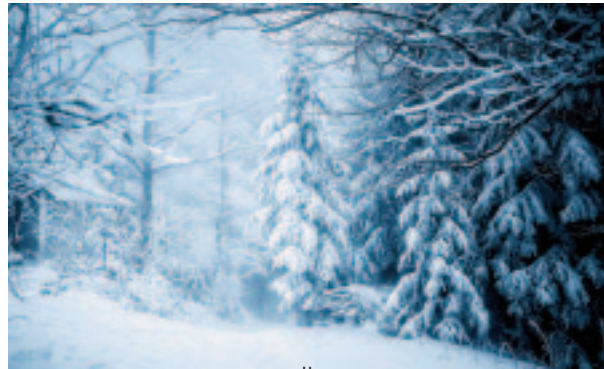


UPCOMING COMMUNITY EVENTS



WINTER FAMILY BRUNCH

Sunday, January 12th

Three seatings available: 10:30AM,
12:00PM and 1:30PM

Gather with friends and loved ones to enjoy the spirit of the season while indulging in a delectable array of dishes crafted by our talented executive chef.



Alto's Annual Remembrance Service

Wednesday, January 8th | 2:30 PM

Please join us in remembering those in our community that are no longer with us. Service will include music, prayers, readings, and stories of loved ones past. Family and residents are invited.

DON'T MISS THESE EVENTS!

MON 1/6 2:30PM | STREET PHOTOGRAPHY CLASS

TUES 1/14 11:30AM | SEVEN DWARFS RESTAURANT OUTING

WED 1/15 1:30PM | PROFESSIONAL PORTRAIT SESSIONS

MON 1/20 2PM | RESIDENT COUNCIL MEETING

WED 1/22 2:30PM | SANDWICH MAKING FOR DUPAGE PADS

FRI 1/31 2:30PM | MOZART TRIBUTE HAPPY HOUR

Alto Wheaton
219 Parkway Dr
Wheaton, IL 60187
(630) 752-0644

Alto
Senior Living by Allegro

FLOURISH

JANUARY 2025

WHAT'S INSIDE

Pg 2-3
Social Calendar

Pg 4
Upcoming Events + News

"YOU ARE NEVER TOO OLD TO SET ANOTHER GOAL, OR TO DREAM A NEW DREAM."

—LES BROWN

January 2025

Sunday



5
9:00 **FL** Church Drives with Bill
11:00 **AR** Trivia with Jeanne
11:30 **AR** Sit and Tone Exercise
1:00 **AR** Dominoes
2:00 **AR** Bean Bag Toss
2:30 **T** Afternoon Documentary
3:00 **AR** Gin Rummy Card Club
6:00 **T** Movie Night

12
9:30 **W** Winter Family Brunch
10:30 **W** Brunch 1st Seating
12:00 **W** Brunch 2nd Seating
1:30 **W** Brunch 3rd Seating
2:30 **T** Afternoon Documentary
6:00 **T** Movie Night

19
9:00 **FL** Church Drives with Bill
11:00 **AR** Trivia with Jeanne
11:30 **AR** Sit and Tone Exercise
1:00 **AR** Dominoes
2:00 **AR** Bean Bag Toss
2:30 **T** Afternoon Documentary
3:00 **AR** Gin Rummy Card Club
6:00 **T** Movie Night

26
9:00 **FL** Church Drives with Bill
11:00 **AR** Trivia with Jeanne
11:30 **AR** Sit and Tone Exercise
1:00 **AR** Dominoes
2:00 **AR** Bean Bag Toss
2:30 **T** Afternoon Documentary
3:00 **AR** Gin Rummy Card Club
6:00 **T** Movie Night

Monday

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6
9:30 **2** Walking Club!
10:30 **AR** Morning Reflections
11:00 **AR** Trivia Questions
11:30 **AR** Exercise with Legacy
12:45 **AR** Quiddler
2:30 **AR** Street Photography Class
3:30 **T** Jeopardy Watch Party
6:00 **T** Movie Night

13
9:30 **2** Walking Club!
10:30 **AR** Morning Reflections
11:00 **AR** Trivia Questions
11:30 **AR** Exercise with Legacy
12:45 **AR** Quiddler
2:00 **AR** Penny Auction
3:15 **AR** Bingo with Connor
3:30 **T** Jeopardy Watch Party
6:00 **T** Movie Night

