

UPCOMING COMMUNITY EVENTS



I'M JANUARY BY ANNETTE WYNNE

I'm January bringing you
A year of days—all brand, brand new;
I step upon the frosty ground.
When chimes and sleighbells ring
around;
You welcome me and children sing,
And joy comes into everything.
I bring you love and lots of cheer,
And work and friends for all the year.

National Polka Month Day is Jan. 15
Accordion to folk lore
Polkas have power to make you smile
So join the fun & come & see
At the hour of 3.



ENTERTAINERS THIS MONTH

- Fri. Jan. 3 Larry Levin - keyboard & vocals
- Thu. Jan. 9 Piano concert with Katrina & Vincent
- Wed. Jan. 15 Polka Day - Accordion Mike & vocals
- Tue. Jan. 21 Marianne Sullivan - Guitar & vocals
- Thu. Jan. 30 Family & Friends Happy Hr. with Jeff Dewbray

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

Alto
Senior Living by Allegro

FLOURISH

JANUARY 2025

WHAT'S INSIDE

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Social Calendar

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Upcoming Events + News

"I blink January's lashes and gush down December's cheeks."

— Sanober Khan

January 2025

Sunday



5 Jigsaw Puzzle Challenge
10:15 **CR** Video Exercise Class
11:00 **CR** Sunday Catholic Mass
1:15 **CR** Weekend B I N G O
2:15 **CR** POPCORN Anyone?
2:30 **MT** You Pick NETFLIX Movie
6:00 **CR** HART TO HART (DVD)

12 Jigsaw Puzzle Challenge
10:15 **CR** Video Exercise Class
11:00 **CR** Sunday Catholic Mass
1:15 **CR** Weekend B I N G O
2:15 **CR** POPCORN Anyone?
2:30 **MT** You Pick NETFLIX Movie
6:00 **CR** CAROL BURNETT DVD

19 Jigsaw Puzzle Challenge
10:15 **CR** Video Exercise Class
11:00 **CR** Sunday Catholic Mass
1:15 **CR** Weekend B I N G O
2:15 **CR** POPCORN Anyone?
3:00 **CR** CHURCH SERVICE
6:00 **CR** HART TO HART (DVD)

26 Jigsaw Puzzle Challenge
10:15 **CR** Video Exercise Class
11:00 **CR** Sunday Catholic Mass
1:15 **CR** Weekend B I N G O
2:15 **CR** POPCORN Anyone?
2:30 **MT** You Pick NETFLIX Movie
6:00 **CR** CAROL BURNETT DVD

Monday

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6 **FC** Movin' Monday
10:45 **FC** Daily Chronicles
11:00 **CR** NEWCOMERS GROUP
1:30 **CR** Sitdown Sitcom
3:00 **CR** Crafts-Perpetual Calendar
6:00 **CR** TRAVEL U.S. - IOWA

13 **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 U.S. - KANSAS

20 Martin Luther King Jr Day
10:15 **FC** Movin' Monday
10:45 **FC** Daily Chronicles
11:00 **B** NEWCOMERS GROUP
1:30 **CR** Sitdown Sitcom
3:00 **CR** Dream Catchers w/C & L
6:00 **CR** HISTORY - M.L.K. Jr.

27 **FC** Movin' Monday
10:45 **FC** Daily Chronicles
12:00 **B** MEN'S LUNCH
1:30 **CR** Sitdown Sitcom
2:30 **CR** BAKING CLASS
6:00 **CR** TRAVEL U.S. - LOUISIANA

Tuesday

7 **FC** Tune Up Tuesday
10:30 **MT** Catholic Communion
10:45 **FC** Daily Chronicles
2:30 **CR** LONGERS Celebration
6:00 **CR** Board Games & More

14 **FC** Tune Up Tuesday
10:30 **MT** Catholic Communion
10:45 **FC** Daily Chronicles
1:00 **229** Parkinson's Support Group
2:00 **B** Happy Hour
2:30 **CR** ALTO JEOPARDY
6:00 **CR** Board Games & More

21 **FC** Tune Up Tuesday
10:30 **MT** Catholic Communion
10:45 **FC** Daily Chronicles
11:00 **B** FOOD COMMITTEE MTG.
2:00 **CR** Happy Hour - Snack & Yack
3:00 **CR** MARIANNE SULLIVAN SINGS
6:00 **CR** Board Games & More

28 **FC** Tune Up Tuesday
10:30 **MT** Catholic Communion
10:45 **FC** Daily Chronicles
2:00 **B** Happy Hour
2:30 **CR** ALTO JEOPARDY
6:00 **CR** Board Games & More

