

Weekly Program Schedule

August 17th-23rd, 2025

Sunday, August 17th, 2025

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

Church Transportation: Departure: Pick-up:

🕒 Waypoint Church: 7:30 AM 9:10AM

🌟 Morning Star: 8:30 AM 10:00 AM

✝ Holy Cross Lutheran 9:45 AM 12:00 PM

🏰 Chapel of the Lake 10:30AM 12:25 PM

- 10:00 AM - 1:00 PM – **Sunday Brunch** (Orchard Room)

- 12:00 PM – **Mahjong** (Fitness Center)

- 2:00 PM – **Bingo** (Orchard Room)

- 4:30 PM – **Pinochle**-Open Invitation! (Fitness Center)

- 6:30 PM - **Rummikub**- Open invitation (Orchard Room)

- Evening (Time TBD) – 🍕 **Order Delivery Party**- The type of food, (i.e, Pizza, Chinese, etc,.), payment method and order time are typically announced/decided during 2PM BINGO (Orchard Room)



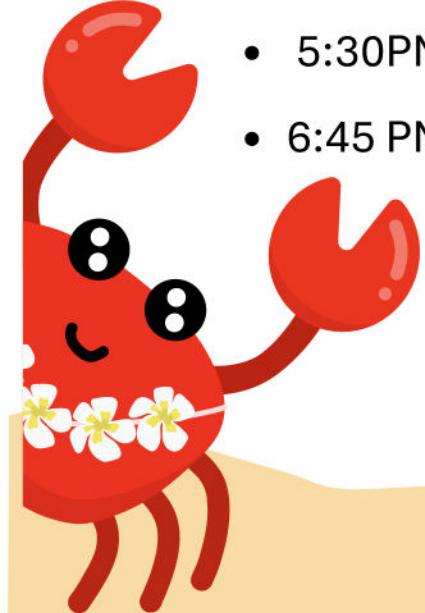
Monday, August 18th, 2025

- Note: There is no Catholic mass today
- 9:00-11:00 AM – Rise & Shine **Errands** (Meet in Lobby)
- 9:00 AM- **Blood Pressure Checks** (Orchard Room)
- 9:30 AM- **Brain Games** (Orchard Room)
- 10:30 AM- **Bodies in Motion with AW** (Fitness Center)
- 11:00 AM - **Craft: Wooden Plant Holders**
- 11:30 - 1:30 AM **Texas Hold'em Poker** (Fitness Center)
- 1:30- 2:30 PM– 🏰 **Kings in the Corner** (Fitness Center)
- 1:30 PM **Monday Movie Matinee: “The Proposal”** is about a high level Manhattan executive (Sandra Bullock) with a “she-devil” reputation and her harried assistant (Ryan Reynolds). When she’s faced with deportation she proposes an idea to prevent it- but not without a big favor from her poor assistant . Also starring Betty White! (2009, PG-13, Disney+ , Playing in the Orchard Room)
POPCORN TODAY!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!
- 4:00 PM – 1st **Dinner** Seating (Orchard Room)
- 5:30 PM – 2nd **Dinner** Seating (Orchard Room)
- 6:30 PM - **Rummikub** Open invitation (Library)
- *7:15* PM - **Monday Movie Matinee** (2nd Showing)



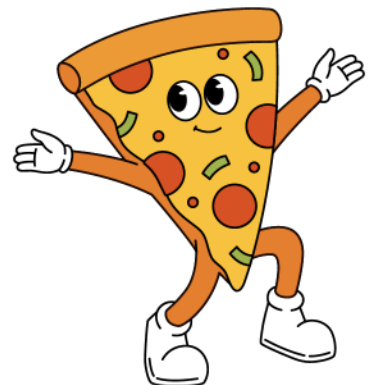


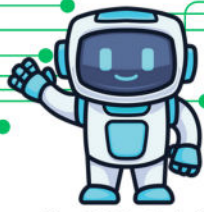
Tuesday, August 19th, 2025

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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** (Orchard Room)
 - 10:30 AM – **Bodies in Motion** with AW (Fitness Center)
 - 11:30 AM – Guided **Meditation** (Library)
 - 11:30 AM - **Hand & Foot** (*Fitness Center*)
 - 12:15PM - **Virtual Pinball** (Library)
 - 2:00 PM – **Trivia** (Orchard Room)
 - Round 1: Summer Fun
 - Round 2: Food Around the World
 - Round 3: 90's Time Machine
 - Round 4: Grab Bag
 - 4:00PM- 1st **Dinner** Seating (Orchard Room)
 - 5:30PM- 2nd **Dinner** Seating (Orchard Room)
 - 6:45 PM – **Bridge** Card Game (Fitness Center)

