

UPCOMING COMMUNITY EVENTS

AUGUST OUTINGS

Please Join us for the Following Outing in August!

Monday August 5 at 1pm Shopping at Wal-Mart

Friday August 9 at 11am Residents Choice Lunch

Monday August 12 at 1pm Shopping at Schnucks

Friday August 16 at 1pm Scenic Ride & Ice Cream

Monday August 19 at 1pm Shopping at the Dollar Tree

Friday August 23 at 11am Residents Choice Outing

Monday August 26 at 1pm Shopping at Ross & Marshall's

Friday August 30 at 1pm Scenic Ride to Sunflower Field

Please make sure to sign up at the Front Desk 24 hours in Advance



MARK YOUR CALENDAR

ALLEGRO AT SEA-ITALY

Thursday October 17, 2024

We will set Sail to Italy

Watch your email for more information coming soon !



Allegro in Richmond Heights

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



FLOURISH

AUGUST 2024

WHAT'S INSIDE

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Social Calendar

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Upcoming Events + News

"AUGUST RAIN: THE BEST OF THE SUMMER GONE, AND THE NEW FALL NOT YET BORN. THE ODD UNEVEN TIME."

—SYLVIA PLATH

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

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



- 4**
9:30 Morning Meditation
10:30 **TH** The Chosen
11:00 **CR** Stress Free Art
1:00 **LO** A Walk in the Park
1:15 **TH** STL Cardinals Game
2:00 **B** Resident Led Bistro Games
3:30 **LI** Poetry Readings
4:30 **B** Resident Led Book Club
6:30 **TH** Movies with Jackie
- 11**
9:30 Morning Meditation
10:30 **TH** The Chosen
11:00 **CR** Watercolor Creations
1:00 **LO** A Walk in the Park
2:00 **B** Resident Led Bistro Games
3:30 **LI** Resident Led Book Club
6:30 **TH** Movies with Jackie
- 18**
9:30 Morning Meditation
10:30 **TH** The Chosen
11:00 **CR** Stress Free Art
1:00 **LO** A Walk in the Park
1:15 **TH** STL Cardinals Game
2:00 **B** Resident Led Bistro Games
4:00 **LI** Poetry Readings
6:30 **TH** Movies with Jackie
- 25**
9:30 Morning Meditation
10:30 **TH** The Chosen
11:00 **CR** Watercolor Creations
1:00 **LO** A Walk in the Park
1:00 **TH** STL Cardinals Game
2:00 **B** Resident Led Bistro Games
3:30 **LI** Poetry Readings
4:30 **B** Resident Led Book Club
6:30 **TH** Movies with Jackie
- 5** **Bandstand Day**
9:30 Morning Meditation
10:30 **CR** Let's Get Crafty
11:00 **LI** Monday Morning Bible Study
1:00 **LO** A Walk in the Park
2:00 **B** Therapy Exercise Circle
3:00 **TH** Monday Matinee
4:00 **CR** Word Puzzles
6:00 **B** Evening Meet & Greet
- 12**
9:30 Morning Meditation
10:30 **CR** Let's Get Crafty
11:00 **TH** Non- Denominational Service
1:00 **LO** A Walk in the Park
2:00 **B** Therapy Exercise Circle
3:00 **TH** Monday Matinee
4:00 **CD** Puzzles and Popcorn
5:45 **TH** STL Cardinals Game
6:00 **B** Evening Meet & Greet
- 19**
9:30 Morning Meditation
10:30 **CR** Let's Get Crafty
11:00 **LI** Monday Morning Bible Study
1:00 **LO** A Walk in the Park
2:00 **B** Therapy Exercise Circle
3:00 **TH** Monday Matinee
4:00 **CR** Dominoes
6:00 **B** Evening Meet & Greet
- 26**
9:30 Morning Meditation
10:30 **CR** Let's Get Crafty
11:00 **TH** Non- Denominational Service
1:00 **LO** A Walk in the Park
2:00 **B** Therapy Exercise Circle
2:30 **SDR** Resident Council
3:00 **TH** Monday Matinee
4:00 **CD** Tri-ominos
6:00 **B** Evening Meet & Greet

