



## Weekly Program Schedule

March 16 - March 22, 2025

### Sunday, March 16, 2025

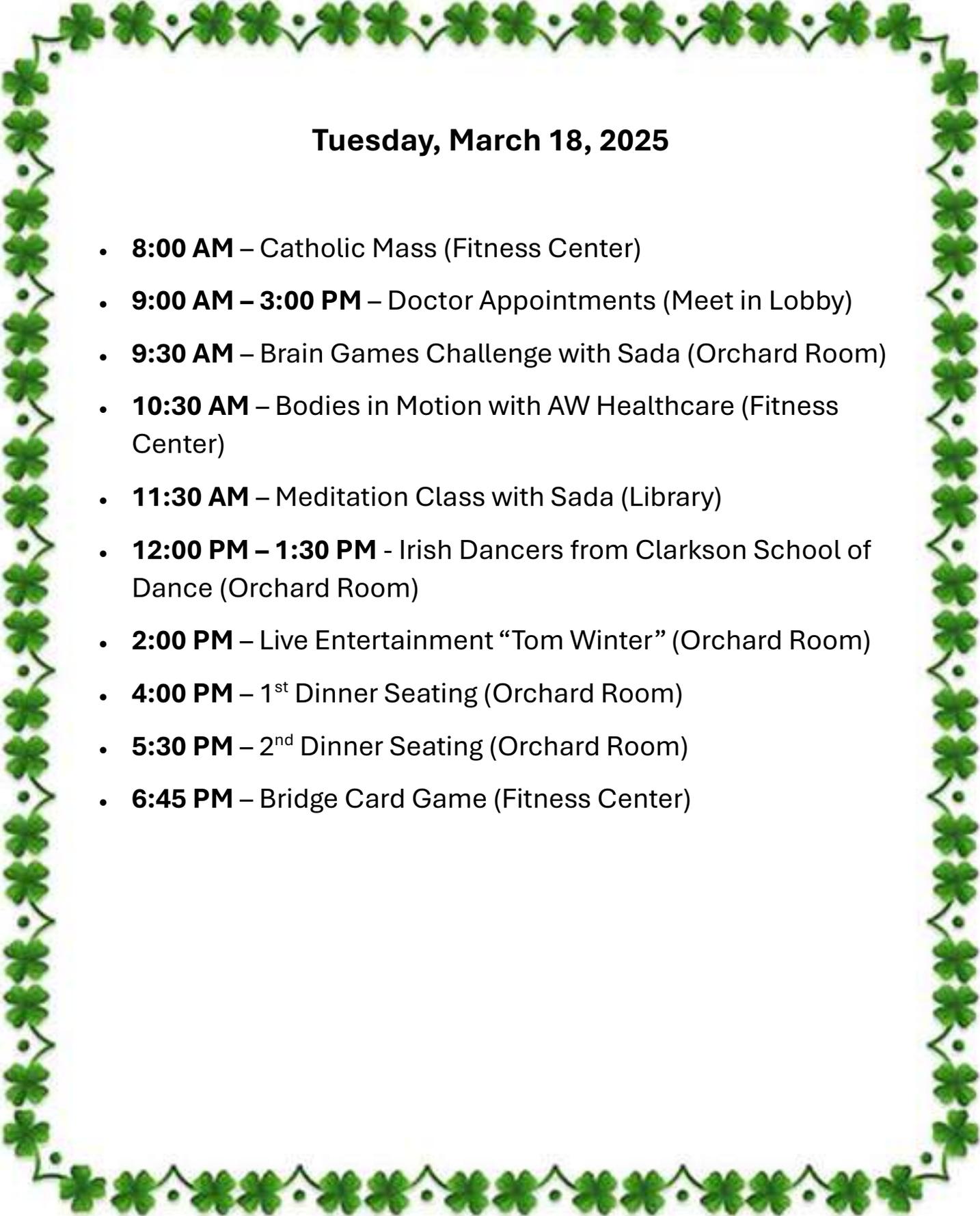
- **9:00 AM** – Catholic Mass (Fitness Center)
- **Church Transportation: Departure: Pick-up:**

