

UPCOMING COMMUNITY EVENTS



A QUICK HISTORY OF JAPAN

Japan’s history stretches back thousands of years, with its earliest known civilization developing around 300 BCE. The country was first unified in the 7th century under the rule of the imperial family, which continues to this day. For much of its early history, Japan remained isolated, both culturally and politically, from the rest of the world. In the late 19th century, Japan

underwent a dramatic transformation during the Meiji Restoration, rapidly industrializing and emerging as a world power. This period of modernization was followed by imperial expansion, which ended with Japan’s defeat in World War II.

After the war, Japan rebuilt its economy and society under a new constitution and became one of the world’s leading technological and economic powers. Today, Japan is known for its rich cultural heritage, blending traditional practices like tea ceremonies and martial arts with cutting-edge innovation. From the peaceful beauty of its landscapes to its vibrant cities, Japan continues to captivate people worldwide, drawing millions of visitors each year.

JOIN US FOR ALLEGRO AT SEA on Wed. April 30 - destination: JAPAN!

ENTERTAINERS THIS MONTH

- Friday, April 4 Steve Gibons - Violin - April in Paris
- Friday, April 11 John Boda - Guitar - Slides & Songs
- Tuesday, April 22 Floyd Andrew - Piano - Candadian Liberace
- Wed. April 30 ALLEGRO @ SEA - JAPAN - F & F Free Themed Dinner

Alto Grayslake
1865 E Belvidere Rd
Grayslake, IL 60030
(847) 908-9973



FLOURISH

APRIL 2025



WHAT’S INSIDE

Pg 2-3
Social Calendar

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Upcoming Events + News

“Oya no on wa senkin no kachi”
“A parent’s kindness is worth a thousand pieces of gold.”

—JAPANESE PROVERB

Sunday

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https://www.allegroliving.com/grayslake-senior-living.html

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Around our
Community

B-DAYS & BUS RIDES

BIRTHDAYS

Kent H. 04/02

Terri N. 04/11

Carol R. 04/15

Bobby J. 04/30

BUS RIDES

4/3 TARGET

4/9 PARKINSONS FIELD
TRIP

4/10 B & B RESTAURANT

4/17 JOY RIDE

4/24 XANG TAI & SUSHI

4/30 BLUE LOTUS TEMPLE

WED. MEDICAL APPTS.

Call Mike for more info or to
schedule a ride.

Please confirm availability
before scheduling an appt.
(10 mile radius)

LOCATION
KEY

DR Dining Room

FC Fitness Center

MT Movie Theater

CR Community Room

C Courtyard

BUS Bus

103 Near Apt. 103

LIB Library on 2

B Bistro

229 Lounge near Apt. 229

6

Weekend Word Games

8:45 DR The Morning Scoop

10:15 CR BRAIN BOOSTERS

11:00 CR Sunday Catholic Mass

1:15 CR B I N G O BLITZ

2:00 CR POPCORN PARTY

2:30 MT You Pick NETFLIX Movie

6:00 CR CAROL BURNETT DVD

7

WOTW: Bamboozle

8:45 DR Coffee & Conversation

10:15 FC Movin' Monday

10:45 FC Daily Chronicles

11:00 CR ACTIVITY COMM MTG.

1:30 CR Sitdown Sitcom

2:30 CR BAKING CLASS

6:00 CR TRAVEL- NEW HAMPSHIRE

13

PALM SUNDAY

8:45 DR The Morning Scoop

10:15 CR BRAIN BOOSTERS

11:00 CR Palm Sunday Mass

1:15 CR B I N G O BLITZ

2:00 CR POPCORN PARTY

2:30 MT You Pick NETFLIX Movie

6:00 CR HART TO HART (DVD)

14

WOTW: Flummox

8:45 DR Coffee & Conversation

10:15 FC Movin' Monday

10:45 FC Daily Chronicles

1:30 CR Sitdown Sitcom

3:00 CR Arts & Crafts

6:00 CR TRAVEL - NEW JERSEY

20

EASTER SUNDAY

8:45 DR The Morning Scoop

10:15 CR BRAIN BOOSTERS

11:00 CR EASTER Catholic Mass

1:15 CR B I N G O BLITZ

2:00 CR POPCORN PARTY

2:30 MT You Pick NETFLIX Movie

6:00 CR CAROL BURNETT DVD

21

WOTW: Nincompoop

8:45 DR Coffee & Conversation

10:15 FC Movin' Monday

10:45 FC Daily Chronicles

1:30 CR Sitdown Sitcom

2:30 CR BAKING CLASS

6:00 CR TRAVEL - NEW MEXICO

27

Weekend Word Games

8:45 DR The Morning Scoop

10:15 CR BRAIN BOOSTERS

11:00 CR Sunday Catholic Mass

1:15 CR B I N G O BLITZ

2:00 CR POPCORN PARTY

2:30 MT You Pick NETFLIX Movie

6:00 CR HART TO HART (DVD)

