

# AVALON PARK

*An Independent Living Neighborhood*

February 23, 2025 – March 1, 2025



## Quote of the Week

"In February's chill, we find  
A quiet peace, a tranquil mind.  
The frost still lingers, snowflakes dance,  
In winter's final, gentle trance." – Unknown

Avalon Park  
11001 Cottleville Trails Drive  
Cottleville, MO 63304  
[www.AvalonParkSL.com](http://www.AvalonParkSL.com)

# AVALON PARK

## Daily Program Schedule

### Sunday, February 23, 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**



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**



\*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!



**Sunday, February 23, 2025 -Cont'd**

# **Mahjong with Marcia**

12:15 PM in the Fitness Center



NO BINGO Today due to the Alzheimer's Walk Event Hosted by Avalon Park. This event is open to the public and

## **Rummikub Club**

4:00 PM in the Fitness Center



## **Sunday Pinochle Club**

Meet at 4:30 PM in the Fitness Room

# **Informational Alzheimer's Event Hosted by Avalon Park**

3:00 PM – 5:00 PM in the Orchard

This event will be open to the public to promote the Alzheimer's Walk coming up this September. People will be able to sign up on a team and order their T-shirts. Be sure to promote this to your family and friends! Let's make this year the BIGGEST ever!

# AVALON PARK

## Daily Program Schedule

### Monday, February 24, 2025

Catholic mass is offered at 8:00 AM in the Fitness Room

Weekly Blood Pressure Checks with  
9:00 AM – 10:00 AM in the Orchard Room



Rise and Shine Errands with Mark

9:00 AM – 11:00 AM

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

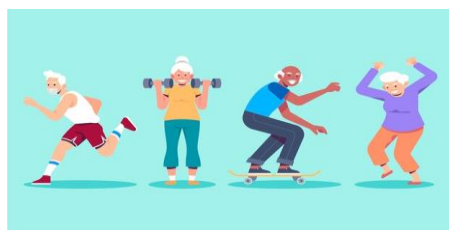


BRAIN CHALLENGE with Sada

9:30 AM in the Orchard Room

10:30 AM Bodies in Motion with AW 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 24, 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: Finish or Start a birdhouse**

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

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



**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



# AVALON PARK

## Daily Program Schedule

### Tuesday, February 25, 2025

Catholic mass is offered at **8:00 AM** in the **Fitness Room**

*"Happy Tuesday! Remember, every day is a new opportunity to start fresh and make the most of your potential." - Unknown*

**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 AW** **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**



*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 25, 2025- Cont'd

# February Birthday Bash

**12:30 PM Sada's Forte!**

*Bingo Lingo is Back! Join us!*



**1:30 PM HAPPY HOUR**

*Popcorn and Drinks*

**2:00 PM SINGER: Larry Scantlan!**

*Please welcome Larry to Avalon!*

*He is an avid entertainer and singer!*

*See you there!*



**4:00 PM FEATURED MEAL:**

*Entrée: Prime Rib topped with Au jus  
or Horseradish Sauce OR choose  
Fish & Chips, OR Chicken Tenders*

*Sides: Chessy Potatoes and Roasted  
Cauliflower*

*Soup: Lobster Bisque*



# AVALON PARK

## Daily Program Schedule

### Wednesday, February 26, 2025

Catholic mass is offered at **8:00 AM** in the **Fitness Room**

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 26, 2025 – Cont'd**



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

11:20 AM in the

***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 27, 2025

Catholic mass is offered at 8:00 AM in the Fitness Room

**\*9:00 AM Fitness Class with AW Fitness Center 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.



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



## \*\*\*Food Committee meeting\*\*\*

10:00am



## \*Meditation Class with Sada @ 10:30 AM in



*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

**Art Goodall's Educational Class**

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

***Join us for Class 7 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: Mini Fake Terrariums**

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



**I have all the supplies to make a mini fake terrarium.**

**Avalon's Wii Bowling League**



**2:30 PM in the Fitness Center**

# AVALON PARK

## Daily Program Schedule

### Friday, February 28, 2025

Catholic mass is offered at 8:00 AM in the Fitness 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



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.

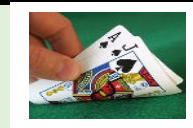
### Excursion: At Home Store

Leave Avalon at 11:15 AM

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

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

**\*11:30 AM – 1:30 PM\***



## **Sada's Craft Class: Finish Terrariums**

1:00 PM in the Craft Center

Come and finish your terrariums

***Singer: Arvelle Keathley***

***2:00 pm Orchard Room***



Arvell keithley performs 1-hour songs from the American Music Song book. He provides his audience with a fun time of music. Arvell has been performing for the last 45 years at weddings, corporate events and twice a month at the Ritz Carlton.

**Friday Bridge Players!**

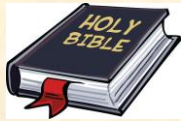
**Meet at 6:15 PM in the Fitness Room**



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

**Saturday, March 1, 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.*

**FROM HERE ON OUT AVALON PARK WILL BE FOLLOWING THE FRANCES HOWELL SCHOOL DISTRICT SNOW DAYS. IF THEY DON'T HAVE SCHOOL, WE DON'T RUN THE BUS ON DOCTOR**

# 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 and reminders

- Continental Breakfast Hours are 6:30-10:30
- Doctor 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 \$500 incentive.
- The Avalon Store is open Thursdays & Saturdays on the 2<sup>nd</sup> floor in the Fitness Center.
- Pets are not allowed in the dining room during mealtimes
- Come see Amy if you have any program ideas you would like to see.
- Please turn off all cell phones during entertainment and meetings