20
9:30 **2** Walking Club!
10:30 **AR** Morning Reflections
11:00 **AR** Trivia Questions
11:30 **AR** Exercise with Legacy
12:45 **AR** Quiddler
2:00 **AR** Resident Council Meeting
3:00 **T** MLK Jr. Documentary
3:00 **AR** Bingo Bonanza!
3:30 **T** Jeopardy Watch Party
6:00 **T** Movie Night

27
9:30 **2** Walking Club!
10:30 **AR** Morning Reflections
11:00 **AR** Trivia Questions
11:30 **AR** Exercise with Legacy
11:30 **AR** Health Talk with Legacy
12:45 **AR** Quiddler
2:00 **AR** Bingo Bonanza!
3:15 **AR** John Boda Presents
3:30 **T** Jeopardy Watch Party
6:00 **T** Movie Night

Tuesday

7
10:30 **AR** Morning Reflections
11:00 **O** Walgreens Shopping Outing
11:00 **AR** White Board Puzzles
11:30 **AR** Sit and Tone Exercise
1:00 **AR** Dominoes
1:30 **T** Guided Meditation
2:30 **AR** Blind Taste Test Activity
3:30 **T** Jeopardy Watch Party
6:00 **T** Movie Night
6:00 **AR** After Dinner Poker Club

14
10:30 **AR** Morning Reflections
11:00 **AR** White Board Puzzles
11:30 **AR** Sit and Tone Exercise
11:30 **O** Seven Dwarfs Lunch Outing
1:00 **AR** Dominoes
1:30 **T** Guided Meditation
2:00 **B** Ice Cream Social
2:15 **AR** Manicures with Lifestyle
3:30 **T** Jeopardy Watch Party
6:00 **T** Movie Night

21
10:30 **AR** Morning Reflections
11:00 **AR** White Board Puzzles
11:00 **O** Scenic Drive Outing
11:30 **AR** Sit and Tone Exercise
12:00 **AR** Bring in Lunch
1:00 **AR** Dominoes
1:30 **T** Guided Meditation
2:00 **B** Ice Cream Social
2:30 **AR** Meeting with the Chef
3:00 **AR** Activity Planning Meeting

28
10:30 **AR** Morning Reflections
11:00 **AR** White Board Puzzles
11:00 **O** Dollar Tree Shopping
11:30 **AR** Sit and Tone Exercise
1:00 **AR** Dominoes
1:30 **T** Guided Meditation
2:00 **B** Ice Cream Social
2:15 **AR** Manicures with Lifestyle
3:30 **T** Jeopardy Watch Party
6:00 **T** Movie Night

Wednesday

1
9:30 **3** Walking Club
10:00 **AR** Communion with Dcn Dan
10:30 **AR** Morning Reflections
11:00 **AR** Trivia Questions
11:30 **AR** Sit & Tone Exercise
12:45 **AR** Quiddler
1:00 **AR** Book Club Meeting
2:30 **AR** Bingo Bonanza!
3:30 **T** Jeopardy Watch Party
6:00 **T** Movie Night

8
9:30 **3** Walking Club
10:30 **AR** Morning Reflections
11:00 **AR** Trivia Questions
11:30 **AR** Sit & Tone Exercise
12:45 **AR** Quiddler
1:00 **AR** Book Club Meeting
2:30 **AR** Alto Annual Remembrance
3:30 **T** Jeopardy Watch Party
6:00 **T** Movie Night

15
9:00 **FL** Library Book Drop Off Day
9:30 **3** Walking Club
10:30 **AR** Morning Reflections
11:00 **AR** Trivia Questions
11:30 **AR** Sit & Tone Exercise
12:45 **B** Quiddler
1:00 **PDR** Book Club Meeting
1:30 **AR** Portraits with Paul Hill
2:30 **B** League of Women's Voters
3:30 **T** Jeopardy Watch Party

22
9:30 **3** Walking Club
10:30 **AR** Morning Reflections
11:00 **AR** Trivia Questions
11:30 **AR** Sit & Tone Exercise
12:45 **AR** Quiddler
1:00 **AR** Book Club Meeting
2:30 **AR** Sandwich Making for PADS
3:30 **T** Jeopardy Watch Party
6:00 **T** Movie Night

