

UPCOMING COMMUNITY EVENTS

JUNE OUTINGS

- Friday June 6 at 1pm Scenic Ride
- Monday June 9 at 1pm Shopping at Wal-Mart
- Friday June 13 at 11am Picnic at Forest Park
- Monday June 16 at 1pm Shopping at Schnucks
- Friday June 20 at 1pm Scenic Ride & Ted Drewes
- Monday June 23 at 1pm Shopping at Target
- Friday June 27 at 11am Residents Choice Lunch
- Monday June 30 at 1pm Residents Choice Shopping

Please sign up at the Front Desk



NEWS

HEALTH TALK WITH FOX

Join us for this Month’s Health Talk
on Thursday June 19th at 6pm
in the Theatre
Hydration and Heat Safety



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



FLOURISH

JUNE 2025



WHAT’S INSIDE

Pg 2-3
Social Calendar

Pg 4
Upcoming Events + News

“HELLO JUNE! IT’S TIME TO EMBRACE THE SUNSHINE AND THE ENDLESS POSSIBILITIES IT BRINGS.”

—UNKNOWN



Sunday

1
10:30 **LI** Strength for the Journey
11:00 **CD** Scrabble
12:00 **TH** STL Cardinals Game
12:30 **LO** A Walk in the Park
2:00 **B** Rummy Card Game
4:00 **FC** Fitness on Demand
6:00 **TH** Movie Classics

8
10:30 **LI** Strength for the Journey
11:00 **CR** Stress Free Art
11:00 **CR** Dominoes
12:30 **LO** A Walk in the Park
1:15 **TH** STL Cardinals Game
2:00 **B** Rummikub
4:00 **FC** Fitness on Demand
6:00 **TH** Movie Classics

15 Father's Day
10:30 **LI** Strength for the Journey
11:00 **TH** Kings in the Corner
12:30 **LO** A Walk in the Park
1:00 **TH** STL Cardinals Game
2:00 **B** Sequence
4:00 **FC** Fitness on Demand
6:00 **TH** Movie Classics

22
10:30 **LI** Strength for the Journey
11:00 **CR** Stress Free Art
12:30 **LO** A Walk in the Park
2:00 **B** Triominoes
4:00 **FC** Fitness on Demand
6:00 **TH** Movie Classics

29
10:30 **LI** Strength for the Journey
11:00 **TH** STL Cardinals Game
12:30 **LO** A Walk in the Park
2:00 **B** Blokus
4:00 **FC** Fitness on Demand
6:00 **TH** Movie Classics

Monday

2
10:00 **B** Sip Circle
11:00 **CR** Who am I?
12:30 **LO** A Walk in the Park
2:00 **B** Therapy Exercise Circle
3:00 **TH** Movie Matinee
4:00 **CD** Puzzles & Popcorn
6:00 **B** Evening Meet & Greet

9
10:00 **B** Sip Circle
11:00 **CR** What am I?
12:30 **LO** A Walk in the Park
2:00 **B** Therapy Exercise Circle
3:30 **CR** Monday Matinee
4:00 **CR** Puzzle Hour
6:00 **B** Evening Meet & Greet
6:45 **TH** STL Cardinals Game

16
10:00 **B** Sip Circle
11:00 **CR** What's your Verdict?
12:30 **LO** A Walk in the Park
2:00 **B** Therapy Exercise Circle
3:00 **TH** Monday Matinee
4:00 **CD** Puzzles & Popcorn
6:00 **B** Evening Meet & Greet

23
10:00 **B** Sip Circle
11:00 **CR** You be the Judge
12:30 **LO** A Walk in the Park
1:30 **TH** Resident Council
2:00 **B** Therapy Exercise Circle
3:30 **CR** Monday Matinee
4:00 **CD** Puzzle Hour
6:00 **B** Evening Meet & Greet
6:45 **TH** STL Cardinals Game

30
10:00 **B** Sip Circle
11:00 **CR** Who are you?
12:30 **LO** A Walk in the Park
2:00 **B** Therapy Exercise Circle
3:00 **TH** Monday Matinee
4:00 **CR** Cranium Crunches
6:00 **B** Evening Meet & Greet

Tuesday

3
10:30 **B** Tea with Trista
11:00 **TH** Biography Hour
12:30 **LO** A Walk in the Park
1:30 **TH** Talk to me Tuesday
2:00 **B** Prize Bingo
3:30 **CR** Tech Tuesday
4:00 **B** Pub Trivia
6:00 **CD** Gentleman's Club

