

UPCOMING COMMUNITY EVENTS

FEBRUARY OUTINGS

Please Join us for the Following Outings this Month

Friday February 7 at 11am Residents Choice Lunch

Monday February 10 at 1pm Shopping at Schnucks

Friday February 21 at 11am Resident Choice Outing

Monday February 24 at 1pm Resident Shopping to Wal-Mart

Friday February 28 at 1pm Scenic Ride

Make Sure to Sign Up at the Front Desk 24 hours in Advance



NEWS

HAPPY VALENTINE'S DAY

Who needs a box of Chocolates
when we have sweet residents like
you !

Happy Valentines Day!



Allegro in Richmond Heights

1055 Bellevue Avenue
Richmond Heights , MO 63117
(314) 626-5786



FLOURISH

FEBRUARY 2025



WHAT'S INSIDE

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Social Calendar

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Upcoming Events + News

"LOVE IS AN ELEMENT. LIKE AIR TO BREATHE, EARTH TO STAND ON."

—LAINI TAYLOR

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

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2 Groundhog Day

- 9:30 Morning Meditation
- 10:30 **TH** Hero's of the Bible
- 11:00 **CR** Stress Free Art
- 12:30 **FC** Community Hall Walking
- 2:00 **B** Resident Led Bistro Games
- 4:00 **LI** Resident Led Book Club
- 4:00 **FC** Fitness on Demand

9

- 9:30 Morning Meditation
- 10:30 **TH** Hero's of the Bible
- 11:00 **CR** Watercolor Painting
- 12:30 **FC** Community Hall Walking
- 2:00 **B** Resident Led Bistro Games
- 4:00 **FC** Fitness on Demand
- 5:00 **TH** Superbowl LIX Party

16

- 9:30 Morning Meditation
- 10:30 **TH** Hero's of the Bible
- 11:00 **CR** Stress Free Art
- 12:30 **FC** Community Hall Walking
- 2:00 **B** Resident Led Bistro Games
- 3:00 **FC** Fitness on Demand
- 4:00 **LI** Resident Led Book Club

23

- 9:30 Morning Meditation
- 10:30 **TH** Hero's of the Bible
- 11:00 **CR** Watercolor Painting
- 12:30 **FC** Community Hall Walking
- 2:00 **B** Resident Led Bistro Games
- 4:00 **FC** Fitness on Demand

3

- 9:30 Morning Meditation
- 10:30 **CR** Sequence
- 12:30 **FC** Community Hall Walking
- 2:00 **B** Therapy Exercise Circle
- 2:30 **CD** Bridge Club
- 3:00 **CR** Crafting with Alice
- 3:30 **CR** Monday Matinee
- 6:00 **B** Evening Meet & Greet

10

- 9:30 Morning Meditation
- 10:30 **CD** Farkle
- 12:30 **FC** Community Hall Walking
- 2:00 **B** Therapy Exercise Circle
- 2:30 **CD** Bridge Club
- 3:00 **CR** Crafting with Alice
- 3:30 **TH** Monday Matinee
- 6:00 **B** Evening Meet & Greet

17 President's Day

- 9:30 Morning Meditation
- 10:30 **CD** Uno Challenge
- 12:30 **FC** Community Hall Walking
- 2:00 **B** Therapy Exercise Circle
- 2:30 **CD** Bridge Club
- 3:00 **CR** Crafting with Alice
- 4:00 **CR** Monday Matinee
- 6:00 **B** Evening Meet & Greet

24

- 9:30 Morning Meditation
- 10:30 **CD** Rummikub
- 12:30 **FC** Community Hall Walking
- 1:00 **SDR** Resident Council
- 2:00 **B** Therapy Exercise Circle
- 2:30 **CD** Bridge Club
- 3:00 **CR** Crafting with Alice
- 3:30 **TH** Monday Matinee
- 6:00 **B** Evening Meet & Greet

4

- 9:30 Morning Meditation
- 10:30 **CR** Cooking Today
- 11:00 **CR** Brain Fitness
- 12:30 **FC** Community Hall Walking
- 1:00 **CR** Tech Tuesday
- 2:00 **B** Prize Bingo
- 4:00 **CR** Cranium Crunches
- 6:00 **CD** Evening Poker Club

