

UPCOMING COMMUNITY EVENTS



July Outings

- Monday July 7th Shopping to Walmart
- Friday July 11th Clementines Ice Cream
- Monday July 14th Shopping to Target
- Friday July 18th Resident Choice Lunch
- Monday July 21st Shopping to Dollar Tree
- Friday July 25th Pompei Trip at the Science Center

HEALTH TALK WITH FOX THERAPY

TITLE

Join Us For This Months Health Talk
on Thursday July 17th at 6:00pm
in the Theater
The Benefits of Exercise

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



FLOURISH

JULY 2025



WHAT’S INSIDE

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Social Calendar

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Upcoming Events + News

*LIFE IS LIKE RIDING A BICYCLE, TO KEEP YOUR BALANCE,
YOU MUST KEEP MOVING.
ALBERT EINSTEIN*

—AUTHOR



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Around our Community

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6
10:30 TH Heroes of The Bible
11:00 CR Stress Free Art
12:30 LO A Summer Stroll
1:15 TH STL Cardinals Game
3:00 CD Rummikub
4:00 FC Fitness on Demand
5:30 TH Evening Matinee
6:00 B Ladies Meet up

7
10:30 TH Documentary of History
11:00 CR Blank Slate Game
12:30 LO A Summer Stroll
2:00 B Therapy Exercise Circle
3:00 B 3 Card Poker
4:00 CD Jenga Game
5:30 TH Monday Eve. Matinee
6:00 B Evening Meet & Greet

13
10:30 TH Heroes of The Bible
12:30 LO A Summer Stroll
1:00 TH STL Cardinals Game
3:00 CD Dominoes
4:00 FC Fitness on Demand
5:30 TH Evening Matinee
6:00 B Ladies Meet up

14
10:30 TH Documentary of History
11:00 CR Brain Quest
12:30 LO A Summer Stroll
2:00 B Therapy Exercise Circle
3:00 B White Board Fun
4:00 CR Who Am I?
5:30 TH Monday Eve. Matinee
6:00 B Evening Meet & Greet

20
10:30 TH Heroes of The Bible
11:00 CR Stress Free Art
12:30 LO A Summer Stroll
3:00 CD Scrabble
4:00 FC Fitness on Demand
5:30 TH Evening Matinee
6:00 B Ladies Meet up

21
10:30 TH Documentary of History
11:00 CR Name 5 Game
12:30 LO A Summer Stroll
2:00 B Therapy Exercise Circle
3:30 CR Fact or Fiction
5:30 TH Monday Eve. Matinee
6:00 B Evening Meet & Greet
6:30 B STL Cardinals Game

27
10:30 TH Heroes of The Bible
12:30 LO A Summer Stroll
3:00 B Mexican Train Dominoes
4:00 FC Fitness on Demand
5:30 TH Evening Matinee
6:00 B Ladies Meet up

28
10:30 TH Documentary of History
11:00 CR Boggle
12:30 LO A Summer Stroll
1:30 TH Resident Council
2:00 B Therapy Exercise Circle
5:30 TH Monday Eve. Matinee
6:00 B Evening Meet & Greet
6:45 TH STL Cardinals Game

1
10:30 B Tea with Trista
11:00 CR Tasty for Tastebuds
12:30 LO A Summer Stroll
2:00 B Prize Bingo
3:30 CR Tech Tuesday
4:00 B Tasty Trivia
6:00 CD Gentleman’s Club
6:30 TH STL Cardinals Game

8
10:30 CR Tasty for Tastebuds
11:00 CR Food Trivia
12:30 LO A Summer Stroll
1:00 TH Drumming with Trista
2:00 B Prize Bingo
3:30 B National Bomb Pop Day
6:00 CD Gentleman’s Club
6:45 TH STL Cardinals Game

15
10:30 CR Tasty for Tastebuds
11:00 CR Food Trivia
12:30 LO A Summer Stroll
1:00 TH Drumming with Trista
2:00 B Prize Bingo
3:30 CR Tech Tuesday
4:00 CD Trimino’s
6:00 CD Gentleman’s Club

