

UPCOMING COMMUNITY EVENTS

A MESSAGE FROM THE ED

I am excited that warm weather is finally here! It's a wonderful time of year that gives everyone the opportunity to get outside, enjoy the sunshine, and take part in fun outings and activities.

With Father's Day approaching, I would like to take a moment to wish a very Happy Father's Day to all the fathers, grandfathers, and those who have lovingly cared for and guided a child. Your strength, dedication, and support make a lasting impact, and we celebrate you this month. Wishing you all a joyful and sunny season ahead.

Katrina Cohen, Executive Director

FATHER'S DAY

Father's Day Fun – Two Events You Won't Want to Miss!

We're celebrating all the amazing dads with **two exciting events** filled with laughter, music, and a little friendly competition. Mark your calendars and bring the whole family for some memorable moments!

Monday, June 10th at 6:00 PM – Beer & Pretzels: Name That Tune, Sponsored by OPA Homecare

Thursday, June 12th at 2:00 PM – Axe Throwing & Coke Floats, Sponsored by SPIRIT Hospice

Let's make this Father's Day full of laughter, connection, and unforgettable fun!

THIS MONTH'S PICK

DUBLINERS BY JAMES JOYCE

Join us for this month's Book Club as we dive into *Dubliners* by James Joyce. Let's explore the rich characters and everyday moments that shaped modern literature. All are welcome - whether you've read it before or are discovering it for the first time. See you at this month's meetings!



Alto Johns Creek

10595 Medlock Ridge Rd
Johns Creek, GA 30097
(678) 336-5112



FLOURISH

JUNE 2025



WHAT'S INSIDE

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Social Calendar

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Upcoming Events + News

“MY FATHER GAVE ME THE GREATEST GIFT ANYONE COULD GIVE ANOTHER PERSON:
HE BELIEVED IN ME.”

—JIM VALVANO

Sunday

1
10:00 **GYM** Gentle Stretching
10:00 **TH** The Greatest Hymns of All Time: YouTube Singalong
10:30 **GAT** Catholic Service by St. Benedict Church
10:45 **TH** Live Perimeter Church
1:30 **LNG** Game: Coney Island Toss
2:30 **TH** Movie & Popcorn
4:00 **LB** Word Search Puzzle

8
10:00 **GYM** Gentle Stretching
10:00 **TH** Gaither: Heavenly Love (YouTube Premiere))
10:30 **GAT** Catholic Service by St. Benedict Church
10:45 **TH** Live Perimeter Church
1:30 **LNG** Game: Coney Island Toss
2:30 **TH** Movie & Popcorn
4:00 **LB** Word Search Puzzle
6:00 **LNG** ATL Milal Missionary Choir

15
10:00 **GYM** Gentle Stretching
10:00 **TH** The Greatest Hymns of All Time: YouTube Singalong
10:30 **GAT** Catholic Service by St. Benedict Church
10:45 **TH** Live Perimeter Church
1:30 **LNG** Game: Coney Island Toss
2:30 **TH** Movie & Popcorn
4:00 **LB** Word Search Puzzle

22
10:00 **GYM** Gentle Stretching
10:00 **TH** Gaither: Heavenly Love Sing-Along (YouTube)
10:30 **GAT** Catholic Service by St. Benedict Church
10:45 **TH** Live Perimeter Church
1:30 **LNG** Game: Coney Island Toss
2:30 **TH** Movie & Popcorn
4:00 **LB** Word Search Puzzle

29
10:00 **GYM** Gentle Stretching
10:00 **TH** The Greatest Hymns of All Time: YouTube Singalong
10:30 **GAT** Catholic Service by St. Benedict Church
10:45 **TH** Live Perimeter Church
1:30 **LNG** Game: Coney Island Toss
2:30 **TH** Movie & Popcorn
4:00 **LB** Word Search Puzzle

