

## UPCOMING COMMUNITY EVENTS



### THE ALTO OLYMPICS

Did you know that of all the games held throughout Greece, the Olympic Games were the most famous. Held every four years between August 6 and September 19, they occupied such an important place in Greek history that in late antiquity historians measured time by the interval between them—an Olympiad.

Here at Alto of Grayslake, resident athletes whose ancestors came from around the world will compete in this year's ALTO OLYMPICS! Two days of vigorous competition in a variety of events. The opening ceremony will include torch bearers carrying the torch throughout the community and then lighting the official ALTO flame. We will recognize where the athletes are from and celebrate their victories with a closing medal ceremony. Don't miss it! August 5,6,7 & 9.



## ENTERTAINERS THIS MONTH

- Friday, August 2 Kathak Indian Dance Demonstration  
Thursday, Aug. 8 4 Strings Attached - Youth Violinists  
Thursday, Aug. 15 Hawaiian Dancers at Family & Friends Happy Hr.  
Friday, August 23 Harpist at Ladies Luncheon  
Saturday, Aug. 24 Woodstock High School Dancers  
Wednesday, Aug. 28 Daniel Rausch - Singer

**Alto Grayslake**  
1865 E Belvidere Rd  
Grayslake, IL 60030  
(847) 908-9973



# FLOURISH

AUGUST 2024

## WHAT'S INSIDE

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Social Calendar

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Upcoming Events + News

*"THIS MORNING, THE SUN ENDURES PAST DAWN  
I REALISE THAT IT IS AUGUST: THE SUMMER'S LAST STAND."*

—SARA BAUME

# August 2024

## Sunday

### Alto Grayslake

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<https://www.allegroliving.com/grayslake-senior-living.html>

## Monday

## Tuesday



ALTO OLYMPICS - "together"

## Wednesday



SUNFLOWERS

## Thursday

## Friday

## Saturday

**4** Jigsaw Puzzle Challenge  
10:15 **CR** Video Exercise Class  
11:00 **CR** Sunday Catholic Mass  
1:15 **CR** Weekend B I N G O  
2:30 **MT** You Pick NETFLIX Movie  
3:00 **CR** POPCORN Anyone?  
6:00 **CR** HART TO HART (DVD)

**11** Jigsaw Puzzle Challenge  
10:15 **CR** Video Exercise Class  
11:00 **CR** Sunday Catholic Mass  
1:15 **CR** Weekend B I N G O  
2:30 **MT** You Pick NETFLIX Movie  
2:45 Everyone is invited!  
3:00 **CR** POPCORN Anyone?  
6:00 **CR** CAROL BURNETT DVD

**18** Jigsaw Puzzle Challenge  
10:15 **CR** Video Exercise Class  
11:00 **CR** Sunday Catholic Mass  
1:15 **CR** Weekend B I N G O  
2:30 **MT** You Pick NETFLIX Movie  
3:00 **CR** POPCORN Anyone?  
6:00 **CR** HART TO HART (DVD)

**25** Jigsaw Puzzle Challenge  
10:15 **CR** Video Exercise Class  
11:00 **CR** Sunday Catholic Mass  
1:15 **CR** Weekend B I N G O  
2:30 **MT** You Pick NETFLIX Movie  
3:00 **CR** POPCORN Anyone?  
6:00 **CR** CAROL BURNETT DVD

**5** ALTO OLYMPICS WK  
10:15 **FC** Movin' Monday  
10:45 **FC** Daily Chronicles  
1:30 **CR** Sitdown Sitcom  
2:30 **CR** ALTO OLYMPICS - Opening  
2:45 Everyone is invited!  
6:00 **CR** TRAVEL TO: PRAGUE

**12** 10:15 **FC** Movin' Monday  
10:45 **FC** Daily Chronicles  
11:00 **B** NEWCOMERS GROUP  
1:30 **CR** Sitdown Sitcom  
2:30 **CR** BAKING CLASS  
6:00 **CR** TRAVEL TO: PORTUGAL

**19** 10:15 **FC** Movin' Monday  
10:45 **FC** Daily Chronicles  
11:00 **CR** ACTIVITY COMMITTEE MTG.  
1:30 **CR** Sitdown Sitcom  
3:00 **CR** Arts or Crafts  
6:00 **CR** TRAVEL TO: POLAND

