



## Weekly Program Schedule May 25th-May 31st, 2025

### Sunday, May 25th, 2025

#### National Wine Day

Unwind with your favorite glass of vino!

• 9:00 AM – **Catholic Mass** (Fitness Center)

Church Transportation:

Departure:

Pick-up:

☀ Morning Star:

8:30 AM

10:00 AM

✝ Calvary Church:

8:30 AM

10:15 AM

🏰 Chapel of the Lake:

10:30 AM

12:15 PM

*Wine  
Not?*

• 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-Open Invitation!(Fitness Center)

• Evening (Time TBD) – 🍕 **Order Delivery Party-** Bring Cash! - (The delivery food type, i.e, Pizza, Chinese, etc.,. and order time is typically announced/decided during 2PM BINGO) in (Orchard Room)

**Sada's Suggestion: "Pizza Ranch", ask about their deals like a  
"Medium pizza and Boneless Wings for \$20" or "\$5 off a Large Pizza!"**

**Call: 636-244-3255**



**Monday, May 26th, 2025**




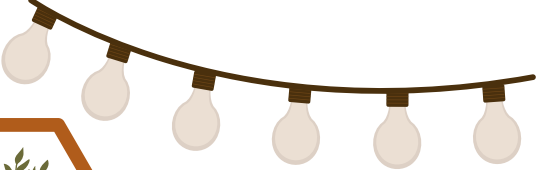
- 8:00 AM – **Catholic Mass** (Fitness Center)
- 10:30 AM- **Bodies in Motions with SADA!** (Fitness Center)  
(AW is off today in observance of Memorial Day)
- **NOTE: There will be no “Errand Runs” today.**
- **NOTE: There will be No Texas Hold’em today.**
- 11:15 AM - **Bean Bag Patio Games** with Sada! (Back Patio)  
Please note that we will be setting up the Orchard Room for the Ceremony
- 1:00 PM - 2:00PM – 🏰 **Kings in the Corner** (\*Fitness Center\*)
- 2:00PM- **\*Memorial Day Ceremony\*** (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)



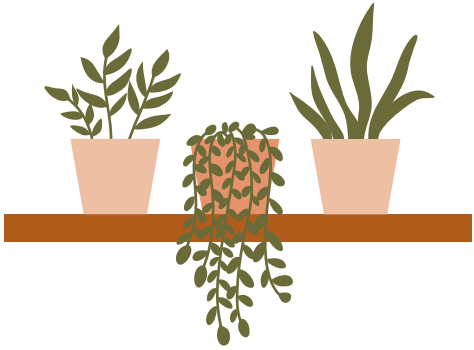
## **Special BBQ Dinner:**




Savory Smoked Pork Ribs, , Smokey BBQ Pulled Pork, Beefy Hot Dogs with optional toppings, Creamy Coleslaw, Tangy Mustard Potato Salad, and a Cookie Variety Platter

**NOTE: There will be no “a la carte” menu this evening.**



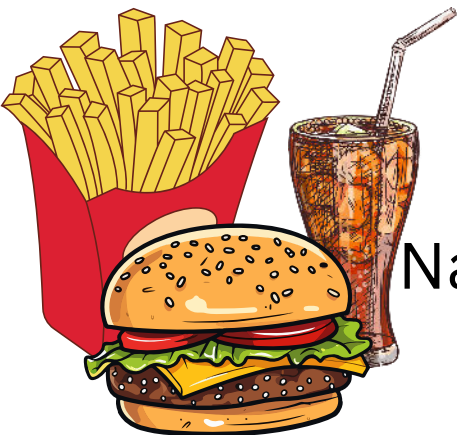
# Tuesday, May 27<sup>th</sup>, 2025



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- 8:00 AM – **Catholic Mass**(Fitness Center)
  - 9:00 AM – 3:00 PM – **Doctor Visits** (Meet in Lobby)
  - 9:30 AM – **Brain Games** with Sada (Orchard Room)
  - 10:30 AM – **Bodies in Motion** with AW (Fitness Center)
  - 11:30 AM – Guided **Meditation** with Sada (Library)
  - 2:00 PM – **Trivia** (Orchard Room)
    - Round 1: “Say Gray” for National Gray Day
    - Round 2: “Famous Phobias” for Nat.’l “Nothing to Fear” Day
    - Round 3: “Are You Smarter Than a 5<sup>th</sup> Grader: Social Studies”
    - Round 4: “Grab Bag” random trivia (Orchard Room)
  - 4:00PM- 1st **Dinner** Seating (Orchard Room)
  - 5:30PM- 2nd **Dinner** Seating (Orchard Room)
  - 6:45 PM – **Bridge** Card Game (Fitness Center)
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## Sada’s Fun Fact for National “Nothing to Fear” Day about Phobias:

There’s a phobia called “anatidaephobia,” which is the fictional fear, coined by The Far Side’s “Gary Larson” , that somewhere, somehow, a duck is watching you.