10
10:30 **CR** Recipes of the Heart
11:00 **TH** Biography Hour
12:30 **LO** A Walk in the Park
1:30 **B** Trivial Tuesday
2:00 **B** Prize Bingo
3:30 **CR** Tech Tuesday
4:00 **CR** Casino Games
6:00 **CD** Gentleman's Club
6:45 **TH** STL Cardinals Game

17
10:30 **CR** Recipes of the Heart
11:00 **TH** Biography Hour
12:30 **LO** A Walk in the Park
2:00 **B** Prize Bingo
3:30 **CR** Tech Tuesday
4:00 **B** Baseball Trivia
6:00 **CD** Gentleman's Club
6:30 **TH** STL Cardinals Game

24
10:30 **CR** Recipes of the Heart
11:00 **TH** Biography Hour
12:30 **LO** A Walk in the Park
1:30 **LI** Book Mobile
2:00 **B** Prize Bingo
3:30 **CR** Tech Tuesday
4:00 **CR** Casino Games
6:00 **CD** Gentleman's Club
6:45 **TH** STL Cardinals Game

Wednesday

4
10:30 **TH** Catholic Mass & Communion
12:30 **LO** A Walk in the Park
2:00 **B** Vitality Yoga
3:00 **SDR** Happy Hour & Music
4:00 **CD** Chess & Checkers
6:00 **B** Evening Chatter
6:45 **TH** STL Cardinals Game

11
10:30 **TH** Catholic Mass & Communion
11:00 **LI** Short Stories
12:30 **LO** A Walk in the Park
1:15 **TH** STL Cardinal Game
2:00 **B** Vitality Yoga
3:00 **SDR** Happy Hour & Music
4:00 **CD** Chess or Checkers
6:00 **B** Evening Chatter

18
10:30 **TH** Catholic Mass & Communion
12:30 **LO** A Walk in the Park
2:00 **B** Vitality Yoga
3:00 **SDR** Happy Hour & Music
4:00 **CD** Chess & Checkers
6:00 **B** Evening Chatter
6:30 **TH** STL Cardinals Game

25
10:30 **TH** Catholic Mass & Communion
11:00 **LI** Short Stories
12:30 **LO** A Walk in the Park
2:00 **B** Vitality Yoga
3:00 **SDR** Happy Hour & Music
4:00 **CD** Chess or Checkers
6:00 **B** Evening Chatter
6:45 **TH** STL Cardinals Game



Thursday

5
10:00 **FC** Tai chi Class
10:30 **B** Therapy Exercise Circle
11:00 **CR** Word Tower
12:30 **LO** A Walk in the Park
1:30 **TH** Allegro Drum Circle
2:00 **B** Prize Bingo
3:30 **B** Jeopardy Trivia
4:30 **CR** Word Scrambles
6:00 **CD** Popcorn & Jigsaws
6:45 **TH** STL Cardinals Game

12
10:00 **FC** Tai chi Class
11:00 **CR** Word Games
12:30 **LO** A Walk in the Park
1:30 **TH** Allegro Drum Circle
2:00 **B** Prize Bingo
3:30 **B** Cocktails with Cathie
4:30 **CR** Word Search Challenge
6:00 **CD** Popcorn & Jigsaws
6:30 **TH** STL Cardinals Game

19 Juneteenth
10:00 **FC** Tai chi Class
11:00 **CR** Word Tower
12:30 **LO** A Walk in the Park
1:00 **TH** STL Cardinals Game
1:30 **TH** Allegro Drum Circle
2:00 **B** Prize Bingo
3:30 **B** Jeopardy Trivia
4:30 **CR** Word within a Word
6:00 **CD** Popcorn & Crosswords

26
10:00 **FC** Tai chi Class
11:00 **CR** Word Games
12:30 **LO** A Walk in the Park
1:15 **TH** STL Cardinals Game
1:30 **TH** Allegro Drum Circle
2:00 **B** Prize Bingo
3:30 **B** Trivia Thursday
4:30 **CR** Fill-in the Blank
6:00 **CD** Popcorn & Jigsaws



Friday

6
10:30 **TH** Concert Series
11:00 **B** Therapy Exercise Circle
12:30 **LO** A Walk in the Park
1:30 **CR** Crafting with Alice
2:30 **CD** Mahjong
3:30 **TH** Classic Reruns
4:30 **LI** Poetry Reflections
7:15 **TH** STL Cardinals Game

13
10:30 **TH** Concert Series
11:00 **B** Therapy Exercise Circle
12:30 **LO** A Walk in the Park
2:30 **CD** Mahjong
3:00 **CR** Keno
3:30 **TH** Classic Reruns
4:30 **LI** Reminiscing
7:00 **TH** STL Cardinals Game

