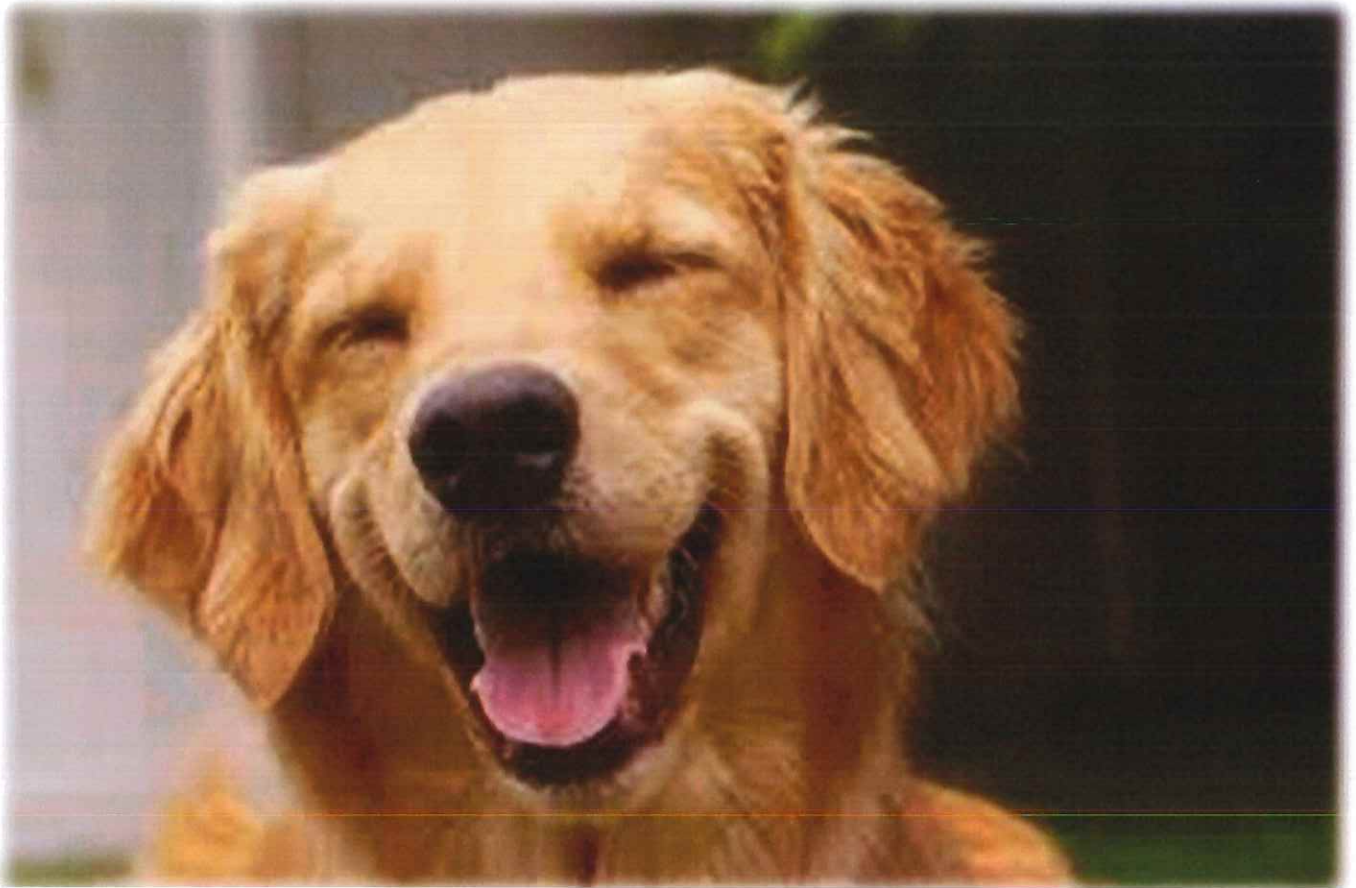


AVALON PARK

An Independent Living Neighborhood

March 3, 2024 – March 9, 2024



QUOTE OF THE WEEK

LOVE YOURSELF FOR WHO YOU ARE, AND TRUST ME, IF YOU
ARE HAPPY FROM WITHIN, YOU ARE THE MOST BEAUTIFUL
PERSON, AND YOUR SMILE IS YOUR BEST ASSET.