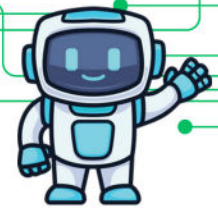
Wednesday, August 20th, 2025

- 8:00 AM- **Catholic Mass** (Fitness Center)
- 9:00 AM-10:30 AM- Rise & Shine **Errands** (Meet in Lobby)
- 9:30 AM- **Brain Challenge** (Orchard Room)
- 10:30 AM – **Bodies in Motion** with AW (Fitness Center)
- 11:00 AM- **Lunch outing- Pizza Ranch** is not only known for it's delicious pizzas, but they also have mouthwatering fried chicken as well! (Meet in Lobby)
- 2:00 PM- Regular **Bingo** (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)





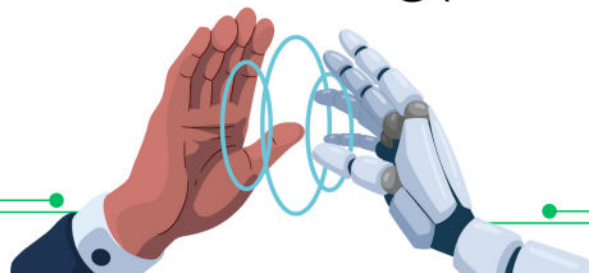
Thursday, August 21th, 2025



- 8:00 AM – **Catholic Mass** (Fitness Center)
- 9:00 AM – **Bodies in Motion** (Fitness Center)
- 9:00 – 3:00 PM – **Doctor Appointments** (Meet in Lobby)
- 9:30 AM – **Brain Challenge** (Orchard Room)
- 10:15 AM – **Operation Bedroll Project** (Orchard Room)
- 10:30 AM - 12:00 PM – **“Your Store”** (Fitness Center)
- 11:30 AM – **Guided Meditation Class**(Library)
- 12:00 PM – **Hand, Knee & Foot Card Group** (Orchard Room)
- 12:30 PM - **Avalon “Pong”**- Come test your hand/eye coordination skills! (Fitness Center)
- 2:00 PM- **Lecture Hour- Meet the Machine – “Demystifying Artificial Intelligence”**

Join us for a fun, beginner-friendly talk on Artificial Intelligence! Learn how it works, how it’s already part of your daily life, and see it in action with live demos where you can talk to a real AI! (Orchard Room)

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



Friday, August 22nd, 2025

- 8:00 AM – **Catholic Mass** (Fitness Center)
- 9:30 AM – **Brain Challenge** (Orchard Room)
- 9 AM- 11 AM **Errands** along Highway K (Lobby)
- 10:30AM- **Bodies in Motion** (Fitness Center)
- 11:00 AM - **Paint Party** Example on the Orchard Room chalkboard.
- 11:30 AM - 1:30 PM **Texas Hold'em** (Fitness Center)
- 2:00 PM-3:00 PM– **Happy Hour** featuring “**Mickey and Lori** Join us in welcoming back this fabulous music duo!
- 4:00 PM – **1st Seating- Dinner** (Orchard Room)
- 5:30 PM – **2nd Seating- Dinner** (Orchard Room)
- 6:15 PM – Friday **Bridge** Players (Fitness Center)