20 First Day of Summer
10:30 **TH** Concert Series
11:00 **B** Therapy Exercise Circle
12:30 **LO** A Walk in the Park
1:30 **CR** Crafting with Alice
2:30 **CD** Mahjong
3:30 **TH** Classic Reruns
4:30 **CR** Boggle
6:15 **TH** STL Cardinals Game

27
10:30 **TH** Concert Series
11:00 **B** Therapy Exercise Circle
12:30 **LO** A Walk in the Park
2:30 **CD** Mahjong
3:30 **TH** Classic Reruns
4:30 **CR** Farkle
6:00 **TH** STL Cardinals Game

Saturday

7
10:00 **LI** News & Views
11:30 **CR** Meditative Coloring
12:30 **LO** A Walk in the Park
1:15 **TH** STL Cardinals Game
2:00 **CD** Resident Led-Poker
3:00 **TH** Saturday Matinee
4:00 **FC** Fitness on Demand
6:00 **B** Luck of the Draw Card Game

14 Flag Day
10:30 **B** Life's Events
11:00 **CR** Watercolor Painting
12:30 **LO** A Walk in the Park
2:00 **CD** Resident Led-Poker
3:00 **TH** STL Cardinals Game
4:00 **FC** Fitness on Demand
6:00 **B** Deal Me in Cards

21
10:00 **LI** News & Views
11:30 **CR** Meditative Coloring
12:30 **LO** A Walk in the Park
1:15 **TH** STL Cardinals Game
2:00 **CD** Resident Led-Poker
3:00 **TH** Saturday Matinee
4:00 **FC** Fitness on Demand
6:00 **B** Men's Meet Up

28
10:30 **B** Life's Events
11:00 **CR** Watercolor Painting
12:30 **LO** A Walk in the Park
2:00 **CD** Resident Led-Poker
3:00 **TH** Saturday Matinee
4:00 **FC** Fitness on Demand
6:00 **CD** Deal me in Cards

Around our Community

Happy Birthday!

Resident Birthdays

6/2 Jaque G.
6/4 Barb A.
6/14 Ollie W.
6/20 Barb M.
6/23 Lydia M.
6/26 Paul G.

Staff Birthdays

6/1 Demonte S.
6/6 Ronald T.
6/15 Angela C.
6/16 Kamryn H.



LOCATION KEY

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

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



Sunday

1
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

8
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

15 Father’s Day
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

22
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

29
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

Monday

2
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

9
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

16
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

23
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

30
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

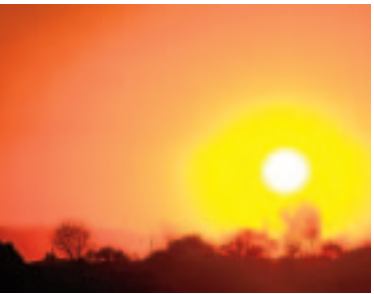
Tuesday

3
9:30 **AR** Music Favorites
10:00 **AR** Spiro Go Fitness
10:30 **AR** Amazing First Ladies
12:30 **AR** Patio Social
1:00 **AR** 2nd Hand Lions
2:30 **AR** Bowling
3:30 **AR** Who Am I?
5:00 **AR** Evening Wind Down

10
9:30 **AR** Music Favorites
10:00 **AR** Spiro Go Fitness
10:30 **AR** Memory Lane: Gardening
12:30 **AR** Patio Social
1:00 **AR** The Music Man
2:30 **AR** Bean Bag Toss
3:30 **AR** June Trivia
5:00 **AR** Evening Wind Down

17
9:30 **AR** Music Favorites
10:00 **AR** Spiro Go Fitness
10:30 **AR** Create a Story
12:30 **AR** Patio Social
1:00 **AR** Father of the Bride
2:30 **AR** Kick Ball
3:30 **AR** Short Stories
5:00 **AR** Evening Wind Down

24
9:30 **AR** Music Favorites
10:00 **AR** Spiro Go Fitness
10:30 **AR** Mad Libs
12:30 **AR** Patio Social
1:00 **AR** On The Town
2:30 **AR** Bocce Ball
3:30 **AR** Drive, Drink, or Dig
5:00 **AR** Evening Wind Down



Wednesday

4
9:30 **AR** Music Favorites
10:00 **AR** Silver Sneakers Exercise
10:30 **DR** Music Bingo
12:30 **AR** Balloon Bop
1:00 **AR** Nature True or False
1:30 **AR** Nature’s Masked Bandits
3:00 **CR** Happy Hour
5:00 **AR** Evening Wind Down

11
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** A Toast to TV Dads
3:00 **CR** Happy Hour
5:00 **AR** Evening Wind Down