**26** 10:15 **FC** Movin' Monday  
10:45 **FC** Daily Chronicles  
11:00 **B** NEWCOMERS GROUP  
1:30 **CR** Sitdown Sitcom  
2:30 **CR** BAKING CLASS  
6:00 **CR** TRAVEL TO: PALESTINE

**6** ALTO OLYMPICS WK.  
10:15 **FC** Try New Tuesdays  
10:30 **MT** Catholic Communion  
10:45 **FC** Daily Chronicles  
2:30 **CR** ALTO OLYMPICS - Games P1  
2:45 Everyone is invited!  
6:00 **CR** Board Games & More

**13** 10:15 **FC** Try New Tuesdays  
10:30 **MT** Catholic Communion  
10:45 **FC** Daily Chronicles  
11:00 **129** SHORT STORY GROUP  
2:00 **B** Happy Hour & Word Games  
3:00 **LOB** DOG VISITS with SADIE  
6:00 **CR** Board Games & More

**20** 10:15 **FC** Try New Tuesdays  
10:30 **MT** Catholic Communion  
10:45 **FC** Daily Chronicles  
11:00 **B** FOOD COMMITTEE MTG.  
2:00 **CR** ICE CREAM SOCIAL  
3:00 **CR** Ted Talks: TBD  
6:00 **CR** Board Games & More

**27** 10:15 **FC** Try New Tuesdays  
10:30 **MT** Catholic Communion  
10:45 **FC** Daily Chronicles  
11:00 **129** SHORT STORY GROUP  
2:00 **B** Happy Hour & Word Games  
2:45 **CR** GARDENING CLUB  
6:00 **CR** Board Games & More

**7** ALTO OLYMPICS WK.  
10:15 **FC** Wednesday Weights  
10:45 **FC** Daily Chronicles  
2:30 **CR** ALTO OLYMPICS - Games P2  
2:45 Everyone is invited!  
6:00 **CR** MOVIE: AFRICAN QUEEN

**14** 10:15 **FC** Wednesday Weights  
10:45 **FC** Daily Chronicles  
2:00 **CR** BINGO - Fun for all!  
3:00 **CR** DRY BAR COMEDY Videos  
6:00 **CR** GAME NIGHT FUN

**21** 10:15 **FC** Wednesday Weights  
10:45 **FC** Daily Chronicles  
2:00 **CR** BINGO - Fun for all!  
3:00 **CR** DRY BAR COMEDY Videos  
6:00 **CR** MOVIE: GOOD, BAD & UGLY

**28** 10:15 **FC** Wednesday Weights  
10:45 **FC** Daily Chronicles  
2:00 **B** BINGO -Ends early 4 show  
3:00 **CR** CONCERT - DANIEL RAUSCH  
6:00 **CR** GAME NIGHT FUN

**1** 10:15 **FC** Legacy Exercise  
10:45 **FC** Wellness Tip of the Day  
11:00 **BUS** BUS TRIP: OLIVE GARDEN  
2:00 **CR** Happy Hour: Drinks n More  
3:00 **CR** The BEST of the Internet  
6:00 **CR** MOVIE: 3 DAYS of..CONDOR

**8** ALTO OLYMPICS WK.  
10:15 **FC** Legacy Exercise  
10:30 **LOB** LIBRARY LOBBY STOP  
10:45 **FC** Wellness Tip of the Day  
11:00 **BUS** BUS TRIP: JOY RIDE  
2:00 **B** ICE CREAM SOCIAL  
3:00 **CR** 4 STRINGS ATTACHED

**15** 10:15 **FC** Legacy Exercise  
10:45 **FC** Wellness Tip of the Day  
11:00 **BUS** BUS TRIP: JEWEL  
2:00 **MT** MOVIE: TOP GUN - MAVERICK  
6:00 **CR** FAMILY LUAU HAPPY HR

**22** 10:15 **FC** Legacy Exercise  
10:45 **FC** Wellness Tip of the Day  
11:00 **BUS** BUS TRIP: RED ROBIN  
2:00 **CR** Happy Hour: Drinks n More  
6:00 **CR** MOVIE: GOOD, BAD & UGLY