Monday

2
10:00 **GYM** Fit & Fun with Lifestyle
11:00 **LB** Neuro nogami: Brain Fit
1:00 **LB** Rocky Road Day
1:30 **LIB** Game Club: Dice “Count the Luck”
2:30 **GAT** Resident Council Meeting
3:30 **GAT** Rummikub Game
6:30 **TH** Evening Movie

9
10:00 **GYM** Fit & Fun with Lifestyle
11:00 **LB** Neuro nogami: Brain Fit
1:30 **LIB** Game Club: Mahjong
2:00 **GAT** Intro to Water Color Class w/Parker
3:30 **GAT** Rummikub Game
6:30 **TH** Evening Movie

16
10:00 **GYM** Fit & Fun with Lifestyle
11:00 **LB** Neuro nogami: Brain Fit
1:30 **GAT** Ben’s Workshop: Hot Air Balloon
3:00 **GAT** Gomer Pyle Day
4:00 **GAT** Rummikub Game
6:30 **TH** Evening Movie

23
10:00 **GYM** Fit & Fun with Lifestyle
11:00 **LB** Neuro nogami: Brain Fit
1:30 **LIB** Team Spelling Bee Contest
3:30 **GAT** Rummikub Game
6:30 **TH** Evening Movie

30
10:00 **GYM** Fit & Fun with Lifestyle
11:00 **LB** Neuro nogami: Brain Fit
1:30 **LIB** Game Club: Mahjong
3:30 **GAT** Rummikub Game
6:30 **TH** Evening Movie

Tuesday

3
10:00 **GYM** Fitness with Colleen
11:00 **LB** Words In A Word
2:00 **GAT** Sketchbook Challenge: Step by Step
3:00 **LNG** Memoir Cafe
4:00 **GAT** Crafty Corner: DIY Stationary
6:30 **TH** Evening Movie

10
10:00 **GYM** Fitness with Colleen
11:00 **LB** Words In A Word
2:00 **GAT** Sketchbook Challenge: Step by Step
3:00 **DR** Chef Talk
4:00 **GAT** Crafty Corner: Flip-Flop Summer Wreath
6:00 **LNG** Pretzels & Beer: Name that Tune Father’s Day Special
6:30 **TH** Evening Movie

17
10:00 **GYM** Fitness with Colleen
11:00 **LB** Words In A Word
2:00 **GAT** Sketchbook Challenge: Step by Step
3:00 **LNG** Memoir Cafe
4:00 **GAT** Crafty Corner: Stained Glass Butterfly
6:30 **TH** Evening Movie

24
10:00 **GYM** Fitness with Colleen
11:00 **LB** Words In A Word
2:00 **GAT** Sketchbook Challenge: Step by Step
3:00 **LNG** Memoir Cafe
4:00 **GAT** Crafty Corner: Ping Pong Tea Light
6:30 **TH** Evening Movie

Wednesday

4
9:30 **LOB** Shopping: Publix
10:00 **LOB** Walking Club
11:00 **GAT** Trivia
1:30 **GAT** Harriet Beecher Stowe & Tea Cakes
4:00 **DR** Midweek Mingle with Anthony Evans
6:30 **TH** Evening Movie

11
9:30 **LOB** Shopping: Target
10:00 **LOB** Walking Club
11:00 **GAT** Alois Alzheimer Birth Anniversary
1:30 **LOB** Outing: Andy’s Frozen Custard
4:00 **LB** Midweek Mingle with Paula Fine
6:30 **TH** Evening Movie

18
9:30 **LOB** Shopping: Walmart
10:00 **LOB** Walking Club
11:00 **GAT** Trivia
1:30 **GAT** Grandma’s Kitchen: Let’s Bake
4:00 **LB** Midweek Mingle with Classical Pianist
6:30 **TH** Evening Movie

25
9:30 **LOB** Shopping: Kohl’s
10:00 **LOB** Walking Club
11:00 **GAT** Trivia
11:30 **LOB** Lunch Bunch: Simon’s Chinese Cuisine
4:00 **LB** Midweek Mingle
6:30 **TH** Evening Movie



