

# AVALON PARK

*An Independent Living Neighborhood*

November 24, 2024 - November 30, 2024



## QUOTE OF THE WEEK

"IT'S NOT WHAT WE SAY ABOUT OUR BLESSINGS, BUT HOW WE USE THEM. THAT IS THE TRUE MEASURE OF OUR THANKSGIVING." — W.T. PURKISER

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



# AVALON PARK

## Daily Program Schedule



### Sunday, November 24, 2024

## What to celebrate today....

Today is the day to celebrate your unique talents! Everyone has something they are good at! Can you sing? Write music? Dance? Draw? Cook? Build? Share your talents with each other today!

### 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, November 24, 2024 – Cont'd



## Chiefs @ Panthers

12:00 PM in the Orchard Room

Once Bingo starts, please move up to Fitness Center to finish watching the game. Thank you!

## 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.



# AVALON PARK

## Daily Program Schedule



### Monday, November 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**

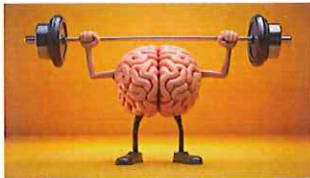


There are several groups of Residents who enjoy morning walks here at Avalon. This morning when you get coffee ask around to find who is walking when, and how far they are going. You are bound to find the perfect group.

### 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.

Here is one last reminder to let us know what your Thanksgiving Plans will be. Please let the concierge know. Thanks!

Monday, November 25, 2024 - Cont'd

***\*Texas Hold 'Em in the Fitness Room\****

**\*11:30 AM – 1:30 PM\***

Everyone is welcome to come play!



**Excursion: Fall Hike in the Park**  
**Meet at 11:30 AM in the Lobby**

We will stop and eat at Jimmy Johns and then head out for a hike at the park. Wear a jacket and comfortable shoes!

**Resin Craft Continued with Sada**

***Be in the Orchard Room at 11:30 AM***

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



**Lifelong Learning with Katie**

2:00 PM in the Fitness Center

**Sign Language 101**



**Library Organizers Wanted!**

**3:00 PM on the 4<sup>th</sup> Floor Library**

It's that time of year to go through the shelves and see what books we want to keep and what books could be donated.



# AVALON PARK

## Daily Program Schedule



### Tuesday, November 26, 2024

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

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

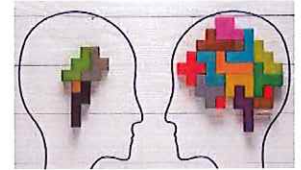


This is a complimentary service. \*All appointments requested for this service must be within a 10-mile radius and written down in the Doctor's Book in the Lobby by 4:00 PM the day before the appointment so proper travel accommodations can be scheduled for each resident.

Bible Study is on your own this week.

**\*9:30 AM in the Library on the 4<sup>th</sup> Floor\***

**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.

**Canasta Card Players Crew**

**11:00 AM in the Orchard Room**



**Avalon's Wii Bowling League**  
**11:15 AM in the Fitness Center**

Tuesday, November 26, 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.*

## Cell Phone & Technology Assistance



**11:30 PM in the Orchard Room**

Have questions about your cell phones or laptops?

We will be there to help you today!

## AVALON'S BOOK OF WOWS WITH KATIE

BECOME A PAGE IN THE BOOK OF UNIQUE RESIDENT LIFE STORIES

**12:30 PM in the FITNESS CENTER**

## Sadark's Music Presentation!

2:00 PM in the Orchard Room

*"An Afternoon to Remember!"*

A highly requested encore by Residents!

Don't miss this show!



# AVALON PARK

## Daily Program Schedule



### Wednesday, November 27, 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 Katie

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



### Fly Swatter Mania Game with Sada

10:30 AM in the Orchard Room

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, November 27, 2024 – Cont'd

Lunch Excursion: Chimi's Fresh Mex!

Leave at 11:15 AM

This Restaurant was requested by some our Residents here at Avalon Park! Who is ready for a fantastic Margarita?



Sada's Autumn Themed Paint & Sip



Theme: Watercolor Feathers

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 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, November 28, 2024

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

# Happy Thanksgiving



**9:00 AM**      **98<sup>th</sup> Macy's Day Parade on NBC in the Orchard Room**



NBC will host one of America's greatest holiday traditions "The 98th Anniversary of the Macy's Thanksgiving Day Parade!" This the largest celebration of its kind. Over 3.5 million people watch the parade along the route in Manhattan and another 50 million will watch it on TV. Enjoy!

