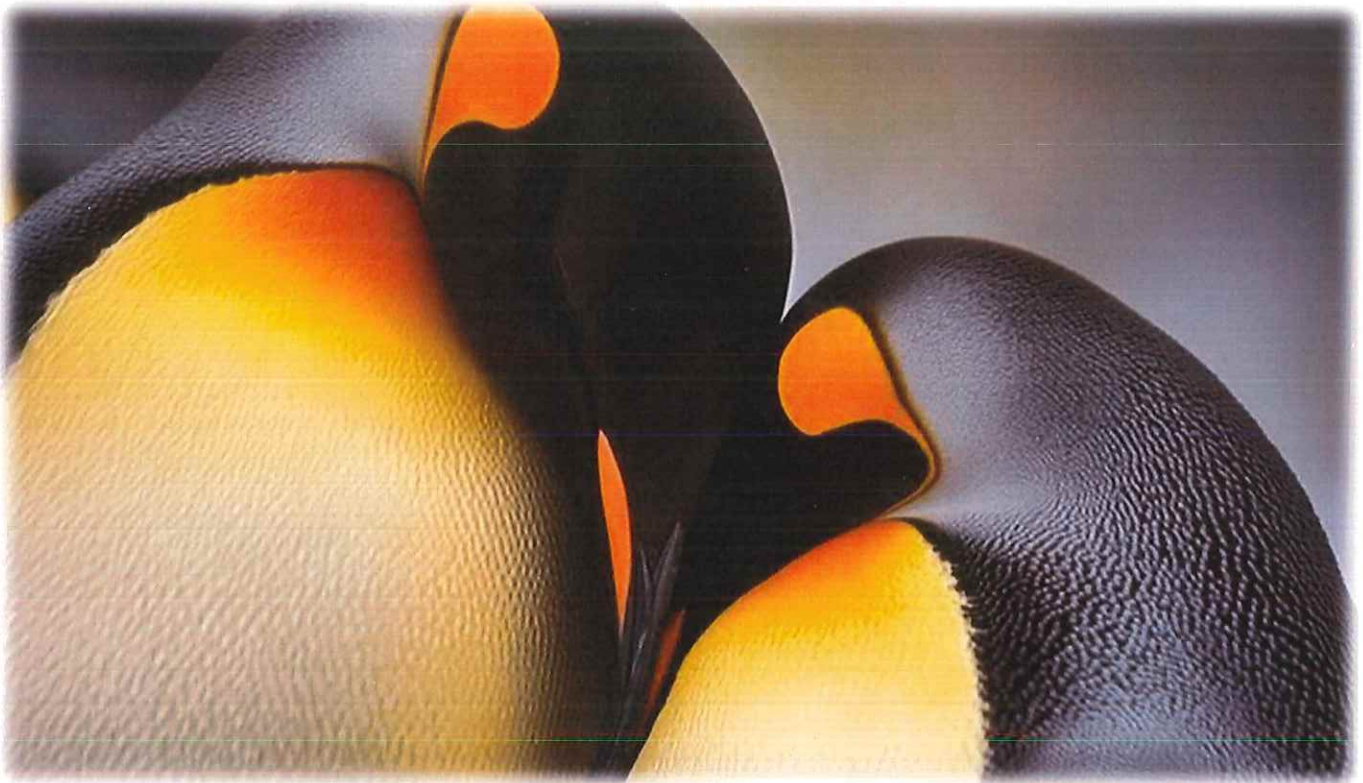


AVALON PARK

An Independent Living Neighborhood

January 12, 2025 – January 18, 2025



QUOTE OF THE WEEK

CARVE OUT TIME FOR STILLNESS AND FLOW. BEFRIEND YOUR MIND. PRACTICE GRATEFUL LIVING. THESE STRATEGIES MAY SOUND SIMPLE, BUT WHEN YOU START PUTTING THEM TOGETHER, THE BODY AND MIND RESPOND.

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



AVALON PARK

Daily Program Schedule



Sunday, January 12, 2025

What to Celebrate Today...

