

UPCOMING COMMUNITY EVENTS



AMERICAN HEART MONTH

Join us in celebrating American Heart Month! Attend our Heart-Healthy Cooking Demonstration to learn delicious, nutritious recipes that promote cardiovascular health. Plus, WEAR RED on Friday, February 7, to show your support for heart health awareness. Together, we can make a difference in promoting heart health in our community!

A DAY OF ART AND SWEET TREATS

Mark your calendars for our trip to the Alpharetta Arts Center followed by a visit to the Alpine Bakery and Pizzeria on Tuesday - February 4. It's a perfect chance to enjoy art, good company, and delicious treats. Don't miss out—sign up today!

Tuesday, February 4

Meet in Lobby @ 10:30AM



MARK YOUR CALENDARS!

Wednesday, February 5 | Valentine Card-Making Workshop

Wednesday, February 12 | Heart-Healthy Cooking Demonstration

Thursday, February 13 | Valentine's Day Tea Party

Monday, February 17 | Ben's Workshop: DIY Picture Frame

Every Wednesday, B-I-N-G-O!

Every Thursday, Weekly Shopping Trips

Alto Johns Creek

10595 Medlock Ridge Rd
Johns Creek, GA 30097
(678) 336-5112



FLOURISH

FEBRUARY 2025

WHAT'S INSIDE

Pg 2-3
Social Calendar

Pg 4
Upcoming Events + News

"WHERE THERE IS LOVE, THERE IS LIFE."

—MAHATMA GANDHI

February 2025

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Around our Community

Alto Johns Creek

10595 Medlock Ridge Rd
Johns Creek, GA 30097
(678) 336-5112

www.allegroliving.com/communities/johns-creek-ga



- 2**
10:00 **GYM** Gentle Stretching
10:30 **GAT** Catholic Service by St. Benedict Church
10:45 **TH** Live Perimeter Church
1:30 **GAT** Adult Coloring
2:30 **TH** Movie & Popcorn: Groundhog Day (1993)
4:00 **LB** Word Search Puzzle
- 9 Super Bowl Sunday**
10:00 **GYM** Gentle Stretching
10:30 **GAT** Catholic Service by St. Benedict Church
10:45 **TH** Live Perimeter Church
1:30 **GAT** Adult Coloring
2:30 **TH** Movie Musical: An American in Paris (1951)
4:00 **LB** Super Bowl Facts & Snacks
5:30 **LB** Super Bowl LIX Watch Party
- 16**
10:00 **GYM** Gentle Stretching
10:30 **GAT** Catholic Service by St. Benedict Church
10:45 **TH** Live Perimeter Church
1:30 **GAT** Adult Coloring
2:30 **TH** Movie Musical: My Fair Lady (1964)
4:00 **LB** Word Search Puzzle
- 23**
10:00 **GYM** Gentle Stretching
10:30 **GAT** Catholic Service by St. Benedict Church
10:45 **TH** Live Perimeter Church
1:30 **GAT** Adult Coloring
2:30 **TH** Movie Musical: Funny Girl (1968)
4:00 **LB** Word Search Puzzle

- 3**
10:00 **GYM** Drum FIT
11:00 **GAT** Word Game Challenge!
1:30 **LIB** Game Club: UNO!
2:30 **GAT** Resident Council Meeting
4:00 **TH** Biographical Documentary: Gene Kelly
- 10**
10:00 **GYM** Drum FIT
11:00 **GAT** Word Game Challenge!
1:30 **LIB** Game Club: UNO!
2:00 **GAT** Watercolor Class for Beginners with Parker
3:00 **GAT** Learn to Play Rummikub
4:00 **TH** Biographical Documentary: John Wayne
- 17 Presidents' Day**
10:00 **GYM** Drum FIT
11:00 **GAT** Presidential Trivia Game
1:30 **LIB** Game Club: UNO!
2:00 **GAT** Ben's Workshop: DIY Picture Frame
4:00 **TH** Biographical Documentary: George Foreman
- 24**
10:00 **GYM** Drum FIT
11:00 **GAT** Word Game Challenge!
1:30 **LIB** Game Club: UNO!
2:00 **GAT** Art Class with Lifestyles
3:00 **GAT** Learn to Play Rummikub
4:00 **TH** Biographical Documentary: Grace Kelly