11

- 9:30 Morning Meditation
- 10:30 **CR** Cooking Today
- 12:30 **FC** Community Hall Walking
- 1:00 **CR** Tech Tuesday
- 2:00 **B** Prize Bingo
- 3:30 **CR** Word within a Word
- 6:00 **CD** Evening Poker Club

18

- 9:30 Morning Meditation
- 10:30 **CR** Cooking Today
- 11:00 **CR** Casino Games
- 12:30 **FC** Community Hall Walking
- 1:00 **CR** Tech Tuesday
- 2:00 **B** Prize Bingo
- 3:30 **CR** Wacky Wordies
- 6:00 **CD** Evening Poker Club

25

- 9:30 Morning Meditation
- 10:30 **CR** Cooking Today
- 12:30 **FC** Community Hall Walking
- 1:00 **CR** Tech Tuesday
- 2:00 **B** Prize Bingo
- 3:30 **CR** Black History Puzzles
- 6:00 **CD** Evening Poker Club

5

- 9:30 Morning Meditation
- 10:30 **TH** Catholic Mass & Communion
- 12:30 **FC** Community Hall Walking
- 2:00 **B** Vitality Yoga
- 3:00 **SDR** Happy Hour & Music
- 4:00 **CD** Chess or Checkers
- 6:00 **B** Resident Led Evening Social

12 Tu B'Shevat

- 9:30 Morning Meditation
- 10:30 **TH** Catholic Mass & Communion
- 12:30 **FC** Community Hall Walking
- 2:00 **B** Vitality Yoga
- 3:00 **SDR** Happy Hour & Music
- 4:00 **CD** Chess & Checkers
- 6:00 **B** Resident Led Evening Social

19

- 9:30 Morning Meditation
- 10:30 **TH** Catholic Mass & Communion
- 12:30 **FC** Community Hall Walking
- 2:00 **B** Vitality Yoga
- 3:00 **SDR** Happy Hour & Music
- 4:00 **CD** Chess or Checkers
- 6:00 **B** Resident Led Evening Social

26

- 9:30 Morning Meditation
- 10:30 **TH** Catholic Mass & Communion
- 12:30 **FC** Community Hall Walking
- 2:00 **B** Vitality Yoga
- 3:00 **SDR** Happy Hour & Music
- 4:00 **CD** Chess or Checkers
- 6:00 **B** Resident Led Evening Social

6

- 9:30 Morning Meditation
- 10:00 **B** Tai chi Class
- 10:30 **SDR** Resident Coffee Chat
- 12:30 **FC** Community Hall Walking
- 1:00 **TH** Allegro Drum Circle
- 2:00 **B** Prize Bingo
- 3:30 **B** Jeopardy Trivia
- 6:00 **B** Ladies Meet Up

13

- 9:30 Morning Meditation
- 10:00 **B** Tai chi Class
- 10:30 **SDR** Resident Coffee Chat
- 12:30 **TH** Allegro Drum Circle
- 12:30 **FC** Community Hall Walking
- 2:00 **B** Prize Bingo
- 3:30 **B** Pub Trivia
- 6:00 **B** Ladies Meet Up

20

- 9:30 Morning Meditation
- 10:00 **B** Tai chi Class
- 10:30 **SDR** Resident Coffee Chat
- 12:30 **FC** Community Hall Walking
- 1:00 **TH** Allegro Drum Circle
- 2:00 **B** Prize Bingo
- 3:30 **B** Who am I ? Trivia
- 6:00 **B** Ladies Meet Up

27

- 9:30 Morning Meditation
- 10:00 **B** Tai chi Class
- 10:30 **SDR** Resident Coffee Chat
- 12:30 **TH** Allegro Drum Circle
- 12:30 **FC** Community Hall Walking
- 2:00 **B** Prize Bingo
- 3:30 **B** Where am I ? Trivia
- 6:00 **B** Ladies Meet Up

7

Wear Red Day

- 9:30 Morning Meditation
- 10:30 **TH** Docu Series-Black History
- 12:30 **FC** Community Hall Walking
- 2:00 **B** Vitality in Motion
- 2:30 **CD** Mahjong
- 3:30 **TH** Friday Matinee
- 6:00 **CD** Evening Card Game Social

