

UPCOMING COMMUNITY EVENTS

A MESSAGE FROM THE ED

Dear Residents and Families,

As we step into March, we're excited to embrace the new season with fresh opportunities for connections, wellness, and FUN! We have a variety of activities and events planned to celebrate the changing weather and keep everyone engaged. From outdoor strolls to arts and crafts, there's something for everyone to enjoy. We encourage you to check our activity calendar and join us in welcoming the joys of spring. As always, our Team is here to help!

Thank you for entrusting Alto Johns Creek the opportunity to provide care to you or your loved one.

I look forward to seeing you in the Community,
Katrina L. Cohen



MARK YOUR CALENDARS!

MARDI GRAS CELEBRATION

Join us for a festive Mardi Gras Celebration on Tuesday, March 4, from 4:00PM - 5:00PM in the Bistro! Let the lively rhythms of our live music fill the air as we celebrate the spirit of Mardi Gras. Enjoy the fun, delicious treats, and the vibrant atmosphere with friends and neighbors.



Alto Johns Creek

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



FLOURISH

MARCH 2025



WHAT'S INSIDE

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Social Calendar

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Upcoming Events + News

*"THE ONLY LIMIT TO OUR REALIZATION OF TOMORROW
IS OUR DOUBTS OF TODAY."*

—FRANKLIN D. ROOSEVELT

March 2025

Around our Community

Sunday

March 30

10:00 **GYM** Gentle Stretching
10:30 **GAT** Catholic Service
by St. Benedict Church
10:45 **TH** Live Perimeter Church
1:30 **GAT** Adult Coloring
1:30 **ART** Knit & Crochet Club
2:30 **TH** Movie & Popcorn
4:00 **LB** Word Search Puzzle

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10:00 **GYM** Gentle Stretching
10:30 **GAT** Catholic Service
by St. Benedict Church
10:45 **TH** Live Perimeter Church
1:30 **GAT** Adult Coloring
1:30 **ART** Knit & Crochet Club
2:30 **TH** Movie & Popcorn
4:00 **LB** Word Search Puzzle

9 Daylight Savings

10:00 **GYM** Gentle Stretching
10:30 **GAT** Catholic Service
by St. Benedict Church
10:45 **TH** Live Perimeter Church
1:30 **GAT** Adult Coloring
1:30 **ART** Knit & Crochet Club
2:30 **TH** Movie & Popcorn
4:00 **LB** Word Search Puzzle

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10:00 **GYM** Gentle Stretching
10:30 **GAT** Catholic Service
by St. Benedict Church
10:45 **TH** Live Perimeter Church
1:30 **GAT** Adult Coloring
1:30 **ART** Knit & Crochet Club
2:30 **TH** Movie & Popcorn
4:00 **LB** Word Search Puzzle

23

10:00 **GYM** Gentle Stretching
10:30 **GAT** Catholic Service
by St. Benedict Church
10:45 **TH** Live Perimeter Church
1:30 **GAT** Adult Coloring
1:30 **ART** Knit & Crochet Club
2:30 **TH** Movie & Popcorn
4:00 **LB** Word Search Puzzle

Monday

March 31

10:00 **GYM** Fit & Fun with Lifestyle
11:00 **LB** Word Game Challenge: Scattergories
1:30 **LIB** Mexican Train Game Club: Dominoes
3:00 **GAT** Rummikub Game
4:00 **TH** TED Talk & Discussion

3

10:00 **GYM** Fit & Fun with Lifestyle
11:00 **LB** Word Game Challenge: Scattergories
1:30 **LIB** Game Club: Mexican Train Dominoes
2:30 **GAT** Resident Council Meeting
4:00 **TH** TED Talk: Why Daylight is the Secret to Great Sleep

10

10:00 **GYM** Fit & Fun with Lifestyle
11:00 **LB** Word Game Challenge: Scattergories
1:30 **LIB** Game Club: UNO!
2:30 **GAT** Watercolor Class for Beginners with Parker
3:00 **GAT** Rummikub Game
4:00 **TH** TED Talk: How to Find Laughter Anywhere

