

UPCOMING COMMUNITY EVENTS

JULY OUTINGS

Please Join us for the Following Outings

Monday July 8 at 1pm Resident Shopping at Target

Friday July 12 at 11am Residents Choice Lunch Outing

Monday July 15 at 1pm Resident Shopping at Schnucks

Friday July 19 at 1pm Scenic Ride and Ice Cream

Monday July 22 at 1pm Residents Choice Shopping

Friday July 26 Scenic Ride & Sweet Treat

Please Sign up at the front Desk 24 Hours in Advance !



NEWS

DID YOU KNOW?

Allegro Provides Transportation
to Medical Appointments
with a 72 Hour Advance Request
Forms are Available at the Front Desk



Allegro in Richmond Heights

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



FLOURISH

JULY 2024

WHAT'S INSIDE

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Upcoming Events + News

*"REST IS NOT IDELENESS, AND TO LIE SOMETIMES ON THE GRASS UNDER TREES
ON A SUMMER'S DAY, LISTENING TO THE MURMUR OF THE WATER, OR WATCH-
ING THE CLOUDS FLOAT ACROSS THE SKY, IS BY NO MEANS A WASTE OF TIME."*

—JOHN LUBBOCK

Sunday



7

9:30 Morning Meditation
 10:30 **TH** Greatest Heroes of the Bible
 11:00 **CR** Watercolor Painting
 12:30 **TH** STL Cardinals Game
 1:00 **LO** A Walk in the Park
 2:00 **B** Resident Led Bistro Games
 3:00 **CD** Bunco
 4:00 **LI** Poetry Readings
 6:30 **TH** Movies with Jackie

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9:30 Morning Meditation
 10:30 **TH** Greatest Heroes of the Bible
 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

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9:30 Morning Meditation
 10:30 **TH** Greatest Heroes of the Bible
 11:00 **CR** Watercolor Painting
 12:30 **TH** STL Cardinals Game
 1:00 **LO** A Walk in the Park
 2:00 **B** Resident Led Bistro Games
 3:00 **CD** Chess and Checkers
 4:00 **LI** Poetry Readings
 6:30 **TH** Movies with Jackie

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9:30 Morning Meditation
 10:30 **TH** Greatest Heroes of the Bible
 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** Resident Led Book Club
 6:30 **TH** Movies with Jackie

Monday

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9:30 Morning Meditation
 10:30 **CR** Let's Get Crafty
 11:00 **TH** Virtual Non-Denominational Service
 1:00 **LO** A Walk in the Park
 2:00 **B** Therapy Exercise Circle
 3:00 **TH** Monday Matinee
 4:00 **B** Margarita Monday
 6:00 **B** Evening Meet & Greet

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9:30 Morning Meditation
 10:30 **CR** Let's Get Crafty
 11:00 **TH** Virtual Non-Denominational Service
 1:00 **LO** A Walk in the Park
 2:00 **B** Therapy Exercise Circle
 3:00 **TH** STL Cardinals Game
 4:00 **B** Manhattan Monday
 6:00 **B** Evening Meet & Greet

15

9:30 Morning Meditation
 10:30 **CR** Let's Get Crafty
 11:00 **TH** Virtual Non-Denominational Service
 1:00 **LO** A Walk in the Park
 2:00 **B** Therapy Exercise Circle
 3:00 **TH** Monday Matinee
 4:00 **B** Mai Tai Monday
 6:00 **B** Evening Meet & Greet
 7:00 **TH** Home Run Derby

22

9:30 Morning Meditation
 10:30 **CR** Let's Get Crafty
 11:00 **TH** Virtual 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 **B** Mango Martini Monday
 5:30 **TH** STL Cardinals Game

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9:30 Morning Meditation
 10:30 **CR** Let's Get Crafty
 11:00 **TH** Virtual Non-Denominational Service
 1:00 **LO** A Walk in the Park
 2:00 **B** Therapy Exercise Circle
 3:00 **TH** Monday Matinee
 4:00 **B** Mudslide Monday
 6:00 **B** Evening Meet & Greet
 6:45 **TH** STL Cardinals Game

