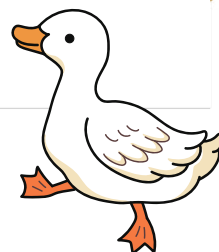


## Weekly Program Schedule

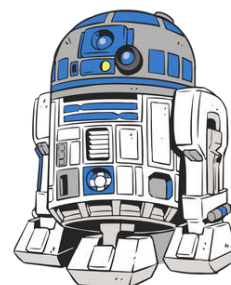
### May 4th-May 10th, 2025



**Sunday, May 4th, 2025**

😄 May the Fourth Be With You-

✨ Happy Star Wars Day! ✨



- 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

- 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) – 🍕 **Order Delivery Party** (Orchard Room)

🌸 "Every day is a fresh start, a new canvas🎨 to  
paint with kindness❤️, laughter😄, and purpose."👤




— Unknown

Monday, May 5th, 2025

# CINCO DE MAYO

Cinco de Mayo, which means "Fifth of May" in Spanish, is a holiday that celebrates the Mexican army's victory over France at the Battle of Puebla on May 5, 1862.




- 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 & Shine **Errands with Mark** 







(We'll be cruising Highway K today!)

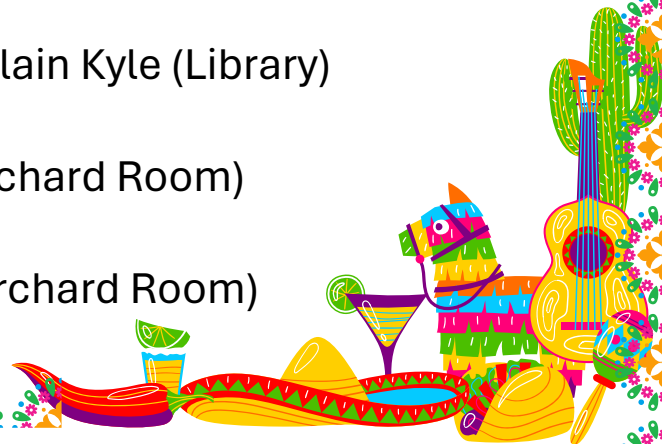
- 9:30 AM –  **Brain Challenge** with Sada (Orchard Room)



Today will be Red/Black High/Low (A card guessing game that takes a little logic and a lot of luck!) 



- 10:30 AM –  **Bodies in Motion** with AW (Fitness Center) 
- 11:00 AM- Make **Mini Sombrero** Headband (Craft Room)
- 11:30 AM – **Texas Holdem'** with Mark (Fitness Center) 
- 1:00 PM - 2:00PM –  **Kings in the Corner** (Orchard Room)
- 2:00PM-3:00PM - **CINCO DE MAYO PARTY!!** (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, May 6<sup>th</sup>, 2025**

**Happy Nurse's Day!!**

Thank a Nurse  
today!

"Save one life, you're a hero. Save 100 lives,  
you're a nurse." –Unknown


- 
- 8:00 AM – **Catholic Mass**(Fitness Center)
  - 9:00 AM - 10:00 AM – Weekly **Free Blood Pressure Checks** with AW (Orchard Room)
  - 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)
  - 11:15 AM - **Food Committee** Meeting (Orchard Room)
  - 11:15 AM- **Wii Bowling** is BACK! (Fitness Center)
  - 11:30 AM – Guided **Meditation** with Sada (Library)
  - 12:45PM- **Town Hall** (Orchard Room)
  - 2:00 PM – **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)

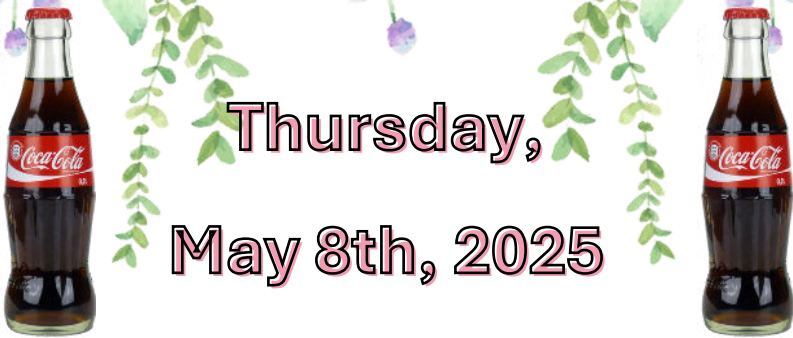

**NURSE**





## Wednesday, May 7th, 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 – **Activities Committee Meeting** (Orchard Room)
  - 11:30 AM – **Winery Wednesday** Cedar Lakes Winery (Meet in Lobby)
  - 11:30 AM – Resident-Led: **Hand, Knee, Foot** (Orchard Room)
  - 2:00 PM – (Regular) **Bingo** with Sada! (Orchard Room)
  - 4:00 PM – **1st Dinner Seating** (Orchard Room)
  - 5:30 PM – **2nd Dinner Seating** (Orchard Room)
- 



