

AVALON PARK

An Independent Living Neighborhood

Live Well. Live Better.

March 2, 2025 – March 8, 2025



QUOTE OF THE WEEK

March was an unpredictable month, when it was never clear what might happen. Warm days raised hopes until ice and grey skies shut over the town again” -Tracy Chevalier

AVALON PARK
11001 COTTLEVILLE TRAILS DRIVE
COTTLEVILLE, MO 63304



AVALON PARK Daily Program Schedule



Sunday, March 2, 2025

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



*A Catholic Service is provided at 9:00 AM in the Fitness Center at Avalon.

<u>CHURCHES WE TRANSPORT TO:</u> <u>TIME</u>	<u>LEAVE TIME</u>	<u>PICK-UP</u>
Morning Star Non-Denominational	8:30 AM	10:25 AM
Calvary Church	8:30 AM	10:00 AM
Chapel of the Lake Non-Denominational	10:15 AM	2:15 PM

Avalon's Sunday Brunch

Brought to you by Chef Cam and Friends

10:00 AM- 1:00 PM



MAHJONG WITH MARCIA



12:15 PM in the Fitness Center

Sunday, March 2, 2025 -Cont'd

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 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!*



"March bustles in on windy feet and sweeps my doorstep and my street"



AVALON PARK

Daily Program Schedule



Monday, March 3, 2025

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

Rise and Shine Errands with Mark

9:00 AM – 11:00 AM

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

Weekly Blood Pressure Checks with AW!

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



BRAIN CHALLENGE

9:30 AM in the Orchard Room

10:30 AM Bodies in Motion with AW Health Fitness Center

Exercise stimulates both hemispheres of your brain; it also helps strengthen body's posture, alignment, balance, and patterns of

Texas Hold 'Em in the Fitness Center

11:30 AM – 1:30 PM

Monday, March 3, 2025 Cont....

Kings in the Corner Card Game

1:00 PM in the Orchard Room

Focus on Art: Finish up a craft

Do you have a craft that needs to be finished? We need to finish up all crafts before starting a new one. 1:00 PM in the craft center

Chaplain, Kyle Presents a 6-Week Bible Study

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

Focus: Book 1 of Thessalonians

"If I had a flower for every time I thought of you... I could walk through my garden forever"

– Alfred Tennyson



AVALON PARK

Daily Program Schedule



Tuesday, March 4, 2025

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



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 48 hours in advance so proper travel accommodations

Brain Games Challenge with Sada

9:30 AM in the Orchard Room

10:30 AM Bodies in Motion with AW Health 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.

COFFEE WITH THE MAYOR

11:00 a.m. in the Orchard Room

Mayor Bob Ronkoski will be here to give us an update on Cottleville and all it's happenings.

Tuesday, March 4 , 2025 Cont....



Avalon's Wii Bowling League

11:15 AM in the Fitness Center



Meditation Class with Sada @ 11:30 AM

Library

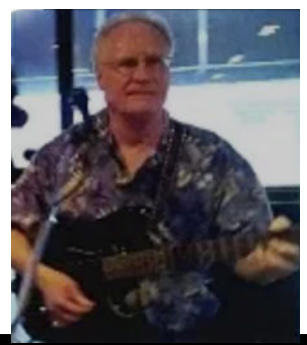
TOWN HALL MEETING

12:45

COME GET THE LATEST AND GREATEST
INFORMATION FROM
MEGHAN

ROY AND DAVE

It's Fat Tuesday!! Come join us at 2:00 pm for some drinks and sweets. Roy and Dave are one of our most popular duos.