22
10:30 CR Tasty for Tastebuds
11:00 CR Food Trivia
12:30 LO A Summer Stroll
1:00 TH Drumming with Trista
2:00 B Prize Bingo
4:00 CR Family Talk
6:00 CD Gentleman’s Club
6:30 TH STL Cardinals Game

29
10:30 CR Tasty for Tastebuds
11:00 CR Food Trivia
12:30 LO A Summer Stroll
1:00 TH Drumming with Trista
2:00 B Prize Bingo
3:30 CR Tech Tuesday
6:00 CD Gentleman’s Club
6:45 TH STL Cardinals Game

2
10:30 TH Catholic Mass & Communion
11:00 LI Devotional Service
12:30 LO A Summer Stroll
2:00 TH STL Cardinals Game
2:00 B Vitality Yoga
3:00 SDR Happy Hour & Music
4:00 CD Checkers
6:00 B Evening Conversations

9
10:30 TH Catholic Mass & Communion
11:00 LI Devotional Service
12:30 LO A Summer Stroll
2:00 B Vitality Yoga
3:00 SDR Happy Hour & Music
4:00 CD I Remember That
6:00 B Evening Conversations
6:45 TH STL Cardinals Game

16
10:30 TH Catholic Mass & Communion
11:00 LI Devotional Service
12:30 LO A Summer Stroll
2:00 B Vitality Yoga
3:00 SDR Happy Hour & Music
4:00 CD Short Stories
6:00 B Evening Conversations

23
10:30 TH Catholic Mass & Communion
11:00 LI Devotional Service
12:30 LO A Summer Stroll
1:00 TH STL Cardinals Game
2:00 B Vitality Yoga
3:00 SDR Happy Hour & Music
4:00 CD Chess
6:00 B Evening Conversations

30
10:30 TH Catholic Mass & Communion
11:00 LI Devotional Service
12:30 LO A Summer Stroll
2:00 B Vitality Yoga
3:00 SDR Happy Hour & Music
4:00 CD Checkers
6:00 B Evening Conversations
6:45 TH STL Cardinal Game

3
10:00 FC Tai chi Class
11:00 B White Board Fun
12:30 LO A Summer Stroll
1:00 TH LS Meeting of the Minds
2:00 B Prize Bingo
3:30 B Thirsty Thursday / Trivia
6:00 CD Evening Chatter

10
10:00 FC Tai chi Class
11:00 B 7up Card Game
12:30 LO A Summer Stroll
2:00 B Prize Bingo
3:30 B Cocktails with Cathy
6:00 CD Evening Chatter
6:45 TH STL Cardinals Game

17
10:00 FC Tai chi Class
11:00 CR Deal or no Deal
12:30 LO A Summer Stroll
2:00 B Prize Bingo
3:30 B Thirsty Thursday / Trivia
6:00 CD Evening Chatter
6:00 TH Health Talk with Fox

24
10:00 FC Tai chi Class
11:00 LO Resident Lunch Outing
11:30 CD Scrabble Slam
12:30 LO A Summer Stroll
2:00 B Prize Bingo
3:30 B Thirsty Thursday / Trivia
6:00 CD Evening Chatter
6:45 TH STL Cardinal Game

31
10:00 FC Tai chi Class
11:00 CR Spoons Game
12:30 LO A Summer Stroll
2:00 B Prize Bingo
3:30 B Thirsty Thursday / Trivia
6:00 CD Evening Chatter

4
10:30 CR Sequence Game
11:00 B Therapy Exercise Circle
12:30 LO A Summer Stroll
1:15 TH STL Cardinals Game
2:30 CD Mahjong
3:00 DR Bomb pop Brigade
5:30 TH Evening Matinee

11
10:30 CR Name Five Game
11:00 B Therapy Exercise Circle
12:30 LO A Summer Stroll
1:00 LO Resident Outing
2:30 CD Mahjong
2:30 CR Creative Crafts
3:30 TH Chef Chat
4:00 B Jeopardy Trivia
5:30 TH Evening Matinee
7:15 TH STL Cardinals Game

