

AVALON PARK

An Independent Living Neighborhood

December 15, 2024 – December 21, 2024



QUOTE OF THE WEEK!

"KINDNESS IS LIKE SNOW—IT BEAUTIFIES EVERYTHING IT COVERS." – KAHLIL GIBRAN

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



AVALON PARK

Daily Program Schedule



Sunday, December 15, 2024

What to celebrate today....

December 15th is known as National Lemon Cupcake Day, Wear Your Pearls Day and National Cat Day! It's also known that people born in December are Funny, Generous, and Love to Travel!

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





Family Day Holiday Party!

2:00 PM – 4:00 PM

**Family Photos by Laura with Santa
Holiday Music with Joe & Trish Bruce
Hot Chocolate Bar for the Kids
Homemade Cookies & Reindeer Games**





AVALON PARK

Daily Program Schedule



Monday, December 16, 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

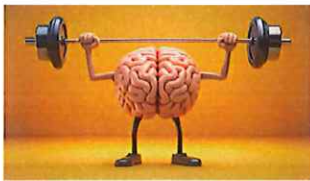


There are several groups of Residents who enjoy morning walks here at Avalon. This morning when you get coffee ask around to find who is walking when, and how far they are going. You are bound to find the perfect group.

Rise and Shine Errands with Mark

9:00 AM – 11:00 AM

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



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.



Cardinals Baseball Game Meeting

10:30 AM in the Orchard Room

The date will be Wednesday, May 21st! We will reserve the same 22 seats as last year. They were perfect! Please be at this meeting today! We will talk about the cost of this **all-inclusive ticket** and get you to commit to the date!

Monday, December 16, 2024 - Cont'd

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

11:30 AM – 1:30 PM

Mark will be dealing today! Be there!



Holiday Painting with Sada

Be in the Craft Center at 1:00 PM

Sada will teach step by step painting instructions to create your "Stockings by the Fireplace" creation!



Avalon Park's Christmas Carolers

♪♪♪ **1:30 PM – 3:00 PM** ♪♪♪

Our Carolers will walk the halls today so, open your doors & sing-a-long!



Christmas Lights Tour Ride #1

Meet at 6:30 PM in the Lobby

These trips are limited to 13 Residents per night. We will be cruising through local neighborhoods and more!





AVALON PARK

Daily Program Schedule



Tuesday, December 17, 2024

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

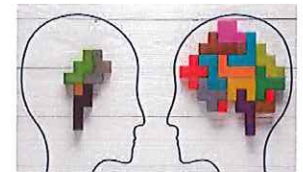
9 AM-3 PM **Doctor's Appointments with Mark** **Lobby**



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.

HANGMAN CHALLENGE with **Sada**

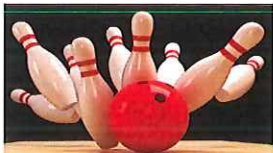
9:30 AM in the **Orchard Room**



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**

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 17, 2024 – Cont'd

Birthday Bash for December!

12:30 PM SADA'S LINGO BINGO!

GOOD LUCK EVERYONE!!

LINGO
BINGO



1:30 PM HAPPY HOUR

FEATURING: BEER, WINE, AND SANGRIA

2:00 PM LIVE SINGING DUO:

FEATURING: DAN AND DENISE KUSE



4:00 PM BIRTHDAY BASH DINNER

ENTRÉE:

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

SOUP:

LOBSTER BISQUE

SIDES:


*MASHED POTATOES w/GRAVY, AND
GREEN BEANS*



Christmas Lights Tour Ride # 2

Meet at 6:30 PM in the Lobby

*These trips are limited to 13 Residents per night. We will be
cruising through local neighborhoods and more!*





AVALON PARK

Daily Program Schedule



Wednesday, December 18, 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 PM

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

Red/Black/High/Low with Sada

9:30 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.

11:15 AM Life Long Learning: Sign Language Class

Fitness Center



Each week Katie will be teaching you new groups of signs. We will start with letters, numbers, family members, colors, clothing, weather, animals, and more. Learn sentence structure, gesturing & facial expression.

