

UPCOMING COMMUNITY EVENTS



IN FLANDERS FIELDS

By John McCrae

In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.
We are the Dead. Short days ago

We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie,
In Flanders fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.



ENTERTAINERS THIS MONTH

Wed, Nov. 6 & 20 Alto Choir Meetings - all welcome!

Wed. Nov. 6 Ray the Sax Guy!

Mon. Nov. 11 Veteran's Day Patriotic Celebration

Thu. Nov. 21 Davey D. Country tunes & more!

Tue. Nov. 26 TBD Concert

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

Alto
Senior Living by Allegro

FLOURISH

NOVEMBER 2024

WHAT'S INSIDE

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Social Calendar

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Upcoming Events + News

**"LORD, I THANK YOU THAT THERE ARE AN INFINITE NUMBER OF THINGS TO
THANK YOU FOR, IF I REFLECT FOR EVEN A MOMENT!"**

— Timothy & Kathy Keller

Sunday



3 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

10 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)

17 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

24 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)

Monday



Thank you for your service!

4 10:00 **LIB** Surveys, Snacks & more!
10:15 **FC** Movin' Monday
10:45 **FC** Daily Chronicles
1:30 **CR** Sitdown Sitcom
2:30 **CR** COOKIES & O'TEA (OT)
6:00 **CR** TRAVEL U.S. - CONNECTICUT

11 VETERAN'S DAY
10:15 **FC** Movin' Monday
10:45 **FC** Daily Chronicles
11:00 **B** NEWCOMERS GROUP
1:30 **MT** Sitdown Sitcom
3:00 **CR** VETERAN'S DAY CELEBRATION
6:00 **CR** TRAVEL U.S. - DELAWARE

18 10:15 **FC** Movin' Monday
10:45 **FC** Daily Chronicles
11:00 **CR** ACTIVITY COMM MTG.
12:00 **B** MEN'S LUNCH
1:30 **CR** Sitdown Sitcom
2:30 **CR** BAKING CLASS w/LAUREN
6:00 **CR** TRAVEL U.S. - FLORIDA

25 10:15 **FC** Movin' Monday
10:45 **FC** Daily Chronicles
11:00 **B** NEWCOMERS GROUP
1:30 **CR** Sitdown Sitcom
3:00 **CR** Arts or Crafts
6:00 **CR** TRAVEL U.S. - GEORGIA

Tuesday



Turkey Day Trivia

5 ELECTION DAY
10:00 **LIB** Surveys, Snacks & more!
10:15 **FC** Tune Up Tuesday
10:30 **MT** Catholic Communion
10:45 **FC** Daily Chronicles
2:00 **B** Happy Hour & Word Games
6:00 **CR** Board Games & More

12 10:15 **FC** Tune Up Tuesday
10:30 **MT** Catholic Communion
10:45 **FC** Daily Chronicles
11:00 **129** SHORT STORY GROUP
2:00 **CR** Happy Hour & Trivia
3:00 **CR** Ted Talks: TBD
6:00 **CR** Board Games & More

19 10:15 **FC** Tune Up Tuesday
10:30 **MT** Catholic Communion
10:45 **FC** Daily Chronicles
11:00 **B** FOOD COMMITTEE MTG.
2:00 **B** Happy Hour & Word Games
6:00 **CR** Board Games & More

26 10:15 **FC** Tune Up Tuesday
10:30 **MT** Catholic Communion
10:45 **FC** Daily Chronicles
11:00 **129** SHORT STORY GROUP
2:00 **CR** Happy Hour & Trivia
3:00 **CR** CONCERT: TBD
6:00 **CR** Board Games & More

Wednesday

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6 10:00 **LIB** Surveys, Snacks & more!
10:15 **FC** Wednesday Weights
10:45 **FC** Daily Chronicles
1:00 **CR** ALTO CHOIR Meeting
2:00 **B** BINGO in the BISTRO
3:00 **CR** RAY "THE SAX GUY"
6:00 **CR** MOVIE: 13 GOING ON 30 P1

13 10:15 **FC** Wednesday Weights
10:45 **FC** Daily Chronicles
2:00 **B** BINGO in the BISTRO
3:00 **CR** AUTUMN ARTS & APPETIZERS
6:00 **CR** MOVIE: GRACECARD Part 1

20 10:15 **FC** Wednesday Weights
10:45 **FC** Daily Chronicles
1:00 **CR** ALTO CHOIR Meeting
2:00 **CR** BINGO - Fun for all!
3:00 **CR** DRY BAR COMEDY Videos
6:00 **CR** MOVIE: GUARDING TESS P.1