Tuesday

2

9:30 Morning Meditation
 10:30 **CR** Nourishing Nibbles
 11:00 **CR** IN2L Games
 1:00 **LO** A Walk in the Park
 2:00 **B** Prize Bingo
 3:30 **CD** Tech Tuesday
 5:45 **TH** STL Cardinals Game
 6:00 **CD** Evening Poker Club

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9:30 Morning Meditation
 10:30 **CR** Nourishing Nibbles
 11:00 **CR** Brain Fitness
 1:00 **LO** A Walk in the Park
 2:00 **B** Prize Bingo
 3:30 **TH** Health Talk with Karmen
 4:00 **CR** Tech Tuesday
 6:00 **CD** Evening Poker Club
 6:45 **TH** STL Cardinals Game

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9:30 Morning Meditation
 10:30 **CR** Nourishing Nibbles
 11:00 **CR** Food Trivia
 1:00 **LO** A Walk in the Park
 2:00 **B** Prize Bingo
 3:30 **TH** Travelogue-Aerial America
 4:00 **CD** Tech Tuesday
 6:00 **CD** Evening Poker Club
 7:00 **TH** All Star Game

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9:30 Morning Meditation
 10:30 **CR** Nourishing Nibbles
 11:00 **CR** Brain Fitness
 1:00 **LO** A Walk in the Park
 2:00 **B** Prize Bingo
 3:30 **TH** Travelogue-Aerial America
 4:00 **CR** Tech Tuesday
 5:30 **TH** STL Cardinals Game
 6:00 **CD** Evening Poker Club

30

9:30 Morning Meditation
 10:30 **CR** Nourishing Nibbles
 11:00 **CR** Tech Tuesday
 1:00 **LO** A Walk in the Park
 2:00 **B** Prize Bingo
 3:30 **TH** Travelogue-Aerial America
 4:00 **CD** Tech Tuesday
 6:00 **CD** Evening Poker Club
 6:45 **TH** STL Cardinals Game

Wednesday

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9:30 Morning Meditation
 10:00 **TH** Virtual Catholic Mass
 10:30 **TH** Life Long Learning
 1:00 **LO** A Walk in the Park
 2:00 **B** Vitality Yoga
 3:00 **SDR** Happy Hour & Music
 4:00 **CD** Puzzle Hour
 5:45 **TH** STL Cardinals Game
 6:00 **B** Resident Led Evening Social

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9:30 Morning Meditation
 10:00 **TH** Virtual Catholic Mass
 10:30 **TH** Life Long Learning
 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

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9:30 Morning Meditation
 10:00 **TH** Virtual Catholic Mass
 10:30 **TH** Life Long Learning
 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

24

9:30 Morning Meditation
 10:00 **TH** Virtual Catholic Mass
 10:30 **TH** Life Long Learning
 11:30 **TH** STL Cardinals Game
 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

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9:30 Morning Meditation
 10:00 **TH** Virtual Catholic Mass
 10:30 **TH** Life Long Learning
 1:00 **LO** A Walk in the Park
 1:15 **TH** STL Cardinals Game
 2:00 **B** Vitality Yoga
 3:00 **SDR** Happy Hour & Music
 4:00 **CD** Puzzle Hour
 6:00 **B** Resident Led Evening Social

Thursday

4

9:30 Morning Meditation
 10:00 **SDR** Coffee Talk
 11:00 **CR** Family Talk
 11:30 **TH** STL Cardinals Game
 1:00 **LO** A Walk in the Park
 2:00 **B** Prize Bingo
 3:00 **B** Homemade Ice Cream
 3:30 **TH** Ted Talk
 6:00 **B** Ladies Meet Up

