchard Room.



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.



AVALON PARK

Daily Program Schedule



Monday, December 2, 2024

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

Times Vary for Avalon's Walking Groups

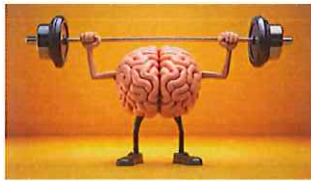
Meet in the Lobby

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.

There will be NO Errands Today!



BRAIN 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.

The Balcony & Door Decorating Contest is on!

Meet at 11:00 AM in the Orchard Room!

Sada will explain how you can get involved!

Monday, December 2, 2024 - Cont'd

Food Committee Meeting at 11:15 AM

Texas Hold 'Em in the Fitness Room

11:30 AM – 1:30 PM

Our friend Mike will be dealing today!



Cell Phone & Technology Assistance



12:00 PM in the Orchard Room

Have questions about your cell phones or laptops?

We will be there to help you today!

Resin Craft Continued with Sada

Be in the Orchard Room at 1:00 PM

We will be working once again in the Dining Room today, so we have adequate space.



Library Organizers Wanted!

3:00 PM in the 4th Floor Library

It's that time of year to go through the shelves and see what books we want to keep and what books we should donate. If you see damaged books or duplicates, put them in a box to the side.



AVALON PARK

Daily Program Schedule



Tuesday, December 3, 2024

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

9 AM-3 PM **Doctor's Appointments with Mark** **Lobby**



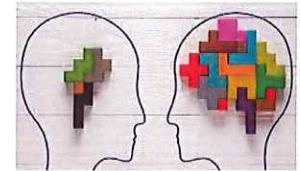
This is a complimentary service. *All appointments requested for this service must be within a 10-mile radius and written down in the Doctor's Book in the Lobby by 4:00 PM the day before the appointment so proper travel accommodations can be scheduled for each resident.

Bible Study is on your own this week.

9:30 AM in the Library on the 4th Floor

HANGMAN CHALLENGE with **Sada**

9:30 AM in the Orchard Room



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, alignment, balance, and patterns of movement.



Avalon's Wii Bowling League
11:15 AM 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.

Tuesday, December 3, 2024 – Cont'd

Canasta Card Players Crew!

NOON in the Orchard Room



DECEMBER TOWN HALL MEETING

PLEASE MAKE EVERY EFFORT TO ATTEND!

12:45 PM in the ORCHARD ROOM

*MEGHAN WILL UPDATE US ON THE LATEST NEWS FOR AVALON PARK.
ALL THE UPCOMING HOLIDAY PARTIES, AS WELL AS MEAL TIMES
FOR CHRISTMAS EVE, CHRISTMAS DAY, AND NEW YEARS!*

A decorative border of various musical instruments including trumpets, saxophones, drums, and guitars surrounds the text.

Live Music Tuesday!

"The Doc Scott Band"

2:00 PM in the Orchard Room

Come have a drink, socialize with friends, sing, dance, & laugh! Cheers!



AVALON PARK

Daily Program Schedule



Wednesday, December 4, 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 – 10:45 AM

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

Red/Black/High/Low with Sada

9:30 AM in the **Orchard Room**



Center Pieces for the Dining Room Tables

Meet Sada in the **Orchard Room** at **10:30 AM**

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, December 4, 2024 – Cont'd

Movie Excursion: "Wicked!"

Leave at 11:15 AM. Movie starts at Noon!

Misunderstood because of her green skin, a young woman named Elphaba forges an unlikely but profound friendship with Glinda, a student with an unflinching desire for popularity. Following an encounter with the Wizard of Oz, their relationship soon reaches a crossroad as their lives begin to take very different paths.

Sada's Autumn Themed Paint & Sip



Theme: Winter Cardinal
12:00 PM in the **Craft Center**

This is perfect class for beginners! We will be using stencils to guide the cardinal's form, making it easy for everyone to create a masterpiece. Sip on something warm and cozy while you paint and enjoy the festive atmosphere.