18
10:30 CR Family Talk
11:00 B Therapy Exercise Circle
12:30 LO A Summer Stroll
1:00 LO Resident Outing (Pompei)
2:30 CD Mahjong
4:00 CD Dominos
5:30 TH Evening Matinee
6:30 TH STL Cardinals Game

25
10:30 CR Brain Quest Trivia
11:00 B Therapy Exercise Circle
12:30 LO A Summer Stroll
2:30 CD Mahjong
3:00 SDR Res, Staff B-Day Party
4:00 B 20 Questions Game
5:30 TH Evening Matinee
6:15 B STL Cardinals Game



5
10:00 LI Morning Meditation
11:00 CD Scrabble
12:30 LO A Summer Stroll
1:15 TH STL Cardinals Game
2:00 CD Resident Led-Poker
4:00 FC Fitness on Demand
5:30 TH Evening Matinee
6:00 B Men’s Meet Up

12
10:00 LI Morning Meditation
11:00 CD Yahtzee
12:30 LO A Summer Stroll
1:00 TH STL Cardinals Game
2:00 CD Resident Led-Poker
4:00 FC Fitness on Demand
5:30 TH Evening Matinee
6:00 B Men’s Meet Up

19
10:00 LI Morning Meditation
11:00 CD Kings in the Corner
12:30 LO A Summer Stroll
2:00 CD Resident Led-Poker
4:00 FC Fitness on Demand
4:15 TH STL Cardinals Game
5:30 TH Evening Matinee
6:00 B Men’s Meet Up

26
10:00 LI Morning Meditation
10:30 B Life’s Events
12:30 LO A Summer Stroll
2:00 CD Resident Led-Poker
4:00 FC Fitness on Demand
5:30 TH Evening Matinee
6:00 B Men’s Meet Up
6:15 B STL Cardinals Game

Happy Birthday

Resident Birthdays

Irma Camp 7/9
Pearl Bradshaw 7/20
Ann Carr 7/30

Staff Birthdays

Lexi Weis 7/13
Rosie Williams 7/16



LOCATION KEY

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



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

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- 6
- 9:30 **AR** Music Favorites
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

- 7
- 9:30 **AR** Music Favorites
10:00 **AR** Chair Exercise
10:30 **AR** Massage and Aromatherapy
12:30 **AR** Evolution of the Bikini
1:30 **AR** Music of the Day
2:45 **AR** Exercise with Aaron
3:30 **AR** Classic Reruns
5:00 **AR** Evening Wind Down

- 13
- 9:30 **AR** Music Favorites
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

- 14
- 9:30 **AR** Music Favorites
10:00 **AR** Chair Exercise
10:30 **AR** Massage and Aromatherapy
12:30 **AR** Shark Day
1:30 **AR** Music of the Day
2:45 **AR** Exercise with Aaron
3:30 **AR** Classic Reruns
5:00 **AR** Evening Wind Down

- 20
- 9:30 **AR** Music Favorites
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

- 21
- 9:30 **AR** Music Favorites
10:00 **AR** Chair Exercise
10:30 **AR** Massage and Aromatherapy
12:30 **AR** Toss and Talk
1:30 **AR** Music of the Day
2:45 **AR** Exercise with Aaron
3:30 **AR** Classic Reruns
5:00 **AR** Evening Wind Down

- 27
- 9:30 **AR** Music Favorites
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

- 28
- 9:30 **AR** Music Favorites
10:00 **AR** Chair Exercise
10:30 **AR** Massage and Aromatherapy
12:30 **AR** Plant Walk
1:30 **AR** Music of the Day
2:45 **AR** Exercise with Aaron
3:30 **AR** Classic Reruns
5:00 **AR** Evening Wind Down

- 1
- 9:30 **AR** Music Favorites
10:00 **AR** Spiro Go Fitness
10:30 **AR** Patio Social
12:30 **AR** Clownin’ Around
1:00 **AR** Night at the Museum
2:30 **AR** Bowling
3:00 **AR** July Trivia
5:00 **AR** Evening Wind Down

