

# AVALON PARK

*An Independent Living Neighborhood*

January 5, 2025 – January 11, 2025



## QUOTE OF THE WEEK

"YOU NEVER KNOW HOW STRONG YOU ARE,  
UNTIL BEING STRONG IS YOUR ONLY CHOICE."

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





# AVALON PARK

## Daily Program Schedule



### Sunday, January 5, 2025

## What to celebrate today....

Golden Globes Day! National Monopoly Game Day, National Bird Day, National Screenwriters Day, National Start Your New Years Resolution Day, National Feel Great Day! National Ice & Snow Sculpture Day in Harbin, China! Look it up!

### 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 5, 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 6, 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 Katie

*9:00 AM – 11:00 AM*

HWY K Day! Groceries, Walgreens, CVS, Target, Kohls, & Dollar Tree!



### *BRAIN CHALLENGE* with John

*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: On Your Own Today**

**Fitness Center**



Katie is driving for Mark today. Please feel free to lead your own class. 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 6, 2025 - Cont'd

# Food Committee Meeting at 11:15 AM

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

**\*11:30 AM – 1:30 PM\***

Michael will be dealing today!



**Lifelong Learning with Katie**

1:30 PM in the Fitness Center

**Sign Language 101**



*Hail and Fairwell:*

*A Tribute to those we lost in 2024*

2:30 PM in the Orchard Room on YOU TUBE  
A Beautiful Tribute by CBS. Join us.



**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 7, 2025

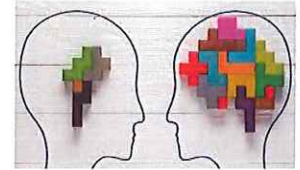
**9 AM-3 PM**    **Doctor's Appointments with Mark**    **Lobby**



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 Katie

**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 Katie @ **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 7, 2025- Cont'd**

**Canasta Card Players Crew!**

**NOON** in the Orchard Room



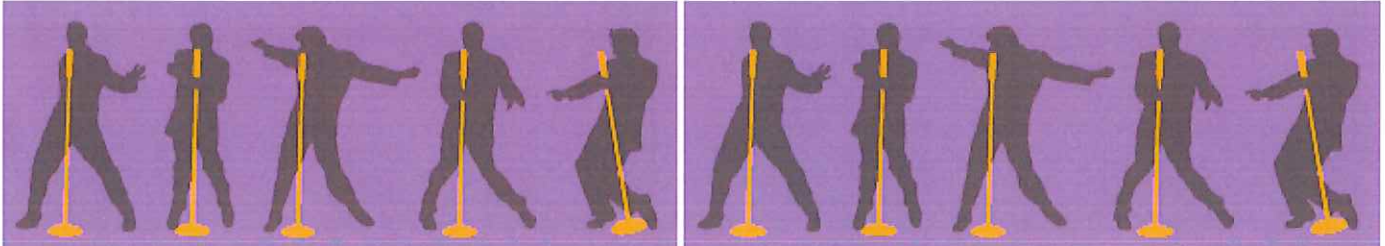
Give this Game a try! It's what you learn before the Card Game Hand & Foot!

**JANUARY TOWN HALL MEETING**

*PLEASE MAKE EVERY EFFORT TO ATTEND!*

**12:45 PM** in the ORCHARD ROOM

*MEGHAN WILL UPDATE US ON THE LATEST  
NEWS FOR AVALON PARK.*



**Happy Birthday Elvis Presley!**

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

Come enjoy Singer, Ken Roberts as Elvis!  
You will love his energy throughout the show!





# AVALON PARK

## Daily Program Schedule



Wednesday, January 8, 2025

**It's National Argyle Day! Wear your best Argyle sweaters & socks today!**

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.