AVALON PARK

Daily Program Schedule



Wednesday, March 5, 2025

CATHOLIC MASS WILL BE AT 9:00 A.M. TODAY. TODAY MARKS ASH WEDNESDAY. CATHOLIC MASS WILL BE OFFERED AT 9:00 A.M. IN THE FITNESS CENTER. ASH WEDNESDAY MARKS THE BEGINNING OF THE 40 DAYS OF LENT . AFTER THE HOMILY, WE WILL HAVE THE DISTRIBUTION OF ASHES. ALL CATHOLICS AND CHRISTIANS OF OTHER DENOMINATIONS ARE WELCOME TO PARTICIPATE AND RECEIVE ASHES

Brain Challenge with Sada

9:45AM in the Orchard Room



Rise & Shine Errands with Mark

10:00 AM – 11:30 AM HWY K DAY!

Due to Ash Wednesday Mass, we are leaving at 10:00 a.m.

ROSARY AND PRAYERS

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



10:30 AM Seated Fitness with Jordan 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, March 5, 2025 Cont....



Resident Led: Hand, Knee, Foot

11:30 AM in the Orchard Room

IT'S "YOU PICK" BURGER WEDNESDAY

MEET IN THE LOBBY AT 11:00 A.M.

Come sign up and VOTE for either burger joint!!

Red Robin OR Steak n' Shake



Trivia with Sada

2:00 PM in the Orchard Room



"Spring is nature's way of saying, 'Let's party!'" – Robin Williams





AVALON PARK

Daily Program Schedule



Thursday, March 6, 2025

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

***9:00 AM Challenge Fitness Class with AW 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'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 48 hours in advance 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 at Concierge

***Meditation Class with Sada @ 10:30 AM in the PDR**



Come Visit Avalon's In-House Store

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

Thursday, March 6, 2025 Cont....

Hand and Foot Card Group

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

Art Goodall's Educational Class

11:00 AM in the 4th Floor Library

Join us for Class 7 of 8 on "The Biblical Millenium"

Operation Bedroll Project

11:30 AM Orchard Room



Help us help sort, smooth, and cut the plastic bags to make the rugs!

Card Game 2000 with Mark if he is available. You can play on your own 1:00 PM in the Fitness Center

ART WITH SADA 1:00 P.M.

This activity is great for beginners, even if you've never picked up a brush. Learn how to create an "ombre" background as well as how to create depth using atmospheric perspective





AVALON PARK

Daily Program Schedule



Friday, March 7, 2025

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

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 Jordan 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.

BOOK CLUB NEWS!!

The book club will meet in the library on the 4th floor at 11:00 a.m. on March 7th, TODAY. Please return the book "Where Yesterday Lives". If you cannot come to the meeting, please call Mary Doherty at 314-330-6986 to make arrangements for the book return. Thank you, Mary Doherty and June Bourneuf

Friday, March 7, 2025 Cont....

HAPPY BIRTHDAY Dr. Suess!!!!!!!

Green Eggs and Ham Program

11:00 A.M.

Come down to the Orchard Room

Sada's Craft Class: Paint and Pour

1:00 P.M. Craft Center

Join us in the painting that anyone can do! Just pick your colors and pour away. Special chemicals mixed in will create different effects right before your eyes.

CHAD EVANS

2:00 P.M. in the Orchard Room

Come listen to this one man band, play piano and Saxophone! Listen to your favorite songs by Frank Sinatra, Sammy Davis Jr., 60's music, Motown, Soft Rock, Smooth Jazz, and so much more. Come down and enjoy an hour of great music and a drink!!

Friday Bridge Players!

Meet at 6:15 PM in the Fitness Center



AVALON PARK
Daily Program Schedule



Saturday, March 8, 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

UPCOMING EVENTS

March 9th Act II "Nana's Naughty Knickers at St. Peters Cultural Arts Centre Leave Avalon at 1:15

March 10th Comedy Club with Mark 2:00 p.m.

March 11th Doc Scott 2:00 p.m.

March 12th The Science of Brewing Beer with John 2:00p.m.

March 13th Make Beer with John 10:00a.m.— 1:00p.m.

March 14th Come and listen to Heather and Jenny on the benefits of Strength and Balance

(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 Amy!