AVALON PARK
11001 COTTLEVILLE TRAILS DRIVE
COTTLEVILLE, MO 63304
WWW.AVALONPARKSL.COM



AVALON PARK

Daily Program Schedule



Sunday, March 3, 2024

8:00 AM **Indoor Walking Club** **Meet in the Lobby**

Walking Club



Join us this morning to track those "laps". Since the building is shaped like the letter "L" that means that "1 Lap" will equal "1 L-Shape". Begin at the Fitness Center and walk to one end of the hallway to get started. And...GO! Each L-Shape is .10 Miles, so 5 L-Shapes is ½ Mile and 10 L-Shapes is 1 Mile.

TIMES VARY **Church Transportation** **Meet in the Lobby**



CHURCHES

St. Joseph's Catholic Church
Calvary Church on Mid Rivers
Chapel of the Lake

LEAVE TIME

8:15 AM
8:15 AM
10:20 AM

PICK-UP TIME

9:40 AM
10:00 AM
12:20 PM

Avalon's Sunday Brunch

Brought to you by Chef Cam & Chef "D."

10:00 AM - 1:00 PM



Knitting & Crocheting Club

Meet at 1:30 PM in the **Lobby**

Join us in making baby blankets, mittens, booties, & hats for Birthright!



Sunday, March 3, 2024- Cont'd

MAHJONG WITH MARCIA

12:15 PM in the Fitness Center



BINGO at 2:00 PM

In the Orchard Room! Today's Caller: Don S.



Sunday Resident Pizza Party Announcement!

This is a resident planned event. Today at BINGO, the Resident's Name will be announced who is the person collecting the money for the Pizza Party tonight. They will let you know where they will order from. Usually, it's \$8-10 per person. These parties are BYOB! *The kitchen is off limits!*



AFTERNOON FITNESS OPPORTUNITY **HEART & SOUL FITNESS VIDEO**

4:00 PM in the Fitness Center

The Concierge will set up the video for you!
Go to YOU TUBE. Search: Heart and Soul Fitness.



ATTENTION ALL PINOCHLE PLAYERS
WE MEET AT 6:00 PM IN THE FITNESS CENTER
Questions? Contact Sandy M.



AVALON PARK Daily Program Schedule



Monday, March 4, 2024

Avalon Park has a Mending Company!

Monday is Drop Off Day at the Craft Center!

Need a hem, a button sewn? We can help! (No Jeans Please.)



8:00 AM

Indoor Walking Club

Meet in the Lobby

**Walking
Club**



Join us this morning to track those "laps". Since the building is shaped like the letter "L" that means that "1 Lap" will equal "1 L-Shape". Begin at the Fitness Center and walk to one end of the hallway to get started. And...GO! Each L-Shape is .10 Miles, so 5 L-Shapes is ½ Mile and 10 L-Shapes is 1 Mile.

Rise and Shine Errands with Mark

9:00 AM – 11:00 AM

Monday Errand Days are HWY K all the way!



Hangman Challenge Crew!

9:30 AM in the Orchard Room

10:30 AM

Fitness Class with Colleen

Fitness Center



This class is one where you will learn stretches, use weights, balls, and straps. Fitness not only stimulates both hemispheres of your brain; it also helps strengthen body's posture, alignment, balance, and patterns of movement.

Wii Bowling League

11:00 AM in the Fitness Center



Monday, March 4, 2024 – Cont'd

Weekly Facebook Photo Workshop with Sada!

See you in the Orchard Room at 11:00 AM

Let's review this week's photos taken at Avalon Park during daily activities, parties, classes, and events. If you have taken photos, bring them! Let's get them posted!

FOOD COMMITTEE MEETING!

11:15 AM IN THE BACK OF THE ORCHARD ROOM

Texas Hold Em' in the Fitness Center

12:30 AM – 2:30 PM

Today's adjusted time is due to the monthly Food Committee Meeting.



Resident Led: "Hand, Knee & Foot"

*****12:30 PM in the Orchard Room*****

(Time adjusted Due to Food Committee Meeting)

Sada's Craft Class

2:00 PM in the Craft Center

Clays, Trays, and a Bookmark Design Contest!