27 10:15 **FC** Wednesday Weights
10:45 **FC** Daily Chronicles
12:00 **B** Low Vision Support Lunch
2:00 **CR** BINGO - Fun for all!
3:00 **CR** DRY BAR COMEDY Videos
6:00 **CR** MOVIE: PS I LOVE YOU P1

Thursday

7 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: 13 GOING ON 30 P2

14 10:15 **FC** Legacy Exercise
10:30 **LOB** LIBRARY LOBBY STOP
10:45 **FC** Wellness Tip of the Day
11:00 **BUS** BUS TRIP: JEWEL
2:00 **CR** Happy Hour: Drinks n More
3:00 **LOB** DOG VISITS with SADIE
6:00 **CR** MOVIE: GRACECARD Part 2

21 10:15 **FC** Legacy Exercise
10:45 **FC** Wellness Tip of the Day
12:00 **B** TAKE IN LUNCH - TANGS
2:00 **B** Happy Hr. & Word Games
3:00 **CR** CONCERT: Davey D.
6:00 **CR** MOVIE: GUARDING TESS P.2

28 Thanksgiving Day
B DIY - TURKEY TRIVIA
10:15 **FC** Turkey Day Live Exercise
10:45 **FC** Thanksgiving Trivia
11:00 **DR** THANKSGIVING LUNCH
2:00 **MT** MOVIE: BLINDSIDE
6:00 **CR** MOVIE: PS I LOVE YOU P2

Friday

1 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

8 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

15 10:15 **FC** Flexibility Friday
10:45 **FC** Daily Chronicles
11:00 **CR** RESIDENT COUNCIL
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

22 10:15 **FC** Flexibility Friday
10:45 **FC** Daily Chronicles
1:30 **103** Bible Study & Devotions
2:30 **CR** 90 Min Movie-SERENDIPITY
6:00 **CR** Everybdy Loves Raymnd DVD

29 **B** DIY Daily Chronicles
10:15 **CR** VIDEO EXERCISE
1:30 **103** Bible Study & Devotions
2:30 **CR** CHICAGO'S LAKEFRONT
6:00 **CR** Everybdy Loves Raymnd DVD

Saturday

2 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

9 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

16 Jigsaw Puzzle Challenge
10:15 **MT** Video Ex. in THEATER
11:30 **CR** FRIENDSHIP BRUNCH
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

23 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

30 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

B-DAYS & BUS RIDES

BIRTHDAYS

Robert R. 11/08
Pedro P. 11/15
Kathleen M. 11/27
Rosanne F. 11/27

BUS RIDES

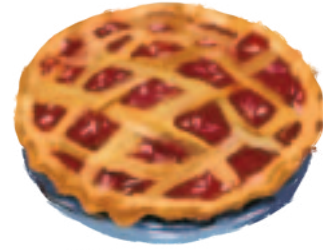
11/7 OLIVE GARDEN
11/14 JEWEL
11/21 TAKE IN LUNCH - TANGS
11/28 THANKSGIVING - NO BUS RIDE



LOCATION KEY

FC Fitness Center
103 Near Apt. 103
CR Community Room
MT Movie Theater
LIB Library
B Bistro
BUS Bus
129 Near Apt. 129
LOB Lobby
DR Dining Room

Sunday



Cherry pie

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

10
9:30 Sunday Morning Devotional
Worship & Prayer
9:45 **3AE** Daily Chronicle
10:00 Superior Snacks
10:15 Excellent Exercise Class
1:30 **L** Afternoon Stretch
2:00 **L** Adult Guided art
2:00 Sunday Afternoon History
3:30 **3AE** IN2L- Resident Choice
6:00 **SR** Card Club

17
9:30 Sunday Morning Devotional
Worship & Prayer
9:45 **3AE** Daily Chronicle
10:00 Superior Snacks
10:15 Excellent Exercise Class
1:30 **L** Afternoon Stretch
2:00 Sunday Afternoon History
3:30 **3AE** IN2L- Resident Choice
6:00 **SR** Card Club

24
9:30 Sunday Morning Devotional
Worship & Prayer
9:45 **3AE** Daily Chronicle
10:00 Superior Snacks
10:15 Excellent Exercise Class
1:30 **L** Afternoon Stretch
2:00 **L** Adult Guided art
2:00 Sunday Afternoon History
3:30 **3AE** IN2L- Resident Choice
6:00 **SR** Card Club

