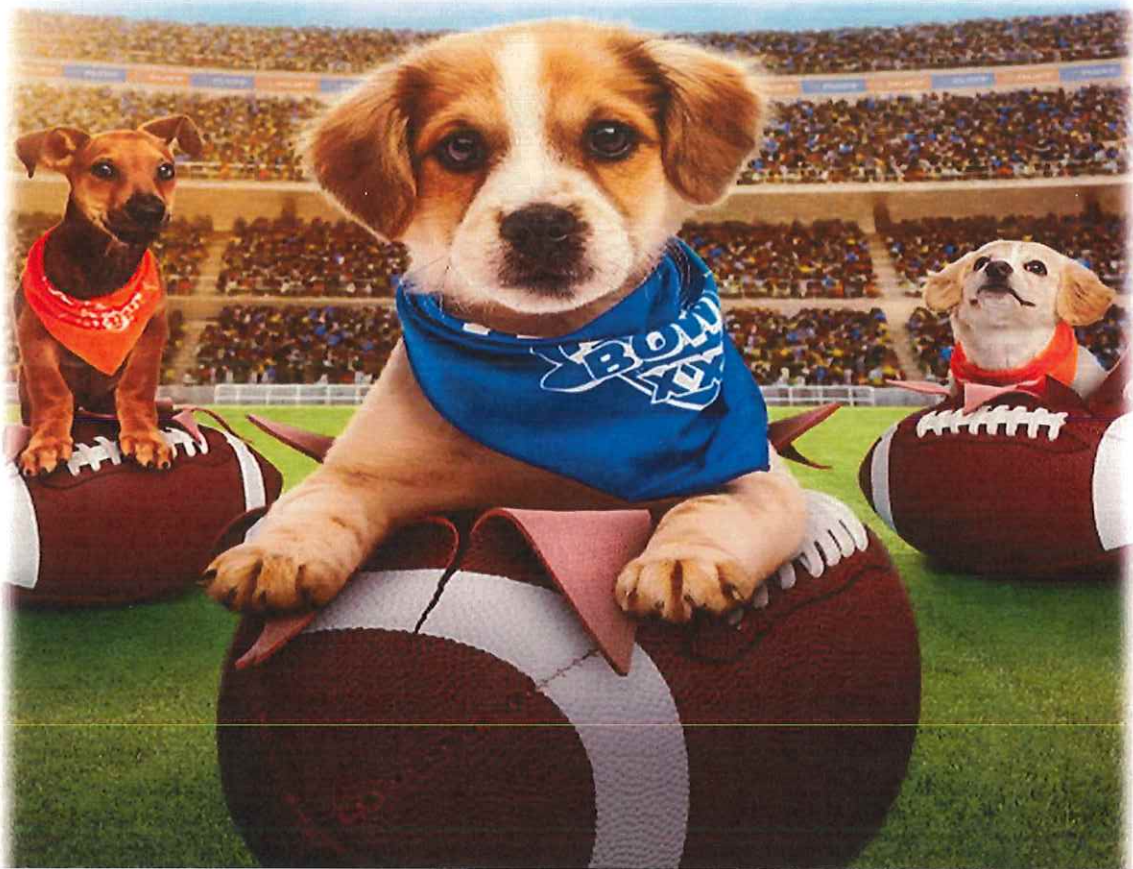


AVALON PARK

An Independent Living Neighborhood

February 2, 2025 - February 8, 2025



QUOTE OF THE WEEK

"STRENGTH DOES NOT COME FROM PHYSICAL CAPACITY.
IT COMES FROM AN INDOMITABLE WILL".

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



AVALON PARK

Daily Program Schedule



Sunday, February 2, 2025

CATHOLIC MASS IS OFFERED AT 9:00 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.

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
Morning Star Non-Denominational	8:40 AM	10:25 AM
Chapel of the Lake Non-Denominational	10:15 AM	12:15 PM

Avalon's Sunday Brunch!

Brought to you by Chef Cam & Friends!

10:00 AM – 1:00 PM



Sunday, February 2, 2025 – Cont'd

MAHJONG CARD GROUP

12:15 PM in the Fitness Center



BINGO at 2:00 PM

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



Calling all Rummikub Fans!

4:00 PM in the Orchard Room

Two Board Games are in the Orchard Room and several more are in the gray cabinet in the Fitness Center.



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 CARD PLAYERS!

THE FITNESS CENTER IS YOURS EVERY EVENING.
LET KATIE KNOW WHAT GAMES YOU WISH TO HIGHLIGHT!