Thursday

5
10:00 **GYM** Fitness with Colleen
10:30 **GAT** Bible Study
2:00 **LNG** Balloon Volleyball
3:00 **GAT** B-I-N-G-O
4:00 **GAT** Crack the Code Brain Teaser
6:30 **TH** Evening Movie

12
10:00 **GYM** Fitness with Colleen
10:30 **GAT** Bible Study
1:00 **ALC** U.S. Open Golf Championship
2:00 **ALC** Axe Throwing & Coke Floats
3:30 **TH** Info Quest with Dr. Smita Kapoor, MD
6:30 **TH** Evening Movie

19
10:00 **GYM** Fitness with Colleen
10:30 **GAT** Bible Study
2:00 **LNG** Balloon Volleyball
3:00 **GAT** Crackerjack BINGO
4:00 **GAT** Crack the Code Brain Teaser
6:30 **TH** Evening Movie

26
10:00 **GYM** Fitness with Colleen
10:30 **GAT** Bible Study
2:00 **LNG** Balloon Volleyball
3:00 **GAT** B-I-N-G-O
4:00 **GAT** Crack the Code Brain Teaser
6:30 **TH** Evening Movie

Friday

6
10:00 **LB** Coffee & Conversation
11:00 **LB** Family Feud Brain Games
1:00 **LOB** Afternoon Walking Club
1:30 **GAT** Book Club: Dubliners by James Joyce
2:30 **TH** Movie Matinee
4:00 **LOB** Alto Local Vocals

13
10:00 **LB** Coffee & Conversation
11:00 **LB** Family Feud Brain Games
1:00 **LOB** Afternoon Walking Club
1:30 **GAT** Book Club: Dubliners by James Joyce
2:30 **TH** Movie Matinee
4:00 **LOB** Alto Local Vocals

20
10:00 **LB** Coffee & Conversation
11:00 **LB** Family Feud Brain Games
1:00 **LOB** Afternoon Walking Club
1:30 **GAT** Book Club: Dubliners by James Joyce
2:30 **TH** Movie Matinee
4:00 **LOB** Alto Local Vocals

27
10:00 **LB** Coffee & Conversation
11:00 **LB** Family Feud Brain Games
1:00 **LOB** Afternoon Walking Club
1:30 **GAT** Book Club: Dubliners by James Joyce
2:30 **TH** Movie Matinee
4:00 **LOB** Alto Local Vocals

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Saturday

7
10:30 **GYM** 15-Min Gentle Chair Exercise/ Improved Health
11:00 **LB** June Fun Pack Cranium Crunches
1:00 **LOB** Afternoon Walking Club
1:30 **GAT** Adult Colorist Zen
2:30 **TH** Netflix Documentary: Dancing with the Birds
4:00 **GR** Game Club: Resident Choice

14
10:30 **GYM** 15-Min Gentle Chair Exercise/ Improved Health
11:00 **LB** June Fun Pack Cranium Crunches
1:00 **LOB** Afternoon Walking Club
1:30 **GAT** Adult Colorist Zen
2:30 **TH** Netflix Documentary: Pangolin - Kulu’s Journey
4:00 **GR** Game Club: Resident Choice

21
10:30 **GYM** 15-Min Gentle Chair Exercise/ Improved Health
11:00 **LB** June Fun Pack Cranium Crunches
1:00 **LOB** Afternoon Walking Club
1:30 **GAT** Adult Colorist Zen
2:30 **TH** Netflix Documentary: Absurd! Planet (Ep.1)
4:00 **GR** Game Club: Resident Choice

28
10:30 **GYM** 15-Min Gentle Chair Exercise/ Improved Health
11:00 **LB** June Fun Pack Cranium Crunches
1:00 **LOB** Afternoon Walking Club
1:30 **GAT** Adult Colorist Zen
2:30 **TH** Netflix Documentary: Absurd! Planet (Ep.2)
4:00 **GR** Game Club: Resident Choice

Around our Community

Introducing Memoir Café

Join us every **Tuesday at 3:00 PM** for **Memoir Café**, a delightful new activity that brings stories, memories, and meaningful items to life!