17 St. Patrick's Day

10:00 **GYM** Fit & Fun with Lifestyle
11:00 **LB** Word Game Challenge: Scattergories
1:30 **LIB** Game Club: Kings Corner
2:30 **LOB** Ben's Workshop
3:00 **GAT** Rummikub Game
4:00 **TH** TED Talk: Why Having Fun is the Secret to Healthier Life

24

10:00 **GYM** Fit & Fun with Lifestyle
11:00 **LB** Word Game Challenge: Scattergories
1:30 **LIB** Game Club: Sevens Out
3:00 **GAT** Rummikub Game
4:00 **TH** TED Talk & Discussion

Tuesday

Wednesday

Thursday

Friday

Saturday

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Mardi Gras
10:00 **GYM** Fitness with Colleen
11:00 **LB** Words In A Word
2:00 **GAT** Crafty Corner
4:00 **LB** Mardi Gras Celebration with Craig Gleason
6:30 **TH** Binge TV - The Crown Season 3, Ep.01

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10:00 **GYM** Fitness with Colleen
11:00 **LB** Words In A Word
2:00 **DR** Chef Talk
3:00 **GAT** Crafty Corner
4:00 **GAT** Destination: Cruising the Nile
6:30 **TH** Binge TV - The Crown Season 3, Ep.02

18

10:00 **GYM** Fitness with Colleen
11:00 **LB** Words In A Word
11:30 **LOB** Lunch Trip: Chinese Restaurant
2:00 **GAT** Crafty Corner
4:00 **GAT** Destination: Cruising the Nile
6:30 **TH** Binge TV - The Crown Season 3, Ep.03

25

10:00 **GYM** Fitness with Colleen
11:00 **LB** Words In A Word
2:00 **GAT** Crafty Corner
4:00 **GAT** Destination: Cruising the Nile
6:30 **TH** Binge TV - The Crown Season 3, Ep.04

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10:00 **LOB** Walking Club
11:00 **GAT** Xtreme Trivia
1:30 **GAT** Grandma's Kitchen: Let's Bake
3:00 **GAT** B-I-N-G-O!
3:30 **LB** Midweek Mingle with Joe Perniciaro

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10:00 **LOB** Walking Club
11:00 **GAT** Trivia
1:30 **GAT** Grandma's Kitchen: Let's Bake
3:00 **GAT** B-I-N-G-O!
4:00 **LB** Midweek Mingle with Laila Katreeb

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10:00 **LOB** Walking Club
11:00 **GAT** Xtreme Trivia
1:30 **GAT** Grandma's Kitchen: Let's Bake
3:00 **GAT** B-I-N-G-O!
4:00 **LB** Midweek Mingle with Alan Weisenberger

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10:00 **LOB** Walking Club
11:00 **GAT** Trivia
1:30 **GAT** Grandma's Kitchen: Let's Bake
3:00 **GAT** B-I-N-G-O!
4:00 **LB** Midweek Mingle: March Birthday Celebration



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10:00 **GYM** Fitness with Colleen
10:30 **GAT** Bible Study
1:00 **GAT** Learn New Card Game: Pit
2:30 **LOB** Shopping Trip: Walmart
4:00 **LB** Info Quest: House of Dermatology

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10:00 **GYM** Fitness with Colleen
10:30 **GAT** Bible Study
1:00 **GAT** Learn New Card Game: Pit
2:30 **LOB** Shopping Trip: Kohl's
4:00 **LB** Brain Teaser Puzzle

20

10:00 **GYM** Fitness with Colleen
10:30 **GAT** Bible Study
1:00 **GAT** Learn New Card Game: Pit
2:30 **LOB** Shopping Trip: Publix
4:00 **LB** Brain Teaser Puzzle

27

10:00 **GYM** Fitness with Colleen
10:30 **GAT** Bible Study
1:00 **GAT** Learn New Card Game: Pit
2:30 **LOB** Shopping Trip: TJ Maxx
4:00 **LB** Brain Teaser Puzzle

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10:00 **LB** Coffee & Conversation
11:00 **LB** Unsolved Case Files: Solve the Mystery
1:30 **GAT** Book Club
2:30 **TH** Movie Matinee: An Affair to Remember
4:00 **LIB** The Game of Things: Humor in A Box