- 6**
9:30 Morning Meditation
10:30 **CR** Healthy Cooking
11:00 **CR** Tech Tuesday
1:00 **LO** A Walk in the Park
2:00 **B** Prize Bingo
3:30 **TH** Animals Up Close
4:00 **CR** Brain Fitness
6:00 **CD** Evening Poker Club
6:45 **TH** STL Cardinals Game
- 13**
9:30 Morning Meditation
10:30 **CR** Healthy Cooking
11:00 **CR** IN2L Casino Games
1:00 **LO** A Walk in the Park
2:00 **B** Prize Bingo
3:30 **TH** Animals Up Close
4:00 **CD** Tech Tuesday
5:45 **TH** STL Cardinals Game
6:00 **CD** Evening Poker Club
- 20** **Lemonade Day**
9:30 Morning Meditation
10:30 **CR** Healthy Cooking
11:00 **CR** Tech Tuesday
1:00 **LO** A Walk in the Park
2:00 **B** Prize Bingo
3:30 **TH** Animals Up Close
4:00 **CR** Who? What? When?
6:00 **CD** Evening Poker Club
6:45 **TH** STL Cardinals Game
- 27** **Cinema Day**
9:30 Morning Meditation
10:30 **CR** Healthy Cooking
11:00 **CR** IN2L Casino Games
1:00 **LO** A Walk in the Park
2:00 **B** Prize Bingo
3:30 **TH** Animals Up Close
4:00 **CD** Tech Tuesday
6:00 **CD** Evening Poker Club
6:45 **TH** STL Cardinals Game
- 7**
9:30 Morning Meditation
10:30 **TH** Life Long Learning
10:30 **TH** Catholic Mass & Communion
1:00 **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** Resident Led Evening Social
6:45 **TH** STL Cardinals Game
- 14** **Creamsicle Day**
9:30 Morning Meditation
10:30 **TH** Life Long Learning
10:30 **TH** Catholic Mass & Communion
1:00 **LO** A Walk in the Park
2:00 **B** Vitality Yoga
3:00 **E** Happy Hour & Music
4:00 **CD** Puzzle Hour
5:45 **TH** STL Cardinals Game
6:00 **B** Resident Led Evening Social
- 21** **Senior Citizens Day**
9:30 Morning Meditation
10:30 **TH** Life Long Learning
10:30 **TH** Catholic Mass & Communion
1:00 **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** Resident Led Evening Social
6:45 **TH** STL Cardinals Game
- 28**
9:30 Morning Meditation
10:30 **TH** Life Long Learning
10:30 **TH** Catholic Mass & Communion
1:00 **LO** A Walk in the Park
2:00 **B** Vitality Yoga
3:00 **SDR** Happy Hour & Music
4:00 **CD** Puzzle Hour
6:00 **B** Resident Led Evening Social
6:45 **TH** STL Cardinals Game

