

UPCOMING COMMUNITY EVENTS

DECEMBER OUTINGS

Monday December 2 at 1pm Shopping at Walmart
Thursday December 5 at 5:30pm Celebration of Lights O'Fallon Mo
Friday December 6 at 11am Lunch Outing to Tucker's
Thursday December 12 at 5:30pm Way of Lights -Belleville IL
Monday December 16 at 1pm Resident Shopping at Schnucks
Thursday December 19 at 5:30pm Winter Wonderland Tillis Park
Friday December 20 at 11am Old Spaghetti Factory



HOLIDAY OPEN HOUSE

JINGLE & MINGLE

Saturday December 14
11am-2pm

Carriage Rides-Santa
Kingsbury Place Singers
Vendors-Food-Fun-Family



Allegro in Richmond Heights

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



FLOURISH

DECEMBER 2024

WHAT'S INSIDE

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Social Calendar

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Upcoming Events + News

"DECEMBER: A MONTH OF LIGHTS, SNOW, COZINESS, AND FEASTS; TIME TO MAKE AMENDS AND TIE UP LOSSE ENDS;FINSH WHAT YOU STARTED ANDMAKE YOURWISHES COME TRUE."

—UNKNOWN

Sunday

1

9:30 Morning Meditation
 10:30 **TH** The Life of Christ
 11:00 **CR** Watercolor Painting
 12:30 **LO** Winter Walking Club
 2:00 **B** Resident Led Bistro Games
 3:00 **LI** Resident Led Book Club
 4:00 **FC** Fitness on Demand
 6:30 **TH** Movies with Jackie

8

9:30 Morning Meditation
 10:30 **TH** The Life of Christ
 11:00 **CR** Stress Free Art
 12:30 **LO** Winter Walking Club
 2:00 **B** Resident Led Bistro Games
 3:00 **LI** Poetry Readings
 4:00 **FC** Fitness on Demand
 6:30 **TH** Movies with Jackie

15

9:30 Morning Meditation
 10:30 **TH** The Life of Christ
 11:00 **CR** Watercolor Painting
 12:30 **LO** Winter Walking Club
 2:00 **B** Resident Led Bistro Games
 3:00 **LI** Resident Book Club
 4:00 **FC** Fitness on Demand
 6:30 **TH** Movies with Jackie

22

9:30 Morning Meditation
 10:30 **TH** The Book of Esther
 11:00 **CR** Stress Free Art
 12:30 **LO** Winter Walking Club
 2:00 **B** Resident Led Bistro Games
 3:00 **LI** Poetry Readings
 4:00 **FC** Fitness on Demand
 6:30 **TH** Movies with Jackie

29

9:30 Morning Meditation
 10:30 **TH** The Book of Ruth
 11:00 **CR** Watercolor Painting
 12:30 **LO** Winter Walking Club
 2:00 **B** Resident Led Bistro Games
 3:00 **LI** Resident Led Book Club
 4:00 **FC** Fitness on Demand
 6:30 **TH** Movies with Jackie

Monday

2

9:30 Morning Meditation
 10:30 **CR** Sequence Game
 12:30 **LO** Winter Walking Club
 2:00 **B** Therapy Exercise Circle
 2:30 **CD** Bridge Club
 3:00 **CR** Crafting with Alice
 4:00 **TH** Holiday Matinee
 6:00 **B** Evening Meet & Greet

9

9:30 Morning Meditation
 10:30 **CR** Rummikub
 12:30 **LO** Winter Walking Club
 2:00 **B** Therapy Exercise Circle
 2:30 **CD** Bridge Club
 3:00 **CR** Crafting with Alice
 4:00 **TH** Holiday Matinee
 6:00 **B** Evening Meet & Greet

16

9:30 Morning Meditation
 10:30 **CD** Dominoes
 12:30 **LO** Winter Walking Club
 2:00 **B** Therapy Exercise Circle
 2:30 **CD** Bridge Club
 3:00 **CR** Crafting with Alice
 4:00 **TH** Holiday Matinee
 6:00 **B** Evening Meet & Greet

