

UPCOMING COMMUNITY EVENTS

JANUARY OUTINGS

Monday January 6 at 1pm Resident Shopping at Schnucks

Friday January 10 at 11am Reside4nt Lunch Outing

Monday January 13 at 1pm Resident Shopping at Wal-Mart

Friday January 17 at 1pm Scenic Ride

Monday January 20 at 1pm Resident Shopping at Target

Friday January 24 at 11am Resident Lunch Outing

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



NEWS

From Our Allegro Family

We wish you a Happy New Year!

We Look Forward to a Great Year!



Allegro in Richmond Heights

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



FLOURISH

JANUARY 2025

WHAT'S INSIDE

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Social Calendar

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Upcoming Events + News

"JANUARY IS THE PERFECT TIME TO RESET, RECHARGE, AND RENEW YOUR FOCUS ON WHAT TRULY MATTERS".

—UNKNOWN

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



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<https://www.allegroliving.com/senior-living-richmond-heights-mo.html>

- 5**
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
6:30 **TH** Movies with Jackie

- 12**
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
3:00 **LI** Poetry Readings
4:00 **FC** Fitness on Demand
6:30 **TH** Movies with Jackie

- 19**
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
6:30 **TH** Movies with Jackie

- 26**
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
3:00 **LI** Poetry Readings
4:00 **FC** Fitness on Demand
6:30 **TH** Movies with Jackie

- 6**
9:30 Morning Meditation
10:30 **CR** Name 5
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

- 13**
9:30 Morning Meditation
10:30 **CR** Skip-Bo
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 **CD** Puzzles and Popcorn
4:00 **TH** Afternoon Matinee
6:00 **B** Evening Meet & Greet

- 20** MLK Jr. Day
9:30 Morning Meditation
10:30 **CD** Phase 10
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

- 27**
9:30 Morning Meditation
10:30 **CR** Uno Card Game
12:30 **FC** Community Hall Walking
1:30 **TH** Resident Council
2:00 **B** Therapy Exercise Circle
2:30 **CD** Bridge Club
3:00 **CR** Crafting with Alice
4:00 **TH** Afternoon Matinee
6:00 **B** Evening Meet & Greet

- 7**
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
3:00 **TH** Nat Geo Photographer
4:00 **CR** Afternoon Matinee
6:00 **CD** Evening Poker Club

- 14**
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
4:00 **TH** Afternoon Matinee
6:00 **CD** Evening Poker Club

- 21**
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
3:30 **TH** Afternoon Matinee
6:00 **CD** Evening Poker Club

- 28**
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
4:00 **TH** Afternoon Matinee
6:00 **CD** Evening Poker Club

- 1** New Year's Day
9:30 Morning Meditation
10:30 **TH** Catholic Mass & Communion
12:30 **FC** Community Hall Walking
1:00 **TH** Bible Study w/ Bob
2:00 **B** Vitality Yoga
3:00 **SDR** Happy Hour & Music
4:00 **CD** Chess & Checkers
6:00 **B** Resident Led Evening Social

- 8**
9:30 Morning Meditation
10:30 **TH** Catholic Mass & Communion
12:30 **FC** Community Hall Walking
1:00 **TH** Bible Study w/ Bob
2:00 **B** Vitality Yoga
3:00 **SDR** Happy Hour & Music
4:00 **CD** Chess or Checkers
6:00 **B** Resident Led Evening Social

- 15**
9:30 Morning Meditation
10:30 **TH** Catholic Mass & Communion
12:30 **FC** Community Hall Walking
1:00 **TH** Bible Study w/ Bob
2:00 **B** Vitality Yoga
3:00 **SDR** Happy Hour & Music
4:00 **CD** Puzzle Hour
6:00 **B** Resident Led Evening Social

- 22**
9:30 Morning Meditation
10:30 **TH** Catholic Mass & Communion
12:30 **FC** Community Hall Walking
1:00 **TH** Bible Study w/ Bob
2:00 **B** Vitality Yoga
3:00 **SDR** Happy Hour & Music
4:00 **CD** Chess or Checkers
6:00 **B** Resident Led Evening Social

- 29**
9:30 Morning Meditation
10:30 **TH** Catholic Mass & Communion
12:30 **FC** Community Hall Walking
1:00 **TH** Bible Study w/ Bob
2:00 **B** Vitality Yoga
3:00 **SDR** Happy Hour & Music
4:00 **CD** Puzzle Hour
6:00 **B** Resident Led Evening Social