- 8
- 9:30 **AR** Music Favorites
10:00 **AR** Spiro Go Fitness
10:30 **AR** Patio Social
12:30 **AR** Create A Story
1:00 **AR** Viva Rock Vegas
2:30 **AR** Bocce Ball
3:00 **AR** July # 1 Hits
5:00 **AR** Evening Wind Down

- 15
- 9:30 **AR** Music Favorites
10:00 **AR** Spiro Go Fitness
10:30 **AR** Patio Social
12:30 **AR** Fresh From The Line
1:00 **AR** Send Me No Flowers
2:30 **AR** Chuck The Duck
3:00 **AR** Jingle in July
5:00 **AR** Evening Wind Down

- 22
- 9:30 **AR** Music Favorites
10:00 **AR** Spiro Go Fitness
10:30 **AR** Patio Social
12:30 **AR** The Moon Landing
1:00 **AR** Apollo 11
2:30 **AR** Bean Bag Toss
3:00 **AR** Which Picture Fits?
5:00 **AR** Evening Wind Down

- 29
- 9:30 **AR** Music Favorites
10:00 **AR** Spiro Go Fitness
10:30 **AR** Patio Social
12:30 **AR** Famous Friends Duos
1:00 **AR** Hidden Figures
2:30 **AR** Parachute Game
3:00 **AR** What’s Your Verdict?
5:00 **AR** Evening Wind Down

- 2
- 9:30 **AR** Music Favorites
10:00 **AR** Silver Sneakers Exercise
10:30 **DR** Music Bingo
12:30 **AR** Balloon Bop
1:00 **AR** Riddle Me This
1:30 **AR** About Independence Day
3:00 **CR** Happy Hour
5:00 **AR** Evening Wind Down

- 9
- 9:30 **AR** Music Favorites
10:00 **AR** Silver Sneakers Exercise
10:30 **DR** Music Bingo
12:30 **AR** Balloon Bop
1:00 **AR** Common Sayings
1:30 **AR** Best of Forest Gump
3:00 **CR** Happy Hour
5:00 **AR** Evening Wind Down

- 16
- 9:30 **AR** Music Favorites
10:00 **AR** Silver Sneakers Exercise
10:30 **DR** Music Bingo
12:30 **AR** Balloon Bop
1:00 **AR** Balloon Burst
1:30 **AR** Who Am I?
3:00 **CR** Happy Hour
5:00 **AR** Evening Wind Down

- 23
- 9:30 **AR** Music Favorites
10:00 **AR** Silver Sneakers Exercise
10:30 **DR** Music Bingo
12:30 **AR** Balloon Bop
1:00 **AR** Word Searches
1:30 **AR** The Kiwi To Life
3:00 **CR** Happy Hour
5:00 **AR** Evening Wind Down

- 30
- 9:30 **AR** Music Favorites
10:00 **AR** Silver Sneakers Exercise
10:30 **DR** Music Bingo
12:30 **AR** Balloon Bop
1:00 **AR** Odd One Out
1:30 **AR** Star of the Month
3:00 **CR** Happy Hour
5:00 **AR** Evening Wind Down

- 3
- 9:30 **AR** Music Favorites
10:00 **CR** Exercise with Aaron
10:30 **DR** Card Games Galore
12:30 **AR** Music Trivia
1:30 **DR** 4th of July Sun Catchers
3:00 **AR** Bible Study with Lexi
3:30 **DR** Puzzle Party
5:00 **AR** Evening Wind Down

- 10
- 9:30 **AR** Music Favorites
10:00 **CR** Exercise with Aaron
10:30 **DR** Boat House Trip
12:30 **AR** Music Trivia
1:30 **DR** If You Like Piña Colada
2:30 **LR** Putt Putt
3:00 **AR** Best of Leslie Caron
5:00 **AR** Evening Wind Down

- 17
- 9:30 **AR** Music Favorites
10:00 **CR** Exercise with Aaron
10:30 **DR** Cup Games
12:30 **AR** Music Trivia
1:30 **SD** Scenic Drive
3:00 **AR** Disney Memories
3:30 **DR** Puzzle Party
5:00 **AR** Evening Wind Down