28

WOTW: Quixotic

8:45 DR Coffee & Conversation

10:15 FC Movin' Monday

10:45 FC Daily Chronicles

11:00 B NEWCOMERS GROUP

1:30 CR Sitdown Sitcom

3:00 CR Arts & Crafts

6:00 CR TRAVEL - NEW YORK

1

8:45 DR Tue/Thu Trivia Time

10:15 FC Tune Up Tuesday

10:30 MT Catholic Communion

10:45 FC Daily Chronicles

11:00 CR NEWCOMERS GROUP

2:00 CR Happy Hour - Snack & Yack

2:30 CR ALTO JEOPARDY

3:30 CR Music, Memories & More

6:00 CR Board Games & More

8

8:45 DR Tue/Thu Trivia Time

10:15 FC Tune Up Tuesday

10:30 MT Catholic Communion

10:45 FC Daily Chronicles

11:00 CR UNO Card Game

11:00 B FOOD COMMITTEE MTG.

1:00 229 Parkinson's Support Group

2:00 CR COOKING DEMO w Chef Dave

3:30 B Kings in the Korner

6:00 CR Board Games & More

15

8:45 DR Tue/Thu Trivia Time

10:15 FC Tune Up Tuesday

10:30 MT Catholic Communion

10:45 FC Daily Chronicles

11:00 B NEWCOMERS GROUP

2:00 CR Happy Hour - Snack & Yack

2:30 CR ALTO JEOPARDY

3:30 CR Music, Memories & More

6:00 CR Board Games & More

22

Earth Day

8:45 DR Tue/Thu Trivia Time

10:15 FC Tune Up Tuesday

10:30 MT Catholic Communion

10:45 FC Daily Chronicles

11:00 CR UNO Card Game

2:00 B Happy Hour & Word Games

3:00 CR CONCERT: Floyd Andrew

3:30 B Kings in the Korner

6:00 CR Board Games & More

29

8:45 DR Tue/Thu Trivia Time

10:15 FC Tune Up Tuesday

10:30 MT Catholic Communion

10:45 FC Daily Chronicles

2:00 CR Happy Hour - Snack & Yack

2:30 CR ALTO JEOPARDY

3:30 CR Music, Memories & More

6:00 CR Board Games & More

2

8:45 DR Coffee & Conversation

10:15 FC Wednesday Weights

10:45 FC Daily Chronicles

2:00 CR BINGO - Fun for all!

3:00 CR DRY BAR COMEDY Videos

3:30 C Garden Club

6:00 CR Movie- SHERLOCK HOLMES

9

LIMITED TRANSPORTATION

8:45 DR Coffee & Conversation

10:15 FC Wednesday Weights

10:45 FC Daily Chronicles

11:15 BUS Parkinson's Field Trip

2:00 CR BINGO - Fun for all!

3:30 C Garden Club

6:00 CR Movie- CLICK

16

8:45 DR Coffee & Conversation

10:15 FC Wednesday Weights

10:45 FC Daily Chronicles

12:00 CR Veteran's Lunch

1:00 CR ALTO CHOIR SING

2:00 CR BINGO - Fun for all!

3:00 CR DRY BAR COMEDY Videos

6:00 CR Movie- DAVE

23

8:45 DR Coffee & Conversation

10:15 FC Wednesday Weights

10:45 FC Daily Chronicles

12:00 B Low Vision Support Lunch

12:00 B DINE with a Director

2:00 CR BINGO - Fun for all!

3:30 C Garden Club

6:00 CR Movie- INTOLLERABLE C..