- 4**
10:00 **GYM** Fitness with Colleen
10:30 **LOB** Trip: Alpharetta Arts Center & Alpine Bakery
2:00 **LB** Event Planning Committee
4:00 **GAT** Scrabble Board Game
6:30 **TH** Binge TV - The Crown Season 2, Ep.7
- 11**
10:00 **GYM** Fitness with Colleen
11:00 **GAT** Words In A Word
2:00 **DR** Food Committee
4:00 **GAT** Scrabble Board Game
6:30 **TH** Binge TV - The Crown Season 2, Ep.8
- 18**
10:00 **GYM** Fitness with Colleen
11:00 **GAT** Words In A Word
11:00 **LOB** Lunch Trip: AJ's Home Cooking
2:00 **LB** Coffee & Conversation
4:00 **GAT** Scrabble Board Game
6:30 **TH** Binge TV - The Crown Season 2, Ep.9
- 25**
10:00 **GYM** Fitness with Colleen
11:00 **GAT** Words In A Word
2:00 **LB** Coffee & Conversation
4:00 **GAT** Scrabble Board Game
6:30 **TH** Binge TV - The Crown Season 2, Ep.10

- 5**
10:00 **LOB** Walking Club
11:00 **GAT** Trivia
1:30 **GAT** Valentine Card-Making Workshop with Lifestyles
3:00 **GAT** B-I-N-G-O!
4:00 **LB** Midweek Mingle with Joel Perniciaro
- 12**
10:00 **LOB** Walking Club
11:00 **GAT** Trivia
2:00 **GAT** Heart-Healthy Cooking Demonstration
3:00 **GAT** B-I-N-G-O!
4:00 **LB** Midweek Mingle
- 19**
10:00 **LOB** Walking Club
11:00 **GAT** Trivia
2:00 **TH** Virtual Museum Tour: Paris' Louvre Museum
3:00 **GAT** B-I-N-G-O!
4:00 **LB** Midweek Mingle with Rockin' Rick
- 26**
10:00 **LOB** Walking Club
11:00 **GAT** Trivia
2:00 **GAT** Building Model Airplanes
3:00 **GAT** B-I-N-G-O!
4:00 **LB** Midweek Mingle

- 6**
10:00 **GYM** Fitness with Colleen
10:30 **GAT** Bible Study
1:30 **GAT** Card Games Group
2:00 **LOB** Shopping Trip: Kohl's & HomeGoods
4:00 **LB** Brain Teaser Puzzle
- 13**
10:00 **GYM** Fitness with Colleen
10:30 **GAT** Bible Study
1:30 **GAT** Card Games Group
2:00 **GAT** Valentine's Day Tea Party
4:00 **LB** Love Song Sing-Along
- 20**
10:00 **GYM** Fitness with Colleen
10:30 **GAT** Bible Study
1:30 **GAT** Card Games Group
2:00 **LOB** Shopping Trip: Publix & Target
4:00 **LB** Brain Teaser Puzzle
- 27**
10:00 **GYM** Fitness with Colleen
10:30 **GAT** Bible Study
1:30 **GAT** Card Games Group
2:00 **LOB** Shopping Trip: Belk
4:00 **LB** Brain Teaser Puzzle

