

AVALON PARK

An Independent Living Neighborhood

December 8, 2024 - December 14, 2024



QUOTE OF THE WEEK!

WINTER IS NOT A SEASON, IT'S A CELEBRATION!"

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



AVALON PARK

Daily Program Schedule



Sunday, December 8, 2024

What to celebrate today....

It's National Crossword Solvers Day, National Brownie Day, National Christmas Card Day, and National Time Travelers Day. If you could travel back in time, what year would you travel back to? Where would you go and who would you want to see?

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.

CHURCHES WE TRANSPORT TO:	LEAVE TIME	PICK-UP TIME
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 8, 2024 – Cont'd

MAHJONG WITH MARCIA

12:15 PM in the Fitness Center



BINGO at 2:00 PM

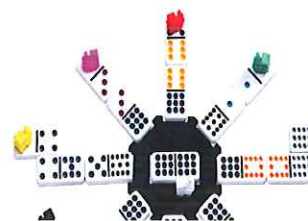
In the Orchard Room! Today's Caller: Pam M!



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, December 9, 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

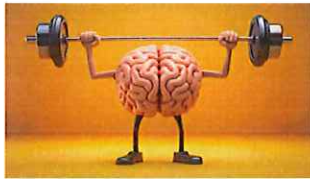


There are several groups of Residents who enjoy morning walks here at Avalon. This morning when you get coffee ask around to find who is walking when, and how far they are going. You are bound to find the perfect group.

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.

Tech Assistance: Avalon Emergency Alert

10:00 AM in the **Orchard Room**

Let us help you get this number added to your cell phone. If That way, if there is an emergency at Avalon, this is how you know.



Monday, December 9, 2024 - Cont'd

REMINDER: Avalon has a variety of DVD Movies for your use in the small silver cabinet in the Fitness Room!

Texas Hold 'Em in the Fitness Room

11:30 AM – 1:30 PM

Mark will be dealing today! Be there!



Holiday Crafts with Sada

Be in the Craft Center at 1:00 PM

Mini Cutting Board/Charcutier Board Project

It's Adorable! Look for the sample this week!



Lifelong Learning with Katie

2:00 PM in the Fitness Center

Sign Language 101



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 10, 2024

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

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



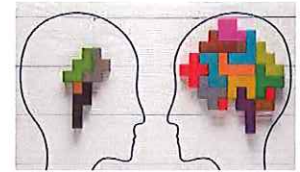
This is a complimentary service. *All appointments requested for this service must be within a 10-mile radius and written down in the Doctor's Book in the Lobby by 4:00 PM the day before the appointment so proper travel accommodations can be scheduled for each resident.

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 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 10, 2024 – Cont'd

Christmas Card Send-Off Social!



12:00 PM in the Fitness Center

Bring your address books with you. We will set up some tables and fill out our cards together. Need cards? We have plenty!

AVALON'S BOOK OF WOWS WITH KATIE

EACH WEEK OUR BOOK EXPANDS WITH UNIQUE RESIDENT LIFE STORIES.

CHECK IT OUT AT **1:00 PM** IN THE **FITNESS CENTER**

Live Music Tuesday!

"The Uncorked Quartet"

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



From left, Paul Tate, tenor, Kevin Nelson, bass, Tom Holstein, lead and Sean Stewart, baritone. The quartet earned the super novice award at the 2018 Central States District and competed in the 2022 Central States District contest. The quartet's repertoire includes love songs, show and swing tunes, spirituals, ballads, and even a few holiday favorites.

Bridge Players meet at 6:45 PM Fitness Room!



AVALON PARK

Daily Program Schedule



Wednesday, December 11, 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.

NEW: Flip Flop Wednesday!

Leave at 9:00 AM

You requested it and so are offering it!

Let's go enjoy Breakfast at IHOP and then return to Avalon Park for the Afternoon Errands trips!