It's National Hot Tea Day, Stick to your New Year's Resolution Day, Work Harder Day, National Pharmacists Day, and National Marzipan Day!
On this day back in 1971 The TV Show "All in the Family" Debuted on CBS.

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.

* NO Mass at Avalon January 3 thru 18. We transport on Sundays only.

CHURCHES WE TRANSPORT TO:	LEAVE TIME	PICK-UP TIME
St. Joseph Catholic Church	8:15 AM	10:00 AM
Chapel of the Lake	10:15 AM	12:20 PM

Avalon's Sunday Brunch!

Brought to you by Chef Cam & Friends!

10:00 AM – 1:00 PM



Sunday, January 12, 2025 – 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, January 13, 2025

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

NOTE: Colleen will teach Fitness Class on Tuesday, Wednesday, and Thursday. Katie will teach on Monday and Friday.

10:30 AM

Bodies in Motion with Katie

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, January 13, 2025 - Cont'd

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

11:30 AM – 1:30 PM

Mark will be dealing today!



Lifelong Learning with Katie

2:00 PM in the Fitness Center

Sign Language 101



Winter Decor with Sada
1:00 PM Crafts Center

With several more weeks of winter to go, let's keep our crafts going to mesh with the season! Join us for music and fun as we work!



Wii Wheel of Fortune!

3:00 PM in the Fitness Center

If you are a fan, you'll love playing! It will feel like you are on stage!



AVALON PARK

Daily Program Schedule



Tuesday, January 14, 2025

It's National Dress Up Your Pet Day!

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 Colleen 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, January 14, 2025- Cont'd

Canasta Card Players Crew!

NOON in the Orchard Room



Give this Game a try! It's what you learn before the Card Game Hand & Foot!

Nail Painting Party

12:30 PM in the Orchard Room

Ladies, it's time to spoil yourself! Bring your own Nail Polish with you today. This includes your bottom and topcoat, if you have them. We have colors to choose from as well!



Vince & Kitty Duo from Fanfare!

2:00 PM in the Orchard Room

Fanfare has appeared all over St. Louis and the country at many of the top clubs, hotels, conventions, fairs, festivals and concerts. You may have seen them at the Missouri Botanical Gardens, Missouri History Museum, and Fair St. Louis. They were also featured on the PBS show "Living St. Louis" and in the St. Louis Post-Dispatch Arts and Entertainment section.





AVALON PARK

Daily Program Schedule



Wednesday, January 15, 2025

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 - 10:30 AM* 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.



Avalon's Wii Bowling League

11:15 AM in the Fitness Center



Resident Led: Hand, Knee, Foot

11:30 AM in the Orchard Room

Wednesday, January 15, 2025 – Cont'd

HOBOS CHICKEN

Lunch Excursion

Leave at 11:00 AM



Rumor has it that they have the best Fried Chicken



Sada's Paint and Sip

11:30 PM in the **Craft Center**

This painting is made partly with brushes and partly with Q-Tips. Sada will teach you step by step instructions so that YOU can create this beautiful painting!

Operation Bedroll Project

2:00 PM Orchard Room



*We are needing help sorting, smoothing and cutting the plastic bags.
No experience needed! Residents will be there to teach you how.*

Crocheting Class *with Beth*

Meet at 2:30 PM in the Orchard Room

Questions? Call Beth (417) 260-5988





AVALON PARK

Daily Program Schedule



Thursday, January 16, 2025

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

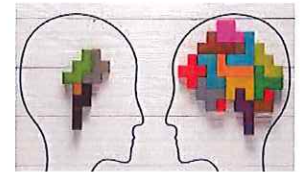
Meet in the Lobby



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

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.

Thursday, January 16, 2025- Cont'd

Art Goodall's Class Begins Today!

11:00 AM 4th Floor Library

Join us for Class 1 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



More Stories for Our Book of WOWS!
Come see! 12:00 PM in the Fitness Room

Card Game 2000 with Mark
1:00 PM in the Fitness Room



Trivia with Sada

2:00 PM in the Orchard Room





AVALON PARK

Daily Program Schedule



Friday, January 17, 2025

National Bootleggers Day!