- 2**
9:30 Morning Meditation
10:00 **SDR** Resident Coffee Chat
11:00 **TH** Health 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

- 9**
9:30 Morning Meditation
10:00 **SDR** Resident Coffee Chat
11:00 **TH** Health Chat
12:30 **FC** Community Hall Walking
1:00 **TH** Ted Talk
2:00 **B** Prize Bingo
3:30 **TH** Afternoon Matinee
6:00 **B** Ladies Meet Up

- 16**
9:30 Morning Meditation
10:00 **SDR** Resident Coffee Chat
11:00 **TH** Health Talk
12:30 **FC** Community Hall Walking
1:00 **TH** Ted Talk
2:00 **B** Prize Bingo
3:30 **B** Afternoon Matinee
6:00 **B** Ladies Meet Up

- 23**
9:30 Morning Meditation
10:00 **SDR** Resident Coffee Chat
11:00 **TH** Health Talk
12:30 **FC** Community Hall Walking
1:00 **TH** Ted Talk
2:00 **B** Prize Bingo
3:30 **TH** Afternoon Matinee
6:00 **B** Ladies Meet Up

- 30**
9:30 Morning Meditation
10:00 **SDR** Resident Coffee Chat
11:00 **TH** Health Chat
12:30 **FC** Community Hall Walking
1:00 **TH** Ted Talk
2:00 **B** Prize Bingo
3:30 **B** Jeopardy Trivia
6:00 **B** Ladies Meet Up

- 3**
9:30 Morning Meditation
10:30 **TH** Docu Series
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

- 10**
9:30 Morning Meditation
10:30 **TH** Docu Series
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

- 17**
9:30 Morning Meditation
10:30 **TH** Docu Series
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

- 24**
9:30 Morning Meditation
10:30 **TH** Docu Series
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

- 31**
9:30 Morning Meditation
10:30 **TH** Docu Series
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

- 4**
9:30 Morning Meditation
10:00 **LI** News & Views
11:00 **CD** Rummikub
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

- 11**
9:30 Morning Meditation
10:30 **B** Life's Events
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

- 18**
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

- 25**
9:30 Morning Meditation
10:30 **B** Life's Events
11:00 **CD** Trimoinoa
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

- 1/3 Barb V.
- 1/15 Kay G.
- 1/15 Linda R.
- 1/17 Fern P.
- 1/21 Jerry W.
- 1/28 Robert P.
- 1/30 Alex D.
- 1/30 Thomas B.

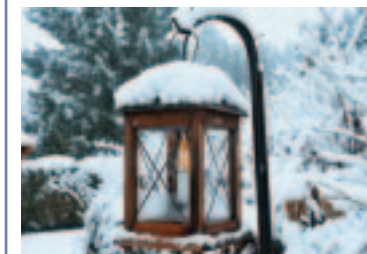
Staff Birthdays

- 1/4 Shennial Y.
- 1/22 Kimmora E.
- 1/26 Shaneek S.
- 1/29 Crystal E.



LOCATION KEY

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



Sunday



Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

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- 5**
 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
- 12**
 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
- 19**
 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
- 26**
 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

- 6**
 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** Music of the Day
 2:00 **AR** Chair Ballet
 2:30 **AR** Happy Feet
 5:00 **AR** Evening Wind Down
- 13**
 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** Music of the Day
 2:00 **AR** Chair Yoga
 2:30 **AR** Grease
 5:00 **AR** Evening Wind Down
- 20** **MLK 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** Music of the Day
 2:00 **AR** Chair Ballet
 2:30 **AR** Hair Spray
 5:00 **AR** Evening Wind Down
- 27**
 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** Music of the Day
 2:00 **AR** Chair Yoga
 2:30 **AR** Pillow Talk
 5:00 **AR** Evening Wind Down

