

UPCOMING COMMUNITY EVENTS

MAY RESIDENT OUTINGS

Monday May 5 at 1pm Resident Choice Shopping
Wednesday May 7 at 11am STL Cardinals Game by RSVP
Friday May 9 at 1pm Scenic Ride
Friday May 16 at 11am Hollywood Casino & Lunch
Monday May 19 at 1pm Resident Grocery Shopping
Friday May 23 at 1pm Scenic Ride & Ice Cream
Friday May 30 at 10:30am Cathedral Basillica Tour
Please Sign Up at the Front Desk for ALL Outings



MARK YOUR CALENDAR

FOX THERAPY--HEALTH TALK

Tuesday May 6 at 6pm
Parkinson's Education
Tuesday June 3 at 6pm
Dehydration & Heat Safety
Tuesday July 1 at 6pm
Benefits of Exercise



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



FLOURISH

MAY 2025



WHAT'S INSIDE

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Social Calendar

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Upcoming Events + News

IT IS DURING OUR DARKEST MOMENTS THAT
WE MUST FOCUS TO SEE THE LIGHT.

—ARISTOTLE



May 2025

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Around our Community

Allegro in Richmond Heights

1055 Bellevue Avenue
Richmond Heights , MO 63117
(314) 626-5786
<https://www.allegroliving.com/senior-living-richmond-heights-mo.html>

4

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

5

10:00 **B** Sip Circle
11:00 **CR** Chain Reaction
12:30 **LO** A Walk in the Park
2:00 **B** Therapy Exercise Circle
3:00 **TH** New Movie Monday
3:30 **CR** Cinco- De Mayo Trivia
4:00 **B** Margarita Monday
6:00 **B** Evening Meet & Greet
6:45 **TH** STL Cardinals Game

11

Mother's Day

10:30 **LI** Strength for the Journey
11:00 **CR** Tri-ominoes
12:30 **LO** A Walk in the Park
12:45 **TH** STL Cardinals Game
2:00 **B** Rummikub
4:00 **FC** Fitness on Demand
6:00 **TH** Movie Classics

12

10:00 **B** Sip Circle
11:00 **CR** What's your Verdict?
12:30 **LO** A Walk in the Park
2:00 **E** STL Strutters Perform
3:30 **CR** New Movie Monday
4:00 **CR** Knitting for Newborns
5:45 **TH** STL Cardinals Game
6:00 **B** Evening Meet & Greet

18

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

19

10:00 **B** Sip Circle
11:00 **CR** Let's Play Blokus
12:30 **LO** A Walk in the Park
2:00 **B** Therapy Exercise Circle
3:00 **TH** New Movie Monday
6:00 **B** Evening Meet & Greet
6:45 **TH** STL Cardinals Game

25

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

26

Memorial Day

10:00 **B** Sip Circle
11:00 **CR** Blank Slate
12:30 **LO** A Walk in the Park
1:30 **TH** Resident Council
2:00 **B** Therapy Exercise Circle
3:30 **CR** New Movie Monday
4:00 **CR** Knitting for Newborns
6:00 **B** Evening Meet & Greet

6

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
3:00 **SDR** Fox Therapy Baseball Fun
4:00 **CD** Scrabble
6:00 **CD** Gentleman's Club
6:45 **TH** STL Cardinals Game

13

10:30 **B** Tea with Trista
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** Spoons Card Game
5:45 **TH** STL Cardinals Game
6:00 **CD** Gentleman's Club

20

10:30 **B** Tea with Trista
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** Scrabble Slam
6:00 **CD** Gentleman's Club
6:45 **TH** STL Cardinals Game

27

10:30 **B** Tea with Trista
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** Name 5
5:30 **TH** STL Cardinals Game
6:00 **CD** Gentleman's Club

7

10:30 **TH** Catholic Mass & Communion
11:00 **CR** Who am I?
11:30 STL Cards Game Outing
12:30 **LO** A Walk in the Park
2:00 **B** Vitality Yoga
3:00 **SDR** Happy Hour & Music
4:00 **CD** Rook Card Game
6:00 **B** Evening Chatter