Much like “show and tell,” Memoir Café offers a relaxed and friendly space where you can bring a **photo, a souvenir from your travels, or an item that holds a special place in your heart.** Whether it’s something that brings you joy, sparks laughter, or carries an unusual story, we’d love to see it and hear about its significance in your life.

It’s a wonderful way to reflect, share, and connect with others through the treasures and tales we’ve gathered over the years. We can’t wait to see what you bring and hear the fascinating stories behind them!

Come be part of the memories—every Tuesday at 3:00 PM at Memoir Café!

LOCATION KEY

- GYM** Gym
- TH** Theater
- GAT** Gather Room
- LNG** Lounge
- LB** Lounge Bistro
- LIB** Library
- LOB** Lobby
- DR** Dining Room
- GR** Game Room
- ALC** AL Courtyard

Sunday

1
10:00 **LR** Worship Service
10:30 **A** Chair Yoga
11:00 **A** Daily Chronicles
& Affirmation
11:30 **A** Walking Club/Courtyard
1:30 **AT** Group Jenga
2:30 **LR** Netflix Movie:
Smokey & The Bandit
4:00 **A** Toss N’ Talk

8
10:00 **LR** Worship Service
10:30 **A** Chair Yoga
11:00 **A** Daily Chronicles
& Affirmation
11:30 **A** Walking Club
1:30 **AT** Color Me Calm
2:30 **LR** Netflix:
Our Souls At Night
4:00 **LR** Tic Tac Toe (Group)

15 Happy Father’s Day
10:00 **LR** Worship Service
10:30 **AT** Chair Yoga
11:00 **CY** Daily Chronicles
& Affirmation
11:30 Ensemble Walk
1:30 **A** Father’s Day Celebration
2:30 **LR** Netflix: I Still Believe
4:00 **A** Group Hangman

22
10:00 **LR** Worship Service
10:30 **A** Chair Yoga
11:00 **A** Daily Chronicles
& Affirmation
11:30 **A** Ensemble Walk
1:30 **AT** Color Me Calm
2:30 **LR** Netflix: Family Switch
4:00 **LR** Devotional Music Hour

29
10:00 **LR** Worship Service
10:30 **A** Chair Yoga
11:00 **A** Daily Chronicles
& Affirmations
11:30 **A** Walking Club
1:30 **AT** Color Me Calm
2:30 **LR** Netflix: The Boy Who
Harnesses The Wind
4:00 **LR** Devotional Music Hour

Monday

2
10:00 **A** Chair Yoga
10:30 **A** Daily Chronicles
& Affirmation
11:00 **AT** Bingo – Earn Bingo Bucks!
1:30 **A** Reading Hour:
The Gift of Magi
2:30 **A** Outing: Scenic Ride
3:30 **A** Brain Games
4:00 **LR** Netflix: Reba

9
10:00 **CY** Chair Yoga
10:30 **D** Daily Chronicles
& Affirmations
11:00 **AT** Table Hockey
1:30 **AT** Brain Games
2:30 **AT** Outing: Scenic Tour
& Ice Cream
3:30 **AT** Group Kickball
4:00 **A** Netflix: Reba

16
10:00 **A** Chair Yoga
10:30 **A** Daily Chronicles
& Affirmation
11:00 **AT** Brain Games/ Table Games
1:30 **A** Reading Hour:
The Open Window
2:30 **A** Outing: Scenic Tour
3:30 **A** Who’s Who?
4:00 **LR** Netflix: Reba

23
10:00 **A** Chair Yoga
10:30 **A** Daily Chronicles
& Affirmation
11:00 **AT** DIY: Handsoap
1:30 **A** Reading Hour:
The Eyes Have It
2:30 **A** Outing: Scenic Tour
3:30 **AT** Table Games
4:00 **LR** Netflix: Reba