**29** 10:15 **FC** Legacy Exercise  
10:30 **LOB** LIBRARY LOBBY STOP  
10:45 **FC** Wellness Tip of the Day  
11:00 **BUS** BUS TRIP: ROYAL OAKS  
2:30 **CR** Happy Hour: LATE START  
3:00 **CR** The BEST of the Internet  
6:00 **CR** MOVIE: RAIDERS - LOST ARK

**2** 10:15 **FC** DRUMMING CIRCLE  
11:00 **DAILY** CHRONICLES  
1:30 **103** Bible Study & Devotions  
3:00 **CR** INDIAN CLASSICAL DANCE  
6:00 **CR** Everybdy Loves Raymnd DVD

**9** ALTO OLYMPICS WK.  
10:15 **FC** Flexibility Friday  
10:45 **FC** Daily Chronicles  
1:00 **103** Bible Study - EARLY  
2:30 **CR** ALTO OLYMPICS - Closing  
2:45 Everyone is invited!  
6:00 **CR** Everybdy Loves Raymnd DVD

**16** 10:15 **FC** Flexibility Friday  
10:45 **FC** Daily Chronicles  
1:30 **103** Bible Study & Devotions  
2:30 **CR** MONTHLY BIRTHDAY PARTY  
3:00 **CR** Friday FUN & GAMES  
6:00 **CR** Everybdy Loves Raymnd DVD

**23** 10:15 **FC** Flexibility Friday  
10:45 **FC** Daily Chronicles  
11:30 **CR** LADIES LUNCHEON  
1:30 **103** Bible Study & Devotions  
3:00 **CR** Friday FUN & GAMES  
6:00 **CR** Everybdy Loves Raymnd DVD

**30** 10:15 **FC** Flexibility Friday  
10:45 **FC** Daily Chronicles  
11:00 **CR** RESIDENT COUNCIL  
1:30 **203** Low Vision Support Grp  
3:00 **CR** Friday FUN & GAMES  
6:00 **CR** Everybdy Loves Raymnd DVD

**3** Jigsaw Puzzle Challenge  
10:15 **CR** Video Exercise Class  
1:15 **CR** Weekend B I N G O  
2:30 **MT** You Pick DVD Movie  
3:00 **CR** POPCORN Anyone?  
6:00 **CR** SITCOMS on Youtube

**10** Jigsaw Puzzle Challenge  
10:15 **CR** Video Exercise Class  
1:15 **CR** Weekend B I N G O  
2:30 **MT** You Pick DVD Movie  
2:45 Everyone is invited!  
3:00 **CR** POPCORN Anyone?  
6:00 **CR** SITCOMS on Youtube

**17** Jigsaw Puzzle Challenge  
10:15 **CR** Video Exercise Class  
1:15 **CR** Weekend B I N G O  
2:30 **MT** You Pick DVD Movie  
3:00 **CR** POPCORN Anyone?  
6:00 **CR** SITCOMS on Youtube

**24** Jigsaw Puzzle Challenge  
10:15 **CR** Video Exercise Class  
1:15 **CR** Weekend B I N G O  
2:15 **CR** DANCERS - Woodstock H.S.  
3:00 **CR** POPCORN Anyone?  
6:00 **CR** SITCOMS on Youtube

**31** Jigsaw Puzzle Challenge  
10:15 **CR** Video Exercise Class  
1:15 **CR** Weekend B I N G O  
2:30 **MT** You Pick DVD Movie  
3:00 **CR** POPCORN Anyone?  
6:00 **CR** SITCOMS on Youtube

## Around our Community

### Bus Trips

Aug. 1 LUNCH TRIP  
OLIVE GARDEN  
Aug. 8 JOY RIDE  
Aug. 15 SHOPPING TRIP  
JEWEL  
Aug. 22 LUNCH TRIP  
RED ROBIN  
Aug. 29 LUNCH/SHOPPING  
ROYAL OAKS

The ice cream cone dates back to the 1904 World's Fair in St. Louis, Missouri and were called "waffle cornucopias." They could soon be found at state and county fairs around the U.S.



