

UPCOMING COMMUNITY EVENTS

Happy Thanksgiving!

Our appreciation always begins with our residents! Thank you for choosing to call Alto your home. We are grateful for the trust you place in our team. We love serving you and never forget that YOU are the heart of our communities. Please join us for our Grateful Generations Thanksgiving Lunch on Saturday, November 23, 2024. Reserve seating between 12:00 – 1:30PM or 1:30PM – 3:00PM.



Drum Fit Fridays

Get your heart pumping and your feet tapping with our Drum Fit Classes, now offered every Friday from 10:00AM – 10:30AM beginning Friday, November 1. It's a workout you won't want to stop!

What: Drum Fit Fridays

When: 10:00- 10:30AM

Where: Gym

DON'T MISS THESE EVENTS!

November 1 | Dinner Trip to J's Asian from 4:30PM – 6:00PM

November 4 | Introduction to Watercolor Class with Parker from 2:30PM – 4:30PM

November 9 | Short Stories Read 2 You by Yamini from 4:30PM – 5:30PM

November 11 | Veterans Day Assemble @ Northview High School from 10:00AM – 11:30AM

November 13 | Scam Prevention Presentation with Jose Pinto from 2:30PM – 3:30PM

November 15 | Tour & Listening Experience @ Johns Creek United Methodist Church from 2:00PM – 4:30PM

November 16 | Bring Your Device for Some Advice Technology Class from 4:30PM – 5:30PM

November 19 | Lunch Trip to The Patio from 11:30AM – 1:00PM

November 23 | Grateful Generations Thanksgiving Lunch from 12:00PM – 3:00PM

Every Saturday | Breath & Balance w/Noel Plaugher from 10:30AM – 11:00AM

Alto Johns Creek

10595 Medlock Bridge Road

Johns Creek, GA 30097

(770) 421 – 1302



FLOURISH

November 2024



WHAT'S INSIDE

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Social Calendar

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Upcoming Events + News


“The purpose of life is a life of purposes.”