30

ALLEGRO @ SEA: JAPAN

8:45 DR K h to kaiwa

10:15 FC Ekusasaizu - Radio Taiso

10:45 FC Japanese History

11:00 B TRIP: Blue Lotus Temple

2:00 CR JAPAN TRAVELOGUE

4:30 DR F & F JAPANESE DINNER

6:15 MT JAPANESE LULLABIES on YT

3

8:45 DR Tue/Thu Trivia Time

10:15 FC Legacy Exercise

10:45 FC Wellness Tip of the Day

11:00 BUS BUS TRIP: TARGET

2:00 CR Happy Hour: Drinks n More

3:00 CR Drop-by Visits

6:00 CR Movie- BFAST AT TIFFANY'S

10

8:45 DR Tue/Thu Trivia Time

10:15 FC Legacy Exercise

10:45 FC Wellness Tip of the Day

11:00 BUS BUS TRIP: B&B Restaurant

2:00 CR Happy Hour: Drinks n More

2:45 CR The BEST of the Internet

3:00 LOB DOG VISITS with SADIE

3:30 Drop-by Visits

6:00 CR Movie- BENJAMIN BUTTON

17

8:45 DR Tue/Thu Trivia Time

10:15 FC Legacy Exercise

10:30 LOB LIBRARY LOBBY STOP

10:45 FC Wellness Tip of the Day

11:00 BUS BUS TRIP: JOY RIDE

2:00 CR Happy Hour: Drinks n More

3:30 Drop-by Visits

6:00 CR Movie- FOREVER YOUNG

24

8:45 DR Tue/Thu Trivia Time

10:15 FC Legacy Exercise

10:45 FC Wellness Tip of the Day

11:00 BUS TRIP: XANG THAI & SUSHI

2:00 CR Healthy Happy Hr w/Alexis

2:45 CR Learn about Healthy Food

3:30 Drop-by Visits

6:00 CR Movie- LITTLE WOMEN



4

8:45 DR Coffee & Conversation

10:15 FC Flexibility Friday

10:45 FC Daily Chronicles

1:30 103 Bible Study & Devotions

3:00 CR CONCERT - STEVE GIBBONS

6:00 CR Everybdy Loves Raymnd DVD

11

8:45 DR Coffee & Conversation

10:15 FC Flexibility Friday

10:45 FC Daily Chronicles

1:30 103 Bible Study & Devotions

3:00 CR CONCERT: JOHN BODA

6:00 CR Everybdy Loves Raymnd DVD

18

GOOD FRIDAY

8:45 DR Coffee & Conversation

10:15 FC Flexibility Friday

10:45 FC Daily Chronicles

1:30 103 GOOD FRIDAY Bible Study

2:30 CR MONTHLY BIRTHDAY PARTY

3:00 CR Friday FUN & GAMES

6:00 CR Everybdy Loves Raymnd DVD

25

8:45 DR Coffee & Conversation

10:15 FC Flexibility Friday

10:45 FC Daily Chronicles

11:00 CR RESIDENT COUNCIL

11:30 CR LADIES LUNCHEON

1:30 103 Bible Study & Devotions

3:00 CR Friday FUN & GAMES

6:00 CR Everybdy Loves Raymnd DVD



Sunday

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Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

6

Weekend Word Games
9:30 **ENS** Sunday Morning Devotional
Worship & Prayer
9:45 **3AE** Daily Chronicle
10:00 Super Snacks
10:15 **AR** Excellent Exercise Class
1:30 **L** Afternoon Stretch
2:00 **AR** Sunday Afternoon History
3:30 **3AE** IN2L- Resident Choice
6:00 Care Team to run IN2L

13

PALM SUNDAY
9:30 **ENS** Sunday Morning Devotional
Worship & Prayer
9:45 **3AE** Daily Chronicle
10:00 Super Snacks
10:15 **AR** Excellent Exercise Class
1:30 **L** Afternoon Stretch
2:00 **L** Adult Guided art
2:00 **AR** Concert: Heather B
3:30 **3AE** IN2L- Resident Choice

20

EASTER SUNDAY
9:30 **ENS** Sunday Morning Devotional
Worship & Prayer
9:45 **3AE** Daily Chronicle
10:00 Super Snacks
10:15 **AR** Excellent Exercise Class
1:30 **L** Afternoon Stretch
2:00 **AR** Sunday Afternoon History
3:30 **3AE** IN2L- Resident Choice
6:00 Care Team to run IN2L