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10:00 **LB** Coffee & Conversation
11:00 **LB** Unsolved Case Files: Solve the Mystery
1:30 **GAT** Book Club
2:30 **TH** Movie Matinee: The Long Game
4:00 **LIB** The Game of Things: Humor in A Box

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10:00 **LB** Coffee & Conversation
11:00 **LB** Unsolved Case Files: Solve the Mystery
1:30 **GAT** Book Club
2:30 **TH** Movie Matinee: The Founder
4:00 **LIB** The Game of Things: Humor in A Box

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10:00 **LB** Coffee & Conversation
11:00 **LB** Unsolved Case Files: Solve the Mystery
1:30 **GAT** Book Club
2:30 **TH** Movie Matinee: Downton Abbey
4:00 **LIB** The Game of Things: Humor in A Box

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10:30 **GYM** Breath & Balance with Noel Plaugher
11:00 **LB** Daily Crossword Puzzle
1:30 **GR** Jigsaw Challenge
2:30 Afternoon Walking Club
3:00 **TH** Netflix Documentary: Hidden Lives of Pets (Ep.1)
4:00 **GR** Game Club: Resident Choice

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10:30 **GYM** Breath & Balance with Noel Plaugher
11:00 **LB** Daily Crossword Puzzle
1:30 **GR** Jigsaw Challenge
2:30 Afternoon Walking Club
3:00 **TH** Netflix Documentary: Hidden Lives of Pets (Ep.2)
4:00 **GR** Game Club: Resident Choice

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10:30 **GYM** Breath & Balance with Noel Plaugher
11:00 **LB** Daily Crossword Puzzle
1:30 **GR** Jigsaw Challenge
2:30 Afternoon Walking Club
3:00 **TH** Netflix Documentary: Hidden Lives of Pets (Ep.3)
4:00 **GR** Game Club: Resident Choice

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10:30 **GYM** Breath & Balance with Noel Plaugher
11:00 **LB** Daily Crossword Puzzle
1:30 **GR** Jigsaw Challenge
2:30 Afternoon Walking Club
3:00 **TH** Netflix Documentary: Hidden Lives of Pets (Ep.4)
4:00 **GR** Game Club: Resident Choice

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10:30 **GYM** Breath & Balance with Noel Plaugher
11:00 **LB** Daily Crossword Puzzle
1:30 **GR** Jigsaw Challenge
2:30 Afternoon Walking Club
3:00 **TH** Netflix Documentary: My Octopus Teacher
4:00 **GR** Game Club: Resident Choice

Destination: Cruising the Nile - A Journey Through Ancient Egypt

This March, embark on an exciting adventure with us as we debut a new program titled **Destination: Cruising the Nile**. Over the course of five weeks, we'll explore the rich culture and history of Ancient Egypt through engaging activities and hands-on experiences. Here's a glimpse at the themes we'll explore each week:

Egyptian Faience Bowl

Egyptian Bread Pudding

The Mysteries of Ancient Egypt

Easy-Make Papyrus Paper

Taste of Egypt

Join us as we sail through time and dive into the wonders of Egypt! Keep an eye out for more details - we can't wait to see you there!

LOCATION KEY

- GYM** Gym
- LB** Lounge Bistro
- GR** Game Room
- TH** Theater
- GAT** Gather Room
- ART** Art Room
- LIB** Library
- LOB** Lobby
- DR** Dining Room

March 2025

Around our Community

Sunday

March 30

- 10:00 **LR** Worship Service
- 10:30 **AT** Color Me Calm
- 11:00 **CY** Weekend Walking Club
- 1:30 **LR** Movie & Popcorn
- 2:30 **A** Big Ball Bowling
- 3:30 **A** Toss 'n Talk-About
- 4:00 **LR** Devotional Music Hour
- 6:30 **LR** Popcorn To Go!

2

- 10:00 **LR** Worship Service
- 10:30 **AT** Color Me Calm
- 11:00 **CY** Weekend Walking Club
- 1:30 **LR** Movie & Popcorn
- 2:30 **A** Big Ball Bowling
- 3:30 **A** Toss 'n Talk-About
- 4:00 **LR** Devotional Music Hour
- 6:30 **LR** Popcorn To Go!