— Robert Byrne

November 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p style="text-align: center;">Alto Johns Creek</p> <p style="text-align: center;">10595 Medlock Bridge Rd Johns Creek, GA (770) 421 – 1302 www.AltoJohnsCreek.com</p>						
<p>Daylight Saving Time Ends 3</p> <p>10:30 Catholic Service by St. Benedict Church Member – GAT 10:45 Live Perimeter Church – TH 1:30 Jigsaw Challenge – LIB 2:30 Matinee Movie – TH 8:15 Sunday Night Football – TH</p>	<p>4</p> <p>10:00 Mindful Monday – GAT 11:15 TED Talk – GAT 1:30 Jigsaw Challenge – GAM 2:30 Intro to Watercolor Class – GAT</p>	<p>5</p> <p>10:00 Fitness w/Colleen – GYM 10:45 Orchid Club – GAT 1:30 Jigsaw Challenge – GAM 2:30 Book Club – LB 6:30 Binge TV – The Crown – TH</p>	<p>6</p> <p>10:30 Weekly Walk & Water – LIB 2:30 Matinee Movie – TH 1:30 Game Club – LB 4:00 Midweek Mingle w/ Rocking Rick Dalton – LB</p>	<p>7</p> <p>10:00 Fitness w/Colleen – GYM 10:30 Bible Study – GAT 1:30 Jigsaw Challenge – GAM 2:00 Shopping Trip – LOB 8:15 Thursday Night Football – LB</p>	<p>1</p> <p>10:00 Drum Fit Fridays – GYM 11:00 Scattergories – LB 1:30 Creator Circle – LOB 1:30 Jigsaw Challenge – GAM 4:30 Dinner Trip – J’s Asian – LOB</p>	<p>2</p> <p>10:30 Breath & Balance w/Noel Plaughter – GYM 1:30 Jigsaw Challenge – GAM 2:30 Documentary – TH</p>
<p>10</p> <p>10:30 Catholic Service by St. Benedict Church Member – GAT 10:45 Live Perimeter Church – TH 1:30 Jigsaw Challenge – LIB 2:30 Matinee Movie – TH 8:15 Sunday Night Football – TH</p>	<p>Veterans Day 11</p> <p>10:00 Mindful Monday – GAT 10:00 Veterans Day Assembly @ Northview High School – LOB 11:15 TED Talk – GAT 1:30 Jigsaw Challenge – GAM 2:30 Resident Council Meeting – GAT</p>	<p>12</p> <p>10:00 Fitness w/Colleen – GYM 10:45 Orchid Club – GAT 1:30 Jigsaw Challenge – GAM 2:00 Chef Talk – DR 6:30 Binge TV – The Crown – TH</p>	<p>13</p> <p>10:30 Weekly Walk & Water – LIB 2:30 Matinee Movie – TH 1:30 Game Club – LB 2:30 Scam Prevention Prestation w/ Jose Pinto – GAT 4:00 Midweek Mingle w/ Paula Fine – LB</p>	<p>14</p> <p>10:00 Fitness w/Colleen – GYM 10:30 Bible Study – GAT 1:30 Jigsaw Challenge – LIB 2:00 Shopping Trip – LOB 8:15 Thursday Night Football – LB</p>	<p>15</p> <p>10:00 Drum Fit Fridays – GYM 11:00 Find the Difference – LB 1:30 Jigsaw Challenge – GAM 2:00 Tour & Listening Experience, Johns Creek United Methodist Church</p>	<p>16</p> <p>10:00 Fenders for Foster Care 1:30 Jigsaw Challenge – GAM 2:30 Documentary – TH 4:30 Bring Your Device for Some Advice Technology Class – LB</p>
<p>17</p> <p>10:30 Catholic Service by St. Benedict Church Member – GAT 10:45 Live Perimeter Church – TH 1:30 Jigsaw Challenge – LIB 2:30 Matinee Movie – TH 8:15 Sunday Night Football – TH</p>	<p>18</p> <p>10:00 Mindful Monday – GAT 11:15 TED Talk – GAT 1:30 Jigsaw Challenge – GAM 2:30 Ben’s Workshop – How To Make Gratitude Tree – LOB</p>	<p>19</p> <p>10:00 Fitness w/Colleen – GYM 10:45 Orchid Club – GAT 11:30 Lunch Trip – The Patio – LOB 1:30 Jigsaw Challenge – GAM 6:30 Binge TV – The Crown – TH</p>	<p>20</p> <p>10:30 Weekly Walk & Water – LIB 2:30 Matinee Movie – TH 1:30 Game Club – LB 4:00 Midweek Mingle – LB</p>	<p>21</p> <p>10:00 Fitness w/Colleen – GYM 10:30 Bible Study – GAT 1:30 Jigsaw Challenge – LIB 2:00 Shopping Trip – LOB 8:15 Thursday Night Football – LB</p>	<p>22</p> <p>10:00 Drum Fit Fridays – GYM 11:00 Wordsearch – LB 1:30 Jigsaw Challenge – GAM 1:30 Creator Circle – LOB</p>	<p>23</p> <p>10:30 Breath & Balance w/Noel Plaughter – GYM 12:00 Grateful Generations – Thanksgiving Lunch (Seating 1) 1:30 Grateful Generations – Thanksgiving Lunch (Seating 2) 2:30 Documentary – TH 4:30 Short Stories Read 2 You – LB</p>
<p>24</p> <p>10:30 Catholic Service by St. Benedict Church Member – GAT 10:45 Live Perimeter Church – TH 1:30 Jigsaw Challenge – LIB 2:30 Matinee Movie – TH 8:15 Sunday Night Football – TH</p>	<p>25</p> <p>10:00 Mindful Monday – GAT 11:15 TED Talk – GAT 1:30 Jigsaw Challenge – GAM 2:30 Tea w/Tiffany – GAT</p>	<p>26</p> <p>10:00 Fitness w/Colleen – GYM 10:45 Orchid Club – GAT 1:30 Jigsaw Challenge – GAM 6:30 Binge TV – The Crown – TH</p>	<p>27</p> <p>10:30 Weekly Walk & Water – LIB 2:30 Matinee Movie – TH 1:30 Game Club – LB 4:00 Midweek Mingle – LB</p>	<p>Thanksgiving 28</p> <p>10:00 Fitness w/Colleen – GYM 10:30 Bible Study – GAT 1:30 Jigsaw Challenge – LIB 2:00 Shopping Trip – LOB 8:15 Thursday Night Football – LB</p>	<p>29</p> <p>10:00 Drum Fit Fridays – GYM 11:00 Chain Game – LB 1:30 Jigsaw Challenge – GAM 1:30 Creator Circle – LOB</p>	<p>30</p> <p>10:30 Breath & Balance 1:30 Jigsaw Challenge – GAM 2:30 Documentary – TH</p>