14

Valentine's Day

- 9:30 Morning Meditation
- 10:30 **TH** Docu Series-Black History
- 12:30 **FC** Community Hall Walking
- 2:00 **B** Vitality in Motion
- 2:30 **CD** Mahjong
- 3:30 **TH** Friday Matinee
- 6:00 **CD** Evening Board Game Social

21

- 9:30 Morning Meditation
- 10:30 **TH** Docu Series-Black History
- 12:30 **FC** Community Hall Walking
- 2:00 **B** Vitality in Motion
- 2:30 **CD** Mahjong
- 3:30 **TH** Friday Matinee
- 6:00 **CD** Evening Card Game Social

28

- 9:30 Morning Meditation
- 10:30 **TH** Docu Series
- 10:30 **TH** Docu Series-Black History
- 12:30 **FC** Community Hall Walking
- 2:00 **B** Vitality in Motion
- 2:30 **CD** Mahjong
- 3:30 **TH** Friday Matinee
- 6:00 **CD** Evening Board Game Social

1

- 9:30 Morning Meditation
- 10:00 **LI** News & Views
- 11:00 **CD** Yahtzee
- 12:30 **FC** Community Hall Walking
- 2:00 **CD** Resident Led-Poker
- 3:00 **TH** Saturday Matinee
- 4:00 **FC** Fitness on Demand
- 6:00 **B** Men's Meet Up

8

- 9:30 Morning Meditation
- 10:30 **B** Life's Events
- 11:00 **CD** Dominos
- 12:30 **FC** Community Hall Walking
- 2:00 **CD** Resident Led-Poker
- 3:00 **TH** Saturday Matinee
- 4:00 **FC** Fitness on Demand
- 6:00 **B** Men's Meet Up

15

- 9:30 Morning Meditation
- 10:00 **LI** News & Views
- 11:00 **CD** Scrabble
- 12:30 **FC** Community Hall Walking
- 2:00 **CD** Resident Led-Poker
- 3:00 **TH** Saturday Matinee
- 4:00 **FC** Fitness on Demand
- 6:00 **B** Men's Meet Up

22

- 9:30 Morning Meditation
- 10:30 **B** Life's Events
- 11:00 **CD** Boggle
- 12:30 **FC** Community Hall Walking
- 2:00 **CD** Resident Led-Poker
- 3:00 **TH** Saturday Matinee
- 4:00 **FC** Fitness on Demand
- 6:00 **B** Men's Meet Up

Around our Community

Happy Birthday

Resident Birthdays

- 2/9 Harry H.
- 2/16 Ann N.
- 2/20 Dovie G.

Staff Birthdays

- 2/2 Tyrone M.
- 2/10 Lori A.
- 2/13 David R.
- 2/20 Danielle B.
- 2/25 Christiana W.



LOCATION KEY

- LI** Library
- CD** Card Room
- FC** Fitness Center
- TH** Theater
- B** Bistro
- CR** Community Room
- SDR** Symphony Dining Room

All Activities are Subject to Change

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

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♥ **HAPPY**
Valentine's
DAY ♥

Around our Community

Happy February!

Welcome to February! We have another fun month planned with lots of Valentine's themed activities. We will be making fruit parfait and edible play dough this month as well as creating DIY bird feeders! To warm up, we'll be having a tea party as well. Come join us for games, crafts, and fun!

*All activities are subject to change

LOCATION KEY

- AR** Activity Room
- LR** Living Room
- DR** Dining Room
- CR** Community Room
- P4** 4th Floor Patio



2

- 10:00 **AR** Sunday Stretch
- 10:30 **AR** Church Service
- 12:30 **AR** Joggin' Your Knoggin'
- 2:00 **LR** Afternoon Stretch
- 3:00 **AR** Puzzles and Chat
- 3:30 **AR** Comedy Hour
- 5:00 **AR** Evening Wind Down

3

- 9:30 **AR** Music Favorites
- 10:00 **AR** Chair Exercise
- 10:30 **AR** Massage and Aromatherapy
- 12:30 **AR** Reset and Music
- 1:00 **AR** Sabrina
- 2:30 **AR** Chair Ballet
- 3:00 **AR** Music of the Day
- 5:00 **AR** Evening Wind Down

