



## Weekly Program Schedule

May 18th-May 24th 2025

"You don't have to see the whole staircase—just take the first step."  
— Martin Luther King Jr.



### Sunday, May 18th, 2025



\*No "In House" Mass Today\*

Church Transportation:	Departure:	Pick-up:
👤 Saint Joseph:	8:15 AM	9:40 AM
☀️ Morning Star:	8:30 AM	10:00 AM
✝️ Calvary Church:	8:30 AM	10:15 AM
🏰 Chapel of the Lake:	10:30 AM	12:20 PM

- 10:00 AM - 1:00 PM – **Sunday Brunch** (Orchard Room)
- 12:15 PM – **Mahjong** with Marcia (Fitness Center)
- 1:00 PM - Leave for **Act II Theatre** (Meet in Lobby)  
(There may be tickets still available! See Front Desk!)
- 2:00 PM – **Bingo** with Pam! (Orchard Room)
- 4:00 PM – **Rummikub** Club (Orchard Room)
- 4:30 PM – **Pinochle** Club - Open Invitation!(Fitness Center)
- Evening (Time TBD) – 🍕 **Order Delivery Party-** (Orchard Room)



Bring Cash! - (The delivery food type, i.e, Pizza, Chinese, etc,. and  
order time is typically announced/decided during 2PM BINGO)

# Monday, May 19th, 2025

\*No "In House" Mass Today\*

- 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)
- 10:30 AM – 💪 **Bodies in Motion** with AW (Fitness Center)
- 11:15 AM – 🎮 **Wii Bowling** (\*NEW LOCATION\* -Library)
- 11:30 AM – **Texas Hold'em** with Mark (Fitness Center)

- 1:00 PM - 2:00PM – 👑 **Kings in the Corner** (Orchard Room)

- 2:00PM-3:00PM - **Paint Party:** A Twilight Garden Lantern- See the Orchard Room Chalkboard for example.

- 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)

“Let your worries blow  
away with the wind.”

-Sada



**Tuesday,  
May 20<sup>th</sup>, 2025**



*\*No "In House" Mass Today\**

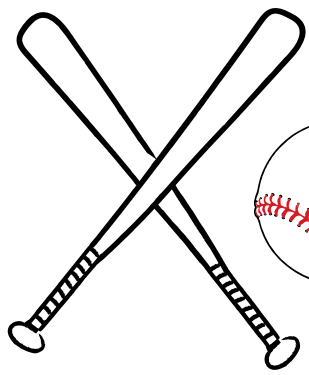
- 9:00 AM – 3:00 PM – **Doctor Visits** (Meet in Lobby)
- 9:30 AM – **Brain Games** with Sada (Orchard Room)
- 10:30 AM – **Bodies in Motion** with AW (Fitness Center)
- 11:30 AM – Guided **Meditation** with Sada (Library)
- 12:00 PM- 3:00 PM- **Lilac Ivy Pop up Boutique** (Fitness Center)  
Come Support this Local Business! (Clothing, Accessories)
- 2:00 PM – **Trivia** (Orchard Room) This week's Rounds:
  - Round 1: "Canine Questions" (National Dog Rescue Day)
  - Round 2: "Pop Pollination" (National Bee & Flower Day)
  - Round 3: "Millionaire Questionnaire" (Nt.'l Millionaire Day)
  - Round 4: "Grab Bag" (Random Trivia Round)
- 4:00PM- 1st **Dinner** Seating (Orchard Room)
- 5:30PM- 2nd **Dinner** Seating (Orchard Room)
- 6:45 PM – **Bridge** Card Game (Fitness Center)

**Happy Birthday Cher!**

The only thing in the world you can  
change is yourself  
and that makes all the difference in  
the world.

-Cher





**Wednesday,  
May 21st, 2025**

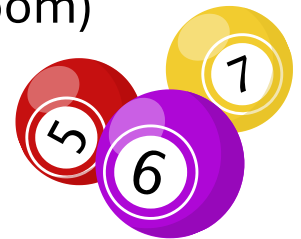
\*No "In House" Mass Today\*

- 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)

• 10:15 AM - **CARDINALS GAME:** Meet in the Lobby in your best Cardinals gear if you bought a ticket! (Tickets *might* still be available if you act now!) We're playing the Detroit Tigers!



- 10:30 AM – **Bodies in Motion** with AW (Fitness Center)
- 11:30 AM – Resident-Led: **Hand, Knee, Foot** (Orchard Room)
- 2:00 PM – (Regular) **Bingo** with Pam! (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 22nd, 2025**

**\*No "In House" Mass Today\***

- 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)
- 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 – **Guided Meditation** Class with Sada (Library)
- 12:15PM- **Wii Bowling** (Library) 🎮

- 2:00 PM – **Lecture: The Golden Age of Radio- Part 1:**

**"The Birth of Radio"** (Fitness Center)

Join us as we learn about the first radio transmission, how radio was invented and what were the first radio shows and commercials! Everyone loves a good jingle!