9 Daylight Savings

- 10:00 **LR** Worship Service
- 10:30 **AT** Color Me Calm
- 11:00 **CY** Weekend Walking Club
- 1:30 **LR** Movie & Popcorn
- 2:30 **A** Big Ball Bowling
- 3:30 **A** Documentary: The Barbie Story
- 4:00 **LR** Devotional Music Hour
- 6:30 **LR** Popcorn To Go!

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- 10:00 **LR** Worship Service
- 10:30 **AT** Shamrock Coloring Pages
- 11:00 **CY** Weekend Walking Club
- 1:30 **LR** Movie & Popcorn
- 2:30 **A** Big Ball Bowling
- 3:30 **A** Toss 'n Talk-About
- 4:00 **LR** Devotional Music Hour
- 6:30 **LR** Popcorn To Go!

23

- 10:00 **LR** Worship Service
- 10:30 **AT** Color Me Calm
- 11:00 **CY** Weekend Walking Club
- 1:30 **LR** Movie & Popcorn
- 2:30 **A** Big Ball Bowling
- 3:30 **A** Toss 'n Talk-About
- 4:00 **LR** Devotional Music Hour
- 6:30 **LR** Popcorn To Go!

Monday

March 31

- 10:00 **CY** Walking Club
- 10:30 **D** Juice & Grab-N-Go Snacks
- 11:00 **AT** Bingo – Earn Bingo Bucks!
- 1:30 **AT** Jigsaw Puzzle
- 2:30 **AT** Table Hockey
- 3:30 **AT** Brain Games
- 4:00 **A** Word Search Puzzle
- 6:30 **LR** Virtual Travel: Kyoto, Japan

3

- 10:00 **CY** Walking Club
- 10:30 **D** Juice & Grab-N-Go Snacks
- 11:00 **AT** Bingo – Earn Bingo Bucks!
- 1:30 **AT** Jigsaw Puzzle
- 2:30 **AT** Table Hockey
- 3:30 **AT** Brain Games
- 4:00 **A** Word Search Puzzle
- 6:30 **LR** Virtual Travel: Washington, D.C., USA

10

- 10:00 **CY** Walking Club
- 10:30 **D** Juice & Grab-N-Go Snacks
- 11:00 **AT** Bingo – Earn Bingo Bucks!
- 1:30 **AT** Jigsaw Puzzle
- 2:30 **AT** Table Hockey
- 3:30 **AT** Brain Games
- 4:00 **A** Word Search Puzzle
- 6:30 **LR** Virtual Travel: The Netherlands

17 St. Patrick's Day

- 10:00 **CY** Walking Club
- 10:30 **D** Shamrock Sugar Cookies
- 11:00 **AT** Bingo – Earn Bingo Bucks!
- 1:30 **AT** St. Patrick's Day Craft
- 2:30 **AT** St. Patrick's Day Social
- 3:30 **AT** Brain Games
- 4:00 **A** Word Search Puzzle
- 6:30 **LR** Virtual Travel: Paris, France

24

- 10:00 **CY** Walking Club
- 10:30 **D** Juice & Grab-N-Go Snacks
- 11:00 **AT** Bingo – Earn Bingo Bucks!
- 1:30 **AT** Jigsaw Puzzle
- 2:30 **AT** Table Hockey
- 3:30 **AT** Brain Games
- 4:00 **A** Word Search Puzzle
- 6:30 **LR** Virtual Travel: Vancouver, Canada

Tuesday

Wednesday

Thursday

Friday

Saturday

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- Mardi Gras**
- 10:00 **A** Chair Yoga with Sherri Zak
 - 10:30 **AT** Stories That Inspire Us
 - 11:00 **AT** Mardi Gras Trivia
 - 1:30 **AT** DIY Mardi Gras Mask
 - 2:30 **D** Mardi Gras Celebration
 - 3:00 **A** Reminisce Scenic Drive
 - 4:00 **A** Balloon Volleyball
 - 6:30 **LR** Classic TV Game Shows