29
9:30 **3** Walking Club
10:30 **AR** Morning Reflections
11:00 **AR** Trivia Questions
11:30 **AR** Sit & Tone Exercise
12:45 **AR** Quiddler
1:00 **AR** Book Club Meeting
2:00 **AR** Universal Yums Tasting
3:00 **AR** Bingo Bonanza!
3:30 **T** Jeopardy Watch Party
6:00 **T** Movie Night

Thursday

2
10:30 **AR** Morning Reflections
11:00 **AR** Trivia Questions
11:30 **AR** Sit & Tone with David
1:00 **AR** Dominoes
1:30 **T** Rosary Group
2:30 **AR** Jack Miuccio Live
3:30 **T** Jeopardy Watch Party
3:30 **AR** Kings in the Corner Cards
6:00 **T** Movie Night

9
10:30 **AR** Morning Reflections
11:00 **AR** Trivia Questions
11:30 **AR** Sit and Tone Exercise
1:00 **AR** Dominoes
1:30 **T** Rosary Group
2:30 **AR** Harmonie Kalous Live!
3:30 **T** Jeopardy Watch Party
3:30 **AR** Kings in the Corner Cards
6:00 **T** Movie Night

16
10:30 **AR** Morning Reflections
11:00 **AR** Trivia Questions
11:30 **AR** Sit & Tone with David
1:00 **AR** Dominoes
1:30 **T** Rosary Group
2:30 **AR** Little Wing Symphony Live
3:30 **T** Jeopardy Watch Party
3:30 **AR** Kings in the Corner Cards
6:00 **T** Movie Night

23
10:30 **AR** Morning Reflections
11:00 **AR** Trivia Questions
11:30 **AR** Sit and Tone Exercise
1:00 **AR** Dominoes
1:30 **T** Rosary Group
2:30 **AR** Tim Wilsey Presents
3:30 **T** Jeopardy Watch Party
3:30 **AR** Kings in the Corner Cards
6:00 **T** Movie Night

30
10:30 **AR** Morning Reflections
11:00 **AR** Trivia Questions
11:30 **AR** Sit & Tone with David
1:00 **AR** Dominoes
1:30 **T** Rosary Group
2:30 **AR** Live Guitar: Matt Rail
3:30 **T** Jeopardy Watch Party
3:30 **AR** Kings in the Corner Cards
6:00 **T** Movie Night

Friday

3
9:30 **2** Walking Club!
10:30 **AR** Morning Reflections
11:00 **AR** White Board Puzzles
11:30 **AR** Sit and Tone Exercise
12:45 **AR** Quiddler
1:00 **L** Knitting Club
1:00 **AR** Cooking Club - Brownies
1:30 **T** Communion w. Rev. Joanne
2:30 **AR** Happy Hour!
3:30 **T** Jeopardy Watch Party

10
9:30 **2** Walking Club!
10:30 **AR** Morning Reflections
11:00 **AR** White Board Puzzles
11:30 **AR** Sit and Tone Exercise
12:45 **AR** Quiddler
1:00 **L** Knitting Club
1:00 **AR** Cooking Club - Brownies
2:30 **AR** Happy Hour!
3:30 **T** Jeopardy Watch Party
6:00 **T** Movie Night

17
9:30 **2** Walking Club!
10:30 **AR** Morning Reflections
11:00 **AR** White Board Puzzles
11:30 **AR** Sit and Tone Exercise
12:45 **AR** Quiddler
1:00 **L** Knitting Club
1:00 **AR** Cooking Club - Brownies
1:30 **T** Communion w. Rev. Joanne
2:30 **AR** Happy Hour!
3:30 **T** Jeopardy Watch Party

24
9:30 **2** Walking Club!
10:30 **AR** Morning Reflections
11:00 **AR** White Board Puzzles
11:30 **AR** Sit and Tone Exercise
12:45 **AR** Quiddler
1:00 **L** Knitting Club
1:00 **AR** Cooking Club - Brownies
2:30 **AR** Happy Hour!
3:30 **T** Jeopardy Watch Party
6:00 **T** Movie Night

31
9:30 **2** Walking Club!
10:30 **AR** Morning Reflections
11:00 **AR** White Board Puzzles
11:30 **AR** Sit and Tone Exercise
12:45 **AR** Quiddler
1:00 **L** Knitting Club
1:00 **AR** Cooking Club - Brownies
1:30 **T** Communion w. Rev. Joanne
2:30 **AR** Mozart Joint Happy Hour
3:30 **T** Jeopardy Watch Party

