

October 2026 Activity Program

Resident Spotlight Meet Mary Doherty!



Mary Doherty has been part of Avalon Park since the very beginning! She moved in the Wednesday following our grand opening five years ago and has been a familiar and friendly face ever since.

Born and raised in St. Louis, Mary has called the city home her entire life. Her family includes two brothers, two nieces, and a nephew.

Mary earned an associate's degree in accounting from Washington University and enjoyed an impressive 37-year career with Ralston Purina, where she served as Manager of Shareholder Relations.

Mary keeps our community active and engaged in so many ways! She is the lead dealer for the women's Texas Hold'em table, where she keeps the game fun and welcoming. She also runs our Avalon Park Ambassadors Group, playing an important role in welcoming new residents, helping them navigate their new surroundings, and making them feel right at home. When Mary isn't busy with cards or welcoming new neighbors, she enjoys crocheting, reading, and her newest creative interest, adult coloring.

Mary has a true passion for travel! She's visited all 50 states, five of the seven continents, and more than 50 countries. Just imagine the incredible sights she's seen, the fascinating people she's met, and the memories she's collected along the way. We have a feeling Mary has enough travel stories to keep us entertained for years!

From her impressive career to her love of travel, Mary brings a wealth of experiences and a wonderful spirit to our community. We are so glad she is part of our Avalon Park family!



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)

2:30pm – Bingo (Orchard Room) (**No Bingo Oct 25**)

- OCT 25th FAMILY HALLOWEEN PARTY-

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)

October BIRTHDAYS!

Oct 3: Mike E.

Oct 7: Nolan S. (EE)

Oct 8: Linda A & Patty S.

Oct 13: Nancy N & Sharon H.

Oct 18: Mike B.

Oct 25: Jerry P. & Lucas S. (EE)

Oct 26: John W.

Oct 28: Nita P.

Oct 29: Jerri A.



Mondays

8:00am – Catholic Mass (Fitness Center) **No Mass Oct 19**

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)

Players needed – We will teach you to play

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)

**Oct 5: Food Committee - 11am
Orchard Room**

Movie Schedule:

Oct 5: Meet Me in St Louis

Oct 12: The Great Race

Oct 19: Death Becomes Her

Oct 26: The Haunted Mansion

Craft Schedule:

Oct 5: Fall Scarecrow
Centerpiece

Oct 12: Oktoberfest Centerpiece

Oct 19: Fabric Pumpkins

Oct 26: Operation Bedroll



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 Oct 6)

1:30pm – Bridge (Fitness Center)-
(Oct 27 in Craft Room)

2:00pm – Trivia (Orchard Room)

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

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

Oct 6 : Bunco & Left Right Center Meeting 12:00pm (Orchard Room)

Oct 6: Town Hall 12:45pm (Orchard Room)

Oct 27: Mobile Library 1pm – 2pm (Fitness Center)

Outdoor Game Schedule:

Oct 13: Axe Throwing

Oct 20: Washers

Oct 27: Corn Hole/Bags

Trivia Rounds:

Oct 6: 1904, Attractions, Fair Food & Games

Oct 13: Oktoberfest, Polka, Beer & Brats

Oct 20: Autumn, Halloween, Fall Food

Oct 27: Creepy Halloween, Hollywood Horror, Strange but True



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 Game Oct 7)

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

11:00am – Lunch Excursion (Lobby)

12:00pm – Sneakers Club (Fitness Center)

1:00pm – Choir Practice (Library)

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)

**Oct 7: Infinium Pharmacy – 9:30am
Orchard Room**

**Oct 7: Activities Committee - 10am
Orchard Room**

Card Games:

Oct 14: Yahtzee

Oct 21: Uno

Oct 28: Canasta

Lunch Excursion Schedule:

Oct 7: Avalon Park Chili Cook Off 11:00-
1:00pm (Orchard Room)

Oct 14: Defiance Ridge Winery

Oct 21: Dos Primos

Oct 28: Timbercreek Grill



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:

Oct 1: Come tour France! Our very own Claire N. will guide us through her latest trip to France.

Oct 8: Spend A Day at the 1904 St. Louis World Fair.

Oct 15: German Heritage Dancing

Oct 22: A Historic Haunting of St Charles. Come hear the spooky legends of Historic Main Street St Charles.

Oct 29: Marchelle Productions:
Come Get your Kicks on Route 66 and travel 2,448 miles in 1 hour with Mark & Michelle!



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) – **Players Needed – We will teach you how to play**
2:00pm – Happy Hour & Live Music (Orchard Room)
4:00pm – Dinner Service #1 (Orchard Room)
5:30pm – Dinner Service #2 (Orchard Room)
6:45pm – Bridge (Fitness Center)

Oct 2: Book Club 10:30am (Library) Bring last month's book to return

Happy Hour Music Schedule:

Oct 2: Doc Scott

Oct 9: Roy & Dave

Oct 16: OKTOBERFEST:
South Grand Polka Band

Oct 23: Copper Rain

Oct 30: Birthday Bash: Fred Lloyd



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)

1:00-3:00pm – Bunco (Oct 10 & 24)
Left Right Center (Oct 17 & 31)
(Orchard Room)

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 with the appointment request form. 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

- Oct 5 - Food Committee (All Welcome) - 11am - Orchard Room
- Oct 6 - Bunco/Left Right Center Meeting - 12pm - Orchard Room
- Oct 6 - Town Hall (All Welcome) - 12:45pm - Orchard Room
- Oct 7 - Infinium Pharmacy - 9:30am - Orchard Room
- Oct 7 - Activities Committee (All Welcome) - 10am - Orchard Room
- Oct 7 - Chili Cook Off - 11:00am-1:00pm - Orchard Room
- Oct 16 - Oktoberfest - 1:00pm - Orchard Room
- Oct 25 - Family Halloween Party - 2:00pm-4:00pm - Orchard Room
- Oct 30 - Birthday Bash-2pm - Orchard Room
- Nov 1 - Act 2 Theatre-1pm (For Tickets Holders)
- Nov 8 - Avalon Park Trivia Night - 4:30pm - Orchard Room
- Nov 22 - Murder Mystery Dinner - 5:00pm - Signup Required
- Nov 26 - Thanksgiving Dinner - 12:00pm-3:00pm - Orchard Room