11

- 10:00 **A** Chair Yoga with Sherri Zak
- 10:30 **AT** Stories That Inspire Us
- 11:00 **AT** Trivia Tuesday
- 1:30 **AT** UNO! Card Game
- 2:30 **D** Lemonade & Laughter
- 3:00 **A** Reminisce Scenic Drive
- 4:00 **A** Balloon Volleyball
- 6:30 **LR** Classic TV Game Shows

18

- 10:00 **A** Chair Yoga with Sherri Zak
- 10:30 **AT** Stories That Inspire Us
- 11:00 **AT** Trivia Tuesday
- 1:30 **AT** UNO! Card Game
- 2:00 **A** Live Music with Tom Richardson
- 3:00 **A** Reminisce Scenic Drive
- 4:00 **A** Balloon Volleyball
- 6:30 **LR** Classic TV Game Shows

25

- 10:00 **A** Chair Yoga with Sherri Zak
- 10:30 **AT** Stories That Inspire Us
- 11:00 **AT** Trivia Tuesday
- 1:30 **AT** UNO! Card Game
- 2:30 **D** Lemonade & Laughter
- 3:00 **A** Reminisce Scenic Drive
- 4:00 **A** Balloon Volleyball
- 6:30 **LR** Classic TV Game Shows

5

- 10:00 **A** Gentle Stretch with Joanie
- 10:30 **LR** Devotion w/Ella & Friends
- 11:15 **A** Circle Kickball
- 1:30 **D** The Baking Bunch: Banana Bread
- 2:30 **D** Snackin' & Yakkin'
- 3:30 **LR** Midweek Mix & Mingle
- 6:30 **LR** A&E Biography: Ava Gardner

12

- 10:00 **A** Gentle Stretch with Joanie
- 10:30 **LR** Devotion w/Ella & Friends
- 11:15 **A** Circle Kickball
- 1:30 **D** The Baking Bunch: Muffin Decorating
- 2:30 **D** Snackin' & Yakkin'
- 3:30 **LR** Midweek Mix & Mingle
- 6:30 **LR** A&E Biography: Cary Grant

19

- 10:00 **A** Gentle Stretch with Joanie
- 10:30 **LR** Devotion w/Ella & Friends
- 11:15 **A** Circle Kickball
- 1:30 **D** The Baking Bunch: Fruit and Yogurt Parfaits
- 2:30 **D** Snackin' & Yakkin'
- 3:30 **LR** Midweek Mix & Mingle
- 6:30 **LR** A&E Biography: Shirley Temple

26

- 10:00 **A** Gentle Stretch with Joanie
- 10:30 **LR** Devotion w/Ella & Friends
- 11:15 **A** Circle Kickball
- 1:30 **D** The Baking Bunch: Apple Nachos
- 2:30 **D** Snackin' & Yakkin'
- 3:30 **LR** Midweek Mix & Mingle
- 6:30 **LR** A&E Biography: Kenny Rogers



6

- 10:00 **A** Chair Yoga with Sherri Zak
- 10:15 **AT** Reminisce Magazine
- 11:00 **AT** Let's Paint!
- 1:30 **AT** Bingo
- 2:30 **A** Spelling Bee
- 3:00 **AT** Card Games & More
- 4:00 **AT** Hidden Picture Puzzle
- 6:30 **LR** Popcorn To Go!

13

- 10:00 **A** Chair Yoga with Sherri Zak
- 10:15 **AT** Reminisce Magazine
- 11:00 **AT** Let's Paint!
- 1:30 **AT** Bingo
- 2:30 **A** Spelling Bee
- 3:00 **AT** Card Games & More
- 4:00 **AT** Hidden Picture Puzzle
- 6:30 **LR** Popcorn To Go!

20 First Day of Spring

- 10:00 **A** Chair Yoga with Sherri Zak
- 10:15 **AT** Reminisce Magazine
- 11:00 **AT** Let's Paint!
- 1:30 **AT** Bingo
- 2:30 **A** Sensory Garden Exploration
- 3:00 **AT** Card Games & More
- 4:00 **AT** Hidden Picture Puzzle
- 6:30 **LR** Popcorn To Go!