9

- 10:00 **AR** Sunday Stretch
- 10:30 **AR** Church Service
- 12:30 **AR** Joggin' Your Knoggin'
- 1:00 **AR** Music and Relaxation
- 2:00 **LR** Afternoon Stretch
- 3:00 **AR** Puzzles and Chat
- 5:00 **AR** Evening Wind Down

10

- 9:30 **AR** Music Favorites
- 10:00 **AR** Chair Exercise
- 10:30 **AR** Massage and Aromatherapy
- 12:30 **AR** Reset and Music
- 1:00 **AR** An Affair to Remember
- 2:30 **AR** Chair Yoga
- 3:00 **AR** Music of the Day
- 5:00 **AR** Evening Wind Down

16

- 10:00 **AR** Sunday Stretch
- 10:30 **AR** Church Service
- 12:30 **AR** Joggin' Your Knoggin'
- 2:00 **LR** Afternoon Stretch
- 3:00 **AR** Puzzles and Chat
- 3:30 **AR** Comedy Hour
- 5:00 **AR** Evening Wind Down

17

President's Day

- 9:30 **AR** Music Favorites
- 10:00 **AR** Chair Exercise
- 10:30 **AR** Massage and Aromatherapy
- 12:30 **AR** Reset and Music
- 1:00 **AR** Eat Pray Love
- 2:30 **AR** Chair Ballet
- 3:00 **AR** Music of the Day
- 5:00 **AR** Evening Wind Down

23

- 10:00 **AR** Sunday Stretch
- 10:30 **AR** Church Service
- 12:30 **AR** Joggin' Your Knoggin'
- 1:00 **AR** Music and Relaxation
- 2:00 **LR** Afternoon Stretch
- 3:00 **AR** Puzzles and Chat
- 5:00 **AR** Evening Wind Down

24

- 9:30 **AR** Music Favorites
- 10:00 **AR** Chair Exercise
- 10:30 **AR** Massage and Aromatherapy
- 12:30 **AR** Reset and Music
- 1:00 **AR** My Big Fat Greek Wedding
- 2:00 **AR** Chair Yoga
- 3:00 **AR** Music of the Day
- 5:00 **AR** Evening Wind Down

4

- 9:30 **AR** Coffee and Chat
- 10:00 **AR** Chair Exercise
- 10:30 **DR** Qwirkle
- 12:30 **AR** Well Grounded
- 2:00 **AR** Fruit Parfaits
- 3:00 **AR** Duck Hunt
- 3:30 **AR** Who Am I?
- 5:00 **AR** Evening Wind Down

11

- 9:30 **AR** Coffee and Chat
- 10:00 **AR** Chair Exercise
- 10:30 **DR** Minute To Win It
- 12:30 **AR** Ice Cream Social
- 1:30 **AR** Armed Forces Day
- 2:30 **AR** Balloon Bop
- 3:30 **AR** Sensory Sensations
- 5:00 **AR** Evening Wind Down

18

- 9:30 **AR** Coffee and Chat
- 10:00 **AR** Chair Exercise
- 10:30 **DR** Uno
- 12:30 **AR** Virtual Scenic Drive
- 1:30 **AR** History of Wine
- 2:30 **LR** Bocce Ball
- 3:00 **AR** Name That Tune
- 5:00 **AR** Evening Wind Down

25

- 9:30 **AR** Coffee and Chat
- 10:00 **AR** Chair Exercise
- 10:30 **DR** Duck Racing
- 12:30 **AR** Trivia
- 2:00 **DR** Creating Edible Playdough
- 3:00 **AR** Parachute Game
- 3:30 **AR** Sensory Sensations
- 5:00 **AR** Evening Wind Down

5

- 9:30 **AR** Music Favorites
- 10:00 **AR** Silver Sneakers Exercise
- 10:30 **DR** Music Bingo
- 12:30 **AR** Word Games
- 1:30 **AR** About Monarch Butterflies
- 2:30 **LR** Stretching with Jackie
- 3:00 **CR** Happy Hour
- 5:00 **AR** Evening Wind Down

12

- 9:30 **AR** Music Favorites
- 10:00 **AR** Silver Sneakers Exercise
- 10:30 **DR** Music Bingo
- 12:30 **AR** Word Games
- 1:30 **AR** Georgia Travelogue
- 2:30 **LR** Stretching with Jackie
- 3:00 **CR** Happy Hour
- 5:00 **AR** Evening Wind Down