Saturday

4
10:30 **AR** Morning Reflections
11:00 **AR** Trivia Questions
11:30 **AR** Sit and Tone Exercise
12:45 **AR** Quiddler
1:00 **AR** Dominoes
2:00 **AR** Saturday Bingo
3:15 **AR** Craft with Caren
6:00 **T** Movie Night

11
10:30 **AR** Morning Reflections
11:00 **AR** Trivia Questions
11:30 **AR** Sit and Tone Exercise
12:45 **AR** Quiddler
1:00 **AR** Dominoes
2:00 **AR** Saturday Bingo
3:15 **AR** Quirkle Board Game
3:15 **AR** Kings in the Corner Game
6:00 **T** Movie Night

18
10:30 **AR** Morning Reflections
11:00 **AR** Trivia Questions
11:30 **AR** Sit and Tone Exercise
12:45 **AR** Quiddler
1:00 **AR** Dominoes
2:00 **AR** Saturday Bingo
3:15 **AR** Craft with Caren
6:00 **T** Movie Night

25
10:30 **AR** Morning Reflections
11:00 **AR** Trivia Questions
11:30 **AR** Sit and Tone Exercise
12:45 **AR** Quiddler
1:00 **AR** Dominoes
2:00 **AR** Saturday Bingo
3:15 **AR** Quirkle Board Game
3:15 **AR** Kings in the Corner Game
6:00 **T** Movie Night

Around our Community



Happy January Birthday!

1/01 Ginny C.

1/09 Marcie N.

1/10 Steve P.

1/10 George S.

1/13 John C.

1/21 Fred G.

1/23 Doug B.

LOCATION KEY

- 3** 3rd Floor Hallway
- AR** Activity Room
- T** Theater
- 2** 2nd Floor Hallway
- L** Library
- FL** Front Lobby
- O** Outing
- B** Bistro
- PDR** Private Dining Room

January 2025

Sunday



5
FEAST of EPIPHANY
9:45 **BR** Songs, News & Chronicle
10:15 **BR** Seated Yoga Stretching
1:30 **GR** Sing Along
2:30 **GR** Creative Crafts
3:30 **SK** Bingo
6:00 **SK** Classic Movies & Musicals

12
9:45 **BR** Songs, News & Chronicle
10:15 **BR** Seated Yoga Stretching
1:30 **GR** Sing Along
2:30 **GR** Creative Crafts
3:30 **SK** Bingo
6:00 **SK** Classic Movies & Musicals

19
9:45 **BR** Songs, News & Chronicle
10:15 **BR** Seated Yoga Stretching
1:30 **GR** Sing Along
2:30 **GR** Creative Crafts
3:30 **SK** Bingo
6:00 **SK** Classic Movies & Musicals

26
9:45 **BR** Songs, News & Chronicle
10:15 **BR** Seated Yoga Stretching
1:30 **GR** Sing Along
2:30 **GR** Creative Crafts
3:30 **SK** Bingo
6:00 **SK** Classic Movies & Musicals

Monday

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6
9:45 **BR** Songs, News & Chronicle
10:00 **SK** Balloon Game w/ Staff
10:15 **BR** Exercise with Us!
2:00 **BR** Cozy Record Club
3:00 **GR** World Tour - LESOTHO
4:00 **GR** Who, Where & What?
6:00 **SK** Classic Movies & Musicals

13
9:45 **BR** Songs, News & Chronicle
10:00 **SK** Balloon Game w/ Staff
10:15 **BR** Exercise with Us!
2:00 **BR** Cozy Record Club
3:00 **GR** TASTE of HISTORY
4:00 **GR** Who, Where & What?
6:00 **SK** Classic Movies & Musicals

20
MARTIN LUTHER KING DAY
9:45 **BR** Songs, News & Chronicle
10:00 **SK** Balloon Game w/ Staff
10:15 **BR** Exercise with Us!
2:00 **BR** Cozy Record Club
3:00 **GR** World Tour - CURACAO
4:00 **GR** Who, Where & What?
6:00 **SK** Classic Movies & Musicals

27
BUBBLE WRAP DAY
9:45 **BR** Songs, News & Chronicle
10:00 **SK** Balloon Game w/ Staff
10:15 **BR** Exercise with Us!
2:00 **BR** Cozy Record Club
3:00 **GR** World Tour - MACAO
4:00 **GR** Who, Where & What?
6:00 **SK** Classic Movies & Musicals

