

AVALON PARK

An Independent Living Neighborhood

November 3, 2024 – November 9, 2024



QUOTE OF THE WEEK

BE THE REASON SOMEONE FEELS WELCOME,
SEEN, HEARD, VALUED, LOVED, AND SUPPORTED!

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



AVALON PARK

Daily Program Schedule



Sunday, November 3, 2024

What to celebrate today....

Celebrated annually on November 3, National Sandwich Day is one of our favorite holidays. The sandwich is believed to be the namesake of John Montagu, the 4th Earl of Sandwich, following the claim that he invented the first ever sandwich in 1762!
 What are some of your favorite sandwiches? What sandwiches have you invented?

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 & Friends!

10:00 AM – 1:00 PM



Sunday, November 3, 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.



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, November 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



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Rise and Shine Errands with Katie
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: Resin Serving Trays!**
11:30 AM in the Craft Center

Food Committee Meeting at 11:30 AM

Monday, November 4, 2024 - Cont'd

Resident Instructed Canasta!

11:30 AM – 1:30 PM Orchard Room



Texas Hold 'Em with Jeff in Fitness Center

12:30 AM – 2:00 PM

New time due to Food Committee Mtg.



NEW: Photography Club with Sada!

See you in the Craft Room at 1:00 PM

Just in time for all the upcoming holidays! Learn new cell phone camera tips!



Sada's Lecture Series:

2:00 PM in the Orchard Room

“7 mysterious structures and why SOME people think aliens built them!”



CHIEFS VS TAMPA BAY

7:15 PM on ESPN Orchard Room

Let's cheer on the Chiefs for a fun evening game!



AVALON PARK

Daily Program Schedule



Tuesday, November 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 AM-3 PM

Doctor's Appointments with Mark

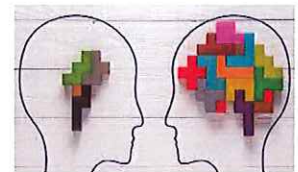
Lobby



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, November 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.

NOVEMBER 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.
WE WILL ALSO BE DISCUSSING THE HOLIDAY MEAL TIMES FOR
THANKSGIVING, CHRISTMAS, AND NEW YEARS!*

Tuesday Happy Hour Starring:

Singer, Harry Fry on the Guitar

2:00 PM in the Orchard Room

Harry is an amazing singer live singer. He is the guy that puts his own spin on the sounds of some of the most popular songs of the 60's and 70's. Come on down for a cold drink and an enjoyable show with a room full of friends!





AVALON PARK

Daily Program Schedule



Wednesday, November 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



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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 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

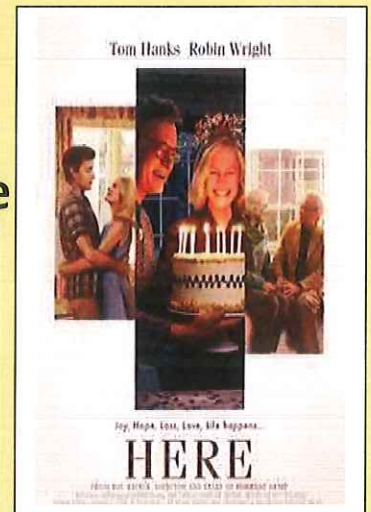
11:30 AM in the Orchard Room

Wednesday, November 6, 2024 – Cont'd

Movie Excursion: "HERE"

Leave at 11:30 AM Movie starts at NOON
Marcus Theater on HWY N - Dardenne Prairie

Your first home. Life evolves. Years are spent there. People and pets come and go. Trees in backyards disappear to accommodate more houses. People are born and pass away, young and old. Love is found and lost. If walls could talk during each family's time period...



Sada's Paint and Sip

Today's Project: Family Trees

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



Trivia with Sada

2:00 PM in the Orchard Room





AVALON PARK

Daily Program Schedule



Thursday, November 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.

***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

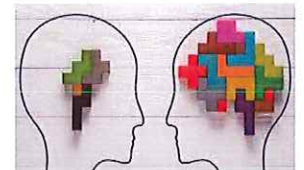
Doctor Appointments with Katie

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

Special Hours Avalon In-House Store

10:00 AM – 11:00 PM in the Fitness Center



Hand and Foot Card Group



11:30 PM – 1:30 PM in the Orchard Room

Thursday, November 7, 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.

Shop and Sip with
Tasseled Treasures LLC
As they Present:

**A Unique
Pop-Up Shop with
Handmade Jewelry**

Located in the Fitness Center

1:00 PM – 3:00 PM

AVALON'S BOOK OF WOWS WITH KATIE

BECOME a PAGE IN THE BOOK OF UNIQUE RESIDENT LIFE STORIES

2:00 PM IN THE ORCHARD ROOM



AVALON PARK

Daily Program Schedule



Friday, November 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



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 Katie

9:30 AM in the Orchard Room



Vitality in Motion 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!

