

UPCOMING COMMUNITY EVENTS



WHAT'S GOING ON!

Check out the November Lifestyle Calendar for these happenings and so much more.

Manicures by Michelle every other Saturday

Saturday Morning Stretch every Saturday

Wheat State Sax performing
Honoring Veterans on Veterans Day

Dinner Outing to Stroud's

Shopping trip to Walmart

Patti on the Piano

Hymnal History with Angie

Uncorked and Decanted

Catch the Sun Social

And sooo much more!!

NEWS

NEW LIFESTYLE ASSISTANT

Michelle Walker is the new Lifestyle Assistant at Alto! She started working here on October 8th and she very much is looking forward to meeting all of you. She will be driving the bus to resident appointments and special outings for activities. Please make sure to give Michelle a warm welcome to Alto!

Overland Park

10300 Indian Creek Pkwy
Overland Park, KS 66210
(913) 521-8415



FLOURISH

NOVEMBER 2024

WHAT'S INSIDE

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Social Calendar

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Upcoming Events + News

"WELCOME NOVEMBER, A TIME TO GATHER AND BE GRATEFUL."

—UNKNOWN

November 2024

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Around our Community



Overland Park

10300 Indian Creek Pkwy
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www.allegroliving.com

3
9:00 **ER** C.O.A Recorded Mass
10:00 **ER** C. R. Church Satellite Service (Recorded)
1:00 **ER** Lutheran Recorded Services
2:30 **L** Table Games
4:00 **L** Puzzle Time!
6:30 **ER** Movie Night

4
9:30 **DRP** Catch the Sun Social
10:00 **ER** Morning Stretch
10:45 **CS** Word from a Word
3:00 **B** Let's Play Trivia
4:00 **B** Soda Fountain Social
5:30 **CS** Puzzling w/ Friends
6:30 **ER** Movie Night

5
9:30 **CS** Catholic Comm. and Rosary
10:00 **ER** Exercise with Legacy
10:45 **B** Chicken Soup for the Soul Readings
2:00 **ER** Travelogue Tuesday
3:00 **B** Advanced Bingo
6:30 **ER** Concert Night

6
9:30 **DRP** Catch the Sun Social
10:00 **ER** Exercise w/ Michelle
11:00 **CS** Angie's Bible Study
2:00 **ER** Resident Council
3:00 **ER** Hooked on Books
4:00 **B** Wine Down Wednesday
5:30 **L** Patti on the Piano
6:30 **ER** History Night

7
9:00 **ER** C.O.A Recorded Mass
9:30 **DRP** Catch the Sun Social
10:00 **ER** Seated T-Band Exercise
2:00 **CS** Art Lessons w/ Andrea
3:00 **B** Easy Bingo
4:00 **B** Hymnal History w/ Angie
6:30 **B** Movie Night

8
9:30 **DRP** Catch the Sun Social
10:00 **ER** Sit and Lift with Legacy
10:45 **B** Laughter is the Best Medicine
1:30 **ER** Documentary Matinee
3:15 **B** Happy Hour w/ Katie Hurcomb
4:30 **DR** Birthday Dinner
6:30 **ER** Nature Night

9
9:00 **L** Morning Chat
10:00 **ER** Saturday Morning Stretch
10:30 **ER** Church Hymns w/ Katie
1:30 **L** Live Entertainment with Steve Kakacek
2:00 **B** Advanced Bingo
3:00 **L** Jigsaw and Word Search Puzzles
6:30 **ER** Movie Night

10
9:00 **ER** C.O.A Recorded Mass
10:00 **ER** C. R. Church Satellite Service (Recorded)
1:00 **ER** Lutheran Recorded Services
2:30 **L** Table Games
4:00 **L** Puzzle Time!
6:30 **ER** Movie Night

11
9:30 **DRP** Catch the Sun Social
10:00 **ER** Morning Stretch
10:30 **ER** Spiritual Reflections
3:00 **DR** Honoring Veteran's Day
4:00 **B** Soda Fountain Social
5:30 **CS** Puzzling w/ Friends
6:30 **ER** Movie Night

12
9:30 **CS** Catholic Comm. and Rosary
10:00 **ER** Moving to The Oldies Exercise
10:45 **B** Chicken Soup for the Soul Readings
2:00 **ER** Travelogue Tuesday
3:00 **B** Advanced Bingo
6:30 **ER** Concert Night

13
9:30 **DRP** Catch the Sun Social
10:00 **ER** Exercise w/ Michelle
11:00 **CS** Angie's Bible Study
2:00 **CS** Watercolor Abstract Painting
3:00 **B** Uncorked and Decanted
4:00 **B** Wine Down Wednesday
6:30 **ER** History Night

14
9:00 **ER** C.O.A Recorded Mass
9:30 **DRP** Catch the Sun Social
10:00 **ER** Seated T-Band Exercise
10:30 **ER** Chapel Service w/ Chaplain Turner
3:00 **B** Easy Bingo
4:00 **B** Hymnal History w/ Angie
6:30 **ER** Movie Night

15
9:30 **DRP** Catch the Sun Social
10:00 **ER** Sit and Lift with Legacy
10:45 **B** Arts & Crafts
1:30 **ER** Documentary Matinee
3:15 **B** Happy Hour w/ Katie Hurcomb
6:30 **ER** Nature Night

16
9:00 **L** Morning Chat
10:00 **ER** Saturday Morning Stretch
10:45 **CS** Manicures by Michelle
2:00 **B** Advanced Bingo
3:00 **L** Jigsaw and Word Search Puzzles
6:30 **ER** Movie Night

17
9:00 **ER** C.O.A Recorded Mass
10:00 **ER** C. R. Church Satellite Service (Recorded)
1:00 **ER** Lutheran Recorded Services
2:30 **L** Table Games
4:00 **L** Puzzle Time!
6:30 **ER** Movie Night

18
9:30 **DRP** Catch the Sun Social
10:00 **ER** Morning Stretch
10:30 **ER** Spiritual Reflections
3:00 **B** Let's Play Trivia
4:00 **B** Soda Fountain Social
5:30 **CS** Puzzling w/ Friends
6:30 **ER** Movie Night

19
9:30 **CS** Catholic Comm. and Rosary
10:00 **ER** Exercise w/ Legacy
10:45 **B** Chicken Soup for the Soul Readings
2:00 **ER** Travelogue Tuesday
3:00 **B** Advanced Bingo
6:30 **ER** Concert Night

20
9:30 **DRP** Catch the Sun Social
10:00 **ER** Exercise w/ Michelle
11:00 **CS** Angie's Bible Study
2:00 **DR** Just the 2 of Us Performs
4:00 **B** Wine Down Wednesday
5:30 **L** Patti on the Piano
6:30 **ER** History Night

21
9:00 **ER** C.O.A Recorded Mass
10:00 **ER** Seated T-Band Exercise
10:30 **L** Musical Entertainment with Rob McHenry
2:00 **DR** The Dining Experience with Chef Tim
3:00 **DR** Easy Bingo
4:00 **CS** Hymnal History w/ Angie
6:30 **ER** Movie Night

22
9:30 **DRP** Catch the Sun Social
10:00 **ER** Sit and Lift with Legacy
10:45 **B** Laughter is the Best Medicine
1:30 **ER** Documentary Matinee
3:15 **B** Happy Hour w/ Katie Hurcomb
6:30 **ER** Nature Night

23
9:00 **L** Morning Chat
10:00 **ER** Saturday Morning Stretch
10:45 **ER** Church Hymns w/ Katie
2:00 **DR** Wheat State Sax
3:15 **B** Advanced Bingo
6:30 **ER** Movie Night

24
9:00 **ER** C.O.A Recorded Mass
10:00 **ER** C. R. Church Satellite Service (Recorded)
1:00 **ER** Lutheran Recorded Services
2:30 **L** Table Games
4:00 **L** Puzzle Time!
6:30 **ER** Movie Night

25
9:30 **DRP** Catch the Sun Social
10:00 **ER** Morning Stretch
10:30 **ER** Spiritual Reflections
2:00 **ER** Big X Bingo Store
3:00 **B** Let's Play Trivia
4:00 **B** Soda Fountain Social
5:30 **CS** Puzzling w/ Friends
6:30 **ER** Movie Night

26
9:30 **CS** Catholic Comm. and Rosary
10:00 **ER** Moving to The Oldies Exercise
10:45 **B** Chicken Soup for the Soul Readings
2:00 **DR** Music Entertainment with Alligator Shoes
2:00 **ER** Travelogue Tuesday
3:00 **B** Advanced Bingo
6:30 **ER** Concert Night

27
9:30 **DRP** Catch the Sun Social
10:00 **ER** Exercise w/ Michelle
11:00 **CS** Angie's Bible Study
2:00 **B** Easy Bingo
4:00 **B** Wine Down Wednesday
6:30 **ER** History Night

28
9:00 **ER** C.O.A Recorded Mass
9:30 **ER** Macy's Thanksgiving Day Parade
10:30 **B** Morning Bingo
2:00 **ER** Thanksgiving Documentary: The Pilgrims
6:30 **ER** Movie Night: Rudy

29
9:30 **DRP** Catch the Sun Social
10:00 **ER** Sit and Lift with Legacy
10:45 **CS** Arts and Crafts
2:00 **ER** Chiefs vs Raiders Watch Party
3:15 **B** Happy Hour w/ Martin Thompson
6:30 **ER** Nature Night

30
9:00 **L** Morning Chat
10:00 **ER** Saturday Morning Stretch
10:45 **CS** Manicures by Michelle
2:00 **B** Advanced Bingo
3:00 **L** Jigsaw and Word Search Puzzles
6:30 **ER** Movie