Tuesday

7
9:45 **BR** Songs, News & Chronicle
10:00 **GR** Putty Green Golf +
10:15 **BR** Exercise with Us!
1:30 **O** Scenic Trips & Tales Tommy
2:00 **SK** Songs & Senses
3:00 **SK** iN2L TV Games
6:00 **SK** Classic Movies & Musicals

14
9:45 **BR** Songs, News & Chronicle
10:00 **GR** Putty Green Golf +
10:15 **BR** Exercise with Us!
1:30 **O** Scenic Trips & Tales Tommy
2:00 **SK** Songs & Senses
3:00 **SK** iN2L TV Games
6:00 **SK** Classic Movies & Musicals

21
9:45 **BR** Songs, News & Chronicle
10:00 **GR** Putty Green Golf +
10:15 **BR** Exercise with Us!
1:30 **O** Scenic Trips & Tales Tommy
2:00 **SK** Songs & Senses
3:00 **SK** iN2L TV Games
6:00 **SK** Classic Movies & Musicals

28
9:45 **BR** Songs, News & Chronicle
10:00 **GR** Putty Green Golf +
10:15 **BR** Exercise with Us!
1:30 **O** Scenic Trips & Tales Tommy
2:00 **SK** Songs & Senses
3:00 **SK** iN2L TV Games
6:00 **SK** Classic Movies & Musicals

Wednesday

1
NEW YEARS DAY
9:45 **BR** Songs, News & Chronicle
10:00 **SK** Gentle Hand Massage
10:00 **BR** DEACON DAN & COMMUNION
10:15 **BR** Exercise with Us!
1:30 **BR** Word Brain Games
3:30 **BR** Happy Hour
6:00 **SK** Classic Movies & Musicals

8
9:45 **BR** Songs, News & Chronicle
10:00 **SK** Gentle Hand Massage
10:15 **BR** Exercise with Us!
1:00 **SK** THERAPY DOG TORI
1:30 **BR** Word Brain Games
2:30 **BR** RUTH on PIANO
2:30 **O** ANNUAL REMEMBRANCE
3:30 **BR** Happy Hour
6:00 **SK** Classic Movies & Musicals

15
9:45 **BR** Songs, News & Chronicle
10:00 **SK** Gentle Hand Massage
10:15 **BR** Exercise with Us!
1:30 **BR** Word Brain Games
2:30 **BR** LAURA HARP-PLAYER
3:30 **BR** Happy Hour
6:00 **SK** Classic Movies & Musicals

22
9:45 **BR** Songs, News & Chronicle
10:00 **SK** Gentle Hand Massage
10:15 **BR** Exercise with Us!
1:30 **BR** Word Brain Games
2:30 **BR** MIKE PLAYING ACCORDIAN +
3:30 **BR** Happy Hour
6:00 **SK** Classic Movies & Musicals

29
9:45 **BR** Songs, News & Chronicle
10:00 **SK** Gentle Hand Massage
10:15 **BR** Exercise with Us!
1:30 **BR** Word Brain Games
2:30 **BR** RICK w GUITAR & SINGING
3:30 **BR** Happy Hour
6:00 **SK** Classic Movies & Musicals

Thursday

2
9:45 **BR** Songs, News & Chronicle
10:00 **O** MOVIE THEATRE
10:15 **BR** Exercise with Us!
1:30 **GR** Playing Fun Instruments
2:30 **GR** Ice Cream Social
3:30 **SK** Virtual Concerts
6:00 **SK** Classic Movies & Musicals

9
9:45 **BR** Songs, News & Chronicle
10:00 **O** MOVIE THEATRE
10:15 **BR** Exercise with Us!
1:30 **GR** Playing Fun Instruments
2:30 **GR** Ice Cream Social
3:30 **SK** Virtual Concerts
6:00 **SK** Classic Movies & Musicals

16
9:45 **BR** Songs, News & Chronicle
10:00 **O** MOVIE THEATRE
10:15 **BR** Exercise with Us!
1:30 **GR** Playing Fun Instruments
2:30 **GR** Ice Cream Social
3:30 **SK** Virtual Concerts
6:00 **SK** Classic Movies & Musicals