**NEW: Flip Flop Wednesday!**  
**Leave at 9:00 AM**  
*You requested it again, and so are offering it! Let's go enjoy Breakfast at Cracker Barrell and then go for Afternoon Errands.*

**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**





Wednesday, January 8, 2025 – Cont'd



## Resident Led: Hand, Knee, Foot

11:30 AM in the Orchard Room



## Sada's World of Art!

11:30 PM in the Craft Center

This week we will work on Watercolor Angels using stencils. Sada is an expert at watercolor! She will show you a few simple skills for the brush strokes that create this angel!

## Afternoon Errands with Mark

12:00 PM – 2:00 PM HWY K DAY

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

## *Operation Bedroll Project*

2:00 PM Orchard Room



*We are needing help sorting, smoothing and cutting the plastic bags. No experience necessary! Sada will be there to help get you started!*

## 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 9, 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**

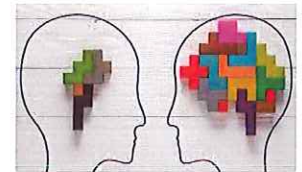
**Meet in the Lobby**



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**



**Help Sada & Katie pack away Christmas**

**Meet in the Lobby 10:00 AM – 12:00 PM**

*Extra hands are needed to wrap ornaments!*

**Come Visit Avalon's In-House Store**

**10:30 AM – 12:00 PM in the Fitness Center**



Thursday, January 9, 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.*



## **Hand and Foot Card Group**

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



## **Our Book of WOWS Newest Additions!**

**Come see! 12:00 PM in the Fitness Room**

## **Card Game 2000 with Christina**

**1:00 PM in the Fitness Room**



## **Sada's Speaking Series Topic: *Resident Requested: "Ancient Aliens"***

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

From an Egyptian bird carving to tales of flying carpets, analysts speculate that ancient cultures may have been inspired by alien spacecraft. Observers wonder about the possibility of otherworldly visitors helping the builders of the past to construct awe-inspiring monolithic structures. Researchers speculate that godlike figures from the myths and folklore of bygone cultures could have origins in powerful extraterrestrial visitors.





# AVALON PARK

## Daily Program Schedule



### Friday, January 10, 2025

#### It's National House Plant Day!

Don't forget to water your house plants this Winter. Make sure you aerate that soil as you water. House Plants provide tons of health benefits:

**Improved air quality, Reduced stress, Better sleep, Improved mood, Reduced sickness, Improved cognitive health, Reduced fatigue and headaches, Improved digestion, Reduced dust & Increased humidity!**

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 Sada**



**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 10, 2025 – Cont'd

*Texas Hold 'Em with Mark*

11:30 AM - 1:30 PM

Meet in the Orchard Room today!



**Trivia with Sada**



12:30 PM in the Orchard Room

**Happy Hour!**

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

**Live Band: The Bucket List**

**Join David and the Guys for a great show today!**

**Friday Bridge Players!**

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





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



**Saturday, January 11, 2025**

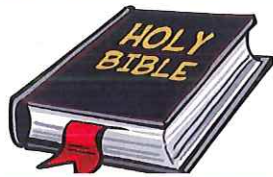
**Coffee Talk with Friends!**

**9:30 AM** in the Orchard Room



**ROSARY AND PRAYERS**

**9:45 AM** in the Library on the 4<sup>th</sup> 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 3<sup>rd</sup> thru January 19<sup>th</sup>**



# UPCOMING EVENTS

- Tuesday, January 14<sup>th</sup> Singing Duo: Welcome Back: Vince & Kitty
  - Wednesday, January 15<sup>th</sup> This is the 1<sup>st</sup> Class of an 8-Week Course with Resident, Art Goodall “The Biblical Millenium from the Book of Revelations where Jesus returns to Earth for a thousand-year reign. (Rev 20:1-7)”
  - Wednesday, January 15<sup>th</sup> Lunch Trip: HOBOS (A resident request!)
  - Friday, January 24<sup>th</sup> Sadark’s Next Show: “Motown Review”
  - Tuesday, January 28<sup>th</sup> Liz LaKamp is here for Birthday Bash!
  - Friday, January 31<sup>st</sup> Avalon’s Book Club Meeting for February
  - Friday, January 31<sup>st</sup> Avalon Park’s 2<sup>nd</sup> Annual 5-Alarm Chili Cookoff!
- (Monthly Dates & Events are subject to change, including additions)*