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9:30 Morning Meditation
 10:00 **SDR** Coffee Talk & Blueberry Muffins
 11:00 **CR** Name 5
 1:00 **LO** A Walk in the Park
 2:00 **B** Prize Bingo
 3:30 **B** Thursday Trivia
 4:00 **LI** Ted Talk
 6:00 **B** Ladies Meet Up

18

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
 2:00 **B** Prize Bingo
 3:30 **B** Candy Trivia
 6:00 **B** Ladies Meet Up

25

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** Wine & Cheese Hour
 4:00 **B** Jeopardy Trivia
 6:00 **B** Ladies Meet Up

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



Friday

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9:30 Morning Meditation
 10:30 **CR** Skip-Bo
 11:00 **TH** Docuseries-Tales by Light
 1:00 **LO** A Walk in the Park
 2:00 **B** Vitality in Motion
 2:30 **CD** Mahjong
 4:00 **CR** Cranium Crunches
 5:45 **TH** STL Cardinals Game
 6:00 **CD** Evening Board Game Social

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9:30 Morning Meditation
 10:30 **CR** Farkle
 11:00 **TH** Docuseries-Tales by Light
 1:00 **LO** A Walk in the Park
 2:00 **B** Vitality in Motion
 2:30 **CD** Mahjong
 3:30 **TH** Opera Club
 6:00 **CD** Evening Card Game Social
 7:15 **TH** STL Cardinals Game

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9:30 Morning Meditation
 10:30 **CR** Hot Seat Card Game
 11:00 **TH** Docuseries-Tales by Light
 1:00 **LO** A Walk in the Park
 2:00 **B** Vitality in Motion
 2:30 **CD** Mahjong
 3:00 **TH** Box Office Classic
 6:00 **CD** Evening Board Game Social
 6:15 **TH** STL Cardinals Game

26

9:30 Morning Meditation
 11:00 **TH** Docuseries-Tales by Light
 1:00 **LO** A Walk in the Park
 2:00 **B** Vitality in Motion
 2:30 **CD** Mahjong
 3:30 **TH** Opera Club
 6:00 **CD** Evening Card Game Social
 7:15 **TH** STL Cardinals Game

Saturday

6

9:30 Morning Meditation
 10:30 **B** Current Events
 11:00 **CD** Scrabble
 1:00 **LO** A Walk in the Park
 2:00 **CD** Resident Led-Poker
 4:00 **FC** Fitness on Demand
 6:00 **B** Men's Meet Up

13

9:30 Morning Meditation
 10:30 **B** Current Events
 11:00 **CD** Rummikub
 1:00 **LO** A Walk in the Park
 2:00 **B** Vitality in Motion
 2:30 **CD** Mahjong
 3:00 **TH** Saturday Matinee
 4:00 **FC** Fitness on Demand
 6:00 **B** Men's Meet Up

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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
 2:30 **B** Bridge Club
 3:00 **TH** Saturday Matinee
 4:00 **FC** Fitness on Demand
 6:00 **B** Men's Meet Up
 6:15 **TH** STL Cardinals Game

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9:30 Morning Meditation
 10:30 **B** Current Events
 11:00 **CD** Yahtzee
 1:00 **LO** A Walk in the Park
 2:00 **CD** Resident Led-Poker
 2:30 **B** Bridge Club
 3:00 **TH** Saturday Matinee
 4:00 **FC** Fitness on Demand
 6:00 **B** Men's Meet Up
 6:15 **TH** STL Cardinals Game

Around our Community

Happy Birthday!

Resident Birthdays

Trish P. 7/7
 Doug G. 7/9
 Irma C. 7/9
 Margaret A. 7/12
 Leona J. 7/17
 Ann S. 7/30

Staff Birthdays

Salena D. 7/8
 Jadah B. 7/9
 Rosie W. 7/16
 Jarae C. 7/20
 Tricia C. 7/23
 Karmen J. 7/28



LOCATION KEY

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