23

9:30 Morning Meditation
 10:30 **CD** Yahtzee
 12:30 **LO** Winter Walking Club
 1:00 **SDR** Resident Council
 2:00 **B** Therapy Exercise Circle
 2:30 **CD** Bridge Club
 3:00 **CR** Crafting with Alice
 4:00 **TH** Holiday Matinee
 6:00 **B** Evening Meet & Greet

30

9:30 Morning Meditation
 10:30 **CR** Farkle
 12:30 **LO** Winter Walking Club
 2:00 **B** Therapy Exercise Circle
 2:30 **CD** Bridge Club
 3:00 **CR** Crafting with Alice
 4:00 **TH** Holiday Matinee
 6:00 **B** Evening Meet & Greet

Tuesday

3

9:30 Morning Meditation
 10:30 **CR** Holiday Cookies
 12:30 **LO** Winter Walking Club
 1:00 **CR** Tech Tuesday
 2:00 **B** Prize Bingo
 3:00 **TH** Holiday Matinee
 6:00 **CD** Evening Poker Club

10

9:30 Morning Meditation
 10:30 **CR** Holiday Cookies
 11:00 **CR** Brain Fitness
 12:30 **LO** Winter Walking Club
 1:00 **CR** Tech Tuesday
 2:00 **B** Prize Bingo
 3:30 **TH** Holiday Matinee
 6:00 **CD** Evening Poker Club

17

9:30 Morning Meditation
 10:30 **CR** Holiday Cookies
 12:30 **LO** Winter Walking Club
 1:00 **CR** Tech Tuesday
 2:00 **B** Prize Bingo
 3:00 **TH** Holiday Matinee
 6:00 **CD** Evening Poker Club

24

9:30 Morning Meditation
 10:30 **CR** Holiday Cookies
 11:00 **CR** Brain Fitness
 12:30 **LO** Winter Walking Club
 1:00 **CR** Tech Tuesday
 2:00 **B** Prize Bingo
 3:00 **TH** Holiday Matinee
 6:00 **CD** Evening Poker Club

31

New Year's Eve
 9:30 Morning Meditation
 10:30 **CR** Holiday Snacks
 12:30 **LO** Winter Walking Club
 1:00 **CR** Tech Tuesday
 2:00 **B** Prize Bingo
 3:00 **CD** Puzzle Hour
 6:00 **CD** Evening Poker Club

Wednesday

4

9:30 Morning Meditation
 10:30 **TH** Catholic Mass & Communion
 12:30 **LO** Winter Walking Club
 1:00 **TH** Bible Study w/ Bob
 2:00 **B** Vitality Yoga
 3:00 **SDR** Happy Hour & Music
 4:00 **TH** Holiday Matinee
 6:00 **B** Resident Led Evening Social

11

9:30 Morning Meditation
 10:30 **TH** Catholic Mass & Communion
 12:30 **LO** Winter Walking Club
 1:00 **TH** Bible Study w/ Bob
 2:00 **B** Vitality Yoga
 3:00 **SDR** Happy Hour & Music
 4:00 **TH** Holiday Matinee
 6:00 **B** Resident Led Evening Social

18

9:30 Morning Meditation
 10:30 **TH** Catholic Mass & Communion
 12:30 **LO** Winter Walking Club
 1:00 **TH** Bible Study w/ Bob
 2:00 **B** Vitality Yoga
 3:00 **SDR** Happy Hour & Music
 4:00 **TH** Holiday Matinee
 6:00 **B** Resident Led Evening Social

25

Christmas Hanukkah
 9:30 Morning Meditation
 10:30 **TH** Catholic Mass & Communion
 12:30 **LO** Winter Walking Club
 1:00 **TH** Bible Study w/ Bob
 2:00 **B** Vitality Yoga
 3:00 **SDR** Happy Hour & Music
 4:00 **TH** Holiday Matinee
 6:00 **B** Resident Led Evening Social