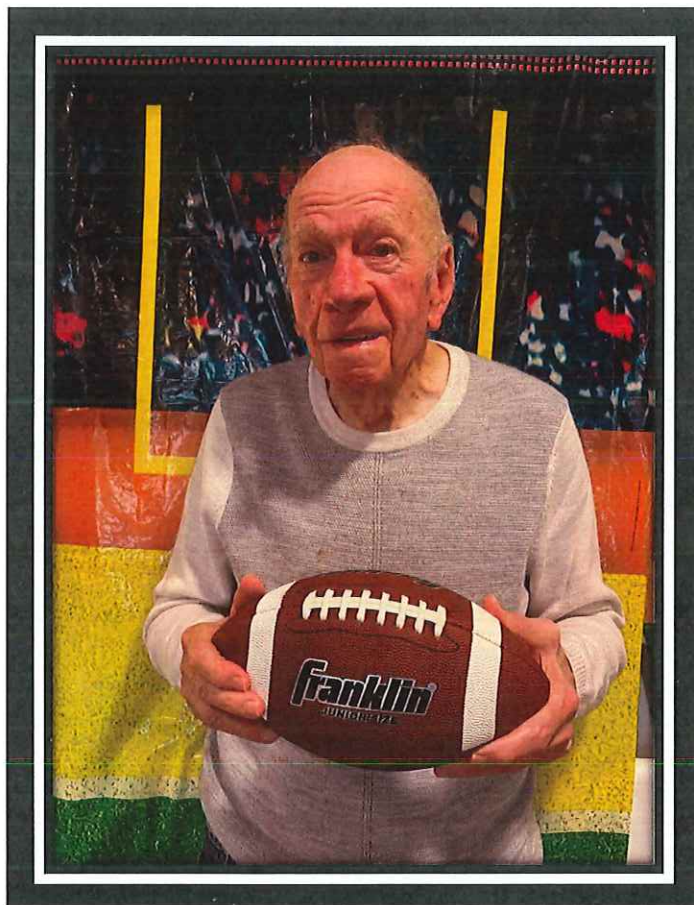
# DAILY TIPS & REMINDERS

- 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!





# YOU PICK 'EM WEEK 17



# CONGRATULATIONS

## \* Ray Fields \*

He had 15 Winning Teams right!



# PLAYOFF PICK SHEET 2024-2025

## Wild Card = 1 pt

**Saturday, Jan. 11**

**TIME(ET)**

<input type="checkbox"/>	at	<input type="checkbox"/>
<input type="checkbox"/>	at	<input type="checkbox"/>
<input type="checkbox"/>	at	<input type="checkbox"/>

**Sunday, Jan. 12**

<input type="checkbox"/>	at	<input type="checkbox"/>
<input type="checkbox"/>	at	<input type="checkbox"/>
<input type="checkbox"/>	at	<input type="checkbox"/>

## Divisional Round = 2 pts

**Saturday, Jan. 18**

<input type="checkbox"/>	at	<input type="checkbox"/>
<input type="checkbox"/>	at	<input type="checkbox"/>

**Sunday, Jan. 19**

<input type="checkbox"/>	at	<input type="checkbox"/>
<input type="checkbox"/>	at	<input type="checkbox"/>

## Conference Championships = 3 pts

**Sunday, Jan. 26**

<input type="checkbox"/>	at	<input type="checkbox"/>
<input type="checkbox"/>	at	<input type="checkbox"/>

## Super Bowl = 4 pts

**Sunday, Feb. 9**

<input type="checkbox"/>	vs	<input type="checkbox"/>
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Point totals:

Wild Card

Conference Championship

Divisional Round

Super Bowl

**Total**

Name \_\_\_\_\_

Tiebreaker: Total Points Scored in the Super Bowl \_\_\_\_\_