19

- 9:30 **AR** Music Favorites
- 10:00 **AR** Silver Sneakers Exercise
- 10:30 **DR** Music Bingo
- 12:30 **AR** Word Games
- 1:30 **AR** Who Am I? Willy Wonka
- 2:30 **LR** Stretching with Jackie
- 3:00 **CR** Happy Hour
- 5:00 **AR** Evening Wind Down

26

- 9:30 **AR** Music Favorites
- 10:00 **AR** Silver Sneakers Exercise
- 10:30 **DR** Music Bingo
- 12:30 **AR** Word Games
- 1:30 **AR** Origins of Fairy Tales
- 2:30 **LR** Stretching with Jackie
- 3:00 **CR** Happy Hour
- 5:00 **AR** Evening Wind Down

6

- 9:30 **AR** Coffee and Chat
- 10:00 **CR** Exercise with Aaron
- 10:30 **AR** What's In My Room?
- 12:30 **AR** Music Trivia
- 1:00 **AR** Hidden Figures
- 2:30 **AR** Bowling
- 3:00 **AR** Who Am I? Feb Bdays
- 5:00 **AR** Evening Wind Down

13

- 9:30 **AR** Coffee and Chat
- 10:00 **AR** Silver Sneakers Exercise
- 10:00 **CR** Exercise with Aaron
- 10:30 **AR** Memory Lane: The Movies
- 12:30 **AR** Music Trivia
- 1:00 **AR** My Big Fat Greek Wedding
- 2:30 **AR** Chuck The Duck
- 3:00 **AR** Bible Study with Lexi
- 3:30 **DR** Puzzle Party
- 5:00 **AR** Evening Wind Down

20

- 9:30 **AR** Coffee and Chat
- 10:00 **AR** Silver Sneakers Exercise
- 10:00 **CR** Exercise with Aaron
- 10:30 **AR** History:Hail to the Chief
- 12:30 **AR** Music Trivia
- 1:00 **AR** Remember The Titans
- 2:30 **AR** Balloon Bop
- 3:00 **AR** Conversation Hearts
- 5:00 **AR** Evening Wind Down

27

- 9:30 **AR** Coffee and Chat
- 10:00 **AR** Silver Sneakers Exercise
- 10:00 **CR** Exercise with Aaron
- 10:30 **AR** Can You Picture This?
- 12:30 **AR** Music Trivia
- 1:00 **AR** A Star is Born
- 2:30 **AR** Can Toss
- 3:00 **AR** Bible Study with Lexi
- 3:00 **AR** Spa Day
- 5:00 **AR** Evening Wind Down

7

- 9:30 **AR** Spiritual Music
- 10:00 **AR** Chair Exercise
- 10:30 **CR** Nails & Aromatherapy
- 12:30 **P4** Riddle Me This
- 1:30 **AR** Ballet Clips
- 2:00 **DR** Clay Hearts
- 3:00 **AR** Passport To Wellness
- 3:30 **AR** Concert Series
- 5:00 **AR** Evening Wind Down

14

Valentines Day

- 9:30 **AR** Spiritual Music
- 10:00 **AR** Chair Exercise
- 10:30 **CR** Nails & Aromatherapy
- 12:30 **P4** The Red Quiz
- 2:00 **DR** Valentine's Day Party
- 3:00 **AR** Passport To Wellness
- 3:30 **AR** Concert Series
- 5:00 **AR** Evening Wind Down

21

- 9:30 **AR** Spiritual Music
- 10:00 **AR** Chair Exercise
- 10:30 **CR** Nails & Aromatherapy
- 12:30 **P4** Word Games
- 2:00 **DR** Tea Party
- 3:00 **AR** Passport To Wellness
- 3:30 **AR** Concert Series
- 5:00 **AR** Evening Wind Down

28

- 9:30 **AR** Spiritual Music
- 10:00 **AR** Chair Exercise
- 10:30 **CR** Nails & Aromatherapy
- 12:30 **P4** Word Games
- 2:00 **DR** DIY Bird Feeders
- 3:00 **AR** Passport To Wellness
- 3:30 **AR** Concert Series
- 5:00 **AR** Evening Wind Down