AVALON PARK

Daily Program Schedule



Tuesday, March 5, 2024

8:00 AM

Indoor Walking Club

Meet in the Lobby

**Walking
Club**



Join us this morning to track those “laps”. Since the building is shaped like the letter “L” that means that “1 Lap” will equal “1 L-Shape”. Begin at the Fitness Center and walk to one end of the hallway to get started. And...GO! Each L-Shape is .10 Miles, so 5 L-Shapes is ½ Mile and 10 L-Shapes is 1 Mile.

9 AM-3 PM

Doctor’s Appointments with Mark

Meet in the Lobby



This is a complimentary service. *All appointments requested for this service must be within a 10-mile radius and written down in the Doctor’s Book in the Lobby by 4:00 PM the day before the appointment so proper travel accommodations can be scheduled for each resident.

Bible Study with Chaplain, Kyle Schmidt
“Join us as we walk through Ephesians together”

*** 9:30 AM in the Library on the 4th Floor***

Brain Hangman with Sada

9:30 AM in the Orchard Room



Tuesday’s Heart Healthy Fitness with Katie

10:30 AM in the Fitness Room



This class will incorporate simple exercises with weights, balls, and straps to strengthen muscles, tendons, and bones. These stretching methods can improve balance and tone your whole body.

Tuesday, March 5, 2024 – Cont'd

Avalon Talent Show Planning Meeting!
11:00 AM in the Orchard Room

Wii Bowling Crew with Katie
11:30 AM in the Fitness Center



Meditation Class with **Sada @ 11:30 AM Library**



When we train our awareness both internally and externally, we increase our capacity to act with wisdom, no matter what life throws at us.

MARCH TOWN HALL MEETING

PLEASE MAKE EVERY EFFORT TO ATTEND!

12:45 PM in the Orchard Room

Meghan will update us on the latest news for Avalon Park.

Golden Games Registration Meeting!

Please attend our first meeting and we'll show you how to get registered for events like Bowling, Mini Golf, Corn Hole, Horseshoes, Bocce Ball, Texas Hold 'Em, Shuffleboard, Swimming and more!

2:00 PM in the Orchard Room



AVALON PARK Daily Program Schedule



Wednesday, March 6, 2024

8:00 AM

Indoor Walking Club

Meet in the Lobby

**Walking
Club**



Join us this morning to track those “laps”. Since the building is shaped like the letter “L” that means that “1 Lap” will equal “1 L-Shape”. Begin at the Fitness Center and walk to one end of the hallway to get started. And...GO! Each L-Shape is .10 Miles, so 5 L-Shapes is ½ Mile and 10 L-Shapes is 1 Mile.

Rise & Shine Errands with Mark

9:00 AM – 11:00 AM

Make suggestions like Merry-Go-Round Resale, Nail Spas, Banks, YMCA, Walgreens, CVS, Grocery Stores, Target, Walmart, or others.



Brain Games with Sada!

9:30 AM in the Orchard Room

ROSARY AND PRAYERS

10:00 AM in the Library on the 4th Floor



10:30 AM

Seated Fitness with Colleen

Fitness Center



This class is one where you will learn stretches, use weights, balls, and straps. This class not only stimulates both hemispheres of your brain; it also helps strengthen body's posture, alignment, balance, and patterns of movement.

Mother's Day Donation Drive Info Meeting

Meet at 11:00 AM in the Orchard Room

Wednesday, March 6, 2024 – Cont'd

Mark's Blackjack in the Fitness Center

11:30 AM – 1:30 PM with Mark

Everyone is invited to play!



Live Health Series at St. Charles Library

"Diabetes: Better Choices, Better Health"

(Part 4 of 6) Leave Avalon at NOON

Workshop is from 12:30 PM – 3:00 PM

This is part 4 of the 6-part series presented by Oasis. Living with diabetes can present many challenges, such as knowing how and when to eat, living your life so you can avoid complications, and getting the support you want from family and friends.

Sip & Paint with Sada

1:00 PM in the Craft Center

Today's Project: Pre-Sketched Landscape Designs!



Attention all Pinochle Players!
Meet at 6:45 PM in the Fitness Room
Questions? Contact Sandy M.



