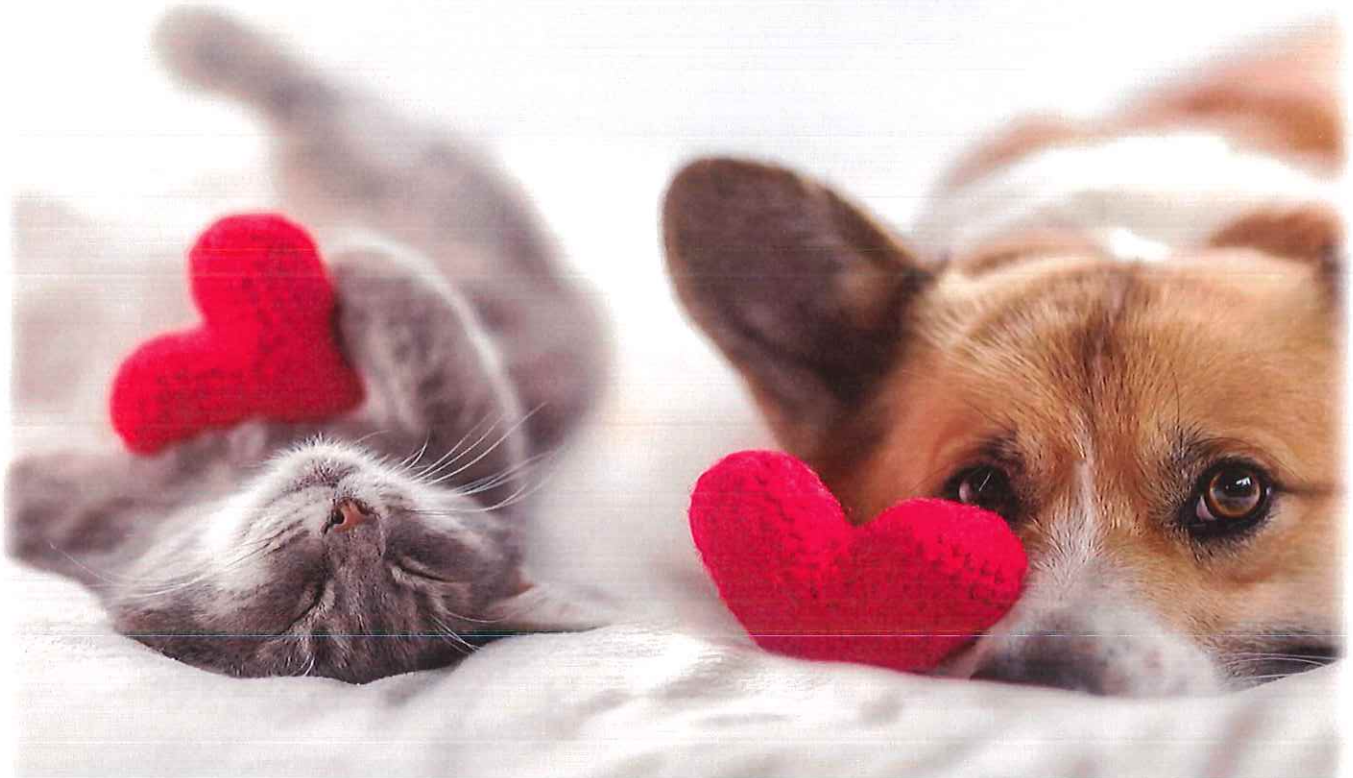


AVALON PARK

An Independent Living Neighborhood

February 9, 2025 - February 15, 2025



QUOTE OF THE WEEK

"IT IS LOVE THAT ASKS, THAT SEEKS, THAT KNOCKS, THAT FINDS, AND THAT IS FAITHFUL TO WHAT IT FINDS."

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



AVALON PARK

Daily Program Schedule



Sunday, February 9, 2025

CATHOLIC MASS IS OFFERED AT 9:00 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.

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.

CHURCHES WE TRANSPORT TO:	LEAVE TIME	PICK-UP TIME
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



MAHJONG CARD GROUP

12:15 PM in the Fitness Center



Sunday, February 9, 2025 – Cont'd

NOTE: A SPECIAL SUPERBOWL BINGO GAME WILL HAPPEN TODAY DURING THE PARTY!

YOU ARE INVITED

PARTY



Bring all food to the Orchard Room by 4:30 PM. Sada will be there to set up the tables, as well as explain the Superbowl Bingo Game! Help yourself to Coffee, Tea and Soda. BYOB! Get Ready for the Superbowl Squares Game! Prizes given away each Quarter!

Our Potluck Opens at 5:00 PM

Game starts at 5:30 PM



AVALON PARK

Daily Program Schedule



Monday, February 10, 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.

Weekly Blood Pressure Checks with AW!

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



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 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 10, 2025 - Cont'd

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

11:30 AM – 1:30 PM

Mark will be dealing today! Be there!



Focus on Art: Tin Heart Valentine Gift



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

We have empty tin heart boxes for you to decorate and give as gifts later this week!!