- 7 Wear Red Day**
10:00 **LB** Coffee & Conversation
11:00 **LB** Mission Impossible: Puzzle Challenge
1:30 **GAT** Audio Book Club
2:30 **TH** Movie & Popcorn: A Star is Born (1954)
4:00 **GR** Jigsaw Challenge
- 14 Valentine's Day**
10:00 **LB** Coffee & Conversation
11:00 **LB** Mission Impossible: Puzzle Challenge
1:30 **GAT** Audio Book Club
2:30 **TH** Movie & Popcorn: Out of Africa (1985)
4:00 **LB** Valentine Word Games
- 21**
10:00 **LB** Coffee & Conversation
11:00 **LB** Mission Impossible: Puzzle Challenge
1:30 **GAT** Audio Book Club
2:30 **TH** Movie & Popcorn: Twins (1988)
4:00 **GR** Jigsaw Challenge
- 28**
10:00 **LB** Coffee & Conversation
11:00 **LB** Mission Impossible: Puzzle Challenge
1:30 **GAT** Audio Book Club
2:30 **TH** Movie & Popcorn: Apollo 13 (1995)
4:00 **GR** Jigsaw Challenge

- 1**
10:30 **GYM** Breath & Balance with Noel
11:00 **LB** Daily Crossword Puzzle
1:30 **GR** Jigsaw Challenge
2:30 **TH** Netflix Documentary: Our Living World (2024)
3:00 **LOB** Weekend Walking Club
4:30 **LB** Short Stories Read 2 You
- 8**
10:30 **GYM** Breath & Balance with Noel
11:00 **LB** Global Movie Day Trivia
1:30 **GR** Jigsaw Challenge
2:30 **TH** Netflix Documentary: Our Living World (2024)
3:00 **LOB** Weekend Walking Club
- 15**
10:30 **GYM** Breath & Balance with Noel
11:00 **LB** Daily Crossword Puzzle
1:30 **GR** Jigsaw Challenge
2:30 **TH** Netflix Documentary: Our Living World (2024)
3:00 **LOB** Weekend Walking Club
4:30 **LB** Short Stories Read 2 You
- 22**
10:30 **GYM** Breath & Balance with Noel
11:00 **LB** Daily Crossword Puzzle
1:30 **GR** Jigsaw Challenge
2:30 **TH** Netflix Documentary: Our Living World (2024)
3:00 **LOB** Weekend Walking Club



Spread the Love: Complimentary Exchange Box Coming Soon!

In celebration of the season of love, we're excited to introduce a Complimentary Exchange Box in the Lobby! We encourage all residents to write compliments and positive messages for one another. Whether it's a simple "Thank You," a note of appreciation, or a heartfelt compliment, let's spread positivity throughout our community.

Simply drop your note in the box, and we will hand-deliver them to your neighbors on Valentine's Day. This is a wonderful opportunity to brighten someone's day and share a little kindness.

Let's fill our building with love and appreciation — we can't wait to see the warmth and joy this initiative brings!

LOCATION KEY

- GYM** Gym
- LB** Lounge Bistro
- GR** Game Room
- TH** Theater
- LOB** Lobby
- GAT** Gather Room
- LIB** Library
- DR** Dining Room

February 2025

Sunday

Alto Johns Creek

10595 Medlock Ridge Rd
Johns Creek, GA 30097
(678) 336-5112

www.allegroliving.com/communities/johns-creek-ga

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Around our Community

2

- 10:00 **LR** Worship Service
- 10:30 **AT** Color Me Calm
- 11:00 **CY** Sunday Strollers
- 1:30 **LR** Movie & Popcorn
- 2:30 **A** Big Ball Bowling
- 3:30 **A** Toss 'n Talk-About
- 4:00 **LR** Devotional Music Hour
- 6:30 **LR** Popcorn To Go!

9 Super Bowl Sunday

- 10:00 **LR** Worship Service
- 10:30 **AT** Color Me Calm
- 11:00 **CY** Sunday Strollers
- 1:30 **LR** Meet the Puppy Bowl Pups
- 2:00 **LR** Puppy Bowl XXI Watch Party
- 3:30 **A** Toss 'n Talk-About
- 4:00 **LR** Devotional Music Hour
- 6:30 **LR** Popcorn To Go!