- 1**
9:30 Morning Meditation
10:00 **SDR** Coffee Talk
11:00 **LI** Family Reminiscing
1:00 **LO** A Walk in the Park
2:00 **B** Prize Bingo
3:30 **B** Thirsty Thursday
4:30 **B** Jeopardy Trivia
6:00 **B** Ladies Meet Up
7:00 **TH** STL Cardinals Game
- 8**
9:30 Morning Meditation
10:00 **SDR** Coffee Talk
11:00 **TH** Ted Talk
1:00 **LO** A Walk in the Park
2:00 **B** Prize Bingo
3:30 **B** Thirsty Thursday
4:30 **B** Did you know ?
6:00 **B** Ladies Meet Up
6:15 **TH** STL Cardinals Game
- 15**
9:30 Morning Meditation
10:00 **SDR** Coffee Talk
11:00 **LI** Family Reminiscing
12:30 **TH** Allegro Drum Circle
1:00 **LO** A Walk in the Park
2:00 **B** Prize Bingo
3:30 **B** Thirsty Thursday
4:30 **B** Jeopardy Trivia
6:00 **B** Ladies Meet Up
- 22**
9:30 Morning Meditation
10:00 **SDR** Coffee Talk
11:00 **TH** Ted Talk
1:00 **LO** A Walk in the Park
1:15 **TH** STL Cardinals Game
2:00 **B** Prize Bingo
3:30 **B** Thirsty Thursday
4:30 **CR** Did you know ?
6:00 **B** Ladies Meet Up
- 29**
9:30 Morning Meditation
10:00 **SDR** Coffee Talk
11:00 **TH** Ted Talk
12:30 **TH** Allegro Drum Circle
1:00 **LO** A Walk in the Park
1:15 **TH** STL Cardinals Game
2:00 **B** Prize Bingo
3:30 **B** Thirsty Thursday
4:30 **B** Jeopardy Trivia
6:00 **B** Ladies Meet Up
- 2**
9:30 Morning Meditation
10:30 **TH** Docuseries-Life on Our Planet
11:00 **CR** Bunco
1:00 **LO** A Walk in the Park
1:15 **TH** STL Cardinals Game
2:00 **B** Vitality in Motion
2:30 **CD** Mahjong
3:00 **TH** Classic Reruns
4:00 **CR** Word within a Word
- 9**
9:30 Morning Meditation
10:30 **TH** Docuseries-Life on Our Planet
11:00 **CR** Farkle
1:00 **LO** A Walk in the Park
2:00 **B** Vitality in Motion
2:30 **CD** Mahjong
3:30 **TH** Opera Club
4:00 **CR** Cranium Crunches
6:00 **CD** Evening Card Game Social
- 16**
9:30 Morning Meditation
10:30 **TH** Docuseries-Life on Our Planet
11:00 **CD** Sequence
1:00 **LO** A Walk in the Park
2:00 **B** Vitality in Motion
2:30 **CD** Mahjong
3:00 **TH** Classic Reruns
4:00 **CR** Word Towers
6:00 **CD** Evening Board Game Social
- 23**
9:30 Morning Meditation
10:30 **TH** Docuseries-Life on Our Planet
11:00 **CR** Family Feud
1:00 **LO** A Walk in the Park
2:00 **B** Vitality in Motion
2:30 **CD** Mahjong
3:30 **TH** Opera Club
4:00 **CR** Word Search Challenge
6:00 **CD** Evening Card Game Social
- 30**
9:30 Morning Meditation
10:30 **TH** Docuseries-Life on Our Planet
11:00 **CD** Uno Card Game
1:00 **LO** A Walk in the Park
2:00 **B** Vitality in Motion
2:30 **CD** Mahjong
3:00 **TH** Classic Reruns
4:00 **CR** Crosswords
6:00 **CD** Evening Board Game Social

- 3** **Watermelon Day**
9:30 Morning Meditation
10:30 **LI** Life Events
11:00 **CD** Scrabble
1:00 **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
- 10** **Bowling Day**
9:30 Morning Meditation
10:30 **B** Current Events
11:00 **CD** Kings in the Corner
1:00 **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 **B** Men's Meet Up
6:00 **TH** STL Cardinals Game
- 17**
9:30 Morning Meditation
10:30 **LI** Life Events
11:00 **CD** Yahtzee
1:00 **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 **B** Men's Meet Up
6:15 **TH** STL Cardinals
- 24**
9:30 Morning Meditation
10:30 **B** Current Events
11:00 **CD** Rummikub
1:00 **LO** A Walk in the Park
2:00 **CD** Resident Led-Poker
3:00 **TH** Saturday Matinee
6:00 **B** Men's Meet Up
6:00 **TH** STL Cardinals Game
- 31**
9:30 Morning Meditation
10:30 **LI** Life Events
11:00 **CD** Scrabble
12:00 **TH** STL Cardinals Game
1:00 **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 **B** Men's Meet Up

Around our Community

Happy Birthday!

Resident Birthdays

- 8/23 Wes C.
- 8/25 Gene R.
- 8/26 Joyce E.

Staff Birthdays

- 8/1 Ernestine G.
- 8/10 April H.
- 8/10 Mirtha I.
- 8/13 Reece R.
- 8/20 Kamishia E.
- 8/31 Khamal E.



LOCATION KEY

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

Sunday

Monday

Tuesday

Wednesday

Thursday

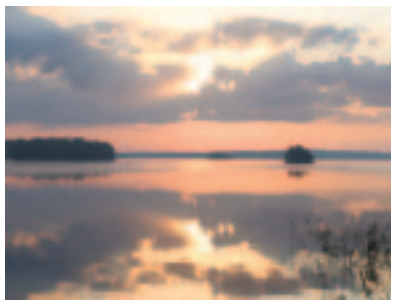
Friday

Saturday

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- 4**
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

- 5**
9:30 **AR** Music Favorites
10:00 **AR** Chair Exercise
10:30 **AR** Massage and Aromatherapy
12:30 **AR** Reset and Music
1:00 **AR** Music of the Day
2:00 **AR** Chair Ballet
2:30 **AR** Classic Cinema
5:00 **AR** Evening Wind Down

