

## UPCOMING COMMUNITY EVENTS



### A MESSAGE FROM THE ED

Dear Residents and Family,

It's hard to believe we are already approaching the halfway mark of the year! Time truly flies when wonderful things are happening, and I'm excited to share how much positivity and progress we're seeing here at Alto John's Creek.

Recently, someone shared with me that this place feels like home—and more importantly, like family. That sentiment perfectly captures the heart of our community.

With our full leadership team now in place, I'm genuinely looking forward to even more moments of growth, connection, smiles, and laughter in the days ahead.

Warmly,

Katrina Cohen, Executive Director

## MOTHER'S DAY - SUNDAY, MAY 11, 2025

To the cherished mothers and mother figures within our community, Happy Mother's Day! Your unwavering love, support, and wisdom have enriched our lives and created a warm, nurturing environment. We celebrate you today and every day for your immeasurable contributions.



### Alto Johns Creek

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



# FLOURISH

MAY 2025



## WHAT'S INSIDE

Pg 2-3  
Social Calendar

Pg 4  
Upcoming Events + News

*"MAY YOUR ACTIONS INSPIRE OTHERS TO DREAM MORE, LEARN MORE, DO MORE, AND BECOME MORE."*

—JOHN QUINCY ADAMS



## Sunday

### Alto Johns Creek

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[www.allegroliving.com/communities/johns-creek-ga](http://www.allegroliving.com/communities/johns-creek-ga)

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

## Saturday

## Around our Community

**4**

10:00 **GYM** Gentle Stretching  
10:30 **GAT** Catholic Service by St. Benedict Church  
10:45 **TH** Live Perimeter Church  
1:30 **ART** Knit & Crochet Club  
1:30 **GAT** Herb Planting and Herb Trivia  
3:30 **LNG** Hwee Boon Piano Students Recital  
4:00 **LB** Word Search Puzzle

**11** Mother's Day

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

**18**

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

**25**

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

**5**

**Cinco de Mayo**  
10:00 **GYM** Fit & Fun with Lifestyle  
11:00 **LB** Neuro nogami: Brain Games  
1:30 **LB** **Cinco de Mayo Celebration**  
3:30 **GAT** Rummikub Game  
6:30 **TH** Evening Movie

**12**

10:00 **GYM** Fit & Fun with Lifestyle  
11:00 **LB** Neuro nogami: Brain Games  
1:30 **LIB** Limerick Who?  
2:30 **GAT** Intro to Watercolor Class with Parker  
3:30 **GAT** Rummikub Game  
6:30 **TH** Evening Movie

**19**

10:00 **GYM** Fit & Fun with Lifestyle  
11:00 **LB** Neuro nogami: Brain Games  
1:30 **GAT** Ben's Workshop  
2:30 **GAT** Resident Council Meeting  
3:30 **GAT** Rummikub Game  
6:30 **TH** Evening Movie

**26**

**Memorial Day**  
10:00 **GYM** Fit & Fun with Lifestyle  
11:00 **LB** Neuro nogami: Brain Games  
2:00 **LOB** **Memorial Day Program**  
3:30 **GAT** Rummikub Game  
6:30 **TH** Evening Movie

**6**

10:00 **GYM** Fitness with Colleen  
11:00 **LB** Words In A Word  
1:30 **ALC** Zentangle: Sketchbook Challenge  
3:00 **GAT** **Info Quest: Dermatology with Dr. Alexander**  
6:30 **TH** Evening Movie

**13**

10:00 **GYM** Fitness with Colleen  
11:00 **LB** Words In A Word  
1:30 **ALC** Zentangle: Sketchbook Challenge  
3:00 **DR** Chef Talk  
4:00 **GAT** Crafty Corner: No-Sew Sleep Masks  
6:30 **TH** Evening Movie

**20**

10:00 **GYM** Fitness with Colleen  
11:00 **LB** Words In A Word  
1:00 **ALC** **Back Yard Games and Snow Cones**  
1:30 **ALC** Zentangle: Sketchbook Challenge  
4:00 **GAT** Crafty Corner  
6:30 **TH** Evening Movie

**27**

10:00 **GYM** Fitness with Colleen  
11:00 **LB** Words In A Word  
1:30 **LIB** **Team Spelling Bee Contest**  
3:30 **GAT** Crafty Corner  
6:30 **TH** Evening Movie