23
NATIONAL PIE DAY
9:45 **BR** Songs, News & Chronicle
10:00 **O** MOVIE THEATRE
10:15 **BR** Exercise with Us!
1:30 **GR** Playing Fun Instruments
2:30 **GR** Ice Cream Social
3:30 **SK** Virtual Concerts
5:30 **BR** ENSEMBLE FAMILY NIGHT
6:00 **SK** Classic Movies & Musicals

30
9:45 **BR** Songs, News & Chronicle
10:00 **O** MOVIE THEATRE
10:15 **BR** Exercise with Us!
1:30 **GR** Playing Fun Instruments
2:30 **GR** Ice Cream Social
3:30 **SK** Virtual Concerts
6:00 **SK** Classic Movies & Musicals

Friday

3
9:45 **BR** Songs, News & Chronicle
10:15 **BR** Exercise with Us!
1:30 **GR** Greenhouse Club
2:30 **GR** Name That Instrument
3:30 **SK** Story Telling
6:00 **SK** Classic Movies & Musicals

10
HOUSEPLANT DAY
9:45 **BR** Songs, News & Chronicle
10:15 **BR** Exercise with Us!
1:30 **GR** Greenhouse Club
2:30 **GR** Name That Instrument
3:30 **SK** Story Telling
6:00 **SK** Classic Movies & Musicals

17
9:45 **BR** Songs, News & Chronicle
10:15 **BR** Exercise with Us!
1:30 **GR** Greenhouse Club
2:30 **GR** Name That Instrument
3:30 **SK** Story Telling
6:00 **SK** Classic Movies & Musicals

24
9:45 **BR** Songs, News & Chronicle
10:15 **BR** Exercise with Us!
1:30 **GR** Greenhouse Club
2:30 **GR** Name That Instrument
3:30 **SK** Story Telling
6:00 **SK** Classic Movies & Musicals

31
9:45 **BR** Songs, News & Chronicle
10:15 **BR** Exercise with Us!
1:30 **GR** Greenhouse Club
2:30 **O** MOZART HAPPY HOUR w/ AL
3:30 **SK** Story Telling
6:00 **SK** Classic Movies & Musicals

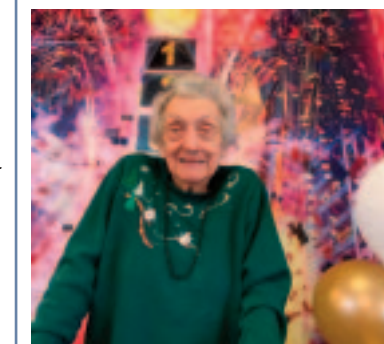
Saturday

4
9:45 **BR** Songs, News & Chronicle
10:15 **BR** Exercise with Us!
2:00 **SK** Travel with Rick Steves
2:30 **BR** HEATHER the SINGER
3:00 **SK** Balloon Games
3:30 **SK** Virtual Concerts
6:00 **SK** Classic Movies & Musicals

11
9:45 **BR** Songs, News & Chronicle
10:15 **BR** Exercise with Us!
2:00 **SK** Travel with Rick Steves
3:00 **SK** Balloon Games
3:30 **SK** Virtual Concerts
6:00 **SK** Classic Movies & Musicals

18
9:45 **BR** Songs, News & Chronicle
10:15 **BR** Exercise with Us!
2:00 **SK** Travel with Rick Steves
3:00 **SK** Balloon Games
3:30 **SK** Virtual Concerts
6:00 **SK** Classic Movies & Musicals

25
9:45 **BR** Songs, News & Chronicle
10:15 **BR** Exercise with Us!
2:00 **SK** Travel with Rick Steves
3:00 **SK** Balloon Games
3:30 **SK** Virtual Concerts
6:00 **SK** Classic Movies & Musicals



Around our Community

HAPPY NEW YEAR

It's really not the biggest deal. At least, this is the way I feel. It happens at end of December. the holidays past, it's time to remember. It's time to have outrageous fun, Have parties, eat goodies, and when it's all done We all find out, to our dismay That New Year's just another day. And while all the parties are kind of cool, Come January, it's back to school.

By Denise Rodgers

BIRTHDAYS:

Claire Schneider
Saturday 18th

Lena Cristiano
Friday 31st

LOCATION KEY

- BR** Blue Room
- SK** Sapphire Kitchen
- O** Outing
- GR** Green Room