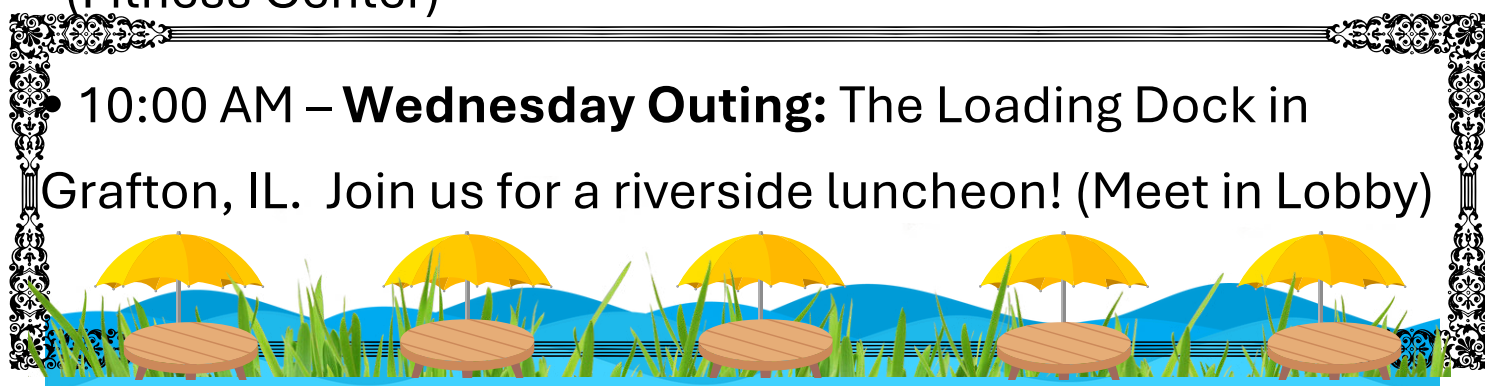
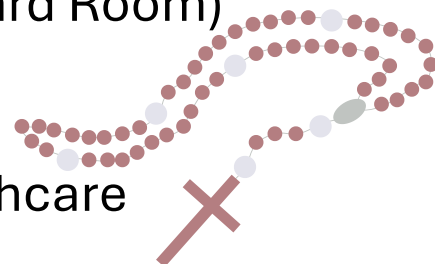
**Wednesday,  
May 28th, 2025**

**National Hamburger Day!**

Order one at dinner tonight!



- 8:00 AM – **Catholic Mass** (Fitness Center)
- 9:00-10 AM – Rise & Shine **Drug Store Run with Mark**
- 9:30 AM – **Brain Challenge** with John (Orchard Room)
- 10:00 AM - **Rosary & Prayers** (Library)
- 10:30 AM – **Bodies in Motion** with AW Healthcare (Fitness Center)




- 10:00 AM – **Wednesday Outing:** The Loading Dock in Grafton, IL. Join us for a riverside luncheon! (Meet in Lobby)

- 11:30 AM – Resident-Led: **Hand, Knee, Foot** (Orchard Room)
- 12:30-2pm- **Avalon Choir Practice** for the 4<sup>th</sup> of July Show (Fitness Center)



- 2:00 PM -3pm (Regular) **Bingo** with Pam M! (Orchard Room)
- 4:00 PM – **1st Dinner Seating** (Orchard Room)
- 5:30 PM – **2nd Dinner Seating** (Orchard Room)
- 6:45 PM - **Pinochle Club**- Come Learn! (Fitness Center)





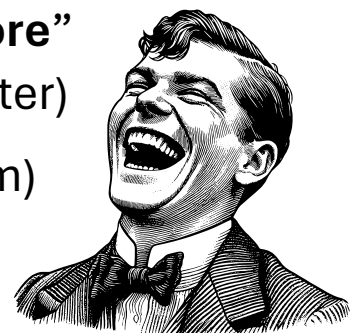
# Thursday, May 29th, 2025

Today the Orchard Room will be transformed into our  
“Laugh Lounge”!