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



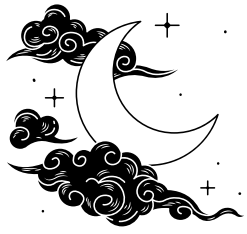


**Friday,**

**May 23rd, 2025**

\*No "In House" Mass Today\*

- 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 (Fitness Center)
- 11:30 AM - **Outing- Hobby Lobby with Sada-** Join us as we pick out beads for Mondays "Jewelry Making" or just come and look around while we shop! Playing Texas Hold'em but want to pick out jewelry for Monday? No worries! See Sada for alternate options. (Sign up by Thursday Please )
- 11:30 AM – 1:30PM – **Texas Hold 'em** (Fitness Center)
- 2:00 PM – **Happy Hour featuring Lori & Mickey**  
(Mickey was the trumpet player on our last Veteran's Day!)
- 4:00 PM – **1st Dinner Seating** (Orchard Room)
- 5:30 PM – **2nd Dinner Seating** (Orchard Room)
- 6:15 PM – Friday **Bridge** Players (Fitness Center)



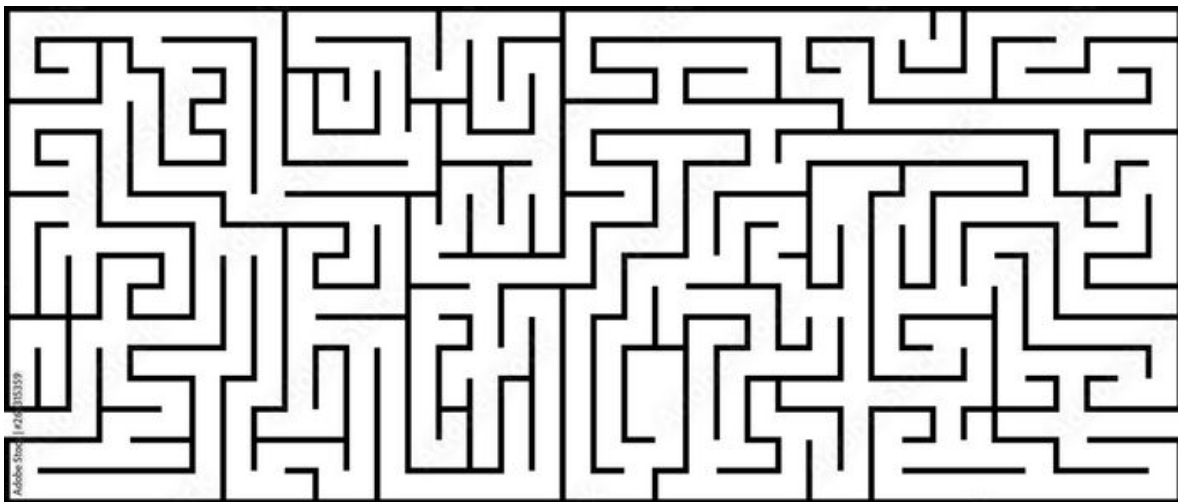
**Saturday,**

**May 24th, 2025**

**National Brothers Day**

Call your brother. Share stories about your brother.  
Let's celebrate these wonderful men!

- 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)

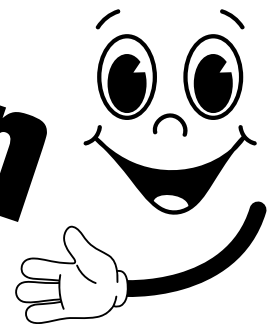


"The mind is a maze of mirrors; every twist reflects a truth, and  
every dead end is a lesson."

— Unknown



# Faces of Avalon



## Resident Highlight:

### Norma V. (2nd Floor)

Here she is seen pointing at Spain on a globe, a place she called home in her past adventures! She was a “Profesora de español”, or Spanish teacher, mostly for junior high aged children.



She can be found watching old westerns or playing bridge with new friends! Be sure to say, “Hola” to her when you see her in the hallways!



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## Staff Highlight: “Isaac”

**Title: Dish Technician  
& Authentic Smile  
Generator**

His Favorite thing about Avalon is the team he gets to work with!

**His furry best friends are  
LOLA & COCOA!**

**His Hobby:**

**Fishing. When asked about his biggest catch he humbly shied away. We think this is because he has an amazing secret fishing spot and doesn't want to draw attention to it.....Ooops....**







## Upcoming Events & Holidays

- May 26 – Memorial Day
- May 28<sup>th</sup> - Day Trip: The Loading Dock in Grafton
- May 29<sup>th</sup> - Sadark Comedy Hour- Got a joke or two to tell? A funny story? Find Mark or Sada ASAP to join them “on stage”!
- May 30<sup>th</sup> - Birthday Bash featuring “Old Country Buzzards” (An Avalon country music favorite!)
- 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 and this show is a MUSTSEE!!
- June 2<sup>nd</sup> - Food Committee Meeting- all are welcome to attend!
- June 3<sup>rd</sup> - Town Hall- Attendance is strongly encouraged!
- June 4<sup>th</sup> - Activity/Outing Committee- all are welcome to attend!
- June 6<sup>th</sup> - Book Club- Please Bring “The Shack” with you to return or turn into Concierge and Sada will deliver it to Mary.

## 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 or Housekeeping Requests: Call/stop by the Concierge Desk.
- 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!