27

Weekend Word Games
9:30 **ENS** Sunday Morning Devotional
Worship & Prayer
9:45 **3AE** Daily Chronicle
10:00 Super Snacks
10:15 **AR** Excellent Exercise Class
1:30 **L** Afternoon Stretch
2:00 **L** Adult Guided art
2:00 **AR** Sunday Afternoon History
3:30 **3AE** IN2L- Resident Choice

7

9:45 **3AE** Daily Chronicle
10:00 Super Snacks
10:15 **AR** Excellent Exercise Class
11:15 **AR1** Resident Choice IN2L Game
1:00 **ENS** Chair Travels:Yosemite
Park
2:30 **AR2** Prize Bingo
3:30 **AR** C.C-Painting
4:30 **EFR** Junk Drawer Detective
6:00 Care Team to run IN2L

14

9:45 **3AE** Daily Chronicle
10:00 Super Snacks
10:15 **AR** Excellent Exercise Class
11:15 **AR1** Resident Choice IN2L Game
1:00 **ENS** Chair Travels:Grand Teton
National Park
2:30 **AR2** Prize Bingo
3:30 **AR** C.C-Painting
4:30 **EFR** Junk Drawer Detective
6:00 Care Team to run IN2L

21

9:45 **3AE** Daily Chronicle
10:00 Super Snacks
10:15 **AR** Excellent Exercise Class
11:15 **AR1** Resident Choice IN2L Game
1:00 **ENS** Chair Travels:Olympic
National Park
2:30 **AR2** Prize Bingo
3:30 **AR** C.C-Painting
4:30 **EFR** Junk Drawer Detective
6:00 Care Team to run IN2L

28

9:45 **3AE** Daily Chronicle
10:00 Super Snacks
10:15 **AR** Excellent Exercise Class
11:15 **AR1** Resident Choice IN2L Game
1:00 **ENS** Chair Travels: Yellow
Stone
2:30 **AR2** Prize Bingo
3:30 **AR** C.C-Painting
4:30 **EFR** Junk Drawer Detective
6:00 Care Team to run IN2L

8

9:45 **3AE** Daily Chronicle
10:00 Super Snacks
10:15 Improved Health
11:00 **BUS** Bus Outing
Game of Choice
1:15 **L** Chair Zumba Gold
2:00 **ENS** What Am I ?
3:30 **L** White Board Tiles
6:00 Care Team to run IN2L
activities

15

Happy Birthday Jo Ann
9:45 **3AE** Daily Chronicle
10:00 Super Snacks
10:15 Senior Shape
11:00 **BUS** Bus Outing
Game of Choice
1:15 **L** Flickin Chicken Game
1:45 **AR** What do you Meme
2:45 **ENS** Indoor putting Green
3:30 **L** White Board Tiles

22

Earth Day
9:45 **3AE** Daily Chronicle
10:00 Super Snacks
10:15 Improved Health
11:00 **BUS** Bus Outing
Game of Choice
1:15 **L** Chair Zumba Gold
1:30 **ENS** CONCERT: FLOYD ANDREW
3:30 **L** White Board Tiles
6:00 Care Team to run IN2L

29

9:45 **3AE** Daily Chronicle
10:00 Super Snacks
10:15 Senior Shape
11:00 **BUS** Bus Outing
Game of Choice
1:15 **L** Chair Zumba Gold
1:45 **AR** What do you Meme
2:45 **ENS** Indoor putting Green
3:30 **L** White Board Tiles
6:00 Care Team to run IN2L

9

Rosie The Riveter Day
9:45 **3AE** Daily Chronicle
10:00 Super Snacks
10:15 Eversound: Fitness Trivia
10:45 **ALL** Farkle
2:00 **AR** Paper Word Search
2:30 **EDR** Peanut butter Bars
3:30 **EFR** Topix Cards
6:00 Care Team to run IN2L
activities

16

3AE Florence Birthday
9:45 **3AE** Daily Chronicle
10:00 Super Snacks
10:15 Eversound: Fitness Trivia
10:45 **ALL** Farkle
1:00 Now That's Funny
1:00 Chicken Soup for the Soul
2:00 **AR** Paper Word Search
2:30 **EDR** B.C-Birthday Banana
Pudding

23

9:45 **3AE** Daily Chronicle
10:00 Super Snacks
10:15 Eversound: Fitness Trivia
10:45 **ALL** Farkle
1:00 Chicken Soup for the Soul
2:00 **AR** Paper Word Search
2:30 **EDR** B.C Caprese Salad
3:30 **EFR** Topix Cards
6:00 Care Team to run IN2L
activities

