

AVALON PARK

An Independent Living Neighborhood

December 29, 2024 – January 4, 2025



QUOTE OF THE WEEK

PURPOSE, PASSION, AND PROGRESS! LET THESE BE YOUR BUILDING BLOCKS FOR 2025! CHOOSE COURAGE OVER COMFORT AND ACTION OVER HESITATION!

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



AVALON PARK

Daily Program Schedule



Sunday, December 29, 2024

What to celebrate today....

International Cello Day, Make a List of What You Still Need To Do Day, Bring Out Your Best Tie Day, It's also National Handwashing Awareness Month, and Learn a Foreign Language Month! What language do you still want to learn?

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, December 29, 2024 – Cont'd

MAHJONG WITH MARCIA

12:15 PM in the Fitness Center



BINGO at 2:00 PM

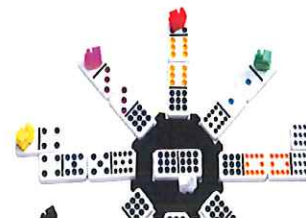
In the Orchard Room! Today's Caller: Pam M.



Mexican Train Domino 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 30, 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.

Cell Phone & Technology Assistance



11:15 PM in the Orchard Room

Let us help you with questions about your cell phones or laptops.

Monday, December 30, 2024 - Cont'd

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

11:30 AM – 1:30 PM

Mark will be dealing today! See you there!



Paint and Sip with Sada

Be in the Craft Center at 1:00 PM

*Sada will teach you step by step how to create this
"Winter Sunset"*



Our Book of WOWS Newest Additions!

Come see! 1:00 PM in the Orchard Room



MUSIC CITY BOWL



Mizzou VS Iowa State

1:30 PM on ESPN in the Orchard Room

Lifelong Learning with Katie

2:00 PM in the Fitness Center

Sign Language 101





AVALON PARK

Daily Program Schedule



Tuesday, December 31, 2024

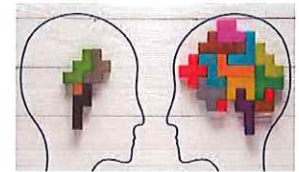
CATHOLIC MASS IS OFFERED AT 8:00 AM IN THE FITNESS ROOM

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 31, 2024- Cont'd

New Year's Party

1:00 PM – 3:00 PM

In the Orchard Room

Duo: Roy and Dave

Singing & Dancing

Hot Appetizers Served

Open Bar

Prizes for Balconies and Doors

Count down to the New Year!



AVALON PARK

Daily Program Schedule



Wednesday, January 1, 2025

8:00 AM

Indoor Walking Club

Meet in the Lobby

Walking Club



Join us this morning to track those "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! Each L-Shape is .10 Miles, so 5 L-Shapes is ½ Mile and 10 L-Shapes is 1 Mile.

Tournament of Roses on NBC

The Parade Begins at 8 AM & the Rose Bowl Football Game at 4 PM

This year's 136th Pasadena California Rose Parade's theme:
"Best Day Ever!"



Following the Parade:
The 111th annual Rose Bowl, game will feature
Ohio State Buckeyes
VS
Oregon Ducks

2025 ROSE PARADE THEME – "BEST DAY EVER!"

"The 2025 theme celebrates life's best moments – those unexpected times that bring a smile, warm our hearts and fill us with joy. From a once-in-a-lifetime experience to the simplest pleasures, each is indelibly etched into our memory," explained Morales. "Together, we celebrate where we've been and what we look forward to. It's about family, friends, and community and what we have to celebrate – and to be thankful for. On this New Year's Day and throughout the year, let's celebrate the times that make up our Best Day Ever!"

Menu

*No ALA Carte tonight but, you may order
Fish and Chips or Chicken Tenders instead
of the Main Course Dishes.*

Starters

Dinner Rolls
Potato Leek Soup
House Salad

Main Dish 1

Herb-Roasted Chicken with Wild Rice and
Asparagus and side of Red Wine Demi Sauce

Main Dish 2

Braised Short Ribs with a side of
Mashed Potatoes

Vegetable of the Day

Glazed Carrots

Dessert

New Years Eve Cupcakes



AVALON PARK

Daily Program Schedule



Thursday, January 2, 2025

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

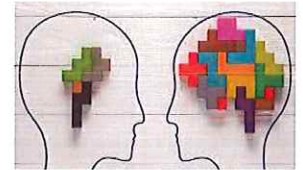
Meet in the Lobby



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



Artists & Crafters Meeting with Sada

10:30 AM in the Orchard Room

What are your interests for 2025? Let's talk!

Avalon's Your Store will open again this Saturday.

Thursday, January 2, 2025 – 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 Christina
1:00 PM in the Fitness Room



Sada's Speaking Series Topic: "The Golden Age of Hollywood" 2:00 PM in the Orchard Room

The Golden Age of Hollywood was a period of unprecedented growth and innovation for the American film industry, lasting from the late 1920s to the early 1960s: Let's talk about the Iconic Stars, Classic Films, the Cultural Impact and what invention brought it to an end.

If you have Library Books to turn in, please bring them with you this Friday to the Library Stop.



AVALON PARK

Daily Program Schedule



Friday, January 3, 2025

THERE WILL BE NO MASS JANUARY 3RD – JANUARY 15TH

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 HWY K all the Way!

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!

BOOK CLUB Information

Preparing for 2025



We would love for you to join our fabulous Book Club this year.

Our first meeting this year will be Friday, January 31st

Call Mary D. for more information: 314-330-6986.

Friday, January 3, 2025 – Cont'd

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

11:30 AM – 1:30 PM

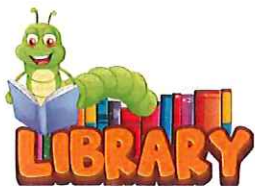
Mark will be dealing today! Be there!