16

- 10:00 **LR** Worship Service
- 10:30 **AT** Color Me Calm
- 11:00 **CY** Sunday Strollers
- 1:30 **LR** Movie & Popcorn
- 2:30 **A** Big Ball Bowling
- 3:30 **A** Toss 'n Talk-About
- 4:00 **LR** Devotional Music Hour
- 6:30 **LR** Popcorn To Go!

23

- 10:00 **LR** Worship Service
- 10:30 **AT** Color Me Calm
- 11:00 **CY** Sunday Strollers
- 1:30 **LR** Movie & Popcorn
- 2:30 **A** Big Ball Bowling
- 3:30 **A** Toss 'n Talk-About
- 4:00 **LR** Devotional Music Hour
- 6:30 **LR** Popcorn To Go!

3

- 10:00 **A** Hall Walking with Friends
- 10:30 **D** Juice & Grab-N-Go Snacks
- 11:00 **AT** Bingo – Earn Bingo Bucks!
- 1:30 **AT** Jigsaw Puzzle
- 2:30 **AT** Table Hockey
- 3:30 **AT** Brain Games
- 4:00 **A** Word Search Puzzle
- 6:30 **LR** Virtual Vacation: Honolulu, Hawaii

10

- 10:00 **A** Hall Walking with Friends
- 10:30 **D** Juice & Grab-N-Go Snacks
- 11:00 **AT** Bingo – Earn Bingo Bucks!
- 1:30 **AT** Jigsaw Puzzle
- 2:30 **AT** Table Hockey
- 3:30 **AT** Brain Games
- 4:00 **A** Word Search Puzzle
- 6:30 **LR** Virtual Vacation: Paris, France

17

Presidents Day

- 10:00 **A** Hall Walking with Friends
- 10:30 **D** Juice & Grab-N-Go Snacks
- 11:00 **AT** How Many U.S. Presidents Can You Name?
- 1:30 **AT** Art and Craft Event
- 2:30 **AT** Presidential Storytelling
- 3:30 **AT** Brain Games
- 4:00 **A** Word Search Puzzle
- 6:30 **LR** Virtual Vacation: Venice, Italy

24

- 10:00 **A** Hall Walking with Friends
- 10:30 **D** Juice & Grab-N-Go Snacks
- 11:00 **AT** Bingo – Earn Bingo Bucks!
- 1:30 **AT** Jigsaw Puzzle
- 2:30 **AT** Table Hockey
- 3:30 **AT** Brain Games
- 4:00 **A** Word Search Puzzle
- 6:30 **LR** Virtual Vacation: Sedona, Arizona

4

- 10:00 **A** Chair Yoga with Sherri Zak
- 10:30 **AT** Let's Make A Heart Garland
- 11:00 **AT** Trivia Tuesday: Famous Love Songs
- 1:30 **AT** UNO! Card Game
- 2:30 **D** Hot Cocoa Bar
- 3:00 **A** Reminisce Scenic Drive
- 4:00 **A** Balloon Volleyball

11

- 10:00 **A** Chair Yoga with Sherri Zak
- 10:30 **AT** Let's Make Chocolate Covered Strawberries
- 11:00 **AT** Trivia Tuesday: Historical Events in February
- 1:30 **AT** UNO! Card Game
- 2:30 **D** Hot Cocoa Bar
- 3:00 **A** Reminisce Scenic Drive
- 4:00 **A** Balloon Volleyball

18

- 10:00 **A** Chair Yoga with Sherri Zak
- 10:30 **AT** Let's Paint Together
- 11:00 **AT** Trivia Tuesday: Winter Holidays and Traditions
- 1:30 **AT** UNO! Card Game
- 2:30 **D** Hot Cocoa Bar
- 3:00 **A** Reminisce Scenic Drive
- 4:00 **A** Balloon Volleyball