Monday



4
9:45 **3AE** Daily Chronicle
10:00 Superior Snacks
10:15 Excellent Exercise Class
10:30 Trivia
1:00 One on One Programming
2:00 B.C-Nutter Butter Acorns
3:30 **L** Uno Attack!
4:00 Matching Cards
4:45 Junk Drawer Detective
6:00 Relaxing scarf movement

11
Veterans Day
9:45 **3AE** Daily Chronicle
10:00 Superior Snacks
10:15 Excellent Exercise Class
10:30 Trivia
1:00 One on One Programming
2:00 B.C-Bear Bread
3:00 **CR** VETERAN'S DAY CELEBRATION
4:00 Matching Cards
4:45 Junk Drawer Detective

18
9:45 **3AE** Daily Chronicle
10:00 Superior Snacks
10:15 Excellent Exercise Class
10:30 Trivia
12:00 **B** MEN'S LUNCH
1:00 One on One Programming
2:00 B.C Slow Cooker Kielbasa bites
3:30 **L** Uno Attack!
4:00 Matching Cards

25
9:45 **3AE** Daily Chronicle
10:00 Superior Snacks
10:15 Excellent Exercise Class
10:30 Trivia
1:00 One on One Programming
2:00 B.C Pumpkin Muffins
3:30 **L** Uno Attack!
4:00 Matching Cards
4:45 Junk Drawer Detective
6:00 Relaxing Scarf movement

Tuesday

BE YE GRATEFUL

5
ELECTION DAY
9:45 **3AE** Daily Chronicle
10:00 Superior Snacks
10:15 Ring Toss
10:45 Keep the Beat Drumming
10:45 One on One Programming
1:15 **ALL** Community Walk
1:30 **BUS** Bus Outing-Dunn Museum
3:30 **L** Dog visit with Sadie
4:30 **AR** EverSound:Guess The Price

12
9:45 **3AE** Daily Chronicle
10:00 Superior Snacks
10:15 Ring Toss
10:45 One on One Programming
10:45 **BUS** Bus Outing-Scenic drive
1:15 **ALL** Community Walk
3:30 Eversound Zinnia TV
4:30 **AR** EverSound:Guess The Price
6:00 **SR** Domino's

19
Happy Birthday Evie!
9:45 **3AE** Daily Chronicle
10:00 Superior Snacks
10:15 Ring Toss
10:45 Keep the Beat Drumming
10:45 One on One Programming
11:45 **BUS** Bus outing:Bills Pizza Pub
1:15 **ALL** Community Walk
3:30 **L** Ever sound Zinnia TV
4:30 **AR** EverSound:Guess The Price

26
9:45 **3AE** Daily Chronicle
10:00 Superior Snacks
10:15 Ring Toss
10:45 One on One Programming
11:00 **BUS** Bus Outing-Scenic drive
1:15 **ALL** Community Walk
3:00 **CR** CONCERT in AL - TBD
4:00 **L** Ever sound Zinnia TV
4:30 **AR** EverSound:Guess The Price
6:00 **SR** Domino's

Wednesday

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6
9:45 **3AE** Daily Chronicle
10:00 Superior Snacks
10:15 Eversound! Exercise Class
11:00 **ALL** Community Walk
1:00 Game of Choice
1:45 Concert: Ray The Sax Man
2:30 **3AE** Prize Bingo
3:30 C.C- toilet paper pumpkins
6:15 **L** Evening Wind down mindfulness

13
9:45 **3AE** Daily Chronicle
10:00 Superior Snacks
10:15 Eversound! Exercise Class
11:00 **ALL** Community Walk
1:00 Beaded Turkey Necklace
1:30 **3AE** Prize Bingo
3:00 Concert: Tom Margaritas(guitar singer)
6:15 **L** Evening Wind down mindfulness

20
Happy Birthday Dominic!
9:45 **3AE** Daily Chronicle
10:00 Superior Snacks
10:15 Eversound! Exercise Class
11:00 **ALL** Community Walk
1:00 Game of Choice
2:30 **3AE** Prize Bingo
4:00 C.C- Count your blessings sign
6:15 **L** Evening Wind down

27
9:45 **3AE** Daily Chronicle
10:00 Superior Snacks
10:15 Eversound! Exercise Class
11:00 **ALL** Community Walk
1:00 Game of Choice
2:30 **3AE** Prize Bingo
4:00 C.C- Fall Bead Garland
6:15 **L** Evening Wind down mindfulness