- 8:00 AM – **Catholic Mass** (Fitness Center)
- 9:00 AM – **Bodies in Motion** 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)


👉 (Today Sada is teaching how to make Bed Roll/Crochet)

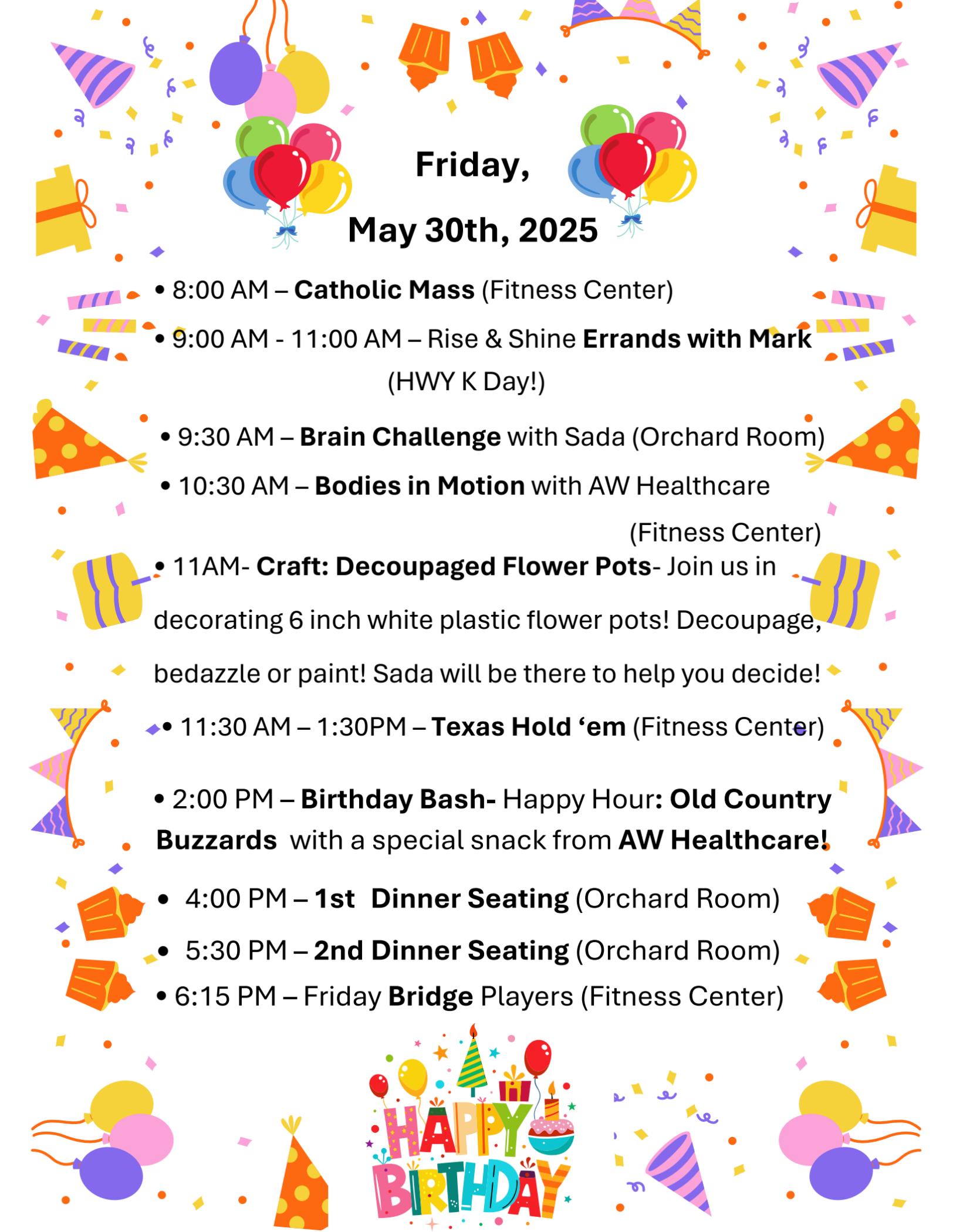
- 10:30 AM - 12:00 PM – Avalon’s **In-House “Your Store”**  
(Fitness Center)
- 11:00 AM – **Hand & Foot Card Group** (Orchard Room)
- 12:15PM- **Wii Bowling** (Fitness Center) 🎳
- 11:30 AM – **Guided Meditation** Class with Sada (Library)



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- 2:00 PM – **Sadark Comedy Show** (Orchard Room)

Join us for “Popcorn and Punchlines”