Wednesday

1 10:15 **CR** Video Exercise Class
10:45 **FC** Daily Chronicles
2:00 **CR** BINGO - Fun for all!
3:00 **CR** DRY BAR COMEDY Videos
6:00 **CR** Sleepless in Seattle P.1

8 .GRAYSLAKE CENTRAL H.S.
Community Involvement Day
9:30 **FC** EXERCISE w/ GCHS Group 1
11:00 **CR** LUNCH w/ GCHS Group 2
12:15 **CR** LUNCH w/ GCHS Group 3
2:30 **CR** GAMES w/ GCHS Group 4
6:00 **CR** Movie - H.S. Musical P 1

15 NATIONAL POLKA DAY
10:15 **FC** Wednesday Weights
10:45 **FC** Daily Chronicles
1:00 **CR** ALTO CHOIR SING
2:00 **CR** BINGO - Fun for all!
3:00 **CR** CONCERT: ACCORDION MIKE
6:00 **CR** Movie- BROTHERS - Part 1

22 10:15 **FC** Wednesday Weights
10:45 **FC** Daily Chronicles
12:00 **B** Low Vision Support Lunch
2:00 **CR** BINGO - Fun for all!
3:00 **CR** DRY BAR COMEDY Videos
6:00 **CR** THE BOURNE SUPREMACY P1

29 10:15 **FC** Wednesday Weights
10:45 **FC** Daily Chronicles
1:00 **CR** ALTO CHOIR SING
2:00 **CR** BINGO - Fun for all!
3:00 **CR** DRY BAR COMEDY Videos
3:15 **RR** MEN'S POOL
6:00 **CR** Movie: ALL OF ME

Thursday

2 10:15 **FC** Legacy Exercise
10:45 **FC** Wellness Tip of the Day
11:00 **BUS** BUS TRIP: MARIANO'S
2:00 **CR** Happy Hour: Drinks n More
3:00 **CR** The BEST of the Internet
6:00 **CR** Sleepless in Seattle P.2

9 10:15 **FC** Legacy Exercise
10:45 **FC** Wellness Tip of the Day
11:00 **BUS** BUS TRIP: EMILS
2:00 **CR** Happy Hour: Drinks n More
3:00 **CR** PIANO CONCERT - K & V
6:00 **CR** Movie - H.S. Musical P 2

16 10:15 **FC** Legacy Exercise
10:45 **FC** Wellness Tip of the Day
12:00 **CR** TAKE IN - LOU M's PIZZA
2:00 **CR** Happy Hour: Drinks n More
3:00 **CR** The BEST of the Internet
3:00 **LOB** DOG VISITS with SADIE
6:00 **CR** Movie- BROTHERS - Part 2

23 10:15 **FC** Legacy Exercise
10:30 **LOB** LIBRARY LOBBY STOP
10:45 **FC** Wellness Tip of the Day
11:00 **BUS** BUS TRIP: Mambo Italiano
2:00 **CR** Happy Hour: Drinks n More
6:00 **CR** THE BOURNE SUPREMACY P2

30 10:15 **FC** Legacy Exercise
10:45 **FC** Wellness Tip of the Day
11:00 **BUS** BUS TRIP: JOY RIDE
2:00 **MT** NETFLIX MOVIE & POPCORN
6:00 **CR** FAMILY/FRIENDS HAPPY HR
6:00 **CR** Featuring JEFF DEWBRY!

Friday

3 10:15 **FC** Flexibility Friday
10:45 **FC** Daily Chronicles
1:30 **103** Bible Study & Devotions
3:00 **CR** CONCERT: LARRY LEVIN
6:00 **CR** Everybdy Loves Raymnd DVD

10 10:15 **FC** Flexibility Friday
10:45 **FC** Daily Chronicles
1:30 **103** Bible Study & Devotions
3:00 **CR** Friday FUN & GAMES
6:00 **CR** Everybdy Loves Raymnd DVD

17 10:15 **FC** Flexibility Friday
10:45 **FC** Daily Chronicles
1:30 **103** Bible Study & Devotions
2:30 **CR** MONTHLY BIRTHDAY PARTY
3:00 **CR** Friday FUN & GAMES
6:00 **CR** Everybdy Loves Raymnd DVD