November 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Alto Johns Creek 10595 Medlock Bridge Rd Johns Creek, GA Enter Telephone Number www.AltoJohnsCreek.com</p>					<p>1 9:30 Stretch & Volley 11:30 Brick by Brick Bonding 1:30 Rest & Restore with Zinnia TV 3:00 Home & Garden Care 6:30 TV Time – The Waltons</p>	<p>2 9:30 Breath & Balance 11:30 Puzzling & Games 1:30 Rest & Restore with Zinnia TV 3:00 Casino Time 6:30 TV Time – The Love Boat</p>
<p>3 8:00 Musical Devotion 9:30 Church Service 10:00 Catholic Blessing by St. Benedict Church Member 11:30 Get Pampered 1:30 Classic Movie & Popcorn 3:30 Carnival Games 6:30 TV Time – Murder She Wrote</p>	<p>4 9:30 Stretch & Noddle Exercises 11:30 Book Club 1:30 Rest & Restore with Zinnia TV 3:00 Fall Arts & Crafts 6:30 TV Time – I Love Lucy</p>	<p>5 9:30 Stretch & Scarf Exercises 11:30 Brick by Brick Bonding 1:30 Rest & Restore with Zinnia TV 3:00 Home & Garden Care 6:30 TV Time – Wheel of Fortune</p>	<p>6 9:30 Stretch & Volley 11:00 Puzzling & Games 1:30 Rest & Restore with Zinnia TV 3:30 Midweek Mingle 6:30 TV Time – Golden Girls</p>	<p>7 9:30 Stretch & Rhythmic Drumming 11:30 Life Bio Reminiscing 1:30 Rest & Restore with Zinnia TV 3:00 Casino Time 6:30 TV Time – Dancing with the Stars</p>	<p>8 9:30 Stretch & Volley 11:30 Brick by Brick Bonding 1:30 Rest & Restore with Zinnia TV 3:00 Home & Garden Care 6:30 TV Time – The Waltons</p>	<p>9 9:30 Breath & Balance 11:30 Puzzling & Games 1:30 Rest & Restore with Zinnia TV 3:00 Casino Time 6:30 TV Time – The Love Boat</p>
<p>10 8:00 Musical Devotion 9:30 Church Service 10:00 Catholic Blessing by St. Benedict Church Member 11:30 Get Pampered 1:30 Classic Movie & Popcorn 3:30 Carnival Games 6:30 TV Time – Murder She Wrote</p>	<p>11 Veterans Day 9:30 Stretch & Noddle Exercises 11:30 Book Club 1:30 Rest & Restore with Zinnia TV 3:00 Fall Arts & Crafts 4:00 Honoring Our Veterans: A Veterans Day Event 6:30 TV Time – I Love Lucy</p>	<p>12 9:30 Stretch & Scarf Exercises 11:30 Brick by Brick Bonding 1:30 Rest & Restore with Zinnia TV 3:00 Home & Garden Care 6:30 TV Time – Wheel of Fortune</p>	<p>13 9:30 Stretch & Volley 11:30 Puzzling & Games 1:30 Rest & Restore with Zinnia TV 3:30 Midweek Mingle 6:30 TV Time – Golden Girls</p>	<p>14 9:30 Stretch & Rhythmic Drumming 11:30 Life Bio Reminiscing 1:30 Rest & Restore with Zinnia TV 3:00 Casino Time 6:30 TV Time – Dancing with the Stars</p>	<p>15 9:30 Stretch & Volley 11:30 Brick by Brick Bonding 1:30 Rest & Restore with Zinnia TV 3:00 Home & Garden Care 6:30 TV Time – The Waltons</p>	<p>16 9:30 Breath & Balance 11:30 Puzzling & Games 1:30 Rest & Restore with Zinnia TV 3:00 Casino Time 6:30 TV Time – The Love Boat</p>