25

- 10:00 **A** Chair Yoga with Sherri Zak
- 10:30 **AT** Let's Paint Together
- 11:00 **AT** Trivia Tuesday: Classic Movies and Actors
- 1:30 **AT** UNO! Card Game
- 2:00 **D** Birthday Celebration
- 3:00 **A** Reminisce Scenic Drive
- 4:00 **A** Balloon Volleyball

5

- 10:00 **A** Gentle Stretch with Joanie
- 10:30 **LR** Devotion w/Ella & Friends
- 11:00 **A** L-O-V-E Door Sign
- 1:30 **D** The Baking Bunch: Banana Bread Muffin
- 2:30 **D** Snackin' & Yakkin'
- 3:30 **LR** Midweek Mix & Mingle
- 6:30 **LR** Biography: Gene Kelly

12

- 10:00 **A** Gentle Stretch with Joanie
- 10:30 **LR** Devotion w/Ella & Friends
- 11:00 **A** Pet Therapy with Marianne
- 1:30 **D** The Baking Bunch: Heart-Shaped Sugar Cookie
- 2:30 **D** Snackin' & Yakkin'
- 3:30 **LR** Midweek Mix & Mingle
- 6:30 **LR** Biography: John Wayne

19

- 10:00 **A** Gentle Stretch with Joanie
- 10:30 **LR** Devotion w/Ella & Friends
- 11:00 **A** Circle Kickball
- 1:30 **D** The Baking Bunch: Cinnamon Roll Bite
- 2:30 **D** Snackin' & Yakkin'
- 3:30 **LR** Midweek Mix & Mingle
- 6:30 **LR** Biography: Judy Garland

26

- 10:00 **A** Gentle Stretch with Joanie
- 10:30 **LR** Devotion w/Ella & Friends
- 11:00 **A** Pet Therapy with Marianne
- 1:30 **D** The Baking Bunch: Apple Crisp
- 2:30 **D** Snackin' & Yakkin'
- 3:30 **LR** Midweek Mix & Mingle
- 6:30 **LR** Biography: Grace Kelly



6

- 10:00 **A** Chair Yoga with Sherri Zak
- 10:30 **AT** Homemade Valentines
- 11:30 **AT** Wheel of Fortune
- 1:30 **A** Sing-Along: Folk and Traditional Songs
- 2:30 **A** Spelling Bee
- 3:00 **AT** Card Games & More
- 4:00 **AT** Hidden Picture Puzzle

13

- 10:00 **A** Chair Yoga with Sherri Zak
- 10:15 **AT** Reminisce Magazine
- 11:00 **AT** Let's Paint!
- 1:30 **A** Sing-Along: Classic Love Songs
- 2:30 **A** Spelling Bee
- 3:00 **AT** Card Games & More
- 4:00 **AT** Hidden Picture Puzzle
- 6:30 **LR** Popcorn To Go!

20

- 10:00 **A** Chair Yoga with Sherri Zak
- 10:15 **AT** Reminisce Magazine Favorites
- 11:00 **AT** Let's Paint!
- 1:30 **A** Sing-Along: Big Band & Swing Classics
- 2:30 **A** Spelling Bee
- 3:00 **AT** Card Games & More
- 4:00 **AT** Hidden Picture Puzzle

27

- 10:00 **A** Chair Yoga with Sherri Zak
- 10:15 **AT** Reminisce Magazine Favorites
- 11:00 **AT** Let's Paint!
- 1:30 **A** Sing-Along: Broadway and Show Tunes
- 2:30 **A** Spelling Bee
- 3:00 **AT** Card Games & More
- 4:00 **AT** Hidden Picture Puzzle

7

Wear Red Day

- 10:00 **A** Hall Walking with Friends
- 10:30 **D** Juice & Grab-N-Go Snacks
- 11:00 **LR** Music Appreciation: Frank Sinatra
- 1:30 **AT** Bingo - Earn Bingo Bucks
- 2:30 **D** Winter Afternoon Tea
- 3:30 **A** Math Minds
- 4:00 **LR** Family Feud
- 6:30 **LR** Popcorn To Go!