AVALON PARK Daily Program Schedule



Thursday, March 7, 2024

8:00 AM **Indoor Walking Club** **Meet in the Lobby**

Walking Club



Join us this morning to track those “laps”. Since the building is shaped like the letter “L” that means that “1 Lap” will equal “1 L-Shape”. Begin at the Fitness Center and walk to one end of the hallway to get started. And...GO! Each L-Shape is .10 Miles, so 5 L-Shapes is ½ Mile and 10 L-Shapes is 1 Mile.

***9:00 AM** **Challenge Fitness Class with Colleen** **Fitness Center**



This Challenge Class is one that uses several standing exercises and stretching techniques. It's for those who have request a step-up from seated fitness. Come give it a try.

9 AM-3 PM **Doctor's Appointments with Mark** **Meet in the Lobby**



This is a complimentary service. *All appointments requested for this service must be within a 10-mile radius and written down in the Doctor's Book in the Lobby by 4:00 PM the day before the appointment so proper travel accommodations can be scheduled for each resident*

Brain Hangman with Sada

9:30 AM in the Orchard Room



Cell Phone & Laptop Assistance

10:00 AM in the Lobby



What questions do you have? Let us help you today.

Come visit Avalon Park's In-House Store

10:30 AM – 12:00 PM in the Fitness Center

Thursday, March 7, 2024 – Cont'd

Meditation Class with Sada @ 11:30 AM Library



When we train our awareness both internally and externally, we increase our capacity to act with wisdom, no matter what life throws at us.



Hand & Foot Card Group

12:00 PM in the Fitness Center

(Due to the Presentation beginning at 2:00 PM)



Trivia with Sada

12:30 PM in the Orchard Room

Find out what curious things Sada has for you today.



SPECIAL PRESENTATION: "HOSPICE 101"

2:00 PM in the Orchard Room

Please welcome Vicki Davis from Heartland Hospice as she explains what "Hospice" REALLY means, as well as inform us about the many programs Heartland offers, such as Grief Counseling, Understanding Depression, Compassion Fatigue, and more.

Family members are welcome to attend.



Attention all Pinochle Players!
Meet at 6:45 PM in the **Fitness Room**
Questions? Contact Sandy M.



AVALON PARK Daily Program Schedule



Friday, March 8, 2024

8:00 AM

Indoor Walking Club

Meet in the Lobby

**Walking
Club**



Join us this morning to track those "laps". Since the building is shaped like the letter "L" that means that "1 Lap" will equal "1 L-Shape". Begin at the Fitness Center and walk to one end of the hallway to get started. And...GO! Each L-Shape is .10 Miles, so 5 L-Shapes is ½ Mile and 10 L-Shapes is 1 Mile.

Rise and Shine Errands with Mark

9:00 AM – 11:00 AM

Make suggestions like Merry-Go-Round Resale, Nail Spas, Banks, YMCA, Walgreens, CVS, Grocery Stores, Target, Walmart, or others.

Sada's Decoration Committee

9:30 AM in the **Orchard Room**

Help put together our Spring Table Center Pieces!

We need lots of help before the Nellie's Closet Clothing Store arrives. Be there to help us!!



Vitality in Motion Fitness Class with **Lisa B**

10:30 AM in the Fitness Room



You will really enjoy the way Lisa teaches. Strength is key to maintaining balance and flexibility and is very important in preventing falls. The more you attend this class the stronger you become in mind, body, and spirit!

Friday, March 8, 2024- Cont'd

Nellie's Closet is Back!

12:30 – 3:30 Fitness Center

This is a stylish clothing store that comes to you! Tami has fun, quality clothing, jackets, boots, and accessories. Come check out what sale items she has brought with her and what the newest spring styles are.



Resident Instructed Card Game

"Hand, Knee and Foot"

11:30 AM In the Back of the Orchard Room

The Golden Games Meeting #2!

If you were not able to attend our first meeting, please stop by today and we'll show you how to get registered for events like Bowling, Mini Golf, Corn Hole, Horseshoes, Bocce Ball, Texas Hold 'Em, Shuffleboard, Swimming and more!

2:00 PM in the Orchard Room

ATTENTION ALL BRIDGE PLAYERS

WE MEET AT 6:30 PM IN THE FITNESS CENTER

Questions? Contact Elaine R.



AVALON PARK Daily Program Schedule



Saturday, March 9, 2024

What to Celebrate Today:

Each year on the 9th of March, people across the country observe National Get Over It Day. Just as it implies, the day is to do exactly that, **GET OVER IT**. Say goodbye to the worry of the "if onlys" and "what ifs" and look forward to days with a more positive attitude.