- 7**
 9:30 **AR** Coffee and Chat
 10:00 **AR** Chair Exercise
 10:30 **DR** Uno
 12:30 **AR** Ice Cream Social
 1:30 **AR** Harlem Globetrotters Day
 2:30 **AR** Virtual Scenic Drive
 3:00 **AR** What's In My Room?
 3:30 **FR** Sensory Sensations
 5:00 **AR** Evening Wind Down
- 14**
 9:30 **AR** Coffee and Chat
 10:00 **AR** Chair Exercise
 10:30 **DR** Duck Racing
 12:30 **AR** Snow Days Reminiscing
 1:30 **AR** Snow Flake Art
 2:30 **LR** Dress Up Your Pet Day
 3:30 **DR** Bocce Ball
 5:00 **AR** Evening Wind Down
- 21**
 9:30 **AR** Coffee and Chat
 10:00 **AR** Chair Exercise
 10:30 **DR** Puzzle Party
 12:30 **AR** Ice Cream Social
 1:30 **AR** All About Mariachi Bands
 2:30 **AR** Duck Hunt
 3:00 **MLK Day Trivia**
 5:00 **AR** Evening Wind Down
- 28**
 9:30 **AR** Coffee and Chat
 10:00 **AR** Chair Exercise
 10:30 **DR** Card Games
 12:30 **AR** January Trivia
 1:30 **AR** Krazy Kazoos
 2:30 **AR** Balloon Bop
 3:00 **AR** Who Am I?
 3:30 **AR** Sensory Sensations
 5:00 **AR** Evening Wind Down

- 8** **Elvis' Birthday**
 9:30 **AR** Music Favorites
 10:00 **CR** Exercise with Aaron
 10:30 **DR** Music Bingo
 12:30 **AR** Word Games
 1:30 **AR** The Classic Elvis
 2:30 **LR** Stretching with Jackie
 3:00 **CR** Happy Hour
 5:00 **AR** Evening Wind Down
- 15**
 9:30 **AR** Music Favorites
 10:00 **CR** Exercise with Aaron
 10:30 **DR** Music Bingo
 12:30 **AR** Word Games
 1:30 **AR** Remembering Etta James
 2:30 **LR** Stretching with Jackie
 3:00 **CR** Happy Hour
 5:00 **AR** Evening Wind Down
- 22**
 9:30 **AR** Music Favorites
 10:00 **CR** Exercise with Aaron
 10:30 **DR** Music Bingo
 12:30 **AR** Word Games
 1:30 **AR** Where Am I? Graceland
 2:30 **LR** Stretching with Jackie
 3:00 **CR** Happy Hour
 5:00 **AR** Evening Wind Down
- 29** **Chinese New Year**
 9:30 **AR** Music Favorites
 10:00 **CR** Exercise with Aaron
 10:30 **DR** Music Bingo
 12:30 **AR** Word Games
 1:30 **AR** Ludacris Laws
 2:30 **LR** Stretching with Jackie
 3:00 **CR** Happy Hour
 5:00 **AR** Evening Wind Down

- 2**
 9:30 **AR** Coffee and Chat
 10:00 **AR** Silver Sneakers Exercise
 10:30 **AR** Create a Story
 12:30 **AR** Music Trivia
 1:00 **AR** Willy Wonka
 2:30 **LR** Bowling
 3:00 **AR** Bible Study with Lexi
 3:30 **DR** Puzzle Party
 5:00 **AR** Evening Wind Down
- 9**
 9:30 **AR** Coffee and Chat
 10:00 **AR** Silver Sneakers Exercise
 10:30 **AR** Memory Lane
 12:30 **AR** Music Trivia
 1:00 **AR** Cheaper by the Dozen
 2:30 **AR** Chuck The Duck
 3:00 **AR** Who Am I?
 5:00 **AR** Evening Wind Down
- 16**
 9:30 **AR** Coffee and Chat
 10:00 **AR** Silver Sneakers Exercise
 10:30 **AR** Historic Events
 12:30 **AR** Music Trivia
 1:00 **AR** Mr. Popper's Penguins
 2:30 **AR** Balloon Bop
 3:00 **AR** Bible Study with Lexi
 3:30 **AR** Puzzle Party
 5:00 **AR** Evening Wind Down
- 23**
 9:30 **AR** Coffee and Chat
 10:00 **AR** Silver Sneakers Exercise
 10:30 **AR** Photographic Storytelling
 12:30 **AR** Music Trivia
 1:00 **AR** Breakfast at Tiffanys
 2:30 **AR** Parachute Game
 3:00 **AR** The Greatest Boxer
 5:00 **AR** Evening Wind Down
- 30**
 9:30 **AR** Coffee and Chat
 10:00 **AR** Silver Sneakers Exercise
 12:30 **AR** Music Trivia
 1:00 **AR** Encanto
 2:30 **AR** Chinese New Year Celebration
 3:30 **AR** Can Toss
 5:00 **AR** Evening Wind Down