Claim & Finish all your Art Projects Day!

11:30 AM - 1:30 PM

Let's help Sada clean out the Craft Center for the new year! Pick up any of your past art projects and finish up the others!



St. Charles Library at Avalon

1 PM – 2 PM Fitness Center

Over 200 books are brought in to be checked out. If you love to read, this event is for you! Large print books are available too!

Trivia with Sada



2:00 PM in the Orchard Room

Friday Bridge Players!

Meet at 6:15 PM in the Fitness Room



AVALON PARK
Daily Program Schedule



Saturday, January 4, 2025

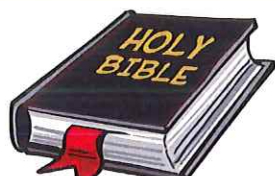
Coffee Talk with Friends!

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**

REMINDER:

There will be **NO In-House Catholic Mass**
from **January 3rd – January 15th**

UPCOMING EVENTS

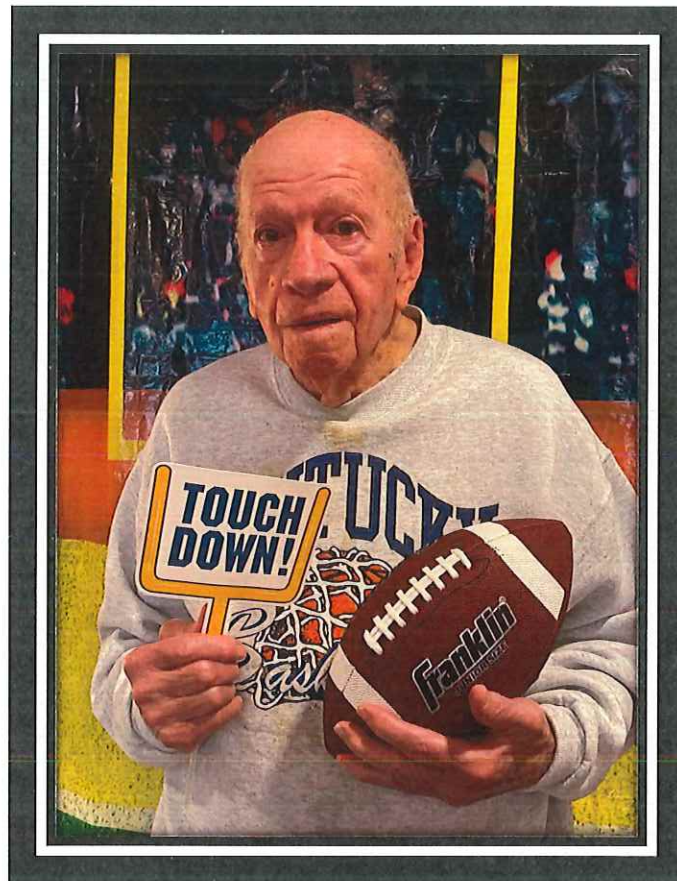
- Monday, January 6th Food Committee Meeting
 - Tuesday, January 7th Town Hall Followed by Ken Roberts as Elvis!
 - Wednesday, January 8th Lunch Trip: HOBOS (A resident request!)
 - Wednesday, January 8th An 8-Week Course with Resident, Art Goodall called “The Biblical Millenium from the Book of Revelations where Jesus returns to Earth for a thousand-year reign. (Rev 20:1-7)”
 - Friday, January 10th David Runde and the Bucket List Band!
 - Tuesday, January 14th Singing Duo: Vince and Kitty
 - Friday January 24th Sadark’s Next Show: “Motown Review”
 - Tuesday, January 28th Liz LaKamp is here for Birthday Bash!
 - Friday, January 31st Avalon’s Book Club Meeting for February
- (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 16



CONGRATULATIONS

* Ray Fields *

He had 13 Winning Teams right this week!

WEEK 18 PICK SHEET 2024-2025

Sunday, Jan. 5

TIME(CT)

<input type="checkbox"/>	Carolina	at	Atlanta	<input type="checkbox"/>	TBD
<input type="checkbox"/>	Washington	at	Dallas	<input type="checkbox"/>	TBD
<input type="checkbox"/>	Kansas City	at	Denver	<input type="checkbox"/>	TBD
<input type="checkbox"/>	Minnesota	at	Detroit	<input type="checkbox"/>	TBD
<input type="checkbox"/>	Chicago	at	Green Bay	<input type="checkbox"/>	TBD
<input type="checkbox"/>	Houston	at	Tennessee	<input type="checkbox"/>	TBD
<input type="checkbox"/>	Jacksonville	at	Indianapolis	<input type="checkbox"/>	TBD
<input type="checkbox"/>	LA Chargers	at	Las Vegas	<input type="checkbox"/>	TBD
<input type="checkbox"/>	Seattle	at	LA Rams	<input type="checkbox"/>	TBD
<input type="checkbox"/>	Buffalo	at	New England	<input type="checkbox"/>	TBD
<input type="checkbox"/>	Miami	at	NY Jets	<input type="checkbox"/>	TBD
<input type="checkbox"/>	NY Giants	at	Philadelphia	<input type="checkbox"/>	TBD
<input type="checkbox"/>	San Francisco	at	Arizona	<input type="checkbox"/>	TBD
<input type="checkbox"/>	Cincinnati	at	Pittsburgh	<input type="checkbox"/>	TBD
<input type="checkbox"/>	New Orleans	at	Tampa Bay	<input type="checkbox"/>	TBD
<input type="checkbox"/>	Cleveland	at	Baltimore	<input type="checkbox"/>	TBD



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: _____