24 10:15 **FC** Flexibility Friday
10:45 **FC** Daily Chronicles
11:00 **CR** RESIDENT COUNCIL
1:30 **103** Bible Study & Devotions
3:00 **CR** Friday FUN & GAMES
6:00 **CR** Everybdy Loves Raymnd DVD

31 10:15 **FC** Flexibility Friday
10:45 **FC** Daily Chronicles
1:30 **103** Bible Study & Devotions
3:00 **CR** Friday FUN & GAMES
6:00 **CR** Everybdy Loves Raymnd DVD

Saturday

4 Jigsaw Puzzle Challenge
10:15 **CR** Video Exercise Class
1:15 **CR** Weekend B I N G O
2:15 **CR** POPCORN Anyone?
2:30 **MT** You Pick DVD Movie
6:00 **CR** SITCOMS on Youtube

11 Jigsaw Puzzle Challenge
10:15 **CR** Video Exercise Class
1:15 **CR** Weekend B I N G O
2:15 **CR** POPCORN Anyone?
2:30 **MT** You Pick DVD Movie
6:00 **CR** SITCOMS on Youtube

18 Jigsaw Puzzle Challenge
10:15 **CR** Video Exercise Class
1:15 **CR** Weekend B I N G O
2:15 **CR** POPCORN Anyone?
2:30 **MT** You Pick DVD Movie
6:00 **CR** SITCOMS on Youtube

25 Jigsaw Puzzle Challenge
10:15 **CR** Video Exercise Class
1:15 **CR** Weekend B I N G O
2:15 **CR** POPCORN Anyone?
2:30 **MT** You Pick DVD Movie
6:00 **CR** SITCOMS on Youtube

Around our Community

B-days & Bus Rides

BIRTHDAYS

Leila W. 01/05
Barbara R. 01/09
Shirley K. 01/17
Shengmai C. 01/30
Anna R. 01/31

BUS RIDES

01/02 Mariano's - Shoppin
01/09 Emils - Lunch
01/16 Take In - Pizza
01/23 Mambo Italiano
01/30 Joy Ride



LOCATION KEY

CR Community Room
FC Fitness Center
BUS Bus
103 Near Apt. 103
MT Movie Theater
229 Lounge near Apt. 229
B Bistro
LOB Lobby
RR Recreation Room



Sunday



5
9:30 Sunday Morning Devotional
Worship & Prayer
9:45 **3AE** Daily Chronicle
10:00 Superior Snacks
10:15 Excellent Exercise Class
1:30 **L** Afternoon Stretch
2:00 **L** Adult Guided art
2:00 Sunday Afternoon History
3:30 **3AE** IN2L- Resident Choice
5:30 Trivia/Lifeskill Stations

12
9:30 Sunday Morning Devotional
Worship & Prayer
9:45 **3AE** Daily Chronicle
10:00 Superior Snacks
10:15 Excellent Exercise Class
1:30 **L** Afternoon Stretch
2:00 Sunday Afternoon History
3:30 **3AE** IN2L- Resident Choice
5:30 Trivia/Lifeskill Stations
6:00 Care Team to run IN2L

19
9:30 Sunday Morning Devotional
Worship & Prayer
9:45 **3AE** Daily Chronicle
10:00 Superior Snacks
10:15 Excellent Exercise Class
1:30 **L** Afternoon Stretch
2:00 **L** Adult Guided art
2:00 Sunday Afternoon History
3:30 **3AE** IN2L- Resident Choice
5:30 Trivia/Lifeskill Stations

26
9:30 Sunday Morning Devotional
Worship & Prayer
9:45 **3AE** Daily Chronicle
10:00 Superior Snacks
10:15 Excellent Exercise Class
1:30 **L** Afternoon Stretch
2:00 Sunday Afternoon History
3:30 **3AE** IN2L- Resident Choice
5:30 Trivia/Lifeskill Stations
6:00 Care Team to run IN2L

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6
9:45 **3AE** Daily Chronicle
10:00 Superior Snacks
10:15 Excellent Exercise Class
10:30 Trivia
1:00 One on One Programming
2:30 **3AE** Prize Bingo
4:45 Junk Drawer Detective
5:30 Trivia/Lifeskill Stations
6:00 Care Team to run IN2L activities

13
9:45 **3AE** Daily Chronicle
10:00 Superior Snacks
10:15 Excellent Exercise Class
10:30 Trivia
1:00 One on One Programming
2:30 **3AE** Prize Bingo
4:00 Matching Cards
4:45 Junk Drawer Detective
5:30 Trivia/Lifeskill Stations
6:00 Care Team to run IN2L