The term "bootlegger" originated in the Midwest in the 1800s, when it described the act of concealing liquor in a boot top when trading with Native Americans. This Day recognizes the history of the farmers who created Templeton Rye whiskey, and those who distributed and distilled alcohol during Prohibition.

January 17th is also the birthday of Al Capone, a notorious bootlegger!

Join Sada's 2:00 Lecture today and learn more!

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 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!

Friday, January 17, 2025 – 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.

Texas Hold 'Em with **Mark**

11:30 AM - 1:30 PM

Meet in the Fitness Center today!



Sada's Weekly Lecture:

"The History of Bootlegging"

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

Sit back and join us for a drink today as you learn more about the fascinating story of how Bootlegging came to be. Find out who some of the most legendary bootleggers were and learn what key events in history were brought about due to bootleggers.

Friday Bridge Players!

Meet at **6:15 PM** in the **Fitness Room**



AVALON PARK

Daily Program Schedule



Saturday, January 18, 2025

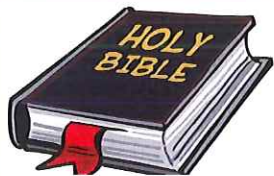
Coffee Talk with Friends!

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**

SATURDAY OPERATION BEDROLL PROJECT

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

- Wednesday, January 22nd Casino Day at Ameristar!
- Friday, January 24th Sadark's Show: "New Year, New Beginning"
- Tuesday, January 28th Liz LaKamp is here for Birthday Bash!
- Friday, January 31st Avalon's Book Club Meeting for February
- Wednesday, January 29th Chinese New Year!
- Friday, January 31st Avalon Park's 2nd Annual 5-Alarm Chili Cookoff!
- Sunday, January 2nd Groundhog Day!
- Monday, January 3rd Food Committee Meeting!
- Tuesday, February 4th Town Hall Meeting!
- Tuesday, February 4th New Music Group: Fresh Aire!

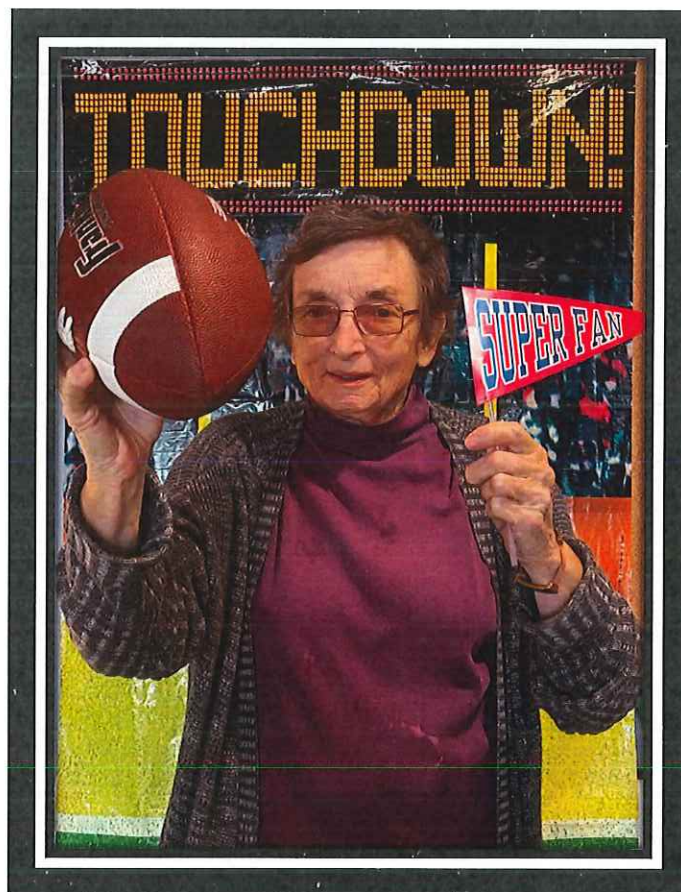
(Monthly Dates & Events are subject to change, including additions)

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 18



CONGRATULATIONS

* Betty Jo Hummel*

She had 10 Winning Teams right!