AVALON PARK

Daily Program Schedule



Monday, February 3, 2025

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

TODAY WE WILL CELEBRATE THE FEAST OF SAINT BLAISE, A FOURTH CENTURY PHYSICIAN, BISHOP & MARTYR. HE IS INVOKED ON BEHALF OF THOSE AFFLICTED WITH THROAT ILLNESSES. MSGR. CALLAHAN WILL GIVE "THE BLESSING OF THE THROATS" DURING MASS TODAY.

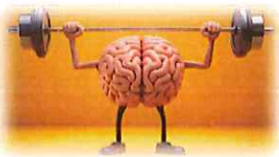
Weekly Blood Pressure Checks with AW!
9:00 AM – 10:00 AM in the Fitness Center



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

Bodies in Motion with Sada

Fitness Center



Fitness not only stimulates both hemispheres of your brain; it also helps strengthen body's posture, alignment, balance, and patterns of movement.

Monday, February 3, 2025 - Cont'd

Food Committee Meeting with Cam at **11:15 AM**

Texas Hold 'Em in the *Fitness Room*

11:30 AM – 1:30 PM

Mark will be dealing today! Be there!



Focus on Art: Wooden Bird Houses



1:00 PM in the **Craft Center**

We have all the supplies you need! Let's see what you can add to this birdhouse to make it all your own!

Lifelong Learning with Katie

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

Sign Language 101



Chaplain, Kyle Presents a 6-Week Bible Study

3:00 PM in the **Library on the 4th Floor**

Focus: Book 1 of Thessalonians

The books of Thessalonians are letters written by the Apostle Paul to the church in Thessalonica, a city in Greece, to encourage and instruct them in their faith.

The primary themes revolve around the return of Jesus Christ, the importance of living holy lives, and enduring persecution with hope and joy.



AVALON PARK

Daily Program Schedule



Tuesday, February 4, 2025

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

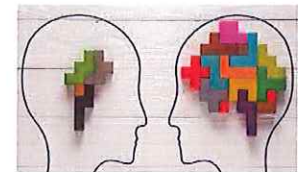
9 AM-3 PM Doctor's Appointments with Mark **Lobby**



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.

Brain Games 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, February 4, 2025- Cont'd

FEBRUARY TOWN HALL MEETING

PLEASE MAKE EVERY EFFORT TO ATTEND!

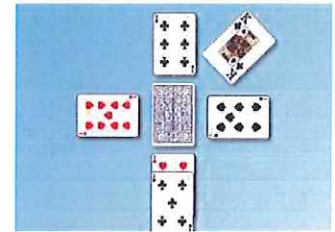
*****12:00 PM in the ORCHARD ROOM*****

*MEGHAN WILL UPDATE US ON AVALON'S LATEST NEWS!
AFTERWARDS STICK AROUND FOR A BRAND-NEW BAND!*

Kings in the Corner Card Game!

1:00 PM in the Fitness Center

Sada is here to startup a new card group & teach the rules!



NEW Live Band: "Fresh Rain!"

2:00 PM Orchard Room

You will be impressed by the song selections and sounds of this amazing band and their vocalists!



Tuesday is BRIDGE Night!

Meet at 6:45 PM in the Fitness Room



AVALON PARK

Daily Program Schedule



Wednesday, February 5, 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.

It's a Flip Flop Wednesday!

GINGHAMS HOMESTYLE RESTAURANT

Leave at 9:00 AM

ENJOY A SUPERB BREAKFAST MENU & BASICALLY ANY OTHER FOOD YOU CRAVE!

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 Jordon from AW

Fitness Center



Come and meet Jordon from AW! He wants to get to know you! His class not only stimulates both hemispheres of your brain; it also helps strengthen body's posture, alignment, balance, and patterns of movement.

Wednesday, February 5, 2025 – Cont'd



Resident Led: Hand, Knee, Foot

11:30 AM in the Orchard Room

Afternoon Errands with Mark

NOON – 2:00 PM HWY K DAY!

Groceries, Walgreens, CVS, Target, Kohls, & Dollar Tree!

Sada's Weekly Lecture:

"Mysteries of the Deep Sea"

2:00 PM in the Orchard Room

We've climbed the highest mountains, crossed vast deserts and conquered deep jungles but the depths of the ocean still remain a mystery to us. Find what's been discovered from living organisms to sunken treasures to anomalies like the Bermuda Triangle and what scientists are referring to when they mention "The Bloop."

Avalon's Book of WOWS keeps growing!

