



## Weekly Program Schedule

April 27 – May 3, 2025

### Sunday, April 27, 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** – Sunday Brunch (Orchard Room)
- **12:15 PM** – Mahjong with Marcia (Fitness Center)
- **2:00 PM** –Bingo with Pam! (Orchard Room)
- **4:00 PM** – Rummikub Club (Orchard Room)
- **4:30 PM** – Sunday Pinochle Club (Fitness Center)
- **Evening (Time TBD)** – Sunday Pizza Delivery Party



**Monday, April 28, 2025**

- **8:00 AM** – Catholic Mass for Pope Francis (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 & Shine Errands with Mark (HWY K Day!)
- **9:30 AM** – Brain Challenge with Meghan (Orchard Room)
- **10:30 AM** – Bodies in Motion with AW Healthcare (Fitness Center)
- **11:30 AM** – Golden Games Texas Hold em' (Meet in Lobby)
- **1:00 PM** – Kings in the Corner Card Game (Orchard Room)
- **3:00 PM** – Bible Study with Chaplain Kyle (Library)
- **4:00 PM** – 1<sup>st</sup> Dinner Seating (Orchard Room)
- **5:30 PM** – 2<sup>nd</sup> Dinner Seating (Orchard Room)





**Tuesday, April 29, 2025**

- **8:00 AM** – Catholic Mass (Fitness Center)
- **9:00 AM – 3:00 PM** – Doctor Appointments (Meet in Lobby)
- **9:30 AM** – Brain 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 Entertainment with Copper Reign (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, April 30, 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 Challenge with Sada (Orchard Room)
- **10:00 AM** - Rosary & Prayers (Library)
- **10:30 AM** – Bodies in Motion with AW Healthcare (Fitness Center)
- **11:00 AM** – Winery Wednesday Cedar Lakes Winery (Meet in Lobby)
- **11:30 AM** – Resident-Led: Hand, Knee, Foot (Orchard Room)
- **2:00 PM** – Lingo Bingo with Mystery Caller! (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, May 1, 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)
- **10:30 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 (Orchard Room)
- **11:30 AM** – Meditation Class with Sada (Library)
- **4:00 PM** – 1<sup>st</sup> Dinner Seating (Orchard Room)
- **5:30 PM** – 2<sup>nd</sup> Dinner Seating (Orchard Room)





**Friday, May 2, 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)
- **11:00 AM** – Join us as we plant some fruit trees in the front of our building. Meet us in the lobby.
- **11:00 AM** – The Book Club - Please return the book “Come Home” If you can not attend, please let Mary Doherty know. (Library)
- **11:30 AM – 1:30PM** – Texas Hold ‘em (Fitness Center)
- **2:00 PM** – SADARK Production “The Kentucky Derby” Wear Your Hats! With Sada & Mark (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, May 3, 2025**

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





## Upcoming Events & Holidays

- May 5 – Cinco De Mayo Party
- May 9 – MaiFest Celebration We will be serving our very own Avalon Park beer!
- May 11 – Mother's Day Brunch (Sign up at concierge)
- May 15 – Ice Cream Social for Armed Forces Day
- May 15 – SADARK Production
- May 21 – Cardinals Game Outing (Must have purchased ticket to attend Check with Concierge)
- May 26 – Memorial Day
- June 14<sup>th</sup> 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

- **Trash Service:** \$5/ week set out trash on Mon and Thurs before 8:00AM
- **Doctor's Trips:** Must be scheduled 48 hours in advance between 9:00 AM – 3:00 PM and within 10 mile radius.
- **Maintenance Requests:** Call or stop by the Concierge Desk.
- **Book Mobile:** 1<sup>st</sup> Friday of each Month 1:00 PM – 2:00PM
- **AW Healthcare:** Physical Therapy and in-home care services 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.
- **Free Check In service available.** Please see Concierge for complimentary daily check-in calls.
- **Feedback?** See Amy or call (636) 251-4400!