<b>Morning Star:</b>	8:30 AM	10:25 AM
<b>Calvary Church:</b>	8:30 AM	10:00 AM
<b>Chapel of the Lake:</b>	10:15 AM	12:15 PM
- **10:00 AM - 1:00 PM** – Avalon's Sunday Brunch (Orchard Room)
- **12:15 PM** – Mahjong with Marcia (Fitness Center)
- **2:00 PM** – Bingo! Caller is Pam M. (Orchard Room)
- **4:00 PM** – Rummikub Club (Orchard Room)
- **4:30 PM** – Sunday Pinochle Club (Fitness Center)
- **5:00 PM** - 2025 March Madness tournament starts with Selection Sunday on CBS (Orchard Room)
- **Evening (Time TBD)** – Sunday Pizza Delivery Party
  - Residents will collect money for this & announce where they will order from after Bingo. This is BYOB!

**Monday, March 17, 2025**



- **No Mass today**
- **9:00 AM - 10:00 AM** – Weekly Free Blood Pressure Checks with AW Healthcare (Orchard Room)
- **9:00 AM - 11:00 AM** – Rise and Shine Errands with Mark
  - HWY K Day! (Groceries, Walgreens, CVS, Target, Kohls, Dollar Tree)
- **9:30 AM** – Brain Challenge (Orchard Room)
- **10:00 AM** – Come Fill out your March Madness Brackets with John (Orchard Room)
- **10:30 AM** – Bodies in Motion with AW Healthcare (Fitness Center)
- **11:30 AM** – Project – “Bags & Garden Flags” (Craft Center)
- **11:30 AM - 1:30 PM** – Texas Hold ‘Em (Fitness Center)
- **1:00 PM** – Kings in the Corner Card Game (Orchard Room)
- **1:30 – 3:00 PM** – St. Patrick’s Day Party followed by SADARK Production “3 Famous Leprechauns” (Orchard Room)
- **3:00 PM** – Chaplain Kyle Presents a 6-Week Bible Study
- **4:00 PM** – 1<sup>st</sup> Dinner Seating (Orchard Room)
- **5:30 PM** – 2<sup>nd</sup> Dinner Seating (Orchard Room)