**7**

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 Rockin Rick  
6:30 **TH** Evening Movie

**14**

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 Joe P.  
6:30 **TH** Evening Movie

**21**

10:00 **LOB** Walking Club  
11:00 **GAT** Trivia  
1:30 **GAT** Grandma's Kitchen: Let's Bake  
2:00 **GAT** Red Cross Founded  
3:00 **GAT** B-I-N-G-O!  
4:00 **LB** Midweek Mingle with Jeff Gillman  
6:30 **TH** Evening Movie

**28**

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 Birthday Celebration with Ken Kurtz**  
6:30 **TH** Evening Movie

**1**

10:00 **GYM** Fitness with Colleen  
10:30 **GAT** Bible Study  
1:30 **LOB** **Afternoon Community May Day Craft and Parade**  
3:30 **GAT** Solve the Mystery Case: Whodunit!  
6:30 **TH** Evening Movie

**8**

10:00 **GYM** Fitness with Colleen  
10:30 **GAT** Bible Study  
1:00 **LOB** Afternoon Walk Club  
1:30 **ALC** Zentangle: Sketchbook Challenge  
2:30 **LB** **Have a Coke Day: Try New Flavors**  
3:30 **GAT** Solve the Mystery Case: Whodunit!  
6:30 **TH** Evening Movie

**15**

10:00 **GYM** Fitness with Colleen  
10:30 **GAT** Bible Study  
1:00 **LOB** Afternoon Walk Club  
1:30 **ALC** Zentangle: Sketchbook Challenge  
3:30 **GAT** Solve the Mystery Case: Whodunit!  
6:30 **TH** Evening Movie

**22**

10:00 **GYM** Fitness with Colleen  
10:30 **GAT** Bible Study  
1:00 **LOB** Afternoon Walk Club  
1:30 **ALC** Zentangle: Sketchbook Challenge  
3:30 **GAT** Solve the Mystery Case: Whodunit!  
6:30 **TH** Evening Movie

**29**

10:00 **GYM** Fitness with Colleen  
10:30 **GAT** Bible Study  
1:00 **LOB** Afternoon Walk Club  
1:30 **ALC** Zentangle: Sketchbook Challenge  
3:30 **GAT** Solve the Mystery Case: Whodunit!  
6:30 **TH** Evening Movie

**2**

10:00 **LB** Coffee & Conversation  
11:00 **LB** Landmarks Day: Where Am I?  
1:00 **LOB** Afternoon Walk Club  
1:30 **GAT** Book Club  
2:30 **TH** Movie Matinee  
4:00 **LOB** Alto Local Vocals

**9**

10:00 **LB** Coffee & Conversation: Good to the Last Drop  
11:00 **LB** Family Feud Brain Games  
1:00 **LOB** Afternoon Walk Club  
1:30 **GAT** Book Club  
2:30 **TH** Movie Matinee  
4:00 **LOB** Alto Local Vocals

**16**

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

**23**

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

**30**

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

**3**

10:30 **GYM** Breath & Balance with Noel  
11:00 **LB** May Fun Pack  
Cranium Crunches  
12:00 **DR** **Mother's Day Tea Brunch**  
**RSVP Required**  
1:00 **LOB** Afternoon Walking Club  
1:30 **GAT** Adult Colorist Zen  
2:30 **TH** Netflix Documentary: Our Oceans  
4:00 **GR** Game Club: Resident Choice

**10**

10:30 **GYM** Breath & Balance with Noel  
11:00 **LB** May Fun Pack  
Cranium Crunches  
1:00 **LOB** Afternoon Walking Club  
1:30 **GAT** Adult Colorist Zen  
2:30 **TH** Netflix Documentary: Our Oceans  
4:00 **GR** Game Club: Resident Choice

**17**

10:30 **GYM** Breath & Balance with Noel  
11:00 **LB** May Fun Pack  
Cranium Crunches  
1:00 **LOB** Afternoon Walking Club  
1:30 **GAT** Adult Colorist Zen  
2:30 **TH** Netflix Documentary: Our Oceans  
4:00 **GR** Game Club: Resident Choice