Texas Hold 'Em with Mark

11:30 AM - 1:30 PM

Meet in the Fitness Center Today!



Friday, November 8, 2024 – Cont'd

Lunch Excursion Request:

Erio's Italian Ristorante!

Leave Avalon at 11:30 AM

Their menu offers a large variety of delicious pastas, hand cut steaks, chicken, veal, seafood and, of course, our hand tossed pizzas. All food is cooked to order. Pete (who many people at Avalon know) prides himself in using the highest quality and freshest ingredients.



2:00 PM in the Orchard Room

Live Singer: James Keefe

James plays guitar & sings variety hits. He even takes requests!

Friday Bridge Players!

Meet at 6:15 PM in the Fitness Room



AVALON PARK

Daily Program Schedule



Saturday, November 9, 2024

Times Vary for Avalon Walking Groups

Meet in the Lobby

Walking Club



The indoor goal is to track your "laps". Since the building is shaped like the letter "L" that means that "1 Lap" will equal "1 L-Shape". Begin at the Fitness Center and walk to one end of the hallway to get started. And...GO!
FYI: Each L Shape is .10 Miles, so 5 L Shapes is ½ mile!



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"

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.

**The Blue Buckets for the annual food drive
"Fill the Ambulance with Food" are coming!**

The Blue Buckets will be arriving on November 12th in the vestibule!

Come see how YOU, the Residents at Avalon Park
can contribute. Several companies in the area take part!



UPCOMING EVENTS

- 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 12th Jazz Singer & Dancer, Marty Abdullah
- Tuesday, November 13th Lunch 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 with The Brightside Duo!
- Friday, November 22nd Happy Hour with The Old Country Buzzards
- Tuesday, November 26th "Sadark's" Encore Musical Program
- Thursday November 28th HAPPY THANKSGIVING!

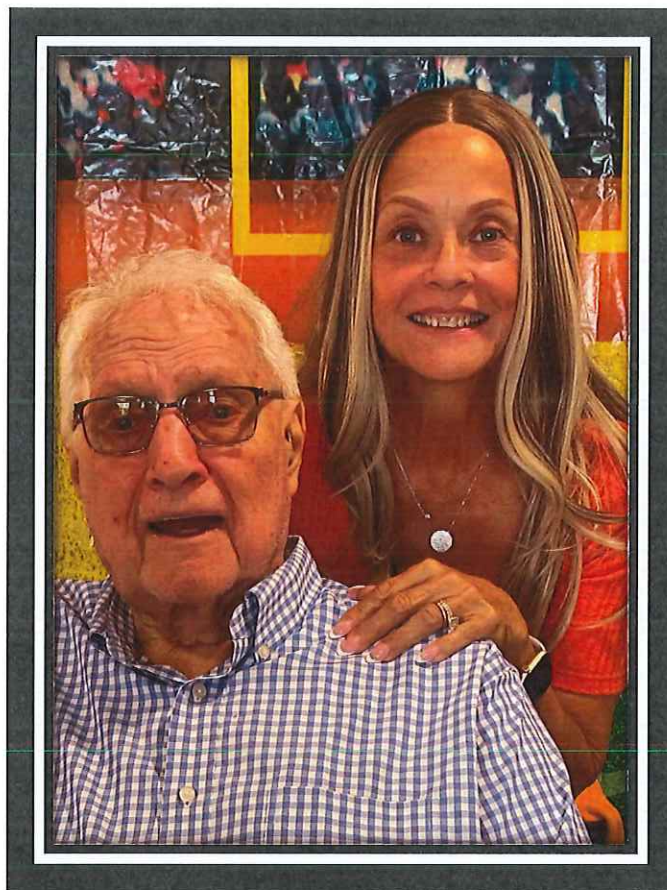
(Monthly Dates & Events are subject to change, including additions)

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.



YOU PICK 'EM WEEK 8



CONGRATULATIONS

*** George and Amy ***

Both of them picked 12 winning teams right!

WEEK 10 PICK SHEET 2024

Thursday, Nov. 7

TIME(CT)

Cincinnati at Baltimore 7:15 pm

Sunday, Nov. 10

NY Giants at Carolina 8:30 am

New England at Chicago 12:00 pm

Buffalo at Indianapolis 12:00 pm

Denver at Kansas City 12:00 pm

Atlanta at New Orleans 12:00 pm

San Francisco at Tampa Bay 12:00 pm

Pittsburgh at Washington 12:00 pm

Minnesota at Jacksonville 12:00 pm

Tennessee at LA Chargers 3:05 pm

Philadelphia at Dallas 3:25 pm

NY Jets at Arizona 3:25 pm

Detroit at Houston 7:20 pm

Monday, Nov. 11

Miami at LA Rams 7:15 pm

Byes: Cleveland, Green Bay, Las Vegas, Seattle

**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: _____