<p>17 8:00 Musical Devotion 9:30 Church Service 10:00 Catholic Blessing by St. Benedict Church Member 11:30 Get Pampered 1:30 Classic Movie & Popcorn 3:30 Carnival Games 6:30 TV Time – Murder She Wrote</p>	<p>18 9:30 Stretch & Noddle Exercises 11:30 Book Club 1:30 Rest & Restore with Zinnia TV 3:00 Fall Arts & Crafts 6:30 TV Time – I Love Lucy</p>	<p>19 9:30 Stretch & Scarf Exercises 11:30 Brick by Brick Bonding 1:30 Rest & Restore with Zinnia TV 3:00 Home & Garden Care 6:30 TV Time – Wheel of Fortune</p>	<p>20 9:30 Stretch & Volley 11:30 Puzzling & Games 1:30 Rest & Restore with Zinnia TV 3:30 Midweek Mingle 6:30 TV Time – Golden Girls</p>	<p>21 9:30 Stretch & Rhythmic Drumming 11:30 Life Bio Reminiscing 1:30 Rest & Restore with Zinnia TV 3:00 Casino Time 6:30 TV Time – Dancing with the Stars</p>	<p>22 9:30 Stretch & Volley 11:30 Brick by Brick Bonding 1:30 Rest & Restore with Zinnia TV 3:00 Home & Garden Care 6:30 TV Time – The Waltons</p>	<p>23 9:30 Breath & Balance 11:30 Puzzling & Games 1:30 Rest & Restore with Zinnia TV 3:00 Casino Time 6:30 TV Time – The Love Boat</p>
<p>24 8:00 Musical Devotion 9:30 Church Service 10:00 Catholic Blessing by St. Benedict Church Member 11:30 Thanksgiving Brunch 1:30 Classic Movie & Popcorn 3:30 Carnival Games 6:30 TV Time – Murder She Wrote</p>	<p>25 9:30 Stretch & Noddle Exercises 11:30 Book Club 1:30 Rest & Restore with Zinnia TV 3:00 Fall Arts & Crafts 6:30 TV Time – I Love Lucy</p>	<p>26 9:30 Stretch & Scarf Exercises 11:30 Brick by Brick Bonding 1:30 Rest & Restore with Zinnia TV 3:00 Home & Garden Care 6:30 TV Time – Wheel of Fortune</p>	<p>27 9:30 Stretch & Volley 11:30 Puzzling & Games 1:30 Rest & Restore with Zinnia TV 3:30 Midweek Mingle 6:30 TV Time – Golden Girls</p>	<p>28 Thanksgiving Day 8:30 Thanksgiving Day Parade 11:30 Thanksgiving Day Trivia – LB 1:30 Rest & Restore with Zinnia TV 3:00 Movie Matinee – TH 6:30 TV Time – Dancing with the Stars</p>	<p>29 9:30 Stretch & Volley 11:30 Brick by Brick Bonding 1:30 Rest & Restore with Zinnia TV 3:00 Home & Garden Care 6:30 TV Time – The Waltons</p>	<p>30 9:30 Breath & Balance 11:30 Puzzling & Games 1:30 Rest & Restore with Zinnia TV 3:00 Casino Time 6:30 TV Time – The Love Boat</p>