27

- 10:00 **A** Chair Yoga with Sherri Zak
- 10:15 **AT** Reminisce Magazine
- 11:00 **AT** Let's Paint!
- 1:30 **AT** Bingo
- 2:30 **A** Spelling Bee
- 3:00 **AT** Card Games & More
- 4:00 **AT** Hidden Picture Puzzle
- 6:30 **LR** Popcorn To Go!

7

- 10:00 **A** Walking Club
- 10:30 **D** Juice & Grab-N-Go Snacks
- 11:00 **LR** Music Appreciation: Bing Crosby
- 1:30 **AT** Bingo - Earn Bingo Bucks
- 2:30 **D** Springtime Tea Party
- 3:30 **A** Math Minds
- 4:00 **LR** Family Feud

14

- 10:00 **A** Walking Club
- 10:30 **D** Juice & Grab-N-Go Snacks
- 11:00 **LR** Music Appreciation: Ella Fitzgerald
- 1:30 **AT** Bingo - Earn Bingo Bucks
- 2:30 **D** Springtime Tea Party
- 3:30 **A** Math Minds
- 4:00 **LR** Irish Music Sing-Along

21

- 10:00 **A** Walking Club
- 10:30 **D** Juice & Grab-N-Go Snacks
- 11:00 **LR** Music Appreciation: Johnny Cash
- 1:30 **AT** Bingo - Earn Bingo Bucks
- 2:30 **D** Springtime Tea Party
- 3:30 **A** Math Minds
- 4:00 **LR** Family Feud

28

- 10:00 **A** Walking Club
- 10:30 **D** Juice & Grab-N-Go Snacks
- 11:00 **LR** Music Appreciation: The Temptations
- 1:30 **AT** Bingo - Earn Bingo Bucks
- 2:30 **D** Springtime Tea Party
- 3:30 **A** Math Minds
- 4:00 **LR** Family Feud

1

- 9:30 **A** Breath & Balance with Noel Plaugher
- 10:00 **AT** Nails, Lotions & Potions
- 11:00 **AT** Card Games with Friends
- 1:30 **LR** Movie & Popcorn
- 2:30 **D** Fresh Fruit Smoothies
- 3:30 **A** Classic Movie Trivia
- 4:00 **LR** Classical Concert

8

- 9:30 **A** Breath & Balance with Noel Plaugher
- 10:00 **AT** Nails, Lotions & Potions
- 11:00 **AT** Card Games with Friends
- 1:30 **LR** Movie & Popcorn
- 2:30 **D** Fresh Fruit Smoothies
- 3:30 **A** Spring Trivia Questions
- 4:00 **LR** Classical Concert

15

- 9:30 **A** Breath & Balance with Noel Plaugher
- 10:00 **AT** Nails, Lotions & Potions
- 11:00 **AT** Card Games with Friends
- 1:30 **LR** Movie & Popcorn
- 2:30 **D** Fresh Fruit Smoothies
- 3:30 **A** St. Patrick's Day Trivia
- 4:00 **LR** Classical Concert

22

- 9:30 **A** Breath & Balance with Noel Plaugher
- 10:00 **AT** Nails, Lotions & Potions
- 11:00 **AT** Card Games with Friends
- 1:30 **LR** Movie & Popcorn
- 2:30 **D** Fresh Fruit Smoothies
- 3:30 **A** March in Sports Trivia
- 4:00 **LR** Classical Concert

29

- 9:30 **A** Breath & Balance with Noel Plaugher
- 10:00 **AT** Nails, Lotions & Potions
- 11:00 **AT** Card Games with Friends
- 1:30 **LR** Movie & Popcorn
- 2:30 **D** Fresh Fruit Smoothies
- 3:30 **A** March Milestones & Trivia
- 4:00 **LR** Classical Concert

In The Know

Color Therapy Month

Nutrition Month

Spring into Spring Month

Women's History Month

Special Day & Holidays

Mardi Gras 3.04

Ash Wednesday 3.05

Int. Women's Day 3.08

Daylight Savings Time Begins 3.09

Purm 3.13

St. Patrick's Day 3.17

First Day of Spring 3.20

Irish Proverb

"A good laugh and a long sleep are the two best cures."

LOCATION KEY

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