"We all scream ..."

## LOCATION KEY

- FC** Fitness Center
- BUS** Bus
- CR** Community Room
- 103** Near Apt. 103
- MT** Movie Theater
- LOB** Lobby
- B** Bistro
- 129** Near Apt. 129
- 203** Near Apt. 203

## Sunday

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

## Saturday

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**4**  
9:30 Sunday Morning Devotional  
Worship & Prayer  
9:45 **3AE** Daily Chronicle  
10:00 Superior Snacks  
10:15 Chair Exercises  
1:30 **L** Afternoon Stretch  
2:00 **L** Classic Game Shows  
3:30 **3AE** IN2L- Resident Choice  
6:00 **SR** Card Club

**11**  
9:30 Sunday Morning Devotional  
Worship & Prayer  
9:45 **3AE** Daily Chronicle  
10:00 Superior Snacks  
10:15 Exercise Room 2nd Floor  
1:30 **L** Afternoon Stretch  
3:30 **3AE** IN2L- Resident Choice  
6:00 **SR** Card Club

**18**  
9:30 Sunday Morning Devotional  
Worship & Prayer  
9:45 **3AE** Daily Chronicle  
10:00 Superior Snacks  
10:15 Exercise Room 2nd Floor  
1:30 **L** Afternoon Stretch  
2:00 **L** Classic Game Shows  
3:30 **3AE** IN2L- Resident Choice  
6:00 **SR** Card Club

**25**  
9:30 Sunday Morning Devotional  
Worship & Prayer  
9:45 **3AE** Daily Chronicle  
10:00 Superior Snacks  
10:15 Exercise Room 2nd Floor  
1:30 **L** Afternoon Stretch  
3:30 **3AE** IN2L- Resident Choice  
6:00 **SR** Card Club

**5**  
9:45 **3AE** Daily Chronicle  
10:00 Superior Snacks  
10:15 Exercise Room 2nd Floor  
10:30 Trivia  
2:00 B.C-Bears in a blanket  
3:00 Eversound!  
4:30 Sensational Sensory Time  
4:45 Junk Drawer Dectective  
6:00 Evening Astronomy

**12**  
SEW What Day!  
9:45 **3AE** Daily Chronicle  
10:00 Superior Snacks  
10:15 Exercise Room 2nd Floor  
10:30 Sewing: past and present  
2:00 Blissful Bakers Club  
3:00 Musical Musings  
4:30 Sensational Sensory Time  
4:45 Junk Drawer Dectective  
6:00 Evening Astronomy

**19**  
9:45 **3AE** Daily Chronicle  
10:00 Superior Snacks  
10:15 Exercise Room 2nd Floor  
10:30 Trivia  
2:00 Blissful Bakers Club  
3:00 Musical Musings  
4:30 Sensational Sensory Time  
4:45 Junk Drawer Dectective  
6:00 Evening Astronomy

**26**  
National Dog Day  
9:45 **3AE** Daily Chronicle  
10:00 Superior Snacks  
10:15 Exercise Room 2nd Floor  
10:30 Everything Dog related!  
2:00 Blissful Bakers Club  
3:00 Musical Musings  
4:30 Sensational Sensory Time  
4:45 Junk Drawer Dectective  
6:00 Evening Astronomy

**6**  
9:45 **3AE** Daily Chronicle  
10:00 Superior Snacks  
10:15 Keep the Beat Drumming  
11:00 **BUS** Outback Steakhouse  
2:30 Shennanigan's Concert  
2:30 **DR** Ice cream Social  
3:30 **AR** Pamper Yourself Day  
6:00 **SR** Puzzles with a partner on the porch

**13**  
9:45 **3AE** Daily Chronicle  
10:00 Superior Snacks  
10:15 Keep the Beat Drumming  
11:00 **BUS** Bus Outing  
1:15 Crafters Corner  
2:30 **DR** Ice cream Social  
3:15 **L** Dog visit with Sadie  
4:30 **AR** Setting The tables for Dinner  
6:00 **SR** Puzzles with a partner on the porch