**24**

10:30 **GYM** Breath & Balance with Noel  
11:00 **LB** May Fun Pack  
Cranium Crunches  
1:00 **LOB** Afternoon Walking Club  
1:30 **GAT** Adult Colorist Zen  
2:30 **TH** Netflix Documentary: Our Oceans  
4:00 **GR** Game Club: Resident Choice

**31**

10:30 **GYM** Breath & Balance with Noel  
11:00 **LB** May Fun Pack  
Cranium Crunches  
1:00 **LOB** Afternoon Walking Club  
1:30 **GAT** Adult Colorist Zen  
2:30 **TH** Netflix Documentary: Our Oceans  
4:00 **GR** Game Club: Resident Choice

### Bloom and Beauty

As the days grow warmer and the flowers begin to bloom, May brings with it a fresh sense of renewal and joy. It's a time to breathe in the sweet scent of spring, and soak in the sunshine. Did you know that May is also full of fascinating facts and traditions?

#### 1. May is Named for a Goddess

The name "May" comes from *Maia*, the Roman goddess of growth and fertility.

#### 2. The Month of Mothers

May is home to Mother's Day, celebrated on the 2nd Sunday of the month. The tradition began in the early 1900s and quickly became a cherished national holiday.

#### 3. Birthstone and Blooms

If you were born in May, your birthstone is the emerald. The flower of May is the lily of the valley, a bloom that symbolizes humility and happiness.

## LOCATION KEY

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

# May 2025

## Sunday

### Alto Johns Creek

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## Around our Community

### May's Fun Facts

- \* Fun Fact #1: Did you know that the month of May is National Strawberries Month?
- \* Fun Fact #2: Did you know that May is the official last month of Spring?
- \* Fun Fact #3: Did you know that May is also National Pet's Month? What's your favorite animal?

Quote Of The Month (In Honors Of Mother's Day):

"A mother's love is like no other, it knows no boundaries and transcends all obstacles".

### LOCATION KEY

- A** MC Activities
- LOB** Lobby
- DR** Dining Room
- LR** MC Living Room 1
- D** MC Dining
- AT** MC Activity Tables
- CY** MC Court Yard
- LR2** MC Living Room 2

### 4

- 10:00 **LR** Worship Service
- 10:30 **A** Color Me Calm
- 11:30 **A** Weekend Walking Club
- 1:30 **A** Toss N' Talk & Hydration
- 2:30 **LR** The Archies & Popcorn

### 11 Mother's Day

- 10:00 **LR** Worship Service
- 10:30 **A** Color Me Calm
- 11:00 **A** Weekend Walking Club
- 1:30 **A** Mother's Day Appreciation: Cupcakes
- 2:30 **LR** The Parent Trap & Popcorn
- 4:00 **LR** Devotional Music Hour

### 18

- 10:00 **LR** Worship Service
- 10:30 **AT** Color Me Calm
- 11:00 **A** Weekend Walking Club
- 1:30 **A** Big Ball Bowling
- 2:30 **LR** The Last Laugh & Popcorn
- 4:00 **LR** Devotional Music Hour

### 25

- 10:00 **LR** Worship Service
- 10:30 **AT** Color Me Calm
- 11:00 **CY** Weekend Walking Club
- 1:30 **A** Big Ball Bowling
- 2:30 **LR** Our Souls At Night & Popcorn
- 4:00 **LR** Devotional Music Hour

### 5

- 10:00 **A** Daily Chronicles
- 10:30 **A** Chair Yoga With Bradford
- 11:00 **A** Affirmations + Hydration
- 1:30 **A** Team Word Search
- 2:30 **D** Iced Mockaritas & Tacos (Cinco De Mayo)
- 3:30 **A** Team Hangman + Hydration
- 4:00 **A** America's Got Talent

### 12

- 10:00 **A** Daily Chronicles
- 10:30 **A** Chair Yoga With Bradford
- 11:00 **A** Affirmations + Hydration
- 1:30 **A** Balloon Ball
- 2:30 **LR** Sing A Long
- 3:30 **A** Table Games + Hydration
- 4:00 **A** Guess That Gadget

### 19

- 10:00 **A** Daily Chronicles
- 10:30 **LR** Chair Yoga With Bradford
- 11:00 **A** Affirmations + Hydration
- 1:30 **AT** Table Hockey
- 2:30 **AT** Picture Bingo
- 3:30 **AT** Sharing Stories + Hydration
- 4:00 **A** Ted Talk

### 26 Memorial Day

- 10:00 **A** Daily Chronicles
- 10:30 **A** Chair Yoga With Bradford
- 11:00 **A** Affirmations & Hydration
- 1:30 **A** Arts & Crafts: Memorial Day Painting
- 2:30 **A** Memorial Day Program & Cookies
- 3:30 **A** Mini Golf
- 4:00 **LR** Family Feud



### 6 National Laughter Day

- 10:00 **A** Daily Chronicles
- 10:30 **LR** Affirmations + Hydration
- 11:00 **AT** Color Sorting
- 2:00 **A** Physiotainment W/ Paul
- 2:30 **A** Lemonade & Jokes (National Laughter Day)
- 3:30 **A** Noodle Ball + Hydration
- 4:00 **A** Literature Hour (Reading Aloud)

### 13

- 10:00 **A** Daily Chronicles
- 10:30 **A** Chair Yoga With Bradford
- 11:00 **A** Affirmations + Hydration
- 1:30 **AT** Arts & Crafts: Handprints
- 2:30 **D** Bean Bag Toss
- 3:30 **A** Team Cross Word Puzzle
- 4:00 **A** Guess That Country: Trivia

### 20

- 10:00 **A** Daily Chronicles
- 10:30 **LR** Chair Yoga With Bradford
- 11:00 **A** Affirmations + Hydration
- 2:00 **A** Physiotainment W/ Paul
- 2:30 **D** Arts & Crafts: 3D Teacups
- 3:30 **A** Balloon Volleyball + Hydration
- 4:00 **A** Guess That Animal

### 27

- 10:00 **A** Daily Chronicles
- 10:30 **A** Chair Yoga With Bradford
- 11:00 **A** Affirmations & Hydration
- 1:30 **A** Sorting Shapes
- 2:30 **A** Mega Bowling
- 3:30 **A** Name That Tune
- 4:00 **A** Jeopardy



### 7

- 10:00 **A** Daily Chronicles
- 10:30 **A** Chair Yoga With Bradford
- 11:00 **A** Affirmations + Hydration
- 1:30 **A** Picture Trivia
- 2:30 **D** Cooking Demo: Sugar Cookies
- 3:30 **A** Midweek Mingle + Hydration
- 4:00 **A** Guess That Food

### 14

- 10:00 **A** Daily Chronicles
- 10:30 **A** Chair Yoga With Bradford
- 11:00 **A** Affirmation + Hydration
- 1:30 **A** Guess WHO?
- 2:00 **LR** Live Music: Lawrence Langston
- 3:00 **D** Cooking Demo: Fruit Faces
- 4:00 **LR** Family Feud

### 21 National S/ Cream Day

- 10:00 **A** Daily Chronicles
- 10:30 **LR** Chair Yoga With Bradford
- 11:00 **A** Affirmations + Hydration
- 1:30 **D** Table Games
- 2:30 **D** Cooking Demo: Strawberry Shortcakes
- 3:30 **LR** Neighborhood Walk + Hydration
- 4:00 **A** Ted Talk

### 28

- 10:00 **A** Daily Chronicles
- 10:30 **A** Chair Yoga With Bradford
- 11:00 **A** Affirmations & Hydration
- 1:30 **A** Play Doh Fun
- 2:30 **D** Team Trivia
- 3:30 **A** Midweek Mingle + Hydration
- 4:00 **LR** America's Got Talent

### 1

### May Day

- 10:00 **A** Daily Chronicles
- 10:30 **A** Chair Yoga With Bradford
- 11:00 **A** May Day Craft + Hydration
- 1:30 **LOB** May Day Parade
- 3:30 **A** Name That Tune + Hydration
- 4:00 **A** Travel With Rick Steves: Iceland

### 8

- 10:00 **A** Daily Chronicles
- 10:30 **A** Chair Yoga With Bradford
- 11:00 **A** Affirmations + Hydration
- 1:30 **A** Conversation Starters
- 2:30 **A** Team Spelling Bee
- 3:00 **A** Table Games + Hydration
- 4:00 **A** Travel With Rick Steves: Italy

### 15

- 10:00 **A** Daily Chronicles
- 10:30 **A** Chair Yoga With Bradford
- 11:00 **A** Affirmations + Hydration
- 1:30 **A** Let's Go Fishing
- 2:30 **A** Sensory Activity
- 3:30 **CY** Popsicles On The Courtyard
- 4:00 **LR** Travel With Rick Steves: Greece

### 22

- 10:00 **A** Daily Chronicles
- 10:30 **LR2** Chair Yoga With Bradford
- 11:00 **A** Affirmations + Hydration
- 1:30 **AT** Beach Ball Toss
- 2:30 **A** Spa Hour
- 3:30 **AT** Brain Games
- 4:00 **AT** Travel With Rick Steves: England

### 29

- 10:00 **A** Daily Chronicles
- 10:30 **A** Chair Yoga With Bradford
- 11:00 **A** Affirmation + Hydration
- 2:00 **LR** Live Music: Lawrence Langston
- 3:00 **AT** Table Games
- 4:00 **LR** Travel With Rick Steves: London

### 2

- 10:00 **A** Daily Chronicles
- 10:30 **A** Chair Yoga With Bradford
- 11:00 **A** Affirmations + Hydration
- 1:30 **A** Arts & Crafts (Painting Rocks)
- 2:30 **A** Paddle Ball
- 3:30 **A** Guess That Logo + Hydration
- 4:00 **A** Happy Hour

### 9

- 10:00 **A** Daily Chronicles
- 10:30 **A** Chair Yoga With Bradford
- 11:00 **A** Affirmations + Hydration
- 1:30 **A** Charades
- 2:30 **LR** Netflix Original: Queen Bees w/ Snack + Hydration
- 4:00 **A** Happy Hour

### 16

- 10:00 **A** Daily Chronicles
- 10:30 **A** Chair Yoga With Bradford
- 11:00 **A** Affirmations + Hydration
- 1:30 **A** Team Puzzle
- 2:30 **CY** Gardening In The Courtyard
- 3:30 **A** Math Minds
- 4:00 **D** Happy Hour

### 23

- 10:00 **A** Daily Chronicles
- 10:30 **D** Chair Yoga With Bradford
- 11:00 **A** Affirmations + Hydration
- 1:30 **AT** Arts & Crafts (Birdhouses)
- 2:30 **D** Literature Hour
- 3:30 **A** Math Minds
- 4:00 **D** Happy Hour

### 30

- 10:00 **A** Daily Chronicles
- 10:30 **A** Chair Yoga With Bradford
- 11:00 **A** Affirmation + Hydration
- 1:30 **AT** Team Painting
- 2:30 **LR** Netflix Original: A week Away
- 4:00 **D** Happy Hour EOM Celebrations

### 3

### Brunch

- 9:30 **A** Breath & Balance with Noel
- 10:00 **A** Daily Chronicles & Affirmations
- 11:00 **A** Table Games W/ Friends
- 12:00 **DR** Mother's Day Brunch
- 2:00 **A** Team Trivia & Hydration
- 3:00 **A** Picture Bingo
- 4:00 **LR** Classical Concert

### 10

- 10:00 **A** Daily Chronicles
- 10:30 **A** Chair Yoga With Bradford
- 11:00 **A** Affirmations + Hydration
- 1:30 **A** Spa Day
- 3:30 **A** Ring Toss
- 4:30 **LR** Classical Concert

### 17

- 9:30 **A** Breath & Balance with Noel
- 10:00 **A** Daily Chronicles & Affirmations
- 11:00 **AT** Table Games W/ Friends
- 1:30 **LR** TV Show: Wheel Of Fortune
- 2:30 **A** Sensory Activity
- 3:30 **A** Trivia
- 4:00 **LR** Classical Concert

### 24

- 10:00 **A** Daily Chronicles
- 10:30 **AT** Chair Yoga With Bradford
- 11:00 **A** Arts & Crafts: Yarn Wrapped Kitten & Pups
- 1:30 **A** Team Wordsearch
- 2:30 **A** Chair Soccer
- 3:30 **A** Name That Tune
- 4:00 **LR** Classical Concert

### 31

- 10:00 **A** Daily Chronicles
- 10:30 **A** Chair Yoga With Bradford
- 11:00 **A** Arts & Crafts: Jewelry Boxes
- 1:30 **D** Fresh Fruit Smoothies
- 2:30 **A** Team Word Scramble
- 3:30 **A** Balloon Volleyball
- 4:00 **LR** Classical Concert