

## UPCOMING COMMUNITY EVENTS



### THE U.S. CONSTITUTION

We the People of the United States, in Order to form a more perfect Union, establish Justice, insure domestic Tranquility, provide for the common defence, promote the general Welfare, and secure the Blessings of Liberty to ourselves and our Posterity, do ordain and establish this Constitution for the United States of America. Main points:

**Checks and Balances:** One branch of government can block action by an equal branch of government.

**Federalism:** Power is balanced between the state and federal governments.

**Limited Government:** The government has only the powers granted to it in the Constitution.

**Popular Sovereignty:** Government is made by the people and exists to represent, protect, and serve them.

**Republicanism:** Popular sovereignty by representative government.

**Separation of Powers:** The three branches of government (executive, legislative, and judicial) are separate. Edited from [www.archives.gov](http://www.archives.gov)

## ENTERTAINERS THIS MONTH

July 5 Jan & Gino - Singing Duo

July 10 Rob McDougle - Singer

July 16 Randy Walker - Guitar/ Singer

July 25 Katrina & Vincent - Classic Pianists

July 31 Abigail Riccards - Singer

### Alto Grayslake

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



# FLOURISH

JULY 2024

## WHAT'S INSIDE

Pg 2-3  
Social Calendar

Pg 4  
Upcoming Events + News

**"MAY WE THINK OF FREEDOM NOT AS THE RIGHT TO DO AS WE PLEASE, BUT AS THE OPPORTUNITY TO DO WHAT IS RIGHT."**

—Peter Marshall

# July 2024

## Sunday



**7** 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)

**14** 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

**21** 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)

**28** 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

## Monday

**1**  
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: SPAIN

**8**  
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: SWITZERLAND

**15**  
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: SCOTLAND

**22**  
10:15 **FC** Movin' Monday  
10:45 **FC** Daily Chronicles  
12:00 **B** MEN'S LUNCH  
1:30 **CR** Sitdown Sitcom  
3:00 **CR** Arts or Crafts  
6:00 **CR** TRAVEL TO: S. AMERICA

**29**  
10:15 **FC** Movin' Monday  
10:45 **FC** Daily Chronicles  
1:30 **CR** Sitdown Sitcom  
2:30 **CR** BAKING CLASS  
6:00 **CR** TRAVEL TO: SWEDEN

## Tuesday

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

**9**  
10:15 **CR** WHEELCHAIR WASH etc.  
10:30 **MT** Catholic Communion  
10:45 **FC** Daily Chronicles  
2:00 **CR** Happy Hour & Trivia  
6:00 **CR** Board Games & More

**16**  
10:15 **FC** Try New Tuesdays  
10:30 **MT** Catholic Communion  
10:45 **FC** Daily Chronicles  
11:00 **B** FOOD COMMITTEE MTG.  
2:00 **B** Happy Hour & Word Games  
3:00 **CR** CONCERT: RANDY WALKER  
6:00 **CR** Board Games & More

**23**  
10:15 **FC** Try New Tuesdays  
10:30 **MT** Catholic Communion  
10:45 **FC** Daily Chronicles  
11:00 **129** SHORT STORY GRP  
2:00 **CR** Happy Hour & Trivia  
3:00 **CR** Ted Talks: TBD  
6:00 **CR** Board Games & More

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

## Wednesday

**3**  
10:15 **FC** Wednesday Weights  
10:45 **FC** Daily Chronicles  
11:00 **BUS** GET FISHING LICENSES  
2:00 **CR** BINGO - Fun for all!  
3:00 **CR** DRY BAR COMEDY Videos  
6:00 **CR** INDEPENDENCE DAY 1

**10**  
10:15 **FC** Wednesday Weights  
10:45 **FC** Daily Chronicles  
2:00 **CR** BINGO - Fun for all!  
3:00 **CR** CONCERT: ROB McDOUGLE  
6:00 **CR** MOVIE: STREETCAR..DESIRE

**17**  
10:15 **FC** Wednesday Weights  
10:45 **FC** Daily Chronicles  
11:00 **BUS** GONE FISHING !  
2:00 **CR** BINGO - Fun for all!  
3:00 **CR** DRY BAR COMEDY Videos  
6:00 **CR** MOVIE: NIGHT.of..IGUANA

**24**  
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: BALL of FIRE  
6:00 **CR** GAME NIGHT FUN

**31**  
10:15 **FC** Wednesday Weights  
10:45 **FC** Daily Chronicles  
2:00 **CR** BINGO - Fun for all!  
3:00 **CR** DRY BAR COMEDY Videos  
3:00 **CR** CONCERT: ABIGAIL RICCARDS  
6:00 **CR** MOVIE: 3 DAYS of..CONDOR

## Thursday

**4**  
10:15 **FC** PATRIOTIC Exercise  
10:45 **FC** Patriotic Tip of the Day  
11:00 **CR** 4th of July PICNIC LUNCH  
2:00 **CR** Patriotic Happy Hour  
2:45 **CR** History of 4th & Music  
6:00 **CR** INDEPENDENCE DAY 2

**11**  
10:15 **FC** Legacy Exercise  
10:45 **FC** Wellness Tip of the Day  
11:00 **BUS** SLURPEE & PICNIC LUNCH  
2:00 **CR** Happy Hour: Drinks n More  
6:00 **CR** GAME NIGHT FUN

**18**  
10:15 **FC** Legacy Exercise  
10:30 **LOB** LIBRARY LOBBY STOP  
10:45 **FC** Wellness Tip of the Day  
11:00 **BUS** SHOPPING TRIP: WALMART  
2:00 **CR** COOKING DEMO with DAVE  
2:45 **CR** SHORT COOKING VIDEOS  
6:00 **CR** MOVIE: NIGHT.of..IGUANA

**25**  
10:15 **FC** Legacy Exercise  
10:45 **FC** Wellness Tip of the Day  
11:00 **BUS** LUNCH TRIP: THE FREEZE  
2:00 **CR** Happy Hour: Drinks n More  
3:00 **PIANO** CONCERT: Mr & Mrs  
6:00 **CR** MOVIE: BALL of FIRE

## Friday

**5**  
10:15 **FC** Flexibility Friday  
10:45 **FC** Daily Chronicles  
1:30 **103** Bible Study & Devotions  
3:00 **CR** CONCERT: JAN & GINO  
6:00 **CR** Everybdy Loves Raymnd DVD

**12**  
10:15 **FC** Flexibility Friday  
10:45 **FC** Daily Chronicles  
1:30 **103** Bible Study & Devotions  
3:00 **CR** Friday FUN & GAMES  
6:00 **CR** Everybdy Loves Raymnd DVD

**19**  
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

**26**  
10:15 **FC** Flexibility Friday  
10:45 **FC** Daily Chronicles  
11:00 **CR** RESIDENT COUNCIL  
1:30 **103** Bible Study & Devotions  
1:30 **203** Low Vision Support Grp  
3:00 **CR** Friday FUN & GAMES  
6:00 **CR** Everybdy Loves Raymnd DVD

## Saturday

**6** 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** SEINFELD on Netflix

**13** 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** SEINFELD on Netflix

**20** 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** SEINFELD on Netflix

**27** 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** SEINFELD on Netflix

## Around our Community

### Bus Trips & Birthdays

#### BUS TRIPS

June 11 SLURPEE DAY & PICNIC LUNCH  
June 18 Shopping @ WALMART  
June 25 Lunch @ THE FREEZE

#### BIRTHDAYS

Jessie A. 07/08  
Regina F. 07/08  
Ralph C. 07/20



### LOCATION KEY

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

### Alto Grayslake

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

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