14

Valentine's Day

- 10:00 **A** Hall Walking with Friends
- 10:30 **D** Juice & Grab-N-Go Snacks
- 11:00 **LR** Music Appreciation: The Beatles
- 1:30 **AT** Bingo - Earn Bingo Bucks
- 2:30 **D** Valentine's Day Tea Party
- 3:30 **A** Love Song Sing-Along
- 4:00 **LR** Valentine's Word Search

21

- 10:00 **A** Hall Walking with Friends
- 10:30 **D** Juice & Grab-N-Go Snacks
- 11:00 **LR** Music Appreciation: Patsy Cline
- 1:30 **AT** Bingo - Earn Bingo Bucks
- 2:30 **D** Winter Afternoon Tea
- 3:30 **A** Math Minds
- 4:00 **LR** Family Feud
- 6:30 **LR** Popcorn To Go!

28

- 10:00 **A** Hall Walking with Friends
- 10:30 **D** Juice & Grab-N-Go Snacks
- 11:00 **LR** Music Appreciation: Nat King Cole
- 1:30 **AT** Bingo - Earn Bingo Bucks
- 2:30 **D** Winter Afternoon Tea
- 3:30 **A** Math Minds
- 4:00 **LR** Family Feud
- 6:30 **LR** Popcorn To Go!

1

- 9:30 **A** Breath & Balance with Noel
- 10:00 **AT** Nails, Lotions & Potions
- 11:00 **AT** Card Games with Friends
- 1:30 **LR** Movie & Popcorn
- 2:30 **D** Fresh Fruit Smoothies
- 3:30 **A** February Trivia Quiz
- 4:00 **LR** Classical Concert

8

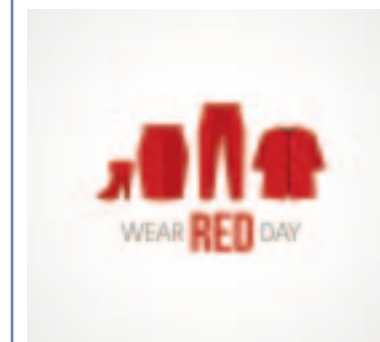
- 9:30 **A** Breath & Balance with Noel
- 10:00 **A** Pet Therapy w/Kathy+Bijou
- 11:00 **AT** Card Games with Friends
- 1:30 **LR** Movie & Popcorn
- 2:30 **D** Fresh Fruit Smoothies
- 3:30 **A** Super Bowl Facts & Trivia
- 4:00 **LR** Classical Concert

15

- 9:30 **A** Breath & Balance with Noel
- 10:00 **AT** Nails, Lotions & Potions
- 11:00 **AT** Card Games with Friends
- 1:30 **LR** Movie & Popcorn
- 2:30 **D** Fresh Fruit Smoothies
- 3:30 **A** U.S. Presidential Trivia Quiz
- 4:00 **LR** Classical Concert

22

- 9:30 **A** Breath & Balance with Noel
- 10:00 **AT** Nails, Lotions & Potions
- 11:00 **AT** Card Games with Friends
- 1:30 **LR** Movie & Popcorn
- 2:30 **D** Fresh Fruit Smoothies
- 3:30 **A** February Trivia Quiz
- 4:00 **LR** Classical Concert



February is here, and we're thrilled to share that we have a month full of fun and meaningful activities planned for our residents!

We'll kick off the month with a Valentine's Day celebration, where residents will have the opportunity to participate in crafting heartwarming cards, baking sweet treats, and enjoying love songs from the past.

Later in the month, we'll honor Presidents Day with patriotic-themed activities, including sing-alongs of classic American songs, trivia about past presidents, and fun games to learn more about our country's history.

Your continued support means the world to us, and we look forward to another memorable month with your loved ones.

LOCATION KEY

- A** MC Activities
- AT** MC Activity Tables
- LR** MC Living Room 1
- D** MC Dining
- CY** MC Court Yard