

# AVALON PARK

*An Independent Living Neighborhood*

January 26, 2025 – February 1, 2025



## QUOTE OF THE WEEK

“THERE ARE TWO RULES IN LIFE: NUMBER 1, NEVER QUIT! NUMBER 2, NEVER FORGET RULE NUMBER ONE.”

—DUKE ELLINGTON

AVALON PARK  
11001 COTTLEVILLE TRAILS DRIVE  
COTTLEVILLE, MO 63304  
[WWW.AVALONPARKSL.COM](http://WWW.AVALONPARKSL.COM)



# AVALON PARK

## Daily Program Schedule



### Sunday, January 26, 2025

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

*It's National Compliment Day, National Peanut Butter Day, National Just Do It Day, National Belly Laugh Day, and best of all... it's National Activity Professionals Day!*

**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.

<u>CHURCHES WE TRANSPORT TO:</u>	<u>LEAVE TIME</u>	<u>PICK-UP TIME</u>
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, January 26, 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 27, 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 – 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 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 27, 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: "Watercolor Bird House"***



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

Sada will be there to teach you the step-by-step brush strokes to create this beautiful painting that will warm your heart in the middle of winter!

**Lifelong Learning with Katie**

2:00 PM in the Fitness Center

**Sign Language 101**



**Holocaust Remembrance Day Program**

**3:00 PM in the Fitness Center**

***"Irene Weiss: The Soul Never Forgets"***

How do you live with loss that is beyond comprehension? When Irene Weiss was 13 years old, she and her family were deported to Auschwitz. She and her older sister were the only survivors. Now 93 years old, Irene talks with Anderson Cooper about how she survived and how she has lived with grief ever since.

ANNOUNCEMENT: Chaplain, Kyle Schmidt will Present a 6- Week Bible Study Series starting Monday, February 3<sup>rd</sup>.



# AVALON PARK

## Daily Program Schedule



### Tuesday, January 28, 2025

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

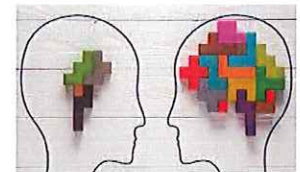
**9 AM-3 PM**    **Doctor's Appointments with Mark**    **Lobby**



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**



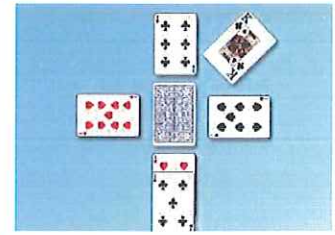
*When we train our awareness both internally and externally, we increase our capacity to act with wisdom, no matter what life throws at us.*

Tuesday, January 28, 2025- Cont'd

**Kings in the Corner Card Game!**

12:30 PM in the Fitness Center

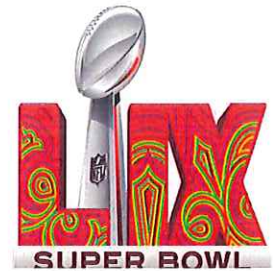
Sada is here to re-teach a New Game to you card players!



**Superbowl Planning Party!**

1:00 PM in the Orchard Room

We will explain the Superbowl Squares Game rules and discuss your Resident Potluck Party!



**Live Tribute Singer:  
Starring: Liz LaKamp**

2:00 PM Orchard Room

Has an amazing presence and will be doing a Patsy Cline Tribute for you today! Don't miss it!



Tuesday is BRIDGE Night!

Meet at 6:45 PM in the Fitness Room



# AVALON PARK

## Daily Program Schedule



### Wednesday, January 29, 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 4<sup>th</sup> 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 29, 2025 – Cont'd

**Happy Chinese New Year!**

***Let's go to PF Chang's!***

**Leave at 11:00 AM**

**THEY HAVE THE BEST PAD THAI YOU WILL EVER EAT!**



P.F. CHANG'S

## **Sada's Weekly Lecture:**

*The Science of Dreams and Lucid Dreaming*

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

Learn what Scientists like Freud discovered about dreaming and related theories. Learn different interpretations of commonly dreamed out instances like teeth falling out, being chased, or flying. Discover what lucid dreaming is and how people use it to control their dreams and how you can too!

**Introducing Avalon's Book of WOWS!**

**Come see! 3:00 PM** in the Orchard Room

*Stick around after Sada's Lecture to read what the Residents of Avalon have completed so far. You will be amazed!*

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



# AVALON PARK

## Daily Program Schedule



### Thursday, January 30, 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**

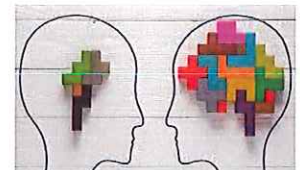
**Meet in the Lobby**



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 30, 2025- Cont'd

## Art Goodall's Educational Class

11:00 AM 4<sup>th</sup> Floor Library

*Join us for Class 3 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.*

**Card Game 2000** with Mark  
12:30 PM in the **Fitness Room**



## Trivia with Sada

2:00 PM in the Orchard Room





# AVALON PARK

## Daily Program Schedule



Friday, January 31, 2025

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

**Avalon Staff Meeting Today**  
**8:00 AM** in the **Orchard Room**



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 MEETING**

**11:00 AM** in the **LIBRARY**



Please join us for a fabulous club meeting today.

Please return "The Kitchen House." Our New Book is "Where Yesterday Lives" By Kathleen Grissom. Questions? Call Mary D: 314-330-6986.

Friday, January 31, 2025 – Cont'd

**AVALON PARK'S 2ND ANNUAL**

**5-ALARM CHILI**



**COOK OFF**



**11:00 AM – 1:00 PM**

**In the Orchard Room**

Our guests at the event will be the Cottleville Fire Department and Paramedics in appreciation for all they do for us. Come hang out and taste 9 different Chili's made by our Avalon Staff Members and cast your votes! There's competition this year!

**Finish Your Macrame Wreaths!**

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



**Friday BRIDGE Players!**

**Meet at 6:00 PM** in the **Fitness Room**

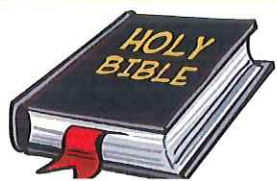


**AVALON PARK**  
**Daily Program Schedule**



**Saturday, February 1, 2025**

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



**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 2<sup>nd</sup> Happy Groundhog Day!
  - Monday, February 3<sup>rd</sup> Food Committee Meeting!
  - Tuesday, February 4<sup>th</sup> EARLY Town Hall Meeting! Starts at NOON!
  - Tuesday, February 4<sup>th</sup> New Music Group: Fresh Aire!
  - Tuesday, February 7<sup>th</sup> Library Stop Day! Come check out books!
  - Friday February 7<sup>th</sup> Live Singer, Harry Fry on Guitar!
  - Sunday, February 9<sup>th</sup> Superbowl Sunday! Resident Potluck Party!
  - Tuesday, February 11<sup>th</sup> Singer Matt Davis on Keyboards
  - Friday, February 14<sup>th</sup> A Special Valentine SADARK Production
  - Sunday, February 23<sup>rd</sup> MBU Thater Trip: "Dancing at Lughnasa"
- (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 2<sup>nd</sup> Floor.
- Pets are not allowed in the Dining Room during mealtimes.
- If you have any feedback on weekly programs, please see Katie!