Thursday

5

9:30 Morning Meditation
 10:00 **SDR** Resident Coffee Chat
 11:00 **TH** Ted Talk
 12:30 **TH** Allegro Drum Circle
 12:30 **LO** Winter Walking Club
 2:00 **B** Prize Bingo
 3:30 **TH** Foot Wellness Day
 4:00 **TH** Holiday Matinee
 6:00 **B** Ladies Meet Up

12

9:30 Morning Meditation
 10:00 **SDR** Resident Coffee Chat
 11:00 **TH** Ted Talk
 12:30 **LO** Winter Walking Club
 2:00 **B** Prize Bingo
 4:00 **TH** Holiday Matinee
 6:00 **B** Ladies Meet Up

19

9:30 Morning Meditation
 10:00 **SDR** Resident Coffee Chat
 11:00 **TH** Ted Talk
 12:30 **TH** Allegro Drum Circle
 12:30 **LO** Winter Walking Club
 2:00 **B** Prize Bingo
 3:30 **TH** Holiday Matinee
 6:00 **B** Ladies Meet Up

26

9:30 Morning Meditation
 10:00 **SDR** Resident Coffee Chat
 11:00 **TH** Ted Talk
 12:30 **LO** Winter Walking Club
 2:00 **B** Prize Bingo
 4:00 **TH** Holiday Matinee
 6:00 **B** Ladies Meet Up



Friday

6

9:30 Morning Meditation
 10:30 **TH** Christmas Through Decades
 12:30 **LO** Winter Walking Club
 2:00 **B** Vitality in Motion
 2:30 **CD** Mahjong
 3:30 **TH** Holiday Matinee
 6:00 **CD** Evening Board Game Social

13

9:30 Morning Meditation
 10:30 **TH** Christmas Through Decades
 12:30 **LO** Winter Walking Club
 2:00 **B** Vitality in Motion
 2:30 **CD** Mahjong
 3:30 **TH** Holiday Matinee
 6:00 **CD** Evening Card Game Social

20

9:30 Morning Meditation
 10:30 **TH** Christmas Through Decades
 12:30 **LO** Winter Walking Club
 2:00 **B** Vitality in Motion
 2:30 **CD** Mahjong
 3:30 **TH** Holiday Matinee
 6:00 **CD** Evening Board Game Social

27

9:30 Morning Meditation
 10:30 **TH** Christmas Through Decades
 12:30 **LO** Winter Walking Club
 2:00 **B** Vitality in Motion
 2:30 **CD** Mahjong
 3:30 **TH** Holiday Matinee
 6:00 **CD** Evening Card Game Social

Saturday

7

9:30 Morning Meditation
 10:00 **LI** News & Views
 11:00 **CD** Scrabble
 12:30 **LO** Winter Walking Club
 2:00 **CD** Resident Led-Poker
 3:00 **TH** Saturday Matinee
 4:00 **FC** Fitness on Demand
 6:00 **B** Men's Meet Up

14

Holiday Open House
 9:30 Morning Meditation
 10:30 **B** Life's Events
 11:00 **CD** Yahtzee
 12:30 **LO** Winter Walking Club
 2:00 **CD** Resident Led-Poker
 3:00 **TH** Saturday Matinee
 4:00 **FC** Fitness on Demand
 6:00 **B** Men's Meet Up

21

First Day of Winter
 9:30 Morning Meditation
 10:00 **LI** News & Views
 11:00 **CD** Triominoes
 12:30 **LO** Winter Walking Club
 2:00 **CD** Resident Led-Poker
 3:00 **TH** Saturday Matinee
 4:00 **FC** Fitness on Demand
 6:00 **B** Men's Meet Up

28

9:30 Morning Meditation
 10:30 **B** Life's Events
 11:00 **CD** Rummikub
 12:30 **LO** Winter Walking Club
 2:00 **CD** Resident Led-Poker
 3:00 **TH** Saturday Matinee
 4:00 **FC** Fitness on Demand
 6:00 **B** Men's Meet Up

Happy Birthday

Resident Birthdays

12/5 Ann M.
 12/8 Kay S.
 12/9 Sally H.
 12/18 Marsha L.