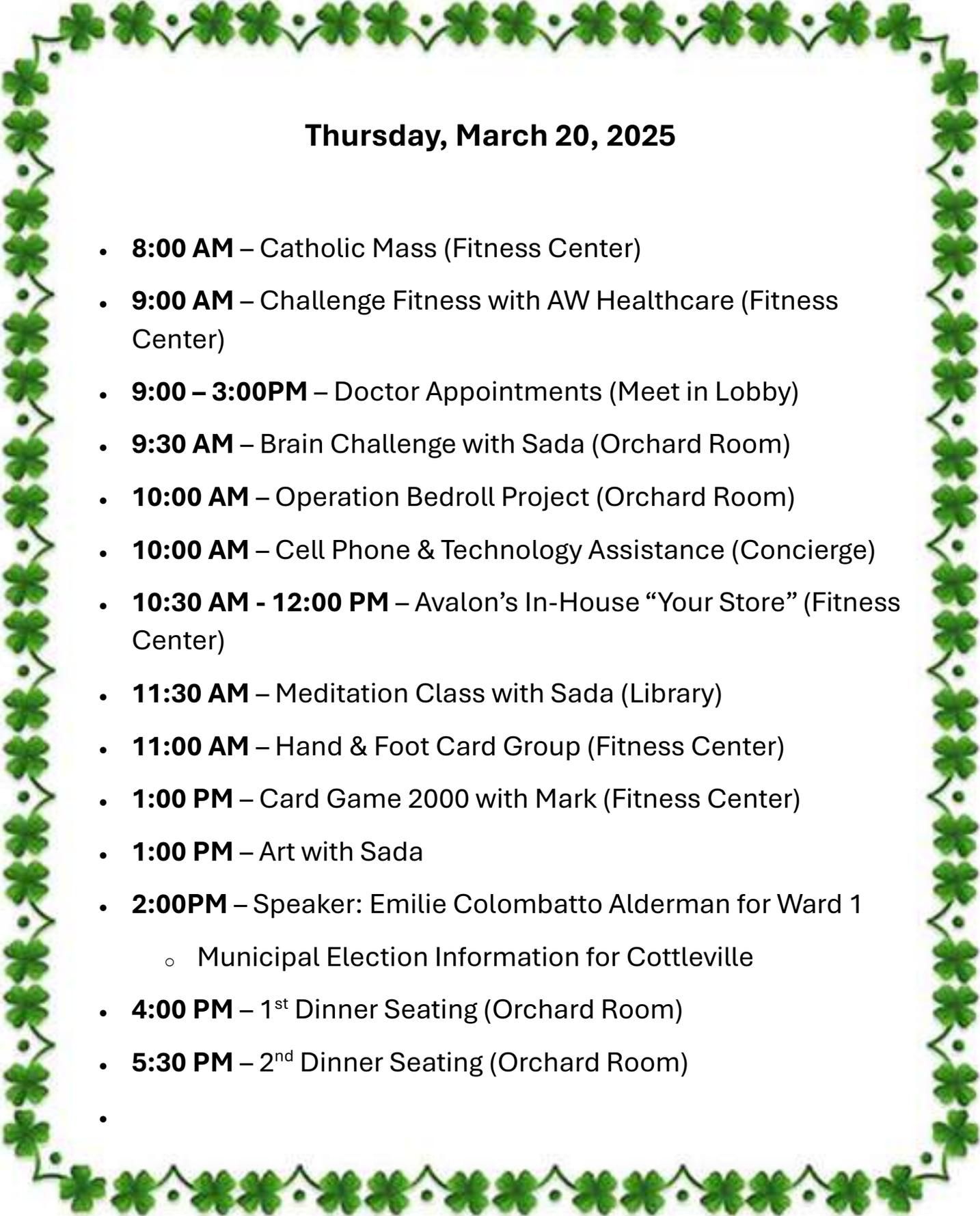
**Tuesday, March 18, 2025**

- **8:00 AM** – Catholic Mass (Fitness Center)
- **9:00 AM – 3:00 PM** – Doctor Appointments (Meet in Lobby)
- **9:30 AM** – Brain Games Challenge with Sada (Orchard Room)
- **10:30 AM** – Bodies in Motion with AW Healthcare (Fitness Center)
- **11:30 AM** – Meditation Class with Sada (Library)
- **12:00 PM – 1:30 PM** - Irish Dancers from Clarkson School of Dance (Orchard Room)
- **2:00 PM** – Live Entertainment “Tom Winter” (Orchard Room)
- **4:00 PM** – 1<sup>st</sup> Dinner Seating (Orchard Room)
- **5:30 PM** – 2<sup>nd</sup> Dinner Seating (Orchard Room)
- **6:45 PM** – Bridge Card Game (Fitness Center)



