



AVALON PARK

Weekly Program Schedule

March 23 - March 29, 2025

Sunday, March 23, 2025

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

Morning Star:	8:30 AM	10:25 AM
Calvary Church:	8:30 AM	10:00 AM
Chapel of the Lake:	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)
- **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 24, 2025

- **8:00 AM** – Catholic Mass (Fitness Center)
- **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)
- **10:30 AM** – Bodies in Motion with AW Healthcare (Fitness Center)
- **11:30 AM - 1:30 PM** – Texas Hold ‘Em (Fitness Center)
- **1:00 PM** – Kings in the Corner Card Game (Orchard Room)
- **3:00 PM** – Bible Study with Chaplain Kyle (Library)
- **4:00 PM** – 1st Dinner Seating (Orchard Room)
- **5:30 PM** – 2nd Dinner Seating (Orchard Room)



Tuesday, March 25, 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)
- **2:00 PM** – Birthday Bash Seated KARAOKE! Come sing along! (Orchard Room)
- **Lets Celebrate all of the March Birthdays tonight!**
- **4:00 PM** – 1st Dinner Seating (Orchard Room)
- **5:30 PM** – 2nd Dinner Seating (Orchard Room)
- **6:45 PM** – Bridge Card Game (Fitness Center)



Wednesday, March 26, 2025

- **8:00 AM** – Catholic Mass (Fitness Center)
- **9:00-11:00 AM** – Rise & Shine Errands with Mark (HWY K Day!)
- **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** – Lunch Outing to Pappy's BBQ
- **11:30 AM** – Resident-Led: Hand, Knee, Foot (Orchard Room)
- **1:00 PM – 3:00PM** - Tasseled Treasures Jewelry Boutique (Fitness Center)
- **2:00 PM** – Trivia with Sada (Orchard Room)
- **4:00 PM** – 1st Dinner Seating (Orchard Room)
- **5:30 PM** – 2nd Dinner Seating (Orchard Room)



Thursday, March 27, 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)
- **10:30 AM - 12:00 PM** – Avalon’s In-House “Your Store” (Fitness Center)
- **11:00 AM** – Hand & Foot Card Group (Fitness Center)
- **11:30 AM** – Meditation Class with Sada (Library)
- **2:00 PM** – Card Game 2000 with Mark (Fitness Center)
- **3:00PM – 6:00PM** - Cardinals Opening Day Party & BBQ Dinner
- **Dinner will be served between 3:00 – 6:00 PM tonight**



Friday, March 28, 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: Bag Designing Part 2 (Craft Center)
- **2:00 PM** – Speaker: Sandy Messall “Fall Prevention” (Orchard Room)
- **4:00 PM** – 1st Dinner Seating (Orchard Room)
- **5:30 PM** – 2nd Dinner Seating (Orchard Room)
- **6:15 PM** – Friday Bridge Players (Fitness Center)



Saturday, March 29, 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)
- **4:00 PM** – 1st Dinner Seating (Orchard Room)
- **5:30 PM** – 2nd Dinner Seating (Orchard Room)



Upcoming Events

- 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/ Sada & Mark
- April 6 - 2:00 PM – 4:00PM Easter Family Day Party!
 - Easter Bunny will be here for pictures! Sign up at concierge.
- April 7 – 11:00 AM Food Committee
- April 8 – 12:45 PM Town Hall
- April 8 – 9:00 AM – 11:00 AM & 1:00 PM – 2:00 PM
Don't forget to Vote in the Municipal Election today!
 - We will provide transportation to City Hall
- April 9 – Activity Committee
- April 17 – SADARK Production “Easter Special” w/ Sada & Mark
- April 26 – May 3 – Golden Games Events held at different locations.
- May 9 – MaiFest Celebration We will be serving our very own Avalon Park beer!
- June 14th 2:00-4:30 PM – Acapella LIVE: Broadway show
Ambassadors of Harmony (Touhill Performing Arts Center)
 - Sign up now as space will be limited



Daily Tips & Reminders

- **Continental Breakfast:** 6:30 AM - 10:30 AM
- **Doctor's Trips:** Must be scheduled **48 hours in advance and within 10 mile radius.**
- **Maintenance Requests:** Call or stop by the Concierge Desk.
- **Avalon Store Hours:** Thursdays & Saturdays 10:30AM - 12:00 PM (Fitness Center)
- **Book Mobile:** 1st 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 Alert System to phone contacts Avalon Park Alerts (636) 259-5525. This is the automated number the notifications will come from.
- **Feedback?** See Amy or call (636) 251-4400!