## THANKSGIVING DAY FOOTBALL!



**11:30 AM on FOX in the Orchard Room**

### Bears VS Lions



**3:30 PM on CBS in the Orchard Room**

### Giants VS Cowboys



**7:20 PM on NBC in the Orchard Room**

### Dolphins VS Packers



# THANKSGIVING CELEBRATION

NOVEMBER 28<sup>TH</sup> 2024

12:00 PM – 3:00 PM ORCHARD ROOM

## Salad

*Poached Pear Spinach Salad with Feta Cheese, Bacon, Candied Pecans, Dried Cranberries, and Red Onion with a Champagne Vinegar Dressing*

## Main Entrée and Sides

*Butter & Herb Smoked Turkey*

*Homemade Turkey Gravy*

*Sweet Potato Mash*

*Vegetable-Sage Dressing*

*Creamy Mashed Potatoes*

*Fresh Green Bean Casserole*

*Citrus Cranberry Sauce with Orange Zest*

## Desserts

*Pumpkin Pie*

*Latice Apple Pie*

*Pecan Pie*

## Drinks

*Beer, Wine, Coffee, Tea, Juice, Soda, Iced Tea*



# AVALON PARK

## Daily Program Schedule



### Friday, November 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



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.



## National Aura Day!

In 2002, the world began to celebrate International Aura Awareness Day. Since then, more people have become aware of the auras that surround all living things. An aura is a distinctive feeling or character, the air of a person or place perceived by those who encounter or experience them. In Latin and Ancient Greek, the literal word, 'Aura,' means wind, breeze, or breath. International Aura Awareness Day celebrates the valid belief in the existence of auras as the energy around every creature of this world.

### Coffee Talk with Friends!

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



**10:30 AM**

**Bodies in Motion (On your own today!)**

**Fitness Center**



Let's start burning off some of that turkey!! Strength is key to maintaining balance and flexibility and is very important in preventing falls. The more you attend this class the stronger you become in mind, body, and spirit!

Friday, November 24, 2023 – Cont'd

**TODAY IS KNOWN AS  
NATIONAL GAME DAY!**

**12:30 PM – 2:00 PM**

**MEET IN THE ORCHARD ROOM**

**GRAB YOUR FRIENDS & PLAY!**

**Hand & Foot Cards, Scrabble, Yahtzee, Checkers,**

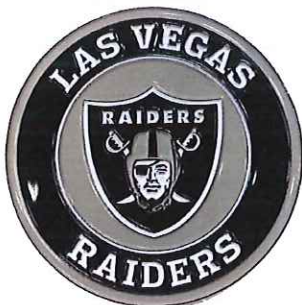
**Chess, Puzzles, Jenga, Rumi, or Bridge!**

**ALL GAMES ARE IN THE GRAY**

**CABINET ON THE 2<sup>ND</sup> FLOOR!**

**BLACK FRIDAY FOOTBALL!**

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



**VS**





# AVALON PARK

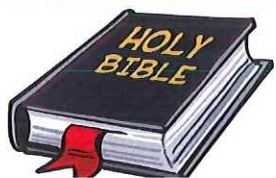
## Daily Program Schedule



### Saturday, November 30, 2024

ROSARY AND PRAYERS

9:45 AM in the Library on the 4<sup>th</sup> 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" will be closed today. See you this Thursday!**

**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!



# UPCOMING EVENTS

- Monday, December 2<sup>nd</sup> Our Food Committee Meeting!
- Tuesday, December 3<sup>rd</sup> Avalon's December Town Hall Meeting! followed by the Music of the Doc Scott Band!
- Friday, December 6<sup>th</sup> Please turn all Library Books into Katie this week! The Library Stop Ladies will return in January.
- Friday, December 6<sup>th</sup> Micah Turnbough, Sinatra Tribute Show!
- Tuesday, December 10<sup>th</sup> An amazing Live Quartet "Uncorked!"
- Friday, December 13<sup>th</sup> Avalon's Resident X-Mas Party!
- Saturday, December 14<sup>th</sup> Ambassadors of Harmony Christmas Show
- Sunday, December 15<sup>th</sup> FAMILY DAY HOLIDAY PARTY 2:00-4:00 Featuring Photos with Santa, and Singers Joe Bruce and Trish!