Katie's Sign Language Class is on Wednesday this week

Trivia with Sada



1:45 PM in the **Orchard Room**

Chaplain, Kyle Presents a 6-Week Bible Study

3:00 PM in the **Library** on the **4th Floor**

Focus: Book 1 of Thessalonians (This is Week #2)

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 11, 2025

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

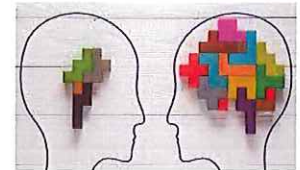
9 AM-3 PM **Doctor's Appointments with Mark** **Lobby**



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 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 11, 2025- Cont'd

Sada's Lecture Series:

Love Stories Throughout the Ages

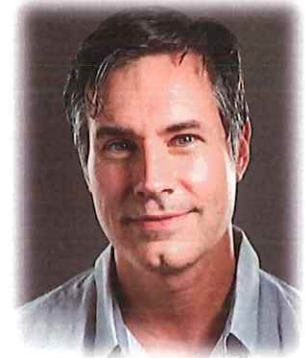
1:00 PM in the Orchard Room

From the Passionate but doomed romance of Mark Antony and Cleopatra to the political union-turned-love affair of Queen Victoria and Prince Albert, learn about historical romances and even some popular literary figures. You will also learn how love built the Taj Mahal in India and how Valentines Day came about. Be there!

Live Singer: Matt Davis

2:00 PM Orchard Room

Matt Davis is a versatile musician, singer, songwriter, and multi-instrumentalist from St. Louis, Missouri. He is a board-certified Music Therapist. With over 30 years of experience in a wide variety of musical styles. You'll love him!



Focus on Art: Tin Heart Valentine Gift



3:00 PM in the Craft Center

We have empty tin heart boxes for you to decorate and give as gifts later this week!!

Tuesday is BRIDGE Night!

Meet at 6:45 PM in the Fitness Room



AVALON PARK

Daily Program Schedule



Wednesday, February 12, 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

10:00 AM – 11:30 AM HWY K DAY!

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

Brain Challenge with Katie

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 Jordon from AW

Fitness Center



Come and meet Jordon from AW! He wants to get to know you! His class not only stimulates both hemispheres of your brain; it also helps strengthen body's posture, alignment, balance, and patterns of movement.

Wednesday, February 12, 2025 – Cont'd



Resident Led: Hand, Knee, Foot

11:30 AM in the Orchard Room

Red Robin Burger Expedition



Leave at 11:00 AM

Gourmet Burgers and Brews is the tagline! They are also known for their bottomless seasoned fries! Join us!

Resident Requested Choir Meeting

1:00 PM in the Orchard Room

Several Residents have expressed interest in starting a Spring Choir! Let's Talk!

Lifelong Learning with Katie

2:00 PM in the Fitness Center

Sign Language 101



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 13, 2025

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

***9:00 AM Challenge Fitness Class with Katie 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.

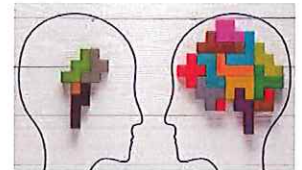
9 AM-3 PM Doctor Appointments with Mark Meet in the Lobby



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 13, 2025- Cont'd

Fix and Finish Tin Hearts, Paintings etc...

10:30 AM in the Craft Center

Art Goodall's Educational Class

11:00 AM in the 4th Floor Library

Join us for Class 5 of 8 on "The Biblical Millenium"



Hand and Foot Card Group

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



Open House!

1:00 PM – 3:00 PM
in the Orchard Room

Come and meet the AW Team!

Giveaways - Raffle Prizes



AVALON PARK

Daily Program Schedule



Friday, February 14, 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



Come and meet Jordon from AW! He wants to get to know you! His class not only stimulates both hemispheres of your brain; it also helps strengthen body's posture, alignment, balance, and patterns of movement.

Friday, February 14, 2025 – Cont'd

Fix and Finish Tin Hearts, Paintings etc...

10:30 AM in the Craft Center

Texas Hold 'Em *in the Fitness Center*

11:30 AM – 1:30 PM

Mark will be dealing today! Be there!



Sadark Production!

2:00 PM Orchard Room

“Love Songs of the Eras”

Mark and Sada have done it again!
You must stay until the very end for an
ultimate surprise! Don't miss it!

Friday Bridge Players!

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

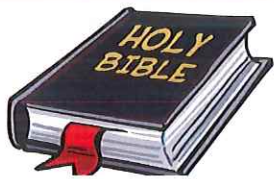


AVALON PARK
Daily Program Schedule



Saturday, February 15, 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

- Every Saturday, Fred Hampton provides Bible Teachings at 11 AM!
 - Monday, February 17th National Random Acts of Kindness Day!
 - Tuesday, February 18th Married Singing Duo: Art & Nancy!
 - Friday, February 21st National Caregivers Day!
 - Sunday, February 23rd MBU Thater Trip: "Dancing at Lughnasa!"
 - Sunday February 23rd Alzheimer's Walk Info Event at Avalon!
 - Tuesday, February 25th Birthday Bash with Happy Hour Drinks, A New Live Singer, Larry Scantlan, and a Special Dinner by Cam!
 - Friday, February 28th Live Blues and Jazz with Arvell Keithley
- (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!