Crocheting Class with Beth

Meet at 1:00 PM in the Orchard Room

Questions? Call Beth (417) 260-5988



Trivia with Sada

2:00 PM in the Orchard Room





AVALON PARK

Daily Program Schedule



Thursday, December 5, 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

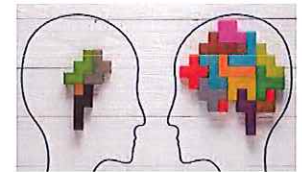
Meet in the Lobby



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'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, December 5, 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.

**Educational Program & Live Speaker
“Parkinson’s Disease 101”**

1:00 PM in the Orchard Room

Please welcome Kim Sanders from APDA.

(The American Parkinsons Disease Association)

Strength in optimism. Hope in Progress.

Listen to the newest advancements taking place today to help us learn more about what exercises, nutrition, and medicines are helping people in all stages of the disease. Q &A to follow.

AVALON’S BOOK OF WOWS WITH KATIE

BECOME a PAGE IN THE BOOK OF UNIQUE RESIDENT LIFE STORIES

2:30 PM IN THE FITNESS ROOM

**If you have Library Books to turn in this month,
please bring them to Katie’s office on the 2nd Floor.**



AVALON PARK

Daily Program Schedule



Friday, December 6, 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

Fridays are for Merry-Go-Round Resale, Nail Spas, Banks, YMCA, Walgreens, CVS, Grocery Stores, Target, Walmart, or others.

BRAIN CHALLENGE with Sada

9:30 AM in the Orchard Room



Vitality in Motion Fitness Class with Katie



10:30 in the Fitness Center

Strength is key to maintaining balance & flexibility and is very important in preventing falls. Attending makes you stronger in mind, body, and spirit!

Lifelong Learning with Katie

11:00 AM in the Fitness Center

Sign Language 101



Friday, December 6, 2024 – Cont'd

BOOK CLUB MEETING

11:00 AM in the **LIBRARY**



Please return "Starry Night." Our New Book in "The Kitchen House"
By Kathleen Grissom. Questions? Call Mary D: 314-330-6986.

Tree Trimming with Sada!

Meet First in the Lobby at 11:30 AM!

We have two trees! First, we will decorate our big tree in the Lobby,
& next, our Crisis Nursery Donation Tree located on the 2nd Floor.

Texas Hold 'Em with Mark

11:30 AM - 1:30 PM

Meet in the Orchard Room today!



**Happy
Hour!**

2:00 PM in the Orchard Room

Live Singer: Micah Turnbough

Micah has a Sinatra Voice that will spice up the afternoon!



AVALON PARK

Daily Program Schedule



Saturday, December 7, 2024

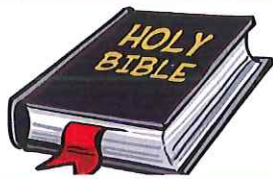
Coffee Talk with Friends!

9:30 AM in the Orchard Room



ROSARY AND PRAYERS

9:45 AM in the Library on the 4th Floor



Bible Study with Fred Hampton!

10:30 AM in the Fitness Center



Resident Led: Hand, Knee & Foot
Join us at NOON in the Orchard Room

Avalon's "YOUR STORE" Hours

12:30 PM – 2:00 PM in the Fitness Center

Blue Barrels for the holiday food donations are here! "Fill the Ambulance with Food"

These Blue Buckets are to be filled with non-perishable food items for donation. Can goods are best! There are signs posted on the barrels for what is needed most! Thank you!



UPCOMING EVENTS

- **Tuesday, December 10th An Amazing Live Quartet: “Uncorked!”**
- **Friday, December 13th Avalon’s Resident X-Mas Party! 2-4 PM**
- **Saturday, December 14th Ambassadors of Harmony Excursion**
- **Sunday, December 15th FAMILY DAY HOLIDAY PARTY 2-4 PM**

Featuring Photos with Santa, and Singers Joe Bruce and Trish!