- 6**
9:30 **AR** Coffee and Chat
10:00 **AR** Chair Exercise
10:30 **DR** Table Games
12:30 **AR** Nature Meditation
1:00 **AR** Memory Lane
2:00 **DR** Bowling
2:30 **AR** # 1 Hits of August
3:30 **AR** Color and Chat
5:00 **AR** Evening Wind Down

- 7**
9:30 **AR** Music Favorites
10:00 **CR** Exercise with Therapy
10:30 **DR** Bingo
12:30 **AR** Word Games
1:00 **AR** Jazz Festival
2:00 **LR** Chair Exercise with Music
3:00 **CR** Happy Hour
5:00 **AR** Evening Wind Down

- 8**
9:30 **AR** Coffee and Chat
10:00 **AR** Silver Sneakers Exercise
10:30 **AR** Garden Club
12:30 **AR** Music Trivia
1:00 **AR** Good News
1:30 **AR** All About Cats
2:00 **AR** Chair Zumba
2:30 **LR** Movie and Popcorn
3:00 **AR** Chat and Color
5:00 **AR** Evening Wind Down

- 9**
9:30 **AR** Spiritual Music
10:00 **AR** Sole Steppers
10:30 **CR** Nails & Aromatherapy
12:30 **P4** Patio Social
1:30 **DR** Craft Project
2:30 **AR** Famous Books & Authors
3:00 **AR** Passport To Wellness
3:30 **AR** Concert Series
5:00 **AR** Evening Wind Down

- 10**
9:30 **AR** Music Favorites
10:00 **AR** Coffee and Chat
10:30 **AR** Church Service
12:30 **AR** IN2L Trivia
1:30 **AR** Craft Project
2:30 **AR** Chair Exercise
3:00 **AR** Spot the Difference
3:30 **AR** Comedy Show
5:00 **AR** Evening Wind Down

- 11**
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

- 12**
9:30 **AR** Music Favorites
10:00 **AR** Chair Exercise
10:30 **AR** Massage and Aromatherapy
12:30 **AR** Reset and Music
1:00 **AR** Music of the Day
2:00 **AR** Chair Yoga
2:30 **AR** Classic Cinema
5:00 **AR** Evening Wind Down

- 13**
9:30 **AR** Coffee and Chat
10:00 **AR** Chair Exercise
10:30 **DR** Sing-A-Long
11:30 **AR** Out Trip: Restaurant
1:00 **AR** Memory Lane
2:00 **AR** Parachute Game
3:00 **AR** Puzzle Party
5:00 **AR** Evening Wind Down

- 14**
9:30 **AR** Music Favorites
10:00 **CR** Exercise with Therapy
10:30 **DR** Bingo
12:30 **AR** Word Games
1:00 **AR** Cooking with Friends
2:00 **LR** Chair Exercise with Music
3:00 **CR** Happy Hour
5:00 **AR** Evening Wind Down

- 15**
9:30 **AR** Coffee and Chat
10:00 **AR** Silver Sneakers Exercise
10:30 **AR** Picture This
12:30 **AR** Music Trivia
1:00 **AR** Good News
1:30 **DR** Spa Day
2:00 **AR** Chair Zumba
2:30 **LR** Movie and Popcorn
3:00 **AR** Chat and Color
5:00 **AR** Evening Wind Down

- 16**
9:30 **AR** Spiritual Music
10:00 **AR** Sole Steppers
10:30 **CR** Nails & Aromatherapy
12:30 **P4** Patio Social
1:30 **DR** Craft Project
2:30 **AR** Roller Coaster Day
3:00 **AR** Passport To Wellness
3:30 **AR** Concert Series
5:00 **AR** Evening Wind Down

- 17**
9:30 **AR** Music Favorites
10:00 **AR** Coffee and Chat
10:30 **AR** Church Service
12:30 **AR** IN2L Trivia
1:30 **AR** Travelogue
2:30 **AR** Chair Exercise
3:00 **AR** Junk Drawer Detective
3:30 **AR** Comedy Show
5:00 **AR** Evening Wind Down

- 18**
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

- 19**
9:30 **AR** Music Favorites
10:00 **AR** Chair Exercise
10:30 **AR** All About Orangutans
12:30 **AR** Reset and Music
1:00 **AR** Music of the Day
2:00 **AR** Chair Ballet
2:30 **AR** Classic Cinema
5:00 **AR** Evening Wind Down