Wednesday, December 18, 2024- Cont'd

11:30 AM Resident Led: "Hand, Knee, and Foot" Orchard Room



This is a great Card Game to learn. If you want to learn how to play? Just ask. We have all the supplies you need. See you there!

Cardinals Baseball Game Meeting #2

12:30 PM in the Orchard Room

This is your last chance to sign up for the game in May!



1:00 PM Crocheting Group with Beth Orchard Room



One of our residents, Beth has offered to give lessons to any of you who are interested in learning the steps for crocheting. Bring your own supplies. If you have any questions, give her a call at 417-260-5988.



Sadark's Music Presentation!

1:30 PM in the Orchard Room

"A Timeless Christmas"

**Sada and Mark have done it again!
Don't miss this spectacular show of fabulous
storytelling and songs surrounding this amazing
holiday! You've never seen anything like it!**





AVALON PARK

Daily Program Schedule



Thursday, December 19, 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

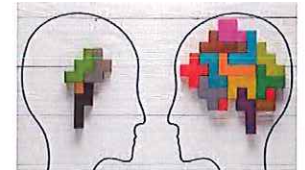
Doctor Appointments with Mark

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

Our Book of WOWS Newest Additions!

Come see! 11:00 AM in the Orchard Room

Thursday, December 19, 2024 – Cont'd



Hand and Foot Card Group

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



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.

Card Game “2000” with Mark
1:00 PM in the Fitness Center



Sada's Lecture Series Topic:
2:00 PM in the Orchard Room
“A Child's Christmas in Wales”

The Plot: Postmen and Presents and good things to eat, snowballs, music and song” Dylan Thomas' charming account of his own childhood at Christmas in a small Welsh town is filled with festive fun and excitement. This enchanting classic brings warm memories and the timeless magic of Christmas to every new generation.

If you still have Library Books to turn in, please
bring them to Katie's office on the 2nd Floor.



AVALON PARK

Daily Program Schedule



Friday, December 20, 2024

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

ITS UGLY SWEATER DAY!

This Tradition has been going on for many years now.
 Don't be shy! Let's see your ugly sweaters!!!
 Group Photos will be taken all day today!



Times Vary for Avalon's Walking Groups

Meet in the Lobby



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 *HWY K all the Way!*

BRAIN CHALLENGE with Sada

9:30 AM in the Orchard Room



Bodies in Motion Fitness Class with Sada

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!

Friday, December 20, 2024- Cont'd

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

11:30 AM – 1:30 PM

Mark will be dealing today! Be there!



Trivia with Sada

1:00 PM in the Orchard Room



Happy Hour!

2:00 PM in the Orchard Room

Singer & Violinist

"Tom Winter"



Friday Bridge Players!

Meet at 6:15 PM in the Fitness Room



AVALON PARK
Daily Program Schedule



Saturday, December 21, 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**

Please let the Concierge know what your dinner plans are on Christmas Eve. Dinner on that day is scheduled from **1:00 PM – 3:00 PM**

UPCOMING EVENTS

- Monday, December 23rd The BIG Show with the Avalon Carolers!
- Tuesday, December 31st New Years Eve Party with Roy & Dave!
- Wednesday, January 1st HAPPY NEW YEAR!
- Friday, January 3rd The Library is back today! Book Club Meeting!
- Monday, January 6th Food Committee Meeting
- Tuesday, Town Hall Meeting Followed by Ken Roberts as Elvis!
- Wednesday, January 8th Lunch Trip: HOBOS (A resident request!)
- Wednesday, January 8th Resident Presentation: "The Millenium"
- Friday, January 10th David Runde and the Bucket List Band!