Thursday,  
May 8th, 2025

# Happy National “Have a Coke” Day!

Coca-Cola was born on May 8, 1886, at Jacobs’ Pharmacy in Atlanta, Georgia, when Dr. John Stith Pemberton sold the first glass of this fizzy drink.

He initially concocted Coke as a medicinal elixir!

- 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)
  - 👉 (Today we are 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)
  - 2:00 PM – **Lecture:** The Golden Age of Radio (Orchard Room)
  - 4:00 PM – **1st Dinner Seating** (Orchard Room)
  - 5:30 PM – **2nd Dinner Seating** (Orchard Room)
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Friday, May 9th, 2025



# Happy MaiFest!

(pronounced "My-fest") MaiFest is a traditional German festival that celebrates the arrival of spring

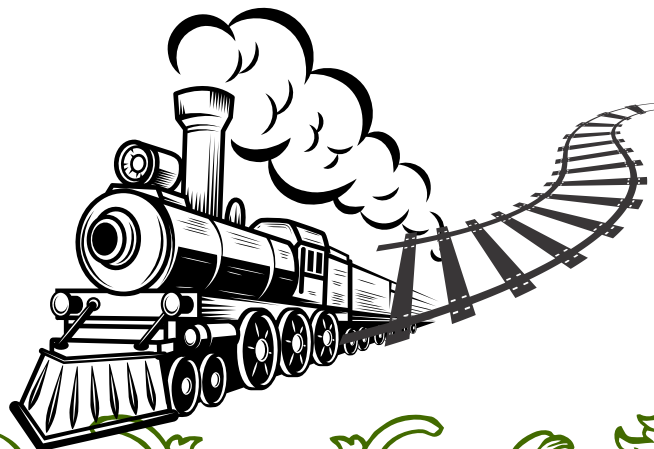
- 8:00 AM – **Catholic Mass** (Fitness Center)
- 9:00 AM - 11:00 AM – Rise & Shine **Errands with Mark** (HWY K Day!)
- 9:30 AM – **Brain Challenge** with Sada (Orchard Room)
- 10:30 AM – **Bodies in Motion** with AW Healthcare (Fitness Center)
- 11:00 AM – **(Craft) Resin Picture Coasters:** Learn how to pour and mix your own resin! See Sada asap about how to get her your pictures digitally so she can have them ready to go!
- 11:30 AM – 1:30PM – **Texas Hold 'em** (Fitness Center)
- 1:00 PM – **\*\*FINISH\*\* Tote Bags** (for those who started designing one) Today we IRON! Bring your iron and ironing board if you have them!
- 2:00 PM – **MaiFest** with John: Try the Beer We Made!
- 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, May 10th, 2025

## Today in History:

The First Transcontinental Railroad was completed in the U.S. when the Union Pacific and Central Pacific railroads met at Promontory Summit, Utah. A ceremonial golden spike was driven to mark the occasion, revolutionizing travel and commerce across the nation.

- 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 – **"Your Store"** (Fitness Center)
- 4:00 PM – **1st Dinner Seating** (Orchard Room)
- 5:30 PM – **2nd Dinner Seating** (Orchard Room)







## Upcoming Events & Holidays

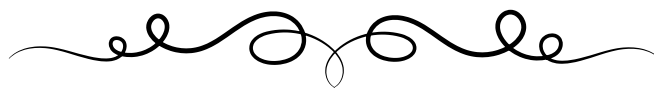
- May 5–Cinco De Mayo Party
- May 9 – MaiFest Celebration We will be serving our very own Avalon Park beer!
- May 11 – Mother’s Day Brunch(Sign up at concierge)
- May 15–Ice Cream Social for Armed Forces Day
- May 15–SADARK Production
- May 21 – Cardinals Game Outing (Must have purchased ticket to attend-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



- 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/stop by the Concierge Desk.
- Book Mobile: 1st Friday of each Month 1:00PM –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. See Sada for help.
- Free Check In service available. Please see Concierge for complimentary daily check-in calls.
- Questions? Feedback? See Sada or call (636) 251-4400!