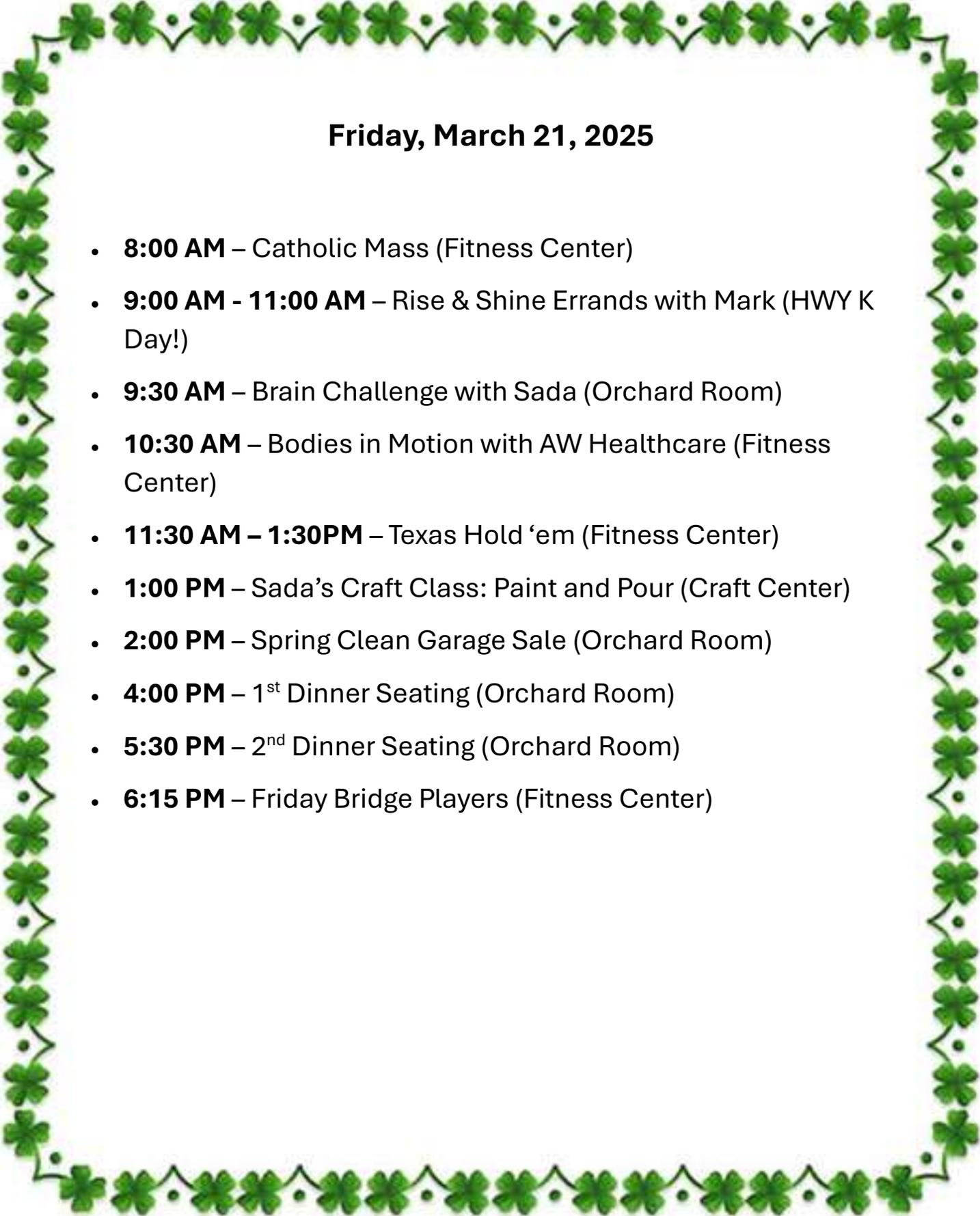
## Wednesday, March 19, 2025

- **8:00 AM** – Catholic Mass (Fitness Center)
- **9:00 AM** – Flip Flop Wednesday Breakfast Outing to Cracker Barrell
- **9:30 AM** – Brain Games with Sada (Orchard Room)
- **10:00 AM** - Rosary & Prayers (Library)
- **10:30 AM** – Bodies in Motion with AW Healthcare (Fitness Center)
- **11:00 AM** – St. Charles County Golden Games Meeting with Sada (Orchard Room)
- **11:30 AM - 1:30 AM** – Rise & Shine Errands with Mark (HWY K Day!)
- **11:30 AM** – Resident-Led: Hand, Knee, Foot (Orchard Room)
- **2:00 PM** – Lecture- “Lost & Found History’s Greatest Missing Treasures” (Orchard Room)
- **4:00 PM** – 1<sup>st</sup> Dinner Seating (Orchard Room)
- **5:30 PM** – 2<sup>nd</sup> Dinner Seating (Orchard Room)