Red/Black/High/Low with Sada

9:30 AM in the Orchard Room



10:30 AM Seated Fitness with Katie

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 11, 2024 – Cont'd

Afternoon Errands with Mark

12:00 PM – 2:00 PM

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

Sada's Paint & Sip: Finish your Winter Cardinals & Begin the Snowman Scene!



12:00 PM in the Craft Center

Finish up your Cardinal Painting today and prepare for the new Snowman Scene! It will be done using Q-Tips! Sada will have a sample ready for you soon!

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



Please let the Concierge know what your dinner plans are for Christmas Eve. Avalon serves dinner that day from 1:00 -3:00 PM. Will you be dining here or leaving with family?



AVALON PARK

Daily Program Schedule



Thursday, December 12, 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 Katie

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

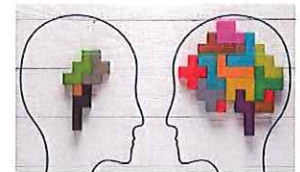
Doctor Appointments with Mark

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 12, 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.

Sada's Lecture Series Topic: *"Evolutions of Winter Traditions"*

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

Many winter traditions have evolved from ancient celebrations and pagan festivals, and have been incorporated into religious and secular celebrations around the world. Learn about Christmas, Winter Solstice, Wreaths, Aguinaldo, Krampus Run and more.

Mark has a new Card Game to teach!

Learn to play "2000"

2:00 PM in the **Fitness Center**



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 13, 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.

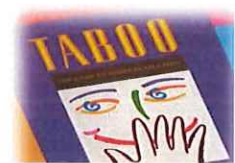
Rise and Shine Errands with Mark

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



Bodies 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!

Texas Hold 'Em in the Fitness Room

11:30 AM – 1:30 PM

Mark will be dealing today! Be there!





Friday, December 13, 2024

Resident Christmas Party!

1:30 PM – 3:00 PM

Wear your Red and Green!

- **Enjoy a variety of Appetizers**
- **Cocktails & Drink Specials**
- **Santa and his Elves will be here to pass out Holiday Gifts for you!**
- **Live Band: "The BB Boomers"**
- **A Special Dinner by Chef Cam & Crew will be served at 4:00 PM!**



AVALON PARK

Daily Program Schedule



Saturday, December 14, 2024

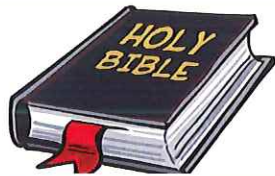
Coffee Talk with Friends!

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

**Ticket Holders Excursion to see
"The Ambassadors of Harmony"**

Meet in the Lobby at 1:00 PM

The Show starts at 2:00 PM at Touhill Theater

UPCOMING EVENTS

- **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!**
 - **Monday, December 23rd The BIG Show with the Avalon Carolers!**
 - **Tuesday, December 31st New Years Eve Party with Roy & Dave!**
- (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 the AP Emergency Alert phone number 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 13



CONGRATULATIONS

* Sue Sturhahn *

She had a perfect score sheet! A first for Avalon Park!

WEEK 15 PICK SHEET 2024

Thursday, Dec. 12

TIME(CT)

LA Rams at San Francisco 7:15 pm

Sunday, Dec. 15

Kansas City at Cleveland 12:00 pm

Cincinnati at Tennessee 12:00 pm

Washington at New Orleans 12:00 pm

Baltimore at NY Giants 12:00 pm

Dallas at Carolina 12:00 pm

NY Jets at Jacksonville 12:00 pm

Miami at Houston 12:00 pm

Indianapolis at Denver 3:25 pm

Buffalo at Detroit 3:25 pm

Pittsburgh at Philadelphia 3:25 pm

New England at Arizona 3:25 pm

Tampa Bay at LA Chargers 3:25 pm

Green Bay at Seattle 7:20 pm

Monday, Dec. 16

Chicago at Minnesota 7:00 pm

Atlanta at Las Vegas 7:30 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: _____