18
9:30 **AR** Music Favorites
10:00 **AR** Silver Sneakers Exercise
10:30 **DR** Music Bingo
12:30 **AR** Balloon Bop
1:00 **AR** Scrabble Dash
1:30 **AR** Star of the Month
3:00 **CR** Happy Hour
5:00 **AR** Evening Wind Down

25
9:30 **AR** Music Favorites
10:00 **AR** Silver Sneakers Exercise
10:30 **DR** Music Bingo
12:30 **AR** Balloon Bop
1:00 **AR** Cross Words
1:30 **AR** Beatlemania
3:00 **CR** Happy Hour
5:00 **AR** Evening Wind Down



Thursday

5
9:30 **AR** Music Favorites
10:00 **CR** Exercise with Aaron
10:30 **DR** Card Games Galore
12:30 **AR** Floral Melodies
1:30 **AR** A St. Louis History
2:30 **AR** Putt Putt
3:00 **AR** Bible Study with Lexi
3:30 **DR** Puzzle Party
5:00 **AR** Evening Wind Down

12
9:30 **AR** Music Favorites
10:00 **CR** Exercise with Aaron
10:30 **AR** History Museum Trip
12:30 **AR** Patriotic Music Trivia
1:30 **DR** Baking & A Father’s Wit
2:30 **AR** Meditation
3:00 **AR** Who Am I?
5:00 **AR** Evening Wind Down

19 Juneteenth
9:30 **AR** Music Favorites
10:00 **CR** Exercise with Aaron
10:30 **DR** Duck Racing
12:30 **AR** Music Trivia
1:30 **SD** Scenic Drive
3:00 **AR** Bible Study with Lexi
3:30 **DR** Puzzle Party
5:00 **AR** Evening Wind Down

26
9:30 **AR** Music Favorites
10:00 **CR** Exercise with Aaron
10:30 **DR** Skee Ball
12:30 **AR** Summer Songs Trivia
1:30 **AR** Cucumber Tea Sandwiches
2:30 **AR** Parachute Game
3:00 **AR** Guess the Instrument
5:00 **AR** Evening Wind Down



Friday

6
9:30 **AR** Spiritual Music
10:00 **AR** Yes2Next Fitness
10:30 **CR** Manicures and Music
12:30 **P4** Balloon Burst
2:00 **DR** Clay Creations
3:00 **AR** Passport To Wellness
3:30 **AR** Concert Series
5:00 **AR** Evening Wind Down

13
9:30 **AR** Spiritual Music
10:00 **AR** Yes2Next Fitness
10:30 **CR** Spa Day
12:30 **P4** Scattagories
2:00 **DR** Button Craft
3:00 **AR** Passport To Wellness
3:30 **AR** Concert Series
5:00 **AR** Evening Wind Down

20
9:30 **AR** Spiritual Music
10:00 **AR** Yes2Next Fitness
10:30 **CR** Wheel Walker Wash
12:30 **P4** Finish the Common Saying
2:00 **DR** Manicures and Music
3:00 **AR** Passport To Wellness
3:30 **AR** Concert Series
5:00 **AR** Evening Wind Down

27
9:30 **AR** Spiritual Music
10:00 **AR** Yes2Next Fitness
10:30 **CR** Manicures and Music
12:30 **P4** Rhyming Word Games
2:00 **DR** Coffee Filter Art
3:00 **AR** Passport To Wellness
3:30 **AR** Concert Series
5:00 **AR** Evening Wind Down

Saturday

7
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** EZ Does It Trivia
2:30 **AR** Chair Exercise
3:00 **AR** What Would You Do?
3:30 **LR** Comedy Show
5:00 **AR** Evening Wind Down

14
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** Star Spangled Banner History
5:00 **AR** Evening Wind Down

21 Summer
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** Gentle Safari Trivia
2:30 **AR** Chair Exercise
3:30 **LR** Comedy Show
5:00 **AR** Evening Wind Down

28
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** Germany Travelogue
5:00 **AR** Evening Wind Down

Around our Community

Happy June!

This month, we'll be raising a toast to all the amazing Dads in celebration of Father's Day and welcoming the sunshine-filled days of summer! We're looking forward to an exciting trip to the history museum, along with some in-house learning about the rich history of St. Louis. As the weather continues to warm up, we'll be making the most of our beautiful patio. Our garden is now in full bloom, and we'll continue tending to it and even expanding it throughout the month. One of the highlights we're especially excited about is our fun-filled “Car Wash” day, where we'll be cleaning up everyone's walkers and wheelchairs right on the patio.Come join us for a joyful month of sunshine, learning, and celebration!

*All activities are subject to change

LOCATION KEY

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

Allegro in Richmond Heights

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