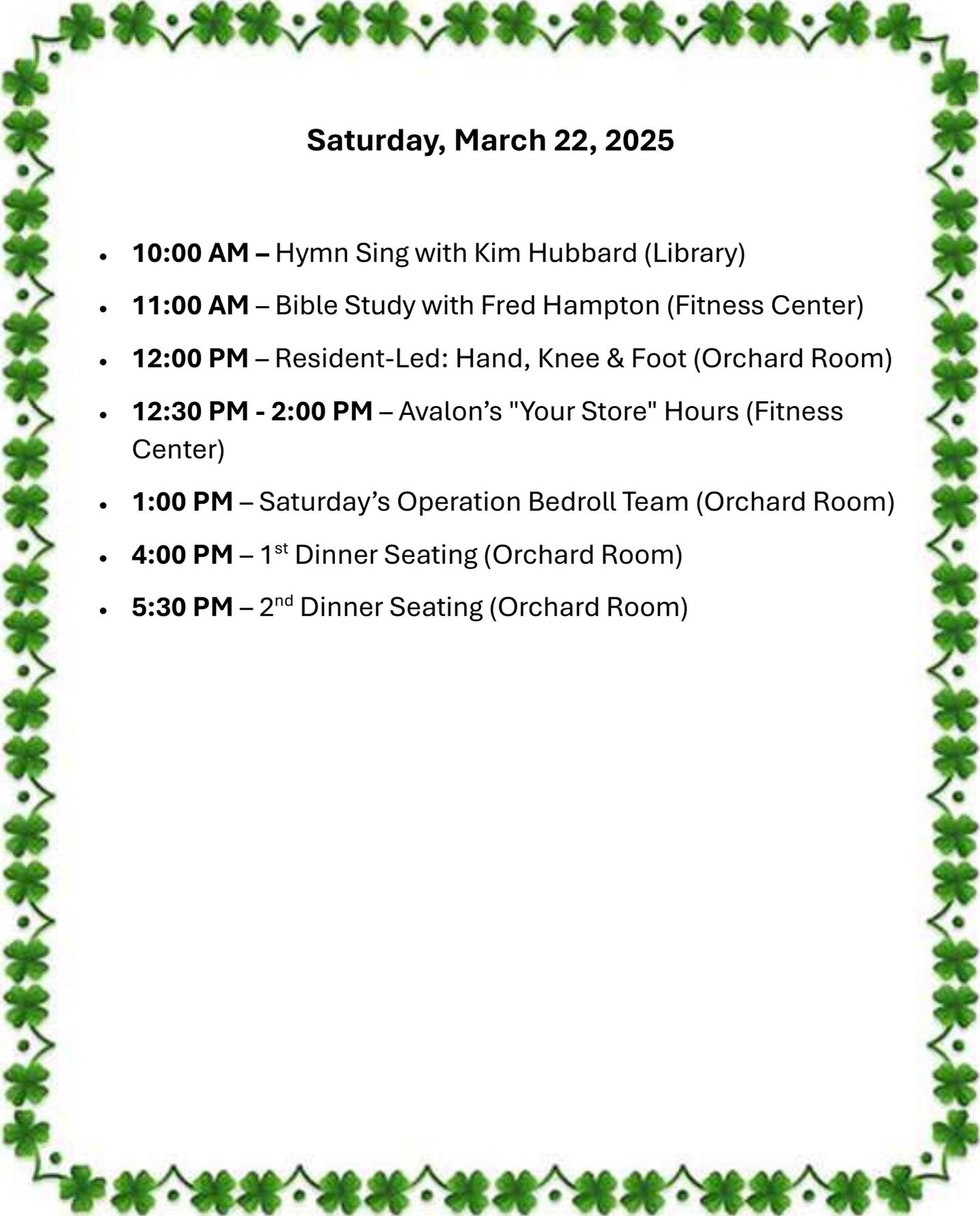
## Thursday, March 20, 2025

- **8:00 AM** – Catholic Mass (Fitness Center)
- **9:00 AM** – Challenge Fitness with AW Healthcare (Fitness Center)
- **9:00 – 3:00PM** – Doctor Appointments (Meet in Lobby)
- **9:30 AM** – Brain Challenge with Sada (Orchard Room)
- **10:00 AM** – Operation Bedroll Project (Orchard Room)
- **10:00 AM** – Cell Phone & Technology Assistance (Concierge)
- **10:30 AM - 12:00 PM** – Avalon’s In-House “Your Store” (Fitness Center)
- **11:30 AM** – Meditation Class with Sada (Library)
- **11:00 AM** – Hand & Foot Card Group (Fitness Center)
- **1:00 PM** – Card Game 2000 with Mark (Fitness Center)
- **1:00 PM** – Art with Sada
- **2:00PM** – Speaker: Emilie Colombatto Alderman for Ward 1
  - Municipal Election Information for Cottleville
- **4:00 PM** – 1<sup>st</sup> Dinner Seating (Orchard Room)
- **5:30 PM** – 2<sup>nd</sup> Dinner Seating (Orchard Room)
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## Friday, March 21, 2025

- **8:00 AM** – Catholic Mass (Fitness Center)
- **9:00 AM - 11:00 AM** – Rise & Shine Errands with Mark (HWY K Day!)
- **9:30 AM** – Brain Challenge with Sada (Orchard Room)
- **10:30 AM** – Bodies in Motion with AW Healthcare (Fitness Center)
- **11:30 AM – 1:30PM** – Texas Hold ‘em (Fitness Center)
- **1:00 PM** – Sada’s Craft Class: Paint and Pour (Craft Center)
- **2:00 PM** – Spring Clean Garage Sale (Orchard Room)
- **4:00 PM** – 1<sup>st</sup> Dinner Seating (Orchard Room)
- **5:30 PM** – 2<sup>nd</sup> Dinner Seating (Orchard Room)
- **6:15 PM** – Friday Bridge Players (Fitness Center)



**Saturday, March 22, 2025**

- **10:00 AM** – Hymn Sing with Kim Hubbard (Library)
- **11:00 AM** – Bible Study with Fred Hampton (Fitness Center)
- **12:00 PM** – Resident-Led: Hand, Knee & Foot (Orchard Room)
