

September 2026 Activity Program

Resident Spotlight: Bob Meyer

Meet Bob Meyer, one of the bright spots here at Avalon Park!

Bob moved to Avalon Park in 2022. He was married for 43 years and is the proud father of two sons and a daughter. He also has eight grandchildren, one great-grandchild, and another one on the way!

As many of you already know, Chef Mel is Bob's daughter, so Avalon Park truly is a family affair.

Bob spent his career working 25 years in restaurant management and then 15 years for H&R Block.

Bob enjoys playing Texas Hold'em and enjoys amateur photography. He has also enjoyed stamp collecting and has a small collection.



Bob has always been an avid outdoorsman. His college major was Environmental Science and Education, and he even had a minor in Meteorology.

Here at Avalon Park, Bob is truly a ray of sunshine. He keeps us laughing, stays involved, and helps run Bingo. His humor, friendliness, and willingness to participate make him such a wonderful part of our Avalon Park family.

We're very lucky to have you, Bob!



Sundays

Church Transportation:

Waypoint Church

Depart: 7:30am Pickup: 9:10am

Morning Star

Depart: 8:30am Pickup: 10:15am

Chapel of the Lake

Depart: 10:30am Pickup: 12:25pm

9:00am - Catholic Mass (Fitness Center)

10:00am-1:00pm – Sunday Brunch (Orchard Room)

12:00pm – Mahjong (Fitness Center)

1:00pm - Faith & Fellowship (Library)

2:00pm – Bingo (Orchard Room)

4:30pm – Pinochle, Open Invite, (Fitness Center)

6:30pm – Rummikub – (Orchard Room)

*Evening Dinner Delivery Party – Food type,
payment method, time are announced during
Bingo (Orchard Room)*

September BIRTHDAYS!

Sept 1: Lorriene W.

Sept 2: Tom N.

Sept 6: Jan S.

Sept 8: John T.

Sept 10: Peg A.

Sept 11: Barb B.

Sept 12: Chase W. (EE)

Sept 14: Ron K. & Kelsey W (EE)

Sept 15: Alyssa J (EE)

Sept 16: David B. & Kole B. (EE)

Sept 17: Cami C. (EE)

Sept 18: Joanne M.

Sept 20: Doris G.

Sept 23: Taylor A.

Sept 24: Alice A. & Ron H.

Sept 25: Steve M.

Sept 28: Bud R.

Sept 29: Sandy H. (EE)

Sept 30: Caroline R.



Mondays

8:00am – Catholic Mass (Fitness Center) **No Mass Sept 21**

9:00am-11:00am – Errands on Hwy K

9:00am – Brain Games (Orchard Room)

9:00am – Blood Pressure Check w/ AW (Orchard Room)

10:30am – Bodies in Motion w/ AW (Fitness Center)

11:30am-1:30pm – Texas Hold'em (Fitness Center)

12:00pm – Movie Matinee (Orchard Room)

1:30pm – Kings in the Corner (Fitness Center)

2:00pm – Craft Hour (Activity Center)

2:45pm – Bible Study (Library)

4:00pm – Dinner Service #1 (Orchard Room)

5:30pm – Dinner Service #2 (Orchard Room)

6:30pm – Rummikub Open Invitation (Library)

7:15pm – Movie – 2nd Showing (Orchard Room)

**Sept 7: Food Committee - 11am
Orchard Room**

Movie Schedule:

Sept 7: Going in Style

Sept 14: Moonstruck

Sept 21: Last Vegas

Sept 28: Devil Wears Prada 2

Craft Schedule:

Sept 7: No Craft

Sept 14: Operation Bedroll

Sept 21: Alzheimer's Ribbons

Sept 28: Fall Gnomes



Tuesdays

8:00am – Catholic Mass (Fitness Center)

9:00am-3:00pm – Doctor Appts (48 hr advance signup)

9:00am – Brain Games (Orchard Room)

10:00am – Faith & Fellowship (Library)

10:30am – Bodies in Motion w/ AW (Fitness Center)

11:30am – Meditation (Library)

12:30pm – Outdoor Games (Patio)

(No Outdoor Games Sept 8)

1:30pm – Bridge (Fitness Center)-

(Sept 22 Craft Room)

2:00pm – Trivia (Orchard Room)

4:00pm – Dinner Service #1 (Orchard Room)

5:30pm – Dinner Service #2 (Orchard Room)

Sept 8: Town Hall 12:45pm (Orchard Room)

Sept 22: Mobile Library 1pm – 2pm (Fitness Center)

Outdoor Game Schedule:

Sept 1: Axe Throwing

Sept 15: Washers

Sept 22: Corn Hole/Bags

Sept 29: Shuffleboard

Trivia Rounds:

Sept 1: Football, Teams, Super Bowl

Sept 8: Labor Day, Military Salute, Inventions

Sept 15: Around the World, Foods, Culture

Sept 22: TV & Music, Restaurants, Think a Little

Sept 29: Fall Favorites, Nature, Weather



Wednesdays

8:00am – Catholic Mass (Fitness Center)
9:00am-10:30am – Rise & Shine Errands
9:00am – Brain Games (Orchard Room)
10:00am – Card Games (Orchard Room)
(No Card Games Sept 9)
10:30am – Bodies in Motion w/ AW (Fitness Center)
11:00am – Lunch Excursion (Lobby)
12:00pm – Sneakers Club (Fitness Center)
2:00pm – Bingo (Orchard Room)
4:00pm – Dinner Service #1 (Orchard Room)
5:30pm – Dinner Service #2 (Orchard Room)
6:45pm – Pinochle, Open Invitation (Fitness Center)

**Sept 2: Infinium Pharmacy –
9:30am Orchard Room**

**Sept 9: Activities Committee -
10am Orchard Room**

Card Games:

Sept 2: Crazy Eights

Sept 16: Yahtzee

Sept 22: Uno

Sept 29: Canasta

Lunch Excursion Schedule:

Sept 2: Shamrocks

Sept 9: Lewis & Clark Trading Post

Sept 16: Cracker Barrel

Sept 23: Blue Owl (10 AM)

Sept 30: Ameristar



Thursdays

8:00am – Catholic Mass (Fitness Center)
9:00am-3:00pm – Doctor Appts (48 hr advance signup)
9:00am – Brain Games (Orchard Room)
9:00am – Bodies in Motion w/ AW (Fitness Center)
10:00am – Faith & Fellowship (Library)
10:30am-12:00pm – “Your Store” (Fitness Center)
11:00am - Shuffleboard League (Outdoor Court)
11:30am – Meditation (Library)
12:00pm – Hand, Knee & Foot (Orchard Room)
2:00pm – Thursday Presentations (Orchard Room)
4:00pm – Dinner Service #1 (Orchard Room)
5:30pm – Dinner Service #2 (Orchard Room)

Presentation Schedule:

Sept 3: Variety Show: Larson’s Variety Show followed by comedy gold from our very own Mark.

Sept 10: Charlestowne Senior Village: Come hear about our new assisted living community in St Charles.

Sept 17: History of the St. Louis Hill! Come hear the history of St. Louis’ very own Little Italy, The Hill!

Sept 24: Fashion Shop: Come see new fall styles!

Sept 17: Themed Dinner Mambo Italiano!



Fridays

8:00am – Catholic Mass (Fitness Center)

9:00am-11:00am – Errands on Hwy K

9:00am – Brain Games (Orchard Room)

10:30am – Bodies in Motion w/ AW
(Fitness Center)

11:30am-1:30pm – Texas Hold'em
(Fitness Center)

2:00pm – Happy Hour & Live Music
(Orchard Room) (Sept 11 1pm-3pm)

4:00pm – Dinner Service #1 (Orchard Room)

5:30pm – Dinner Service #2 (Orchard Room)

6:45pm – Bridge (Fitness Center)

Sept 4: Book Club 10:30am (Library)
Bring last month's book to return

Happy Hour Music Schedule:

Sept 4: Bucket List Trio

Sept 11: *Anniversary Party*
1pm-3pm Butch Wax & The Garden Party

Sept 18: Larry Scatlin

Sept 25: Birthday Bash: BB Boomers



Saturdays

10:00am – Rosary (Library)

11:00am – Bible Study (Fitness Center)

11:30am – Texas Hold'em (Library)

12:30pm – Hand, Knee & Foot (Orchard Room)

12:30-2:00pm – “Your Store” (Fitness Center)

2:30pm – Shuffleboard League (Outdoor Court)

4:00pm – Dinner Service #1 (Orchard Room)

5:30pm – Dinner Service #2 (Orchard Room)

Tips & Reminders

- Trash Service: \$5/week, set out your trash on Monday & Thursday before 8am.
- Doctor's Appointments: Must be scheduled 48 hrs in advance. Appointment times between 9am & 3pm within a 10 mi radius. First come, First serve.
- Avalon Park Emergency Alerts: Add Avalon Park Alerts to your phone (636) 259-5525 to receive notifications in the event of an emergency.
- Free Check-In Service: See Concierge for our complimentary daily check-ins.
- Please refrain from taking dishes out of the dining room. Please return all dishes and silverware ASAP
- Scams are on the increase. If you receive a phone call, email, text or media message from an unknown number please let us know so we can advise you if it is genuine or if it is a scam. Remember do not give any personal information over the phone unless it has been verified.
- AW Healthcare: Need Physical Therapy, Medication Management or In Home Care services? Call Diane Fanning (314) 330-7992 for more info on AW's services.



Upcoming Events

- Sept 2 - Infinium Pharmacy – 9:30am – Orchard Room
- Sept 7 - Food Committee (All Welcome) - 11am - Orchard Room
- Sept 8 - Town Hall (All Welcome) - 12:45pm - Orchard Room
- Sept 9 - Activities Committee (All Welcome) - 10am - Orchard Room
- Sept 11 – Avalon Park Anniversary Party - 1-3pm
- Sept 12 – Fall Festival - 11am-2pm – Invite your family & friends!
- Sept 17 – Mambo Italiano Dinner
- Sept 25 – Birthday Bash - 2pm – Orchard Room
- Sept 26 – Alzheimer's Walk – 8am-12pm Pre-registration required
- Oct 8 – Chili Cook Off