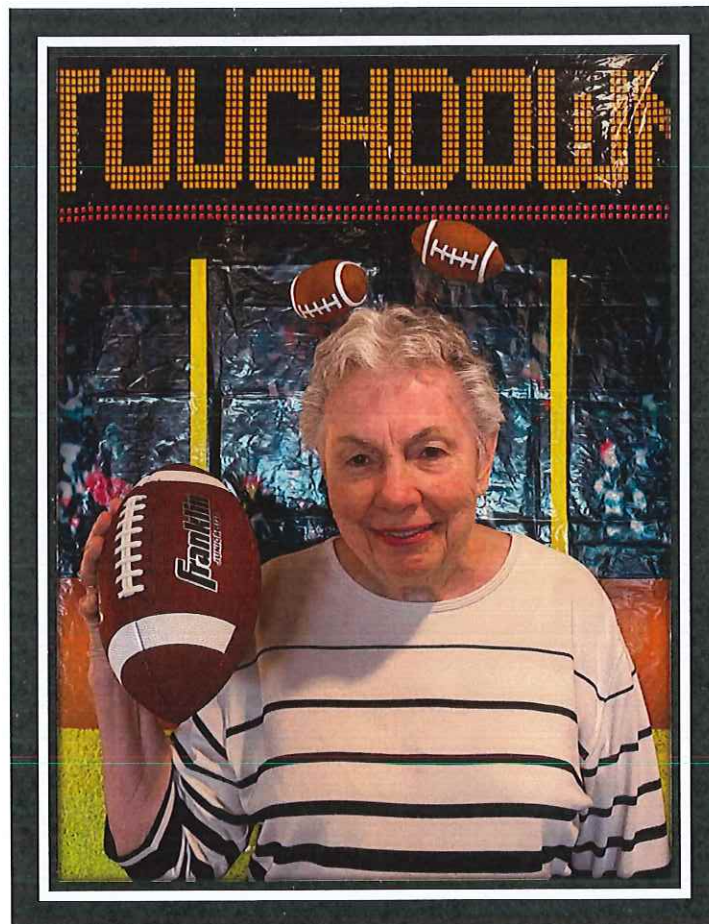
*(Monthly Dates & Events are subject to change, including additions)*

# 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 2<sup>nd</sup> Floor.
- Pets are not allowed in the Dining Room during mealtimes.



# YOU PICK 'EM WEEK 11



## CONGRATULATIONS

**\* Sue Sturhahn \***

**She picked 11 winning teams right!**



# WEEK 13 PICK SHEET 2024

## Thursday, Nov. 28

**TIME(CT)**

- |                                    |    |           |                          |         |
|------------------------------------|----|-----------|--------------------------|---------|
| <input type="checkbox"/> Chicago   | at | Detroit   | <input type="checkbox"/> | 11:30am |
| <input type="checkbox"/> NY Giants | at | Dallas    | <input type="checkbox"/> | 3:30 pm |
| <input type="checkbox"/> Miami     | at | Green Bay | <input type="checkbox"/> | 7:20 pm |

## Friday, Nov. 29

- |                                    |    |             |                          |         |
|------------------------------------|----|-------------|--------------------------|---------|
| <input type="checkbox"/> Las Vegas | at | Kansas City | <input type="checkbox"/> | 2:00 pm |
|------------------------------------|----|-------------|--------------------------|---------|

## Sunday, Dec. 1

- |  |    |              |                          |          |
|--|----|--------------|--------------------------|----------|
| <input type="checkbox"/> LA Chargers   | at | Atlanta      | <input type="checkbox"/> | 12:00 pm |
| <input type="checkbox"/> Pittsburgh    | at | Cincinnati   | <input type="checkbox"/> | 12:00 pm |
| <input type="checkbox"/> Arizona       | at | Minnesota    | <input type="checkbox"/> | 12:00 pm |
| <input type="checkbox"/> Indianapolis  | at | New England  | <input type="checkbox"/> | 12:00 pm |
| <input type="checkbox"/> Seattle       | at | NY Jets      | <input type="checkbox"/> | 12:00 pm |
| <input type="checkbox"/> Tennessee     | at | Washington   | <input type="checkbox"/> | 12:00 pm |
| <input type="checkbox"/> Houston       | at | Jacksonville | <input type="checkbox"/> | 12:00 pm |
| <input type="checkbox"/> LA Rams       | at | New Orleans  | <input type="checkbox"/> | 3:05 pm  |
| <input type="checkbox"/> Tampa Bay     | at | Carolina     | <input type="checkbox"/> | 3:05 pm  |
| <input type="checkbox"/> Philadelphia  | at | Baltimore    | <input type="checkbox"/> | 3:25 pm  |
| <input type="checkbox"/> San Francisco | at | Buffalo      | <input type="checkbox"/> | 7:20 pm  |

## Monday, Dec. 2

- |                                    |    |        |                          |         |
|------------------------------------|----|--------|--------------------------|---------|
| <input type="checkbox"/> Cleveland | at | Denver | <input type="checkbox"/> | 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:** \_\_\_\_\_