**20**  
9:45 **3AE** Daily Chronicle  
10:00 Superior Snacks  
10:15 Keep the Beat Drumming  
11:00 **BUS** Bus Outing  
2:30 **DR** Ice cream Social  
4:30 **AR** Setting The tables for Dinner  
6:00 **SR** Puzzles with a partner on the porch

**27**  
9:45 **3AE** Daily Chronicle  
10:00 Superior Snacks  
10:15 Keep the Beat Drumming  
11:00 **BUS** Bus Outing  
1:15 Crafters Corner  
2:30 **DR** Ice cream Social  
4:30 **AR** Setting The tables for Dinner  
6:00 **SR** Puzzles with a partner on the porch

**7**  
9:45 **3AE** Daily Chronicle  
10:00 Superior Snacks  
10:15 Chair Stretching  
11:00 W.W- Benefits of Sunshine  
2:30 **3AE** Prize Bingo  
4:00 C.C-Pillow making  
6:15 **L** Evening Wind down mindfulness

**14**  
9:45 **3AE** Daily Chronicle  
10:00 Superior Snacks  
10:15 Chair Stretching  
11:00 W.W-Skin Care  
2:30 **3AE** Prize Bingo  
3:00 What Am I? Ukulele  
4:00 C.C- Oven Clay Creations  
6:15 **L** Evening Wind down mindfulness

**21**  
9:45 **3AE** Daily Chronicle  
10:00 Superior Snacks  
10:15 Chair Stretching  
10:30 Drumming Circle-Alex  
11:00 W.W-Brain Health  
2:30 **3AE** Prize Bingo  
4:00 C.C-Beading Jewelry  
6:15 **L** Evening Wind down mindfulness

**28**  
9:45 **3AE** Daily Chronicle  
10:00 Superior Snacks  
10:15 Chair Stretching  
11:00 W.W-Hearing Loss  
1:45 **AR** CONCERT: DANIEL RAUSCH  
2:30 **3AE** Prize Bingo  
4:00 C.C- Patriotic Bracelets  
6:15 **L** Evening Wind down mindfulness

**1**  
9:45 **3AE** Daily Chronicle  
10:00 Superior Snacks  
10:15 Chair Exercises  
10:30 **L** Short Stories  
11:00 **3AE** Morning Stroll  
1:15 **AR** Arm Chair Travels AC  
2:00 **3AE** Happy Hour  
4:00 Life Skill Stations  
6:15 **L** IN2L Breathe

**8**  
National Cat Day  
9:45 **3AE** Daily Chronicle  
10:00 Superior Snacks  
10:15 Exercise Room 2nd Floor  
10:30 **L** Short Stories  
11:00 **3AE** One on One programing  
1:15 **AR** Famous Feline's  
2:00 **3AE** Happy Hour  
4:00 Life Skill Stations  
6:15 **L** IN2L Relax

**15**  
9:45 **3AE** Daily Chronicle  
10:00 Superior Snacks  
10:15 Exercise Room 2nd Floor  
10:30 **L** Short Stories  
11:00 **3AE** One on One programing  
1:15 **AR** Arm Chair Travels AC  
2:00 **3AE** Happy Hour  
4:00 Life Skill Stations  
6:15 **L** IN2L Breathe

**22**  
9:45 **3AE** Daily Chronicle  
10:00 Superior Snacks  
10:15 Exercise Room 2nd Floor  
10:30 **L** Short Stories  
11:00 **3AE** One on One programing  
1:15 **AR** Arm Chair Travels AC  
2:00 **3AE** Happy Hour  
4:00 Life Skill Stations  
6:15 **L** IN2L Relax

**29**  
9:45 **3AE** Daily Chronicle  
10:00 Superior Snacks  
10:15 Exercise Room 2nd Floor  
10:30 **L** Short Stories  
11:00 **3AE** One on One programing  
1:15 **AR** Arm Chair Travels AC  
2:00 **3AE** Happy Hour  
4:00 Life Skill Stations  
6:15 **L** IN2L Breathe

**2**  
9:45 **3AE** Daily Chronicle  
10:00 Superior Snacks  
10:15 Chair Exercises  
10:30 IN2L-Picture it!  
11:15 **L** Drumming Circle : Chris  
11:30 Setting the Lunch Tables  
2:30 **L** Karaoke  
3:30 Eversound!  
6:00 Evening Astronomy