- 3**
 9:30 **AR** Spiritual Music
 10:00 **AR** Chair Exercise
 10:30 **CR** Nails & Aromatherapy
 12:30 **P4** Women Rock Day
 2:00 **DR** Chocolate Covered Strawberries
 3:00 **AR** Passport To Wellness
 3:30 **AR** Concert Series
 5:00 **AR** Evening Wind Down
- 10**
 9:30 **AR** Spiritual Music
 10:00 **AR** Chair Exercise
 10:30 **CR** Nails & Aromatherapy
 12:30 **P4** Word Games
 1:30 **AR** Funny Baby Clips
 2:00 **DR** Button Snow Men
 3:00 **AR** Passport To Wellness
 3:30 **AR** Concert Series
 5:00 **AR** Evening Wind Down
- 17**
 9:30 **AR** Spiritual Music
 10:00 **AR** Chair Exercise
 10:30 **CR** Nails & Aromatherapy
 12:30 **P4** Word Games
 1:30 **AR** Popeye Day
 2:00 **DR** Cooking Lemon Bars
 3:00 **AR** Passport To Wellness
 3:30 **AR** Concert Series
 5:00 **AR** Evening Wind Down
- 24**
 9:30 **AR** Spiritual Music
 10:00 **AR** Chair Exercise
 10:30 **CR** Nails & Aromatherapy
 12:30 **P4** Word Games
 1:30 **AR** Short Stories
 2:00 **DR** Jewelry Making
 3:00 **AR** Laughter Yoga
 3:30 **AR** Concert Series
 5:00 **AR** Evening Wind Down
- 31**
 9:30 **AR** Spiritual Music
 10:00 **AR** Chair Exercise
 10:30 **CR** Nails & Aromatherapy
 12:30 **P4** Word Games
 1:30 **AR** Hot Cocoa Bar
 2:00 **DR** Spa Day
 3:00 **AR** Passport To Wellness
 3:30 **AR** Concert Series
 5:00 **AR** Evening Wind Down

- 4**
 9:30 **AR** Exercise with Lexi
 10:00 **AR** Coffee and Chat
 10:30 **AR** Church Service
 12:30 **AR** Harmony and Hues
 1:30 **AR** Missouri Trivia
 2:30 **AR** Chair Exercise
 3:30 **LR** Comedy Show
 3:30 **AR** Who Am I? Diane Keaton
 5:00 **AR** Evening Wind Down
- 11**
 9:30 **AR** Exercise with Lexi
 10:00 **AR** Coffee and Chat
 10:30 **AR** Church Service
 12:30 **AR** Harmony and Hues
 1:30 **AR** IN2L Trivia
 2:30 **AR** Chair Exercise
 3:00 **AR** Fireside Chat
 5:00 **AR** Evening Wind Down
- 18**
 9:30 **AR** Exercise with Lexi
 10:00 **AR** Coffee and Chat
 10:30 **AR** Church Service
 12:30 **AR** Harmony and Hues
 1:30 **AR** Michigan Trivia
 2:30 **AR** Chair Exercise
 3:30 **LR** Comedy Show
 5:00 **AR** Evening Wind Down
- 25**
 9:30 **AR** Exercise with Lexi
 10:00 **AR** Coffee and Chat
 10:30 **AR** Church Service
 12:30 **AR** Harmony and Hues
 1:30 **AR** Hot Cocoa Family Party
 3:30 **AR** Chair Exercise
 5:00 **AR** Evening Wind Down

Around our Community

Happy January!

Welcome to 2025! We are starting the year off with a lot of fun activities. We'll be celebrating holidays like MLK day, Elvis' birthday, Mariachi Day, and the Chinese Lunar New Year. We plan on making and eating some chocolate covered strawberries as well as making jewelry this month. Lexi will be starting a bible study that she will lead twice a month with the residents! We are taking a pause on outings during the winter months, but will start again in March. Come join us for some fun festivities!

*All activities are subject to change

LOCATION KEY

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

