

AVALON PARK

An Independent Living Neighborhood

January 19, 2025 – January 25, 2025



QUOTE OF THE WEEK

"LOVE IS WHEN ANOTHER PERSON'S HAPPINESS
IS MORE IMPORTANT THAN YOUR OWN."

— H. JACKSON BROWN JR.

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



AVALON PARK

Daily Program Schedule



Sunday, January 19, 2025

CATHOLIC MASS IS OFFERED AT 9:00 AM IN THE FITNESS ROOM

Happy Good Memory Day! As you know, our brains are complex and unique. Scientists have been studying the brain and memory for many decades, making some progress but still having a long way to go. Good Memory Day was established to encourage people to set aside time to think positive thoughts that are related to events of the past.

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>
Chapel of the Lake	10:15 AM	12:15 PM

Avalon's Sunday Brunch!

Brought to you by Chef Cam & Friends!

10:00 AM – 1:00 PM



Sunday, January 19, 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.



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, January 20, 2025

THERE WILL BE NO MASS TODAY.

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 Katie

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.

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 20, 2025 - Cont'd

Texas Hold 'Em *in the Fitness Room*

11:30 AM – 1:30 PM

Mike will be dealing today! Be there!



Focus on Art: “Triptych Watercolor”



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

"A triptych is a piece of art that has 3 panels. Sada will teach you about warm and cool colors and how to use them to represent the different seasons! This watercolor class is geared for beginners but even the best artists will enjoy!"

Lifelong Learning with Katie

2:00 PM in the Fitness Center

Sign Language 101



MEETING: Come Sign up for the FREE Series: “Aging with Autonomy”

Meet Katie at 3:15 PM in the Fitness Center

I'll give you the list of Seminars so you can sign up for the ones most interesting to you. Seminars are once a month from 2:00 PM-3:30 PM at the St. Charles Library. Transportation will be provided for you.



AVALON PARK

Daily Program Schedule



Tuesday, January 21, 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 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 21, 2025- Cont'd

YOUR STORE CREW MEETING!

12:30 PM in the Fitness Center

Let's talk about the new year: schedules, store items, & new resident workers!



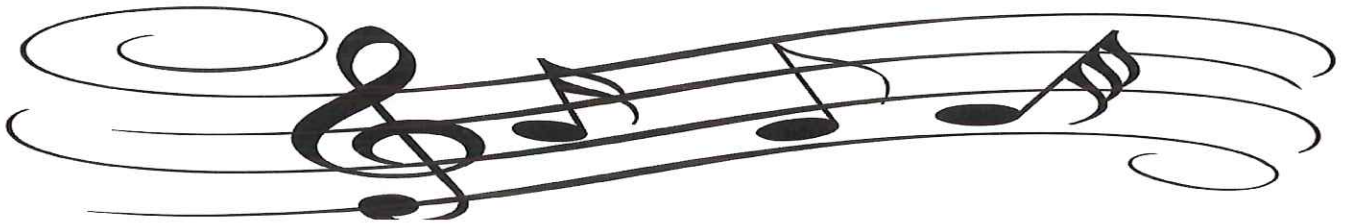
National Popcorn Day!

Join us at 1:30 PM

In the Orchard Room!



Live Band: The Bucket List!



2:00 PM in the Orchard Room

Come with friends, relax & enjoy the show!

Tuesday is BRIDGE Night!

Meet at 6:15 PM in the Fitness Room



AVALON PARK

Daily Program Schedule



Wednesday, January 22, 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.

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



ROSARY AND PRAYERS

10:00 AM in the Library on the 4th Floor



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.



Resident Led: Hand, Knee, Foot

11:30 AM in the Orchard Room

Wednesday, January 22, 2025 – Cont'd

It's Casino Day!

Ameristar!

Leave at 11:00 AM

Come enjoy lunch & play the slots!



Operation Bedroll Project

1:00 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.

Sada's Weekly Lecture:

Phrases, Idioms & Slang Around the World:

2:00 PM in the Orchard Room

Learn the origins of phrases you know and new ones from around the world! Learn where sayings like "Bite the Bullet" or "When Pigs Fly" originated from. Learn phrases other cultures use like in China where they say, "You're inflating a cow", and what they mean by it.



AVALON PARK

Daily Program Schedule



Thursday, January 23, 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

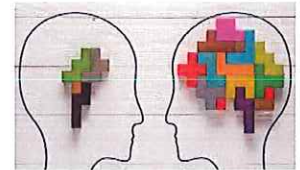
Doctor Appointments with Mark

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

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 23, 2025- Cont'd

Art Goodall's Educational Class

11:00 AM 4th Floor Library

Join us for Class 2 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 24, 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



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!



NEW: Mile Mall Walkers & Lunch Meet at 11:15 AM in the Lobby

We will stop for lunch and then head out for a mile hike at the Mall. Wear a jacket & comfortable shoes!

Friday, January 24, 2025 – Cont'd

“Kindness 101” with **Steve Hartman** on **You Tube**

11:30 AM in the **Orchard Room**

Watch some of the most uplifting stories of the year!

Texas Hold ‘Em with **Mark**

11:30 AM - 1:30 PM

Meet in the **Fitness Center** today!



A Sadark Production:

“A New Year with New Beginnings”

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

Sada and Mark are at it again! Now that this new year is upon us...what great things will we accomplish this year? Today's Program features some basic people from all walks of life who have accomplished amazing things despite their circumstances. Some stories you may recognize and some you may not.

Friday BRIDGE Players!

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

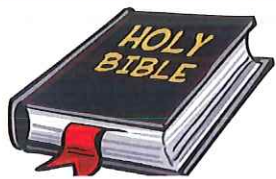


AVALON PARK
Daily Program Schedule



Saturday, January 25, 2025

Saturday Hymn Sing with Kim
10:00 AM in the Fitness Center



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 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

- 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!
- Tuesday, February 7th Library Stop Day! Come check out books!
- Sunday February 9th Superbowl Sunday!

(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!