30

Alto at Sea : Japan
ALLEGRO @ SEA: JAPAN
9:45 **3AE** Daily Chronicle
10:00 Rice Crackers with Peas
10:15 Japanese dance movement
10:45 **ALL** Farkle
1:00 Travel: Japan
2:00 **AR** Paper Word Search
2:30 **EDR** B.C-Mochi(Japan)
3:30 **AR** Outdoor walk



10

9:45 **3AE** Daily Chronicle
10:00 Super Snacks
10:15 **AR** Excellent Exercise Class
10:30 **L** Short Story Group
1:15 **AR** Eversound Daily 10
2:00 **EDR** Happy Hour
3:30 **3AE** C.C: Front door Decor
6:00 Care Team to run IN2L
activities

17

9:45 **3AE** Daily Chronicle
10:00 Super Snacks
10:15 **AR** Excellent Exercise Class
10:30 **L** Short Story Group
1:15 **AR** Eversound Daily 10
2:00 **EDR** Happy Hour
3:30 **3AE** C.C: Easter Craft
6:00 Care Team to run IN2L
activities
6:15 **L** IN2L Relax

24

9:45 **3AE** Daily Chronicle
10:00 Super Snacks
10:15 **AR** Excellent Exercise Class
10:30 **L** Short Story Group
1:15 **AR** Eversound Daily 10
2:00 **EDR** Happy Hour
3:30 **3AE** C.C: Craft of Choice
6:00 Care Team to run IN2L
activities

11

9:45 **3AE** Daily Chronicle
10:00 Super Snacks
10:15 **AR** Excellent Exercise Class
10:45 IN2L:Would you Rather
1:30 Marvelous Manicures
2:30 Ladies tea
3:00 **CR** AL CONCERT: JOHN BODA
3:30 Resident Choice Movie
3:30 Life Skill Stations
6:00 Care Team to run IN2L

18

GOOD FRIDAY
9:45 **3AE** Daily Chronicle
10:00 Super Snacks
10:15 **AR** Excellent Exercise Class
10:45 IN2L:Would you Rather
1:30 Marvelous Manicures
2:30 **CR** MONTHLY BIRTHDAY PARTY
3:30 Resident Choice Movie
3:30 Life Skill Stations
6:00 Care Team to run IN2L

25

9:45 **3AE** Daily Chronicle
10:00 Super Snacks
10:15 **AR** Excellent Exercise Class
10:45 IN2L:Would you Rather
11:30 **CR** LADIES LUNCHEON
1:30 Marvelous Manicures
2:30 Ice Cream Social
3:30 Resident Choice Movie
3:30 Life Skill Stations
6:00 Care Team to run IN2L

EASTER

12

Weekend Word Games
9:45 **3AE** Daily Chronicle
10:00 Super Snacks
10:15 **L** Seated Zumba class
10:45 Name that tune!
11:00 IN2L-Trivia
1:00 Uno
2:00 Indoor Putt Putt
3:30 **3AE** IN2L- Resident Choice
6:00 Resident Choice Activity

19

Weekend Word Games
9:45 **3AE** Daily Chronicle
10:00 Super Snacks
10:15 **L** Seated Zumba class
10:45 Name that tune!
11:00 IN2L-Trivia
1:00 Uno
1:00 Alex-Drumming Circle
2:00 Indoor Putt Putt
3:30 **3AE** IN2L- Resident Choice

26

Weekend Word Games
9:45 **3AE** Daily Chronicle
10:00 Super Snacks
10:15 **L** Seated Zumba class
10:45 Name that tune!
11:00 IN2L-Trivia
1:00 Uno
2:00 Indoor Putt Putt
3:30 **3AE** IN2L- Resident Choice
6:00 Resident Choice Activity

HAPPY BIRTHDAY

Jo Ann- 4/15

Florence- 4/16

Special Events: Friends and
FamilyAllegro at Sea:

Japan Wednesday April 30th
@ 4:30 pm



LOCATION KEY

3AE Activity Rm.- East
BUS Bus
L Lounge
AR Activity Room
ENS Ensemble
ALL Everywhere!
EDR Ensemble Dining Rm.
AR1 Ensemble Act. Rm.
AR2 2nd Act. Rm.
EFR Ensemble Front Rm.