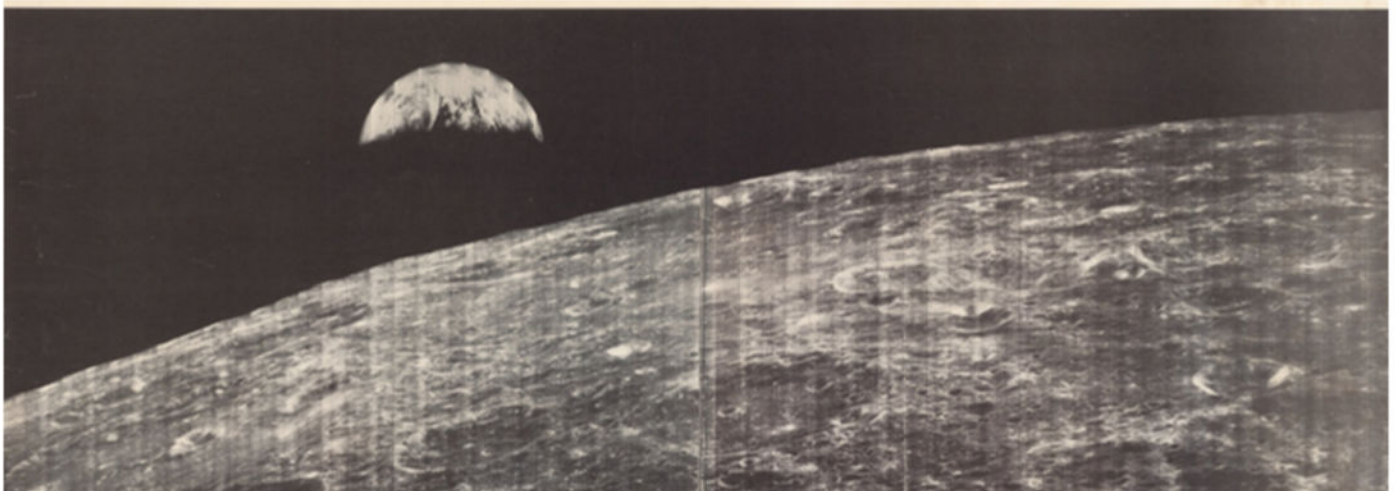


Saturday, August 23rd, 2025

- 10:00 AM- **Rosary** (Library)
- 10:00 AM- **Hymns with Kim** (Fitness Center)
- 11:00 AM - 3:00PM- **Bake Sale for ALZ:** Our very own Chyenne is raising money to end Alzheimers! (Lobby)
- 11:30 AM - **Texas Hold'Em** (Library)
- 12:30 PM – **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)

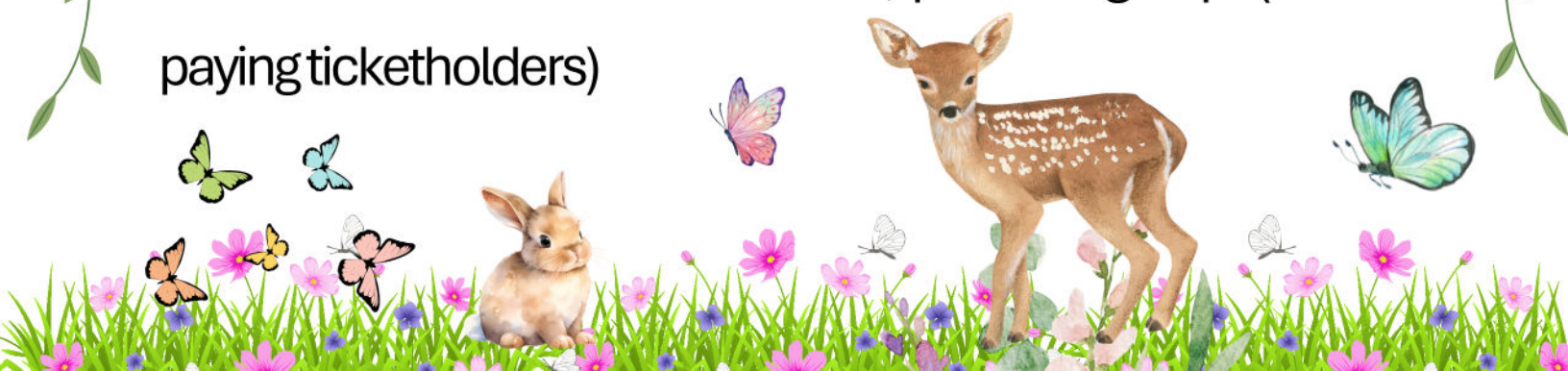
This Day in History:

1966 – Lunar Orbiter 1, the US spacecraft, sends back the first photograph (below) of Earth taken from lunar orbit.



Upcoming Events & Holidays

- Aug. 27th - **Day Trip- Fast Eddies Bon-Air** in Alton, Il, try their *NEW MENU ITEM* “The Big Eddie”- surf & turf on a stick!
- Aug. 28th - **World’s Fair Party-** Related refreshments and a presentation by the President of the 1904 World’s Fair Society with items to show. Bring any items you have to show!
- September 11th - **Lecture: “Gardening with Nature in Mind”** hosted by The StL Master Gardeners Association
- September 12th - **Avalon Anniversary Party**
- September 27th - **The Walk to End Alzheimer’s** - at Saint Charles Community College, sign up with Meghan
- November 16th - Act II Theater **“Fiddler on the Roof”** (for ticketholders)
- Dec. 14th - **Ambassadors of Harmony- Sounds of the Season** tickets are now available, please sign up. (This is for paying ticketholders)



Daily Tips & Reminders

- Upper Apartments: Please be mindful of your downstairs neighbors when cleaning your balcony or watering plants as lower levels are experiencing brushed off dirt and dripping water.
- 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/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) 251-5525. This is the automated number the notifications will come from. See Concierge for help.
- Free Check In service available. Please see Concierge for complimentary daily check-in calls.
- Questions? Feedback? Call us at (636) 251-4400.

Live Well.  *Live Better.*

Space Word Search

Z U S R N R U T A S Z U Z C T F F R Q W I I G
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Astronaut	Mercury	Oxygen	Milky Way
Constellation	Solar System	Eclipse	Comet
Dwarf Planet	Saturn	Telescope	Vega
Earth	Orbit	Light Year	Venus
Galaxy	Uranus	Shuttle	Jupiter
Rocket	Planet	Meteor	

RIDDLE
ME THIS!

The more of me there is, the less you see.
(Answer at the Front Desk)