**9**  
9:45 **3AE** Daily Chronicle  
10:00 Superior Snacks  
10:15 Exercise Room 2nd Floor  
10:30 IN2L:Would you Rather  
11:30 Setting the Lunch Tables  
2:00 Fantastic Friday Social  
3:00 Eversound!  
6:00 Evening Astronomy

**16**  
9:45 **3AE** Daily Chronicle  
10:00 Superior Snacks  
10:15 Exercise Room 2nd Floor  
10:30 IN2L:Word POP!  
11:30 Setting the Lunch Tables  
2:30 **CR** MONTHLY BIRTHDAY PARTY  
2:30 **L** Karaoke  
3:00 Musical Musings  
6:00 Evening Astronomy

**23**  
9:45 **3AE** Daily Chronicle  
10:00 Superior Snacks  
10:15 Exercise Room 2nd Floor  
10:30 IN2L:Family Feud  
11:30 Setting the Lunch Tables  
11:30 **CR** LADIES LUNCHEON  
2:00 Fantastic Friday Social  
3:00 Musical Musings  
6:00 Evening Astronomy

**30**  
9:45 **3AE** Daily Chronicle  
10:00 Superior Snacks  
10:15 Exercise Room 2nd Floor  
10:30 IN2L:Would you Rather  
11:30 Setting the Lunch Tables  
2:30 **L** Karaoke  
3:00 Musical Musings  
6:00 Evening Astronomy

**3**  
9:45 **3AE** Daily Chronicle  
10:00 Superior Snacks  
10:15 **L** Seated Zumba class  
10:45 Name that tune!  
11:00 IN2L-Trivia  
1:00 Uno  
2:00 Steve Justman  
3:30 **3AE** IN2L- Resident Choice  
6:00 Resident Choice Activity

**10**  
9:45 **3AE** Daily Chronicle  
10:00 Superior Snacks  
10:15 **L** Seated Zumba class  
10:45 Name that tune!  
11:00 IN2L-Trivia  
1:00 Uno  
3:30 **3AE** IN2L- Resident Choice  
6:00 Resident Choice Activity

**17**  
9:45 **3AE** Daily Chronicle  
10:00 Superior Snacks  
10:15 **L** Seated Zumba class  
10:45 Name that tune!  
11:00 IN2L-Trivia  
1:00 Uno  
2:00 Steve Justman  
3:30 **3AE** IN2L- Resident Choice  
6:00 Resident Choice Activity

**24**  
National Waffle day  
9:45 **3AE** Daily Chronicle  
10:00 Superior Snacks  
10:15 **L** Seated Zumba class  
10:45 Name that tune!  
11:00 IN2L-Trivia  
1:00 Uno  
3:30 **3AE** IN2L- Resident Choice  
6:00 Resident Choice Activity

**31**  
9:45 **3AE** Daily Chronicle  
10:00 Superior Snacks  
10:15 **L** Seated Zumba class  
10:45 Name that tune!  
11:00 IN2L-Trivia  
1:00 Uno  
3:30 **3AE** IN2L- Resident Choice  
6:00 Resident Choice Activity

## Around our Community

### Dog Days of Summer

The phrase "dog days of summer" is an idiom that refers to the hot and humid period of summer between early July and early September in the Northern Hemisphere. It can also refer to the hottest days of the year.

The phrase has celestial origins and dates back thousands of years to the Roman Empire. It comes from the Latin phrase dies caniculares, which translates to "dog days" and comes from the word canicula, meaning "little dog". The phrase refers to the time when the Dog Star, Sirius, rises with or near the sun.

CC - Crafters Corner

WW - Wellness Wednesday

Every Tuesday - Bus outing & Ice Cream Social!

Feel free to join us anytime!!

## LOCATION KEY

- 3AE** Activity Rm.- East
- L** Lounge
- AR** Activity Room
- SR** Sunroom
- BUS** Bus
- DR** Dining Room
- CR** Community Room

3:30 **3AE** IN2L- Resident Choice  
6:00 Resident Choice Activity