- 24
- 9:30 **AR** Music Favorites
10:00 **CR** Exercise with Aaron
10:30 **DR** Duck Racing
12:30 **AR** Music Trivia
1:30 **DR** Baking Cookies
2:30 **LR** Tic Tac Toe
3:00 **AR** All About Cowboys
5:00 **AR** Evening Wind Down

- 31
- 9:30 **AR** Music Favorites
10:00 **CR** Exercise with Aaron
10:30 **DR** Skee Ball
12:30 **AR** Music Trivia
1:30 **AR** Scenic Drive & Ice Cream
3:00 **AR** Bible Study with Lexi
3:30 **DR** Puzzle Party
5:00 **AR** Evening Wind Down

- 4 Independence Day
- 9:30 **AR** Spiritual Music
10:00 **AR** Yes2Next Fitness
10:30 **CR** Manicures and Music
12:30 **P4** Balloon Burst
2:00 **DR** Chalk Fireworks
3:00 **AR** Passport To Wellness
3:30 **AR** Concert Series
5:00 **AR** Evening Wind Down

- 11
- 9:30 **AR** Spiritual Music
10:00 **AR** Yes2Next Fitness
10:30 **CR** Manicures and Music
12:30 **P4** Jeopardy
2:00 **DR** Back & Forth Art
3:00 **AR** Passport To Wellness
3:30 **AR** Concert Series
5:00 **AR** Evening Wind Down

- 18
- 9:30 **AR** Spiritual Music
10:00 **AR** Yes2Next Fitness
10:30 **CR** Manicures and Music
12:30 **P4** Scattegories
2:00 **DR** Flower Cards
3:00 **AR** Passport To Wellness
3:30 **AR** Concert Series
5:00 **AR** Evening Wind Down

- 25
- 9:30 **AR** Spiritual Music
10:00 **AR** Yes2Next Fitness
10:30 **CR** Manicures and Music
12:30 **P4** CrossWords
2:00 **DR** Globe Craft
3:00 **AR** Passport To Wellness
3:30 **AR** Concert Series
5:00 **AR** Evening Wind Down



- 5
- 9:30 **AR** Exercise with Lexi
10:00 **AR** Coffee and Chat
10:30 **AR** Church Service
12:30 **AR** Comedy Show
1:30 **AR** Red, White, Blue Trivia
2:30 **AR** Chair Exercise
3:00 **AR** Ice Cream Social
3:30 **AR** Harmony and Hues
5:00 **AR** Evening Wind Down

- 12
- 9:30 **AR** Exercise with Lexi
10:00 **AR** Coffee and Chat
10:30 **AR** Church Service
12:30 **AR** Comedy Show
1:30 **AR** New Zealand Travelogue
2:30 **AR** Chair Exercise
3:00 **AR** Ice Cream Social
3:30 **AR** Harmony and Hues
5:00 **AR** Evening Wind Down

- 19
- 9:30 **AR** Exercise with Lexi
10:00 **AR** Coffee and Chat
10:30 **AR** Church Service
12:30 **AR** Comedy Show
1:30 **AR** IN2L Trivia
2:30 **AR** Chair Exercise
3:00 **AR** Ice Cream Social
3:30 **AR** Harmony and Hues
5:00 **AR** Evening Wind Down

- 26
- 9:30 **AR** Exercise with Lexi
10:00 **AR** Coffee and Chat
10:30 **AR** Church Service
12:30 **AR** Comedy Show
1:30 **AR** Nature’s Superhero: Gecko
2:30 **AR** Chair Exercise
3:00 **AR** Ice Cream Social
3:30 **AR** Harmony and Hues
5:00 **AR** Evening Wind Down

Happy July!

Welcome to July! We’re kicking off the month with a week of 4th of July theme activities, including crafts and a watermelon eating contest on the patio! We will be going to the Boat House this month for lunch as well as a scenic drive with ice cream. We’ll be making Pina Coladas and cookies, learning about cowboys and geckos, and celebrating Christmas in July! Come join us for some fun!!

*All activities are subject to change

LOCATION KEY

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