- **Monday, December 16th Carolers will be singing in the Halls!**
- **Tuesday, December 17th Birthday Bash with Happy Hour Drinks, Live Singing Duo: Dan & Denise, and Special Dinner**
- **Wednesday, December 18th 2:00 “Sadark’s” Christmas Show!**
- **Friday, December 20th UGLY SWEATER DAY! All day!**
- **Friday, December 20th Live Violinist and Singer: Tom Winter!**

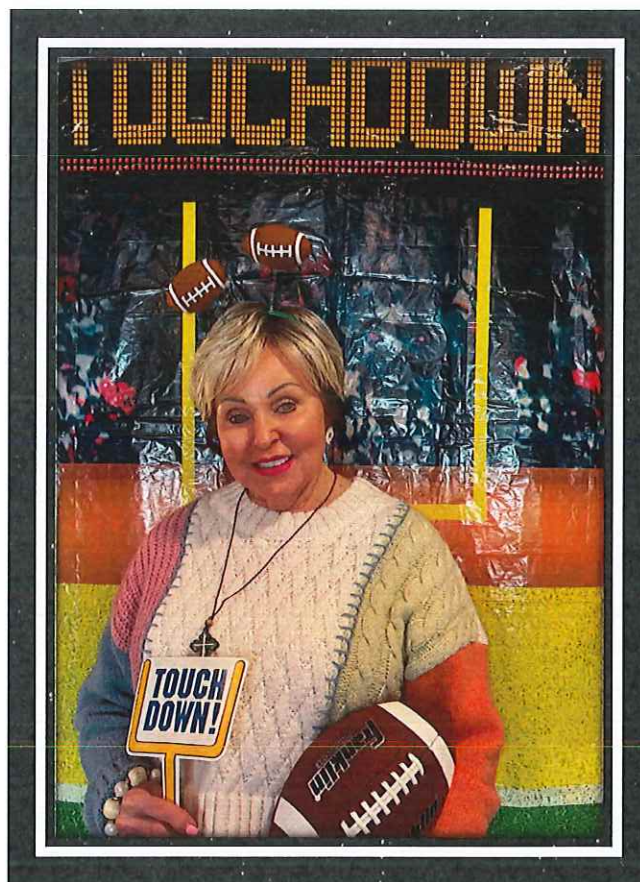
(Monthly Dates & Events are subject to change, including additions)

DAILY TIPS & REMINDERS

- **Continental Breakfast Hours are 6:30 AM – 10:00 AM.**
- **Make sure your File of Life Paperwork is filled out, updated, and posted on your refrigerator. Questions? See Meghan.**
- **Doctor’s Trips must be written in the book 24 hours in advance.**
- **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!**
- **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.**
- **Pets are not allowed in the Dining Room during mealtimes.**



YOU PICK 'EM WEEK 12



CONGRATULATIONS

* Lillie Smith *

She picked 10 winning teams right!

WEEK 14 PICK SHEET 2024

Thursday, Dec. 5

TIME(CT)

Green Bay at Detroit 7:15 pm

Sunday, Dec. 8

Jacksonville at Tennessee 12:00 pm

NY Jets at Miami 12:00 pm

Atlanta at Minnesota 12:00 pm

New Orleans at NY Giants 12:00 pm

Carolina at Philadelphia 12:00 pm

Cleveland at Pittsburgh 12:00 pm

Las Vegas at Tampa Bay 12:00 pm

Seattle at Arizona 3:05 pm

Buffalo at LA Rams 3:25 pm

Chicago at San Francisco 3:25 pm

LA Chargers at Kansas City 7:20 pm

Monday, Dec. 9

Cincinnati at Dallas 7:15 pm

Byes: Denver, Indianapolis, Houston, Baltimore, Washington, New England

**Times Subject to Change*



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: _____