- **12:30 PM - 2:00 PM** – Avalon's "Your Store" Hours (Fitness Center)
- **1:00 PM** – Saturday's Operation Bedroll Team (Orchard Room)
- **4:00 PM** – 1<sup>st</sup> Dinner Seating (Orchard Room)
- **5:30 PM** – 2<sup>nd</sup> Dinner Seating (Orchard Room)



## Upcoming Events

- MARCH MADNESS NCAA Basketball Starts! Fill out your brackets each week
- March 26 1:00 – 3:00PM Tassled Treasures Jewelry Boutique
- March 27 - 3:00PM – 6:00PM Opening Day Cardinals Party & BBQ Dinner (Dinner will be served between 3-6PM tonight)
- March 28 – 2:00PM Sandy Messall presents “Fall Prevention”
- March 30 – 2:00PM Pockets of the Big Easy Dancing in the Light Sign up at Concierge desk required (MBU Theatre)
- March 31 – A Baseball Tribute by Paul Harvey w/ Mark & Sada
- April 6 - 2:00 PM – 4:00PM Easter Family Day Party
- April 17 – SADARK Production “Easter Special”
- April 26 – May 3 – Golden Games Events held at different locations.
- 4<sup>th</sup> Friday each Month – 1:00PM - 2:00PM Book Mobile is here



## Daily Tips & Reminders

- **Continental Breakfast:** 6:30 AM - 10:30 AM
- **Doctor's Trips:** Must be scheduled **48 hours in advance**
- **Maintenance Requests:** Call or stop by the Concierge Desk.
- **Avalon Store Hours:** Thursdays & Saturdays 10:30AM - 12:00 PM (Fitness Center)
- **Book Mobile:** 1<sup>st</sup> Friday of each Month 1:00 PM – 2:00PM
- **AW Healthcare:** Physical Therapy and in-home care services now available. Call Diane Fanning (314) 330-7992
- **In House Physician:** Dr. George Mansour is accepting new patients. He is our in-house concierge physician. Call Casanitas Medical Group (636) 489-1137
- **Avalon Park Emergency Alerts:** Add Avalon Emergency Alerts to phone contacts (636) 259-5525. This is the automated number the notifications will come from.
- **Feedback?** See Amy!