14

10:30 **TH** Catholic Mass & Communion
11:00 **LI** Short Stories
12:00 **TH** STL Cardinals Game
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

21

10:30 **TH** Catholic Mass & Communion
11:00 **CR** You be the Judge
12:15 **TH** STL Cardinals Game
12:30 **LO** A Walk in the Park
2:00 **B** Vitality Yoga
3:00 **SDR** Happy Hour & Music
4:00 **CD** Phase 10
6:00 **B** Evening Chatter

28

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
5:30 **TH** STL Cardinals Game
6:00 **B** Evening Chatter

1

10:00 **FC** Tai chi Class
10:30 **B** Therapy Exercise Circle
11:00 **TH** Bible Study with Bob
11:30 **TH** STL Cardinals Game
12:30 **LO** A Walk in the Park
2:00 **B** Prize Bingo
3:30 **LI** Poetry Reflections
4:00 **CR** Cranium Crunches
6:00 **CD** Popcorn & Jigsaws

8

10:00 **FC** Tai chi Class
10:30 **B** Therapy Exercise Circle
11:00 **TH** Bible Study with Bob
12:30 **LO** A Walk in the Park
2:00 **B** Prize Bingo
3:30 **B** Cocktails with Cathie
4:00 **CR** Word within a Word
6:00 **CD** Popcorn & Crosswords

15

10:00 **FC** Tai chi Class
10:30 **B** Therapy Exercise Circle
11:00 **TH** Bible Study with Bob
12:30 **LO** A Walk in the Park
2:00 **B** Prize Bingo
3:30 **LI** Poetry Reflections
4:30 **CR** Sudoku
6:00 **TH** Fox Health Talk - Parkinson's

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Allegro At Sea Japan

10:00 **FC** Tai chi Class
10:30 **B** Therapy Exercise Circle
11:00 **TH** Bible Study with Bob
12:30 **LO** A Walk in the Park
2:00 **B** Prize Bingo
3:30 **B** Thirsty Thursday & Trivia
4:30 **CR** Word Search Challenge
6:00 **CD** Popcorn & Jigsaws

29

10:00 **FC** Tai chi Class
10:30 **B** Therapy Exercise Circle
11:00 **TH** Bible Study with Bob
12:30 **LO** A Walk in the Park
2:00 **B** Prize Bingo
3:30 **LI** Poetry Reflections
4:30 **CR** Word Game Scramble
6:00 **CD** Popcorn & Crosswords

2

10:30 **TH** Concert Series
12:30 **LO** A Walk in the Park
2:00 **B** Vitality in Motion
2:30 **CD** Mahjong
3:30 **TH** Comedy Hour
4:00 **CD** Rummy
6:00 **CD** Board Game Frenzy
7:15 **TH** STL Cardinals Game

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10:30 **TH** Concert Series
12:30 **LO** A Walk in the Park
1:00 Resident Scenic Ride
2:00 **B** Vitality in Motion
2:30 **CD** Mahjong
3:30 **TH** Comedy Hour
4:00 **CR** Blokus Game
5:45 **TH** STL Cardinals Game
6:00 **CD** Card Game Frenzy

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10:30 **TH** Concert Series
12:30 **LO** A Walk in the Park
2:00 **B** Vitality in Motion
2:30 **CD** Mahjong
3:30 **TH** Comedy Hour
4:00 **CR** Crazy 8
6:00 **CD** Board Game Frenzy
6:45 **TH** STL Cardinals Game

23

10:30 **TH** Concert Series
12:30 **LO** A Walk in the Park
2:00 **B** Vitality in Motion
2:30 **CD** Mahjong
3:30 **TH** Comedy Hour
4:00 **CD** Hearts Card Game
6:00 **CD** Card Game Frenzy
7:15 **TH** STL Cardinals Game

30

10:30 **TH** Concert Series
12:30 **LO** A Walk in the Park
2:00 **B** Vitality in Motion
2:30 **CD** Mahjong
3:30 **TH** Comedy Hour
4:00 **CD** Farkle
6:00 **CD** Board Game Frenzy
7:00 **TH** STL Cardinals Game

3

10:30 **B** Life's Events
11:00 **CR** Watercolor Painting
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** Deal me in Card Games

10

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

17

8:15 **TH** STL Cardinals Game
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 Fitness on Demand
6:00 **CD** Deak me in Card Games
6:15 **TH** STL Cardinals Game

24

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 Games

31

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
3:00 STL Cardinals Game
4:00 **FC** Fitness on Demand
6:00 **CD** Deal me In Card Games

May Birthday's

Resident Birthdays

5/7 Arlene M.