- 20**
9:30 **AR** Coffee and Chat
10:00 **AR** Chair Exercise
10:30 **DR** Table Games
12:30 **AR** Out Trip: History Museum
1:00 **AR** Memory Lane
2:30 **AR** Corn Hole
3:00 **AR** August Jeopardy
5:00 **AR** Evening Wind Down

- 21**
9:30 **AR** Music Favorites
10:00 **CR** Exercise with Therapy
10:30 **DR** Bingo
12:30 **AR** Word Games
1:00 **AR** History of Surfing
2:00 **LR** Chair Exercise with Music
3:00 **CR** Happy Hour
5:00 **AR** Evening Wind Down

- 22**
9:30 **AR** Coffee and Chat
10:00 **AR** Silver Sneakers Exercise
10:30 **AR** Garden Club
12:30 **AR** Music Trivia
1:00 **AR** Good News
1:30 **DR** Who Sang It?
2:00 **AR** Chair Zumba
2:30 **LR** Movie and Popcorn
3:00 **AR** Chat and Color
5:00 **AR** Evening Wind Down

- 23**
9:30 **AR** Nature Meditation
9:30 **AR** Spiritual Music
10:00 **AR** Sole Steppers
10:30 **CR** Nails & Aromatherapy
12:30 **P4** Patio Social
1:30 **DR** Craft Project
2:30 **AR** Star of the Month
3:00 **AR** Passport To Wellness
3:30 **AR** Concert Series
5:00 **AR** Evening Wind Down

- 24**
9:30 **AR** Music Favorites
10:00 **AR** Coffee and Chat
10:30 **AR** Church Service
12:30 **AR** IN2L Trivia
1:30 **AR** Craft Project
2:30 **AR** Chair Exercise
3:00 **AR** Hits of August
3:30 **AR** Comedy Show
5:00 **AR** Evening Wind Down

- 25**
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

- 26**
9:30 **AR** Music Favorites
10:00 **AR** Chair Exercise
10:30 **AR** Massage and Aromatherapy
12:30 **AR** Reset and Music
1:00 **AR** Music of the Day
2:00 **AR** Chair Yoga
2:30 **AR** Classic Cinema
5:00 **AR** Evening Wind Down

- 27**
9:30 **AR** Coffee and Chat
10:00 **AR** Chair Exercise
10:30 **DR** Table Games
12:30 **AR** Scenic Drive
2:00 **AR** Memory Lane
2:30 **AR** Can Toss
3:00 **AR** Travel Songs
5:00 **AR** Evening Wind Down

- 28**
9:30 **AR** Music Favorites
10:00 **CR** Exercise with Therapy
10:30 **DR** Bingo
12:30 **AR** Word Games
1:00 **AR** Cooking with Friends
2:00 **LR** Chair Exercise with Music
3:00 **CR** Happy Hour
5:00 **AR** Evening Wind Down

- 29**
9:30 **AR** Coffee and Chat
10:00 **AR** Silver Sneakers Exercise
10:30 **AR** Short Stories
12:30 **AR** Music Trivia
1:00 **AR** Good News
1:30 **DR** Do You Hear What I Hear
2:00 **AR** Chair Zumba
2:30 **LR** Movie and Popcorn
3:00 **AR** Chat and Color
5:00 **AR** Evening Wind Down

- 30**
9:30 **AR** Spiritual Music
10:00 **AR** Sole Steppers
10:30 **CR** Nails & Aromatherapy
12:30 **P4** Patio Social
1:30 **DR** Craft Project
2:30 **AR** Slinky Day
3:00 **AR** Passport To Wellness
3:30 **AR** Concert Series
5:00 **AR** Evening Wind Down

- 31**
9:30 **AR** Music Favorites
10:00 **AR** Coffee and Chat
10:30 **AR** Church Service
12:30 **AR** IN2L Trivia
1:30 **AR** Travelogue
2:30 **AR** Chair Exercise
3:00 **AR** Riddle Me This
3:30 **AR** Comedy Show
5:00 **AR** Evening Wind Down

Happy August!

Welcome to August! We have lots of fun small holidays we are celebrating this month. We will be doing an NA beer tasting for International Beer day at the beginning of the month! We'll also be learning about the history of surfing. Later in the month, we'll reminisce on the days of playing with a Slinky for national Slinky Day. We will have a spa day during the month where we will enjoy hand, neck, and face massages. We'll be continuing to take walks to the park when the weather allows and our garden club will help get the garden ready for the next season. Come join us for some August fun!

*All activities are subject to change

LOCATION KEY

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