

# AVALON PARK

*An Independent Living Neighborhood*

February 16, 2025 - February 22, 2025



## QUOTE OF THE WEEK

"FEBRUARY WHISPERS PROMISES OF NEW BEGINNINGS AND FRESH OPPORTUNITIES. EVERY FROSTY MORNING HOLDS THE POTENTIAL FOR A BRIGHTER DAY"

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





# AVALON PARK

## Daily Program Schedule



### Sunday, February 16, 2025

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

February is National Cancer Prevention Month, Great American Pie Month, National Cherry Month, National Grapefruit Month, National Snack Food Month, National Library Lover's Month, and National Self Check Month to stay positive!

**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, February 16, 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.



## Rummikub Club 4:00 PM in the Orchard Room



## Sunday Pinochle Club Meet at 4:30 PM in the Fitness 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 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 17, 2025

THERE IS NO MASS TODAY!

*It's National Random Acts of Kindness 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.

## Weekly Blood Pressure Checks with AW!

**9:00 AM – 10:00 AM** in the Orchard Room today!



## 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.



Monday, February 17, 2025 - Cont'd

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

**\*11:30 AM – 1:30 PM\***

Jeff will be dealing today! Be there!



**Focus on Art: Finish Up Last Week's Projects**



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

Sada is back to help you finish up your Bird Houses and Tin Hearts. Let's get ready for the new project this week!

**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 **4<sup>th</sup> Floor**

***Focus: Book 1 of Thessalonians (This is Week #3)***

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 18, 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 AM-3 PM**

**Doctor's Appointments with Mark**

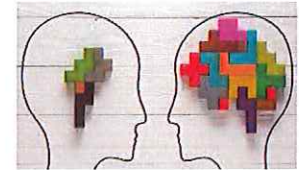
**Lobby**



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 18, 2025- Cont'd

**Sada's Lecture Series Part II:**  
*Love Stories Throughout the Ages*

1:00 PM in the Orchard Room

Sada is back to present: the passionate but doomed romance of Mark Antony and Cleopatra to the political union-turned-love affair of Queen Victoria and Prince Albert. She'll teach you about historical romances and even some popular literary figures. Learn how love built the Taj Mahal in India and how Valentines Day came about.

**Live Singers: Art and Nancy**

2:00 PM Orchard Room

Since 2008, they have been performing all over the St. Louis area, providing a high level of music and wide range of styles including jazz, country, R&B, oldies, blues and gospel. Performing standards as well as contemporary fare, Nancy's strong alto vocals blend with Art's jazz guitar and violin is amazing!



**Focus on Art: Last Chance to finish up**



3:00 PM in the Craft Center

Last chance to finish up those Art Projects. Let's get the room ready for the next big Craft!

Tuesday is BRIDGE Night!

Meet at 6:45 PM in the Fitness Room





# AVALON PARK

## Daily Program Schedule



### Wednesday, February 19, 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 & Shine Errands with Mark\***

**9:00 AM – 11:30 AM HWY K DAY!**

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

**Brain Challenge 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 Jordon from AW**

**Fitness Center**



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



Wednesday, February 19, 2025 – Cont'd



**Resident Led: Hand, Knee, Foot**

11:30 AM in the Orchard Room

***Pizza Ranch Expedition***



**Leave at 11:30 AM**

Join us for a great time at this restaurant!  
Two of our Residents know the Managers  
there, so it's always a blast!

**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!



**Trivia with Sada**

2:00 PM in the Orchard Room



**Avalon's Book of WOWS keeps growing!**

**Come see! 3:00 PM in the Fitness Center**

*Join us to see what the Residents have completed this week!  
We hope this entices you to add a little story to our book!*





# AVALON PARK

## Daily Program Schedule



### Thursday, February 20, 2025

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

**\*9:00 AM Challenge Fitness Class (on your own today) Fitness Center**



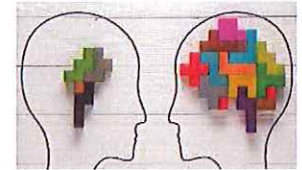
This Class is a step-up from the Seated Fitness Classes. Come give it a try. Each class is modified to the individuals who attend.

**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

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



**Thursday, February 20, 2025- Cont'd**

**Art Goodall's Educational Class**

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

***Join us for Class 6 of 8 on "The Biblical Millenium"***



**Hand and Foot Card Group**



***\*11:00 PM – 1:00 PM in the Fitness 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**  
**1:00 PM in the Fitness Room**



**Sada's Craft Class: Marble Dipped Mugs**

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



**We will be dipping the mugs into water layered with enamel paint or nail polish. If you have a favorite color nail polish, bring it with you! OR chose from the colors we already have.**



**Avalon's Wii Bowling League**  
**2:30 PM in the Fitness Center**





# AVALON PARK

## Daily Program Schedule



### Friday, February 21, 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 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



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

## Excursion: At Home Store

Leave Avalon at 11:15 AM

This store has everything you need to update and organize your apartments. Let's go!



Friday, February 21, 2025 – Cont'd

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

**\*11:30 AM – 1:30 PM\***

Mark will be dealing today! Be there!



**Sada's Lecture Series**

**2:00 PM Orchard Room**

***"Art in Today's World"***



**Friday Bridge Players!**

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

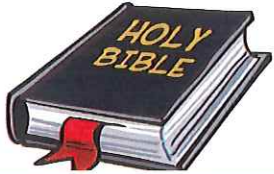




**AVALON PARK**  
**Daily Program Schedule**



**Saturday, February 22, 2025**



**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'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.*

**REMINDER**

Tomorrow, Meghan will be hosting an informational event for Avalon Park as well as the General Public from 3:00 PM – 5:00 PM all about the Annual Alzheimer's Walk which is planned for this coming September. Please attend!



# UPCOMING EVENTS

- Every Saturday, Fred Hampton provides Bible Teachings at 11 AM!
  - Sunday, February 23<sup>rd</sup> MBU Thater Trip: "Dancing at Lughnasa!"
  - Sunday February 23<sup>rd</sup> Alzheimer's Walk Info Event from 3-5 PM
  - Tuesday, February 25<sup>th</sup> Birthday Bash with Happy Hour Drinks, A New Live Singer, Larry Scantlan, and a Special Dinner by Cam!
  - Friday, February 28<sup>th</sup> Live Blues and Jazz with Arvell Keithley!
  - Monday, March 3<sup>rd</sup> Food Committee Meeting. All are welcome!
  - Tuesday, March 4<sup>th</sup> Town Hall Meeting followed by a Mardi Gras Party Hosted by our favorite singers Roy and Dave!
  - Wednesday, March 5<sup>th</sup> Ash Wednesday Service Provided at Mass
- (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!