HYMN SINGING ON YOUR OWN THIS WEEK

10:00 AM in the Fitness Center

Kim will be here next week to lead the Hymn Sing.
Feel free to meet on your own today.

BIBLE STUDY WITH **FRED HAMPTON**

11:00 AM – 12:00 PM in the **Fitness Center**

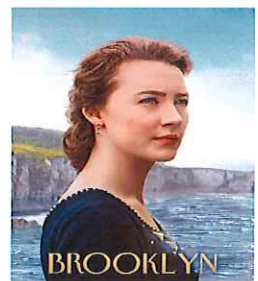
Fred teaches from a biblical perspective that anyone can relate to. Join us!

Saturday “YOUR STORE” Hours

12:30 PM – 2:00 PM **Fitness Center**

It's Irish Movie Month!
1:00 PM in the Orchard Room

Amazon Prime: “Brooklyn”



UPCOMING EVENTS

- Friday March 8th Nellie's Closet Traveling Clothing Store is here!
- Tuesday, March 12th Live singing Duo: "Joe Bruce and Trish"
- Tuesday March 19th 1st Day of Spring with The BB Boomers Band
- Friday March 22nd New Band! Theme: "Pirates in Paradise"
- Sunday March 24th Easter Eggstravaganza Family Day! Complete with Photos with the Easter Bunny, An Easter Egg Hunt for the Kids, and The Lucky Old Sons Band to top off the day!
- Tuesday March 26th Birthday Bash with the BB Boomer Band, Happy Hour Drinks, Cake, and Special Dinner.
- Sunday March 31st Happy Easter! Let us know if your church has special service hours on that day.

(Monthly Dates & Events are subject to change, including additions)

DAILY TIPS & REMINDERS

- Make sure your File of Life Paperwork is filled out, updated, and posted on your refrigerator. Questions? See Meghan.
- Please return all Avalon Dishes to the Dining Room Daily.
- Doctor's Trips must be written in the book 24 hours in advance.
- Please turn Cell Phones OFF during Entertainment & Meetings.
- When your Apartment is being cleaned, if you lay a new set of sheets on your bed, it will be made for you.
- The Avalon Store is open Thursdays & Saturdays on the 2nd Floor
- Want to pick your next neighbor? Be the first person to recommend someone to move in and receive \$500 incentive!
- Let's fill the Pack & Play on the 2nd Floor with items needed for The Birthright Mother's Day Donation Drive.



FAMILY DAY

SUNDAY, March 24th

EASTER EGGSTRAVAGANZA

- 1:15 PM Families Arrive
- 1:30 PM Kids Easter Crafts
- 1:45 PM Family Photo Booth
- 2:15 PM Easter Egg Hunt
- 2:30 PM Lucky Old Sons Band

The Easter Bunny will be here
from 1:30 – 3:30!

**Please RSVP if your guests will participate in the
Easter Egg Hunt! (Ages 1 through 10)**

Chef Cams Creations

Monday 19th

Minestrone Soup

~

Lemon Chicken Thighs & Roasted
Rosemary Potatoes

~

♥ Three Cheese Ravioli Topped with
Meat Sauce

Tuesday 20th

Chili

~

Chicken Marsala & Linguine

~

Baked Flounder & Fresh Vegetable
Medley

Wednesday, 21st

Tuscan Sausage Soup

~

♥ Chicken Marsala & Linguini

~

Glazed Apple Pork Tenderloin &
Baked Mac N' Cheese

Thursday, Feb 23th

Vegetable Soup

~

♥ Fried Catfish & Hush Puppy's

~

Chef Salad: Iceberg Lettuce,
Turkey, Swiss, Egg, Bacon,
Tomato, Croutons & Green
Goddess Dressing

Friday Feb 24th

Chicken Tortilla Soup

~

Burrito Supreme: Ground Taco Meat,
lettuce, Sour Cream, Cheddar &
Tomato

~

Baja Crispy Fish Tacos: Flour Tortilla,
Shaved Cabbage, Cilantro Crema

Saturday Feb 25th

Corn Chowder Soup

~

♥ Polish Sausage, Sauerkraut & Mashed
Potatoes

~

Fried Chicken Breast & Baked Beans