- 4:00 PM – **1st Dinner Seating** (Orchard Room)
  - 5:30 PM – **2nd Dinner Seating** (Orchard Room)
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**Friday,  
May 30th, 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)
- 11AM- **Craft: Decoupaged Flower Pots**- Join us in  
decorating 6 inch white plastic flower pots! Decoupage,  
bedazzle or paint! Sada will be there to help you decide!
- 11:30 AM – 1:30PM – **Texas Hold ‘em** (Fitness Center)
- 2:00 PM – **Birthday Bash**- Happy Hour: **Old Country  
Buzzards** with a special snack from **AW Healthcare!**
- 4:00 PM – **1st Dinner Seating** (Orchard Room)
- 5:30 PM – **2nd Dinner Seating** (Orchard Room)
- 6:15 PM – Friday **Bridge** Players (Fitness Center)

**HAPPY  
BIRTHDAY**



— ♥ —  
**Saturday,  
May 31st, 2025**



It's National **"Smile"** Day!

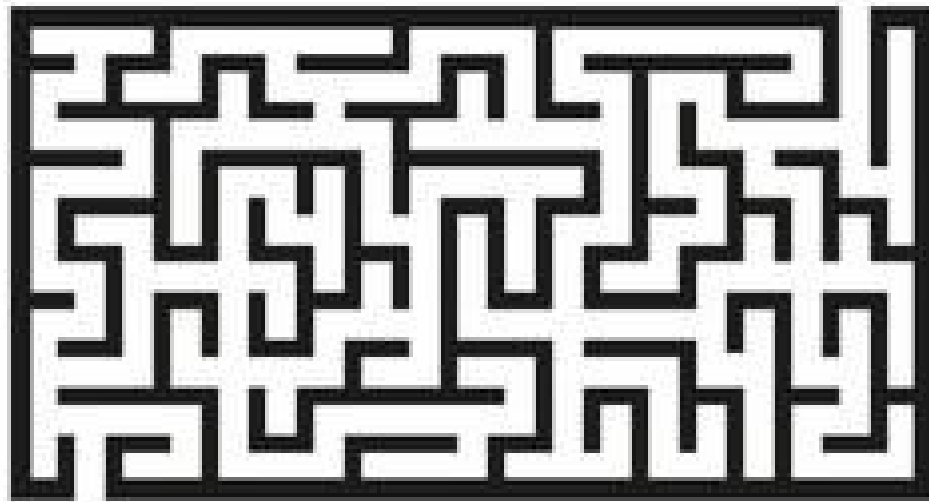
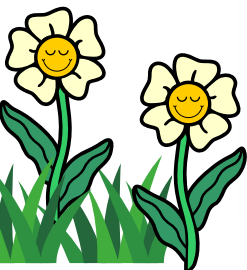
Try to count how many people **YOU** make smile!



Sada's Joke to make you smile.....hopefully:  
Why did the scarecrow win an award? (Answer Below)



- 11:00 AM – **Bible Study** with Fred Hampton  
(Fitness Center)
- 12:00 PM – Resident-Led: **Hand, Knee & Foot**  
(Orchard Room)
- 12:30 – 2:00PM – **"Your Store"** (Fitness Center)
- 4:00 PM – **1st Dinner Seating** (Orchard Room)
- 5:30 PM – **2nd Dinner Seating** (Orchard Room)



Joke Answer: Because the scarecrow was "out standing" in his field. HAI

# Upcoming Events & Holidays

- May 26 – **Memorial Day Ceremony** 2pm-3pm
- May 29<sup>th</sup> - **Sadark Comedy Show** : Popcorn & Punchlines at 2pm
- 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!
- June 2<sup>nd</sup>: “Cup of Kindness” **Tea Party** at 11:30am for National “Say Something Nice Day”
- **Committee Meetings**
  - **Food Committee**: Monday, June 2nd
  - **Town Hall**: Tuesday, June 3rd
  - **Activities Committee**: Wednesday, June 4th
- Friday June 6<sup>th</sup>: **Book Club**
- **Sadark “MoTown” Show**: Thursday, June 12<sup>th</sup>
- June 17<sup>th</sup>- Blind **Root Beer Tasting** Contest
- June 18<sup>th</sup>- **Patio Potluck Picnic**- See Sada for details, Sign up at Concierge Desk
- June 20<sup>th</sup>- **Puppy Party on the Patio** for National “Take Your Dog to Work” Day! Awards for: **Best Pet Attire & Best Pet Trick**
- **June Birthday Bash**: Friday, June 27<sup>th</sup> with The Cottleville Cowboy “Harry Fry”- Wear your Country Best and Cowboy Hat!

**\*AW will be providing a Happy Hour Snack\***