20
9:45 **3AE** Daily Chronicle
10:00 Superior Snacks
10:15 Excellent Exercise Class
10:30 Trivia
1:00 One on One Programming
2:30 **3AE** Prize Bingo
4:45 Junk Drawer Detective
5:30 Trivia/Lifeskill Stations
6:00 Care Team to run IN2L activities

27
9:45 **3AE** Daily Chronicle
10:00 Superior Snacks
10:15 Excellent Exercise Class
10:30 Trivia
12:00 **B** MEN'S LUNCH
1:00 One on One Programming
2:30 **3AE** Prize Bingo
4:00 Matching Cards
4:45 Junk Drawer Detective
5:30 Trivia/Lifeskill Stations

Tuesday

7
9:45 **3AE** Daily Chronicle
10:00 Superior Snacks
10:15 Ring Toss
10:45 One on One Programming
11:00 **BUS** Bus Outing-Scenicdrive
1:00 **ALL** Community Walk
3:30 **L** Dog visit with Sadie
4:30 **AR** EverSound:Guess The Price
5:30 Trivia/Lifeskill Stations
6:00 **SR** Domino's

14
Happy Birthday Carol !
9:45 **3AE** Daily Chronicle
10:00 Superior Snacks
10:45 Keep the Beat Drumming
10:45 One on One Programming
10:45 Noodle Exercise
11:00 **BUS** Bus Outing:Twisted Burger
1:00 **ALL** Community Walk
3:30 **L** White Board Tiles
4:30 **AR** EverSound:Guess The Price

21
9:45 **3AE** Daily Chronicle
10:00 Superior Snacks
10:15 Ring Toss
10:45 One on One Programming
11:00 **BUS** Bus Outing:ScenicTour
1:00 **ALL** Community Walk
4:30 **AR** EverSound:Guess The Price
5:30 Trivia/Lifeskill Stations
6:00 **SR** Domino's
6:00 Care Team to run IN2L

28
9:45 **3AE** Daily Chronicle
10:00 Superior Snacks
10:45 Keep the Beat Drumming
10:45 One on One Programming
10:45 Noodle Exercise
11:00 **BUS** Bus Outing
1:00 **ALL** Community Walk
3:30 **L** White Board Tiles
4:30 **AR** EverSound:Guess The Price
5:30 Trivia/Lifeskill Stations

Wednesday

1
Penguin Plunge day!
9:45 **3AE** Daily Chronicle
10:00 Superior Snacks
10:15 Eversound! Exercise Class
11:00 **ALL** Community Walk
1:00 IN2L Trivia
2:00 **3AE** Afternoon Movie-Resident Choice
3:30 White Board Games
6:00 Care Team to run IN2L

8
9:45 **3AE** Daily Chronicle
10:00 Superior Snacks
10:15 Eversound! Exercise Class
11:00 **ALL** Community Walk
1:00 Game of Choice
2:30 B.C- Tomato Tart
3:30 White Board Games
5:30 Trivia/Lifeskill Stations
6:00 Care Team to run IN2L activities

15
9:45 **3AE** Daily Chronicle
10:00 Superior Snacks
10:15 Eversound! Exercise Class
11:00 **ALL** Community Walk
1:00 Game of Choice
2:30 B.C- CreamcheeseRollups
3:30 White Board Games
5:30 Trivia/Lifeskill Stations
6:00 Care Team to run IN2L activities

22
9:45 **3AE** Daily Chronicle
10:00 Superior Snacks
10:15 Eversound! Exercise Class
11:00 **ALL** Community Walk
1:00 Game of Choice
2:30 B.C- Pigs in a blanket
3:30 White Board Games
5:30 Trivia/Lifeskill Stations
6:00 Care Team to run IN2L activities

29
9:45 **3AE** Daily Chronicle
10:00 Superior Snacks
10:15 Eversound! Exercise Class
11:00 **ALL** Community Walk
1:00 Game of Choice
2:30 B.C- Cranberry Brie Bites
3:30 White Board Games
5:30 Trivia/Lifeskill Stations
6:00 Care Team to run IN2L activities

Thursday

2
9:45 **3AE** Daily Chronicle
10:00 Superior Snacks
10:15 Excellent Exercise Class
10:30 **L** Short Stories-Residents
11:00 **3AE** One on One programing
1:15 **AR** Eversound Daily 10
2:00 **EDR** Happy Hour
3:30 **3AE** Crafting Corner:Snow Birds
5:30 Trivia/Lifeskill Stations
6:00 Care Team to run IN2L