Staff Birthdays

12/2 Shannon B.
 12/13 Kim S.
 12/14 Keesha V.
 12/16 Candi L.
 12/16 Kasie O.
 12/18 Deaigner R.
 12/20 Cassidee H.
 12/21 Monique M.
 12/23 Laura M.
 12/25 Sharon E.
 12/30 Latricia W.

LOCATION KEY

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

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Sunday

1

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

8

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

15

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

22

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

29

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

Monday

2

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

9

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

16

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

23

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

30

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

Tuesday

3

9:30 **AR** Coffee and Chat
 10:00 **AR** Chair Exercise
 10:30 **DR** Christmas Decorating
 12:30 **AR** How The Grinch Stole Christmas
 1:30 **AR** Operation Santa Paws
 2:30 **AR** Balloon Bop
 3:00 **AR** Who Am I?
 5:00 **AR** Evening Wind Down

10

9:30 **AR** Coffee and Chat
 10:00 **AR** Chair Exercise
 10:30 **DR** Caption This!
 12:30 **AR** A Gene Autry Christmas
 1:30 **AR** No Bake Gingerbread
 2:30 **AR** All About Llamas
 3:30 **LR** Bowling
 5:00 **AR** Christmas Lights Drive

17

9:30 **AR** Coffee and Chat
 10:00 **AR** Chair Exercise
 10:30 **DR** Table Games
 12:30 **AR** Rudolph
 1:30 **DR** Cranberry Cream Cheese Dip
 2:30 **AR** Who/What Am I?
 3:30 **LR** Chair Exercise
 5:00 **AR** Christmas Lights Drive

24 Christmas Eve

9:30 **AR** Coffee and Chat
 10:00 **AR** Chair Exercise
 10:30 **DR** Christmas Party
 12:30 **AR** Color another Carol
 1:30 **AR** Balloon Bop
 2:00 **AR** White Christmas Movie
 4:00 **AR** Christmas Trivia
 5:00 **AR** Evening Wind Down

31 New Years Eve

9:30 **AR** Coffee and Chat
 10:00 **AR** Chair Exercise
 10:30 **DR** Table Games
 12:30 **AR** New Years Trivia
 1:30 **LR** New Years Eve Party
 2:30 **LR** Can Toss
 3:00 **AR** Get On The Ball
 5:00 **AR** Evening Wind Down

Wednesday

4

9:30 **AR** Music Favorites
 10:00 **CR** Exercise with Therapy
 10:30 **DR** Bingo
 12:30 **AR** Word Games
 1:30 **AR** Choose Women Day
 2:30 **LR** Stretching with Jackie
 3:00 **CR** Happy Hour
 5:00 **AR** Evening Wind Down

11

9:30 **AR** Music Favorites
 10:00 **CR** Exercise with Therapy
 10:30 **DR** Bingo
 12:30 **AR** Word Games
 1:30 **AR** Star of the Month
 2:30 **LR** Stretching with Jackie
 3:00 **CR** Happy Hour
 5:00 **AR** Evening Wind Down

18

9:30 **AR** Music Favorites
 10:00 **CR** Exercise with Therapy
 10:30 **DR** Bingo
 12:30 **AR** Christmas Riddles
 1:30 **LR** History of Christmas Cards
 2:30 **LR** Stretching with Jackie
 3:00 **CR** Happy Hour
 5:00 **AR** Evening Wind Down

25 Christmas

9:30 **AR** Music Favorites
 10:00 **CR** Exercise with Therapy
 10:30 **DR** Christmas Sing A Long
 12:30 **AR** Word Games
 1:30 **LR** Miracle on 34th St
 3:30 **AR** Christmas Coloring
 5:00 **AR** Evening Wind Down



Thursday

5

9:30 **AR** Coffee and Chat
 10:00 **AR** Silver Sneakers Exercise
 10:30 **AR** Long Live The Lego
 12:30 **AR** Music Trivia
 1:30 **AR** Walt Disney Day
 2:30 **LR** Parachute Game
 3:00 **AR** A Muppet Christmas Carol
 5:00 **AR** Evening Wind Down