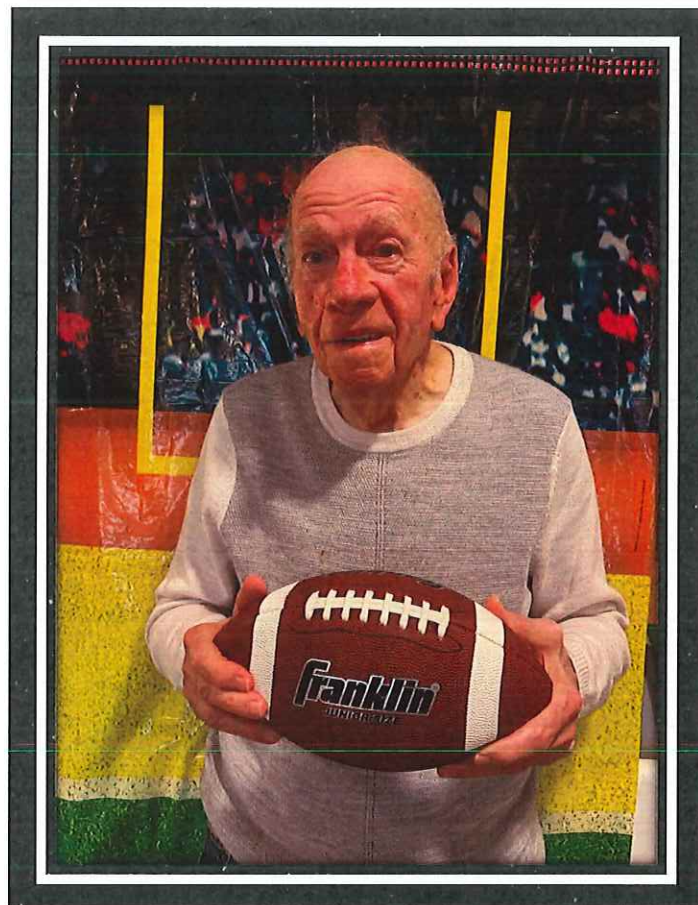
(Monthly Dates & Events are subject to change, including additions)

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 48 hours in advance.
- 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.
- If you have any feedback on weekly programs, please see Katie!



YOU PICK 'EM WEEK 14



CONGRATULATIONS

* Ray Fields *

He had 10 Winning Teams right & won the Tie Breaker!

WEEK 16 PICK SHEET 2024

Thursday, Dec. 19

<input type="checkbox"/>	Cleveland	at	Cincinnati	<input type="checkbox"/>	7:15 pm
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Saturday, Dec. 21

<input type="checkbox"/>	Houston	at	Kansas City	<input type="checkbox"/>	12:00 pm
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<input type="checkbox"/>	Pittsburgh	at	Baltimore	<input type="checkbox"/>	3:30 pm
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Sunday, Dec. 22

<input type="checkbox"/>	NY Giants	at	Atlanta	<input type="checkbox"/>	12:00 pm
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<input type="checkbox"/>	New England	at	Buffalo	<input type="checkbox"/>	12:00 pm
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<input type="checkbox"/>	Detroit	at	Chicago	<input type="checkbox"/>	12:00 pm
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<input type="checkbox"/>	Tennessee	at	Indianapolis	<input type="checkbox"/>	12:00 pm
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<input type="checkbox"/>	LA Rams	at	NY Jets	<input type="checkbox"/>	12:00 pm
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<input type="checkbox"/>	Philadelphia	at	Washington	<input type="checkbox"/>	12:00 pm
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<input type="checkbox"/>	Arizona	at	Carolina	<input type="checkbox"/>	12:00 pm
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<input type="checkbox"/>	Denver	at	LA Chargers	<input type="checkbox"/>	3:05 pm
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<input type="checkbox"/>	Minnesota	at	Seattle	<input type="checkbox"/>	3:05 pm
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<input type="checkbox"/>	Jacksonville	at	Las Vegas	<input type="checkbox"/>	3:25 pm
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<input type="checkbox"/>	San Francisco	at	Miami	<input type="checkbox"/>	3:25 pm
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<input type="checkbox"/>	Tampa Bay	at	Dallas	<input type="checkbox"/>	7:20 pm
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Monday, Dec. 23

<input type="checkbox"/>	New Orleans	at	Green Bay	<input type="checkbox"/>	7:15 pm
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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: _____