Come see! 3:00 PM in the Orchard Room

Stick around after Sada's Lecture to read what the Residents of Avalon have completed this week! You will be amazed!

We hope this entices you to add a little story to our book!



AVALON PARK

Daily Program Schedule



Thursday, February 6, 2025

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

***9:00 AM Challenge Fitness Class with Katie Fitness Center**



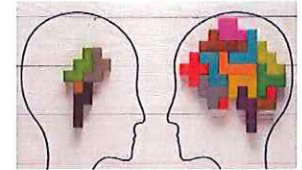
This Class is a step-up from the Seated Fitness Classes. Come give it a try. Each class is modified to the individuals who attend.

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

Cell Phone & Technology Assistance



10:00 AM in the Fitness Center

***Meditation Class with Sada @ 10:30 AM in the PDR**



When we train our awareness both internally and externally, we increase our capacity to act with wisdom, no matter what life throws at us.

Come Visit Avalon's In-House Store

11:30 AM – 1:00 PM in the Fitness Center

Thursday, February 6, 2025- Cont'd

Art Goodall's Educational Class

11:00 AM 4th Floor Library

Join us for Class 4 of 8

TOPIC: "The Biblical Millenium"

It's from the Book of Revelations where Jesus returns to Earth for a thousand-year reign. (Rev 20:1-7)"



Hand and Foot Card Group



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

Operation Bedroll Project

11:30 AM Orchard Room



*Help us help sort, smooth, and cut the plastic bags to make the rugs!
No experience needed! Residents will be there to teach you how.*

Trivia with Sada



1:30 PM in the Orchard Room

Card Game 2000 with Mark
2:30 PM in the Fitness Room





AVALON PARK

Daily Program Schedule



Friday, February 7, 2025

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

IT'S NATIONAL WEAR RED DAY FOR WOMEN'S HEART HEALTH!

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 all the Way!

BRAIN CHALLENGE with Sada

9:30 AM in the Orchard Room



10:30 AM

Seated Fitness with Jordon from AW

Fitness Center



Come and meet Jordon from AW! He wants to get to know you! His class not only stimulates both hemispheres of your brain; it also helps strengthen body's posture, alignment, balance, and patterns of movement.



Sada's SPA DAY for Nails!

11:00 AM Orchard Room

Get your nails painted today. NO trimming or filing.

Friday, February 7, 2025 – Cont'd

Finish Your Birdhouse Projects!

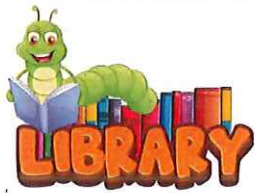
12:00 PM in the Craft Center



Texas Hold 'Em in the Orchard Room

11:30 AM – 1:30 PM

Mark will be dealing today! Be there!



St. Charles Library at Avalon

1:00 PM in the Fitness Center

Over 200 books are brought in to be checked out. Large print is available!



2:00 PM in the Orchard Room

Live Singer: Harry Fry on Guitar

Harry is a great friend of Mark's! His voice is amazing along with his guitar playing. He puts his own spin on the songs you know & love!

Friday Bridge Players!

Meet at 6:15 PM in the Fitness Room



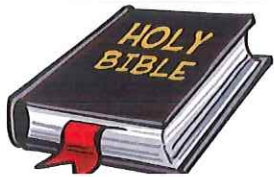
AVALON PARK
Daily Program Schedule



Saturday, February 8, 2025

Coffee Talk with Friends!

9:30 AM in the Orchard Room



Bible Study with Fred Hampton!

11:00 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

Saturday Pinochle Club!

Meet at 2:15 PM in the Fitness Room

SATURDAY'S OPERATION BEDROLL TEAM!

1:00 PM in the Orchard Room

*Come help with the sorting, smoothing and cutting of the plastic bags.
No experience needed! Residents will be there to teach you how.*

UPCOMING EVENTS

- Sunday, February 9th Superbowl Sunday! Resident Potluck Party!
 - Tuesday, February 11th Singer, Matt Davis on Keyboards!
 - Thursday, February 13th Open House with AW from 1:00-3:00 PM
 - Friday, February 14th A Special Valentine SADARK Production!
 - Monday, February 17th National Random Acts of Kindness Day!
 - Friday, February 1st National Caregivers Day!
 - Sunday, February 23rd MBU Thater Trip: "Dancing at Lughnasa!"
 - Tuesday, February 25th Birthday Bash with Happy Hour Drinks, A New Live Singer, Larry Scantlan, and a Special Dinner by Cam!
- (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!