12

9:30 **AR** Coffee and Chat
 10:00 **AR** Silver Sneakers Exercise
 10:30 **AR** Candy Cane Science
 12:30 **AR** Music Trivia
 1:30 **AR** Chuck the Duck
 2:00 **AR** Old Wives Tales
 3:00 **AR** Chat and Color
 3:00 **AR** The Year Without A Santa
 5:00 **AR** Evening Wind Down

19

9:30 **AR** Coffee and Chat
 10:00 **AR** Silver Sneakers Exercise
 10:30 **AR** Christmas Memory lane
 12:30 **AR** Music Trivia
 1:30 **AR** Can You Picture This?
 2:30 **LR** Elf-Ercise
 3:00 **AR** The Grinch Live Action
 5:00 **AR** Evening Wind Down

26

9:30 **AR** Coffee and Chat
 10:00 **AR** Silver Sneakers Exercise
 10:30 **AR** All About Hanukka
 12:30 **AR** Music Trivia
 1:30 **AR** Good News
 2:00 **DR** Bingo
 3:00 **AR** Movie Clips
 5:00 **AR** Evening Wind Down



Friday

6

St. Nicks Day

9:30 **AR** Spiritual Music
 10:00 **AR** Sole Steppers
 10:30 **CR** Nails & Aromatherapy
 12:30 **P4** Word Games
 1:30 **AR** Story of St. Nick
 2:00 **DR** Ornament Making
 3:00 **AR** Passport To Wellness
 3:30 **AR** Concert Series
 5:00 **AR** Evening Wind Down

13

9:30 **AR** Spiritual Music
 10:00 **AR** Sole Steppers
 10:30 **CR** Nails & Aromatherapy
 12:30 **P4** Word Games
 1:30 **AR** Christmas Jokes
 2:00 **DR** Shell Angel Craft
 3:00 **AR** Passport To Wellness
 3:30 **AR** Concert Series
 5:00 **AR** Evening Wind Down

20

9:30 **AR** Spiritual Music
 10:00 **AR** Sole Steppers
 10:30 **CR** Nails & Aromatherapy
 12:30 **P4** Word Games
 1:30 **AR** Short Stories
 2:00 **DR** Craft Project
 3:00 **AR** Passport To Wellness
 3:30 **AR** Concert Series
 5:00 **AR** Evening Wind Down

27

9:30 **AR** Spiritual Music
 10:00 **AR** Sole Steppers
 10:30 **CR** Nails & Aromatherapy
 12:30 **P4** Word Games
 1:30 **AR** Switzerland Travelogue
 2:00 **DR** Craft Project
 3:00 **AR** Passport To Wellness
 3:30 **AR** Concert Series
 5:00 **AR** Evening Wind Down

Saturday

7

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** December Random Trivia
 2:30 **AR** Chair Exercise
 3:00 **AR** Chicken Soup Story
 3:30 **LR** Comedy Show
 5:00 **AR** Evening Wind Down

14 Open House

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** True or False
 2:30 **AR** Chair Exercise
 3:00 **AR** All About Horses
 5:00 **AR** Evening Wind Down

21

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** Christmas Memories&Poems
 3:30 **LR** Comedy Show
 5:00 **AR** Evening Wind Down

28

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** Winter Quiz
 2:30 **AR** Chair Exercise
 3:00 **AR** Short Film Day
 5:00 **AR** Evening Wind Down

Around our Community

Happy December!

Welcome to December! We have a lot of fun, festive activities planned for the month. We'll be decorating our many Christmas trees and making our own ornaments. We have lots of classic holiday movies and specials to watch together. There will be lots of reminiscing on holiday traditions. We have 2 nights planned to go to Tilles Park for their Winter Wonderland Lights. Other small holidays we will celebrate include Walt Disney Day, Operation Santa Paws Day, and St. Nick's Day. On the 14th, we will hold our open house with carriage rides, carolers, and a visit from Santa. Come spend time with us this month!

*All activities are subject to change

LOCATION KEY

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

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