Thursday

7
9:45 **3AE** Daily Chronicle
10:00 Superior Snacks
10:15 Excellent Exercise Class
10:30 **L** Short Stories-Residents
11:00 **3AE** One on One programming
1:15 **AR** Eversound Daily 10
2:00 **EDR** Happy Hour
3:30 **L** Uno Attack!
4:00 Trivia/Lifeskill Stations
6:15 **L** IN2L Breathe

14
9:45 **3AE** Daily Chronicle
10:00 Superior Snacks
10:15 Excellent Exercise Class
10:30 **L** Short Stories-Residents
11:00 **3AE** One on One programming
1:15 **AR** Eversound Daily 10
2:00 **EDR** Happy Hour
3:30 **L** Uno Attack!
4:00 Trivia/Lifeskill Stations
6:15 **L** IN2L Relax

21
9:45 **3AE** Daily Chronicle
10:00 Superior Snacks
10:15 Excellent Exercise Class
10:30 **L** CONCERT with Davey D.
11:00 **3AE** One on One programming
1:15 **AR** Eversound Daily 10
2:00 **EDR** Happy Hour
3:30 **L** Uno Attack!
4:00 Trivia/Lifeskill Stations
6:15 **L** IN2L Breathe

28
Thanksgiving Day
9:00 Macy's Thanksgiving day Parade
9:45 **3AE** Daily Chronicle
10:00 Superior Snacks
10:15 Excellent Exercise Class
10:30 **L** Short Stories-Residents
11:00 **3AE** One on One programming
1:15 **AR** Eversound Daily 10
3:30 **L** Uno Attack!

Friday

1
Happy Birthday Joyann!
9:45 **3AE** Daily Chronicle
10:00 Superior Snacks
10:15 Excellent Exercise Class
10:45 IN2L:Would you Rather
1:30 Marvelous Manicures
2:30 Ladies tea
3:30 EvRSnd: HeyIknowthatsong
6:00 Relaxing scarf movement

8
9:45 **3AE** Daily Chronicle
10:00 Superior Snacks
10:15 Excellent Exercise Class
10:45 IN2L:Would you Rather
1:30 Marvelous Manicures
2:30 Ice cream social
3:30 EvRSnd: HeyIknowthatsong
6:00 Relaxing scarf movement

15
9:45 **3AE** Daily Chronicle
10:00 Superior Snacks
10:15 Excellent Exercise Class
10:45 IN2L:Would you Rather
1:30 Marvelous Manicures
2:30 **CR** MONTHLY BIRTHDAY PARTY
2:30 Ladies tea
3:30 EvRSnd: HeyIknowthatsong
6:00 Relaxing Scarf movement

22
9:45 **3AE** Daily Chronicle
10:00 Superior Snacks
10:15 Excellent Exercise Class
10:45 IN2L:Would you Rather
1:30 Marvelous Manicures
2:30 Ice cream social
3:30 EvRSnd: HeyIknowthatsong
6:00 Relaxing Scarf movement

29
9:45 **3AE** Daily Chronicle
10:00 Superior Snacks
10:15 Excellent Exercise Class
10:45 IN2L:Would you Rather
1:30 Marvelous Manicures
2:30 Ladies tea
3:30 EvRSnd: HeyIknowthatsong
6:00 Relaxing Scarf movement

Saturday

2
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 Indoor Putt Putt
3:30 **3AE** IN2L- Resident Choice
6:00 Resident Choice Activity

9
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 Indoor Putt Putt
2:00 Steve J
3:30 **3AE** IN2L- Resident Choice
6:00 Resident Choice Activity

16
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
1:00 Alex-Drumming Circle
2:00 Indoor Putt Putt
3:30 **3AE** IN2L- Resident Choice
6:00 Resident Choice Activity

23
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 Indoor Putt Putt
2:00 Steve J
3:30 **3AE** IN2L- Resident Choice
6:00 Resident Choice Activity

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

Around our Community

Birthdays

Happy Birthday
Joyann 11/1
Evie 11/19
Dominic 11/20

Please feel free to Join us for any activity or Outing.

The more the merrier!
Let the Holiday Season Begin!



LOCATION KEY

- 3AE** Activity Rm.- East
- L** Lounge
- SR** Sunroom
- ALL** Everywhere!
- BUS** Bus
- AR** Activity Room
- EDR** Ensemble Dining Room
- CR** Community Room
- B** Bistro