30
10:00 **A** Chair Yoga
10:30 **A** Daily Chronicles
& Affirmation
11:00 **AT** DIY: Door Plates
1:30 **A** Reading Hour: The Little
Thief In The Pantry
2:30 **A** Outing: Scenic Tour
3:30 **A** Spelling Bee
4:00 **LR** Netflix: Reba

Tuesday

3
10:00 **A** Daily Chronicles
& Affirmation
10:30 **A** Stories That Inspire Us
11:30 **A** Team Golf Tournament
11:30 **CY** Courtyard Conversations
1:30 **A** Board Trivia
2:00 **A** Physiotainment w/ Paul
3:00 **A** Circle Kickball
4:00 **LR** YouTube: Virtual Tour

10
10:00 **A** Chair Yoga
10:30 **A** Daily Chronicles
& Affirmation
11:00 **AT** Arts & Craft:
Cardboard Flower Vase
1:30 **AT** Courtyard Gardening
2:30 **D** Ball Fishing
3:30 **A** Brain Games
4:00 **A** YouTube: Virtual Tour

17
10:00 **A** Daily Chronicles
& Affirmations
10:30 **A** Stories That Inspire Us
11:30 **A** Racket Ball
1:30 **CY** Popsicles In The Courtyard
2:00 **A** Physiotainment w/ Paul
3:00 **A** Math Minds
4:00 **LR** YouTube: Virtual Tour

24
10:00 **A** Daily Chronicles
& Affirmation
10:30 **A** Stories That Inspire Us
11:30 **A** Beach Ball Toss
1:30 **A** Brain Games
2:00 **LR** Physiotainment w/ Paul
3:00 **AT** Matching Game
4:00 **LR** YouTube: Virtual Tour



Wednesday

4
10:00 **A** Chair Yoga
10:30 **A** Daily Chronicles
& Affirmation
11:00 **AT** Arts & Crafts: Alto Cups
1:30 **D** Cooking w/ Koreya:
Apple Pie
2:30 **A** Expressions Game
3:30 **A** Balloon Volleyball
4:00 **LR** YouTube: Family Feud

11
10:00 **A** Chair Yoga
10:30 **LR** Daily Chronicles
& Affirmation
11:00 **A** How Many Can You Collect?
1:30 **D** Team Wordle
2:00 **D** Live Performance:
Lawrence Langston
3:00 **LR** Cooking w/ Koreya: DIY
Choc Chip Cookies
4:00 YouTube: Family Feud

18
10:00 **A** Chair Yoga
10:30 **A** Daily Chronicles
& Affirmation
11:00 **AT** Arts & Crafts: DIY Mask
1:30 **D** Cooking w/ Koreya:
Brownies
2:30 **A** Conversation Starters
3:30 **A** Live: Family Feud
4:00 **LR** YouTube: Wheel of Fortune

25
10:00 **A** Chair Yoga
10:30 **A** Daily Chronicles
& Affirmation
11:00 **AT** Color Sorting Game
1:30 **D** Cooking w/ Koreya:
Banana Split
2:30 **AT** Picture Bingo
3:30 **A** Noodle Pug
4:00 **LR** YouTube: Wheel of Fortune



Thursday

5
10:00 **A** Chair Yoga
10:30 **AT** Daily Chronicles
& Affirmation
11:00 **A** Word N’ a Word
1:30 **AT** Craft: Lanterns
2:30 **A** Group Spelling Bee
3:30 **A** MEGA Bowling
4:00 **LR** YouTube: National
Geographic Show

12
10:00 **A** Chair Yoga
10:30 **AT** Daily Chronicles
& Affirmation
11:00 **AT** Catch!
1:30 **AT** Hot Balloon
2:30 **A** Hidden Picture Puzzle
3:00 **AT** Ensemble Walk
3:30 **AT** Word N’ a Word
4:00 YouTube: National
Geographic Show