5/7 Patricia S.

5/15 Jackie W.

5/17 Gregg R.

5/18 Helen K.

5/26 Judy K.

Staff Birthdays

5/1 Judy G.

5/4 Carol G.

5/5 Katrina F.

5/8 Daisey G.

5/18 Vanesha H.

5/27 Valerie H.

5/30 Aigner C.

LOCATION KEY

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



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

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- 4
- 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

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

- 11 Mother’s Day
- 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

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

- 18
- 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

- 19
- 9:30 **AR** Music Favorites
10:00 **AR** Chair Exercise
10:30 **AR** Massage and Aromatherapy
12:30 **AR** Reset and Music
1:30 **AR** Music of the Day
2:45 **AR** Exercise with Aaron
3:30 **AR** Classic Reruns
5:00 **AR** Evening Wind Down

- 25
- 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

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

- 6
- 9:30 **AR** Music Favorites
10:00 **AR** Spiro Go Fitness
10:30 **AR** Margarita Mocktails
12:30 **AR** Patio Social
1:00 **AR** Encanto
2:30 **AR** Pinata
3:00 **AR** Victorian Humor
5:00 **AR** Evening Wind Down

- 13
- 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** The Thrill Of It All
2:30 **AR** Bocce Ball
3:00 **AR** Great Lakes Postcards
5:00 **AR** Evening Wind Down

- 20
- 9:30 **AR** Music Favorites
10:00 **AR** Spiro Go Fitness
10:30 **AR** Poetry Prompts
12:30 **AR** Patio Social
1:00 **AR** Summertime
2:30 **AR** Balloon Bop
3:00 **AR** Name 5
5:00 **AR** Evening Wind Down

- 27
- 9:30 **AR** Music Favorites
10:00 **AR** Spiro Go Fitness
10:30 **AR** Memory Lane: Warm Weather
12:30 **AR** Patio Social
1:00 **AR** Yankee Doodle Dandy
2:30 **AR** Bean Bag Toss
3:00 **AR** Category Trivia
5:00 **AR** Evening Wind Down

- 7
- 9:30 **AR** Music Favorites
10:00 **AR** Silver Sneakers Exercise
10:30 **DR** Music Bingo
12:30 **AR** Odd One Out
1:30 **AR** Travelogue to NOLA
2:30 **LR** Stretching with Jackie
3:00 **CR** Happy Hour
5:00 **AR** Evening Wind Down

- 14
- 9:30 **AR** Music Favorites
10:00 **AR** Silver Sneakers Exercise
10:30 **DR** Music Bingo
12:30 **AR** Word Games
1:30 **AR** Where Am I?
2:30 **LR** Stretching with Jackie
3:00 **CR** Happy Hour
5:00 **AR** Evening Wind Down

- 21
- 9:30 **AR** Music Favorites
10:00 **AR** Silver Sneakers Exercise
10:30 **DR** Music Bingo
12:30 **AR** Crosswords
1:30 **AR** All About Beavers
2:30 **LR** Stretching with Jackie
3:00 **CR** Happy Hour
5:00 **AR** Evening Wind Down

- 28
- 9:30 **AR** Music Favorites
10:00 **AR** Silver Sneakers Exercise
10:30 **DR** Music Bingo
12:30 **AR** Word Games
1:30 **AR** Travelogue to New York
2:30 **LR** Stretching with Jackie
3:00 **CR** Happy Hour
5:00 **AR** Evening Wind Down