9
9:45 **3AE** Daily Chronicle
10:00 Superior Snacks
10:15 Excellent Exercise Class
10:30 **L** Short Stories-Residents
11:00 **3AE** One on One programing
1:15 **AR** Eversound Daily 10
2:00 **AR** Concert: K&T
3:30 **3AE** C.C:Button Flowers
5:30 Trivia/Lifeskill Stations
6:00 Care Team to run IN2L

16
9:45 **3AE** Daily Chronicle
10:00 Superior Snacks
10:15 Excellent Exercise Class
10:30 **L** Short Stories-Residents
11:00 **3AE** One on One programing
1:15 **AR** Eversound Daily 10
2:00 **EDR** Happy Hour
3:30 **3AE** C.C: Button Flowers
5:30 Trivia/Lifeskill Stations
6:00 Care Team to run IN2L

23
9:45 **3AE** Daily Chronicle
10:00 Superior Snacks
10:15 Excellent Exercise Class
10:30 **L** Short Stories-Residents
11:00 **3AE** One on One programing
1:15 **AR** Eversound Daily 10
2:00 **EDR** Happy Hour
3:30 **3AE** C.C- Clay Creations
5:30 Trivia/Lifeskill Stations
6:00 Care Team to run IN2L

30
9:45 **3AE** Daily Chronicle
10:00 Superior Snacks
10:15 Excellent Exercise Class
10:30 **L** Short Stories-Residents
11:00 **3AE** One on One programing
1:15 **AR** Eversound Daily 10
2:00 **EDR** Happy Hour
3:30 **3AE** C.C: Beading
5:30 Trivia/Lifeskill Stations
6:00 Care Team to run IN2L

Friday

3
Chocolate Covered Cherry Day
9:45 **3AE** Daily Chronicle
10:00 Superior Snacks
10:15 Excellent Exercise Class
10:45 IN2L:Would you Rather
1:30 Marvelous Manicures
2:30 Ice cream social
3:30 In2L:Wheel of Fortune
5:30 Trivia/Lifeskill Stations

10
9:45 **3AE** Daily Chronicle
10:00 Superior Snacks
10:15 Excellent Exercise Class
10:45 IN2L:Would you Rather
1:30 Marvelous Manicures
2:30 Ladies tea
3:30 In2L:Wheel of Fortune
5:30 Trivia/Lifeskill Stations
6:00 Care Team to run IN2L activities

17
9:45 **3AE** Daily Chronicle
10:00 Superior Snacks
10:15 Excellent Exercise Class
10:45 IN2L:Would you Rather
1:30 Marvelous Manicures
2:30 **CR** MONTHLY BIRTHDAY PARTY
3:30 Root Beer Float Social
5:30 In2L:Wheel of Fortune
6:00 Care Team to run IN2L

24
9:45 **3AE** Daily Chronicle
10:00 Superior Snacks
10:15 Excellent Exercise Class
10:45 IN2L:Would you Rather
1:30 Marvelous Manicures
2:30 Ice Cream Social
3:30 In2L:Wheel of Fortune
5:30 Trivia/Lifeskill Stations
6:00 Care Team to run IN2L activities

31
9:45 **3AE** Daily Chronicle
10:00 Superior Snacks
10:15 Excellent Exercise Class
10:45 IN2L:Would you Rather
1:30 Marvelous Manicures
2:30 Ladies Tea
3:30 In2L:Wheel of Fortune
5:30 Trivia/Lifeskill Stations
6:00 Care Team to run IN2L activities

Saturday

4
9:45 **3AE** Daily Chronicle
10:00 Superior 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
5:30 Trivia/Lifeskill Stations
6:00 Resident Choice Activity

11
9:45 **3AE** Daily Chronicle
10:00 Superior 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
5:30 Trivia/Lifeskill Stations
6:00 Resident Choice Activity

18
Happy BIRTHday Joanne!
9:45 **3AE** Daily Chronicle
10:00 Superior 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

25
9:45 **3AE** Daily Chronicle
10:00 Superior 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
5:30 Trivia/Lifeskill Stations
6:00 Resident Choice Activity



Happy Birthday!

Carol 1/14
Joanne 1/18

Please Join us for any of the activities we have going on!
The more the merrier!



LOCATION KEY

- 3AE** Activity Rm.- East
- ALL** Everywhere!
- L** Lounge
- AR** Activity Room
- EDR** Ensemble Dining Room
- BUS** Bus
- SR** Sunroom
- CR** Community Room
- B** Bistro