19 JUNETEENTH
10:00 **A** Chair Yoga
10:30 **A** Daily Chronicles
& Affirmation
11:00 **AT** Table Pong
1:30 **A** Juneteenth Celebration
2:30 **A** Hole Ball
3:00 **A** Ensemble Walk
4:00 **LR** YouTube: National
Geographic Show

26
10:00 **A** Chair Yoga
10:30 **A** Daily Chronicles
& Affirmation
11:00 **A** Spa Day
1:30 **CY** Courtyard Fishing
2:30 **CY** Noodle Ball N’ The
Courtyard
3:30 **A** Brain Teaser
4:00 **LR** YouTube: National
Geographic Show

Friday

6
10:00 **A** Chair Yoga
10:30 **A** Daily Chronicles
& Affirmation
11:00 **A** Music Appreciation:
Elvis Presley
1:30 **A** Reading Hour: The Necklace
2:30 **A** Guess That?
Kitchen Supplies
3:30 **LR** YouTube: Ted Talk
4:00 **D** Happy Hour

13
10:00 **A** Chair Yoga
10:30 **D** Daily Chronicles
& Affirmation
11:00 **LR** Music Appreciation:
Buddy Holly
1:30 **AT** Reading Hour:
A Horseman In The Sky
2:30 **D** Q Tip Painting
3:30 **A** Circle Soccer &
Conversations

20
10:00 **A** Chair Yoga
10:30 **A** Daily Chronicles
& Affirmation
11:00 **A** Music Appreciation:
Patsy Cline
1:30 **A** Reading Hour:
To Build A Fire
2:30 **CY** Golf On The Courtyard
3:30 **A** Brain Games
4:00 **D** Happy Hour

27
10:00 **A** Chair Yoga
10:30 **A** Daily Chronicles
& Affirmation
11:00 **A** Music Appreciation:
Frankie Lymon
1:30 **A** Reading Hour:
The Tale of Peter Rabbit
2:30 **A** Group Charrads
3:30 **A** Math Minds
4:00 **D** Happy Hour

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Saturday

7
10:00 **A** Chair Yoga
10:30 **A** Daily Chronicles
& Affirmation
11:00 **A** Game: Connect 4!
1:30 **D** Saturday Smoothies
2:30 **A** Group Trivia: 60’s
3:30 **CY** Courtyard Conversations
4:00 **LR** YouTube: Classical Concert

14
10:00 **AT** Chair Yoga
10:30 **AT** Daily Chronicles
& Affirmation
11:00 **LR** Table Crosswords
1:30 **D** Saturday Smoothies
2:30 **A** Group Trivia: 50’s
3:30 **LR** Courtyard Conversations
4:00 YouTube: Classical Concert

21
10:00 **A** Chair Yoga
10:30 **A** Daily Chronicles
& Affirmation
11:00 **AT** Table Games
1:30 **D** Saturday Smoothies
2:30 **A** Group Trivia:
Elvis Presley
3:30 **CY** Courtyard Conversations
4:00 **LR** Classical Concert

28
10:00 **A** Chair Yoga
10:30 **A** Daily Chronicles
& Affirmations
11:00 **LR** Table Games
1:30 **D** Saturday Smoothies
2:30 **A** Group Trivia: 40’s
3:30 **CY** Courtyard Conversations
4:00 **LR** Classical Concert

Note From ED

Dear Residents and Families,

I am excited that warm weather is finally here! It’s a wonderful time of year that gives everyone the opportunity to get outside, enjoy the sunshine, and take part in fun outings and activities.

With Father’s Day approaching, I would like to take a moment to wish a very Happy Father’s Day to all the fathers, grandfathers, and those who have lovingly cared for and guided a child. Your strength, dedication, and support make a lasting impact, and we celebrate you this month.

Wishing you all a joyful and sunny season ahead.

Warm regards,

Katrina Cohen

Executive Director

LOCATION
KEY

LR MC Living Room 1
A MC Activities
AT MC Activity Tables
CY MC Court Yard
D MC Dining