- 1
- 9:30 **AR** Music Favorites
10:00 **CR** Exercise with Aaron
10:30 **AR** Card Games Galore
12:30 **AR** Music Trivia
1:30 **SD** Scenic Drive
2:30 **AR** Bowling
3:00 **AR** Who Am I? May Bdays
5:00 **AR** Evening Wind Down

- 8
- 9:30 **AR** Music Favorites
10:00 **CR** Exercise with Aaron
10:30 **DR** Out Trip: Restaurant
12:30 **AR** Name That Tune
1:30 **AR** Marvelous Mothers Day
2:30 **AR** Can Toss
3:00 **AR** Bible Study with Lexi
3:30 **DR** Puzzle Party
5:00 **AR** Evening Wind Down

- 15
- 9:30 **AR** Music Favorites
10:00 **CR** Exercise with Aaron
10:30 **DR** Cup Games
12:30 **AR** Weather Songs Quiz
1:30 **AR** Baking Cookies
2:30 **AR** Silver Sneakers Exercise
3:00 **AR** Spa Day
5:00 **AR** Evening Wind Down

- 22
- CRUISE TO JAPAN

- 29
- 9:30 **AR** Music Favorites
10:00 **CR** Exercise with Aaron
10:30 **DR** Tabletop Skee Ball
12:30 **AR** Bing Crosby Song Quiz
1:30 **AR** Scenic Drive
2:30 **AR** Parachute Game
3:00 **AR** Bible Study with Lexi
3:30 **DR** Puzzle Party
5:00 **AR** Evening Wind Down

- 2
- 9:30 **AR** Spiritual Music
10:00 **AR** Yes2Next Fitness
10:30 **CR** Manicures and Music
12:30 **P4** True Or False
2:00 **DR** DIY Derby Hats
3:00 **AR** Passport To Wellness
3:30 **AR** Concert Series
5:00 **AR** Evening Wind Down

- 9
- 9:30 **AR** Spiritual Music
10:00 **AR** Yes2Next Fitness
10:30 **CR** Manicures and Music
12:30 **P4** Mother’s Day Trivia
2:00 **DR** Flower Art
3:00 **AR** Passport To Wellness
3:30 **AR** Concert Series
5:00 **AR** Evening Wind Down

- 16
- 9:30 **AR** Spiritual Music
10:00 **AR** Yes2Next Fitness
10:30 **CR** Manicures and Music
12:30 **P4** Finish the Common Saying
2:00 **DR** Xylophone In A Glass
3:00 **AR** Passport To Wellness
3:30 **AR** Concert Series
5:00 **AR** Evening Wind Down

- 23
- 9:30 **AR** Spiritual Music
10:00 **AR** Yes2Next Fitness
10:30 **CR** Manicures and Music
12:30 **P4** Word Games
2:00 **DR** Scarp Booking
3:00 **AR** Passport To Wellness
3:30 **AR** Concert Series
5:00 **AR** Evening Wind Down

- 30
- 9:30 **AR** Spiritual Music
10:00 **AR** Yes2Next Fitness
10:30 **CR** Manicures and Music
12:30 **P4** Word Games
2:00 **DR** Canvas Painting
3:00 **AR** Passport To Wellness
3:30 **AR** Concert Series
5:00 **AR** Evening Wind Down

- 3
- 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** Specially Able Dog Day
5:00 **AR** Evening Wind Down

- 10
- 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
3:30 **LR** Comedy Show
3:30 **AR** Mom-A-Day Jokes
5:00 **AR** Evening Wind Down

- 17
- 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** Bringing Up Baby
5:00 **AR** Evening Wind Down

- 24
- 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** Kindness Poems
3:30 **LR** Comedy Show
5:00 **AR** Evening Wind Down

- 31
- 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** Evolution of May Day
5:00 **AR** Evening Wind Down

Happy May!

Welcome to May! We’re kicking off the month with a Kentucky Derby Party where we will make our own derby hats! For Cinco de Mayo, we will be making some margarita mocktails and smashing a piñata. We will also be celebrating our Ensemble ladies for Mother’s Day. We have another Allegro Day At Sea planned for May 22nd. Our destination will be Japan! Come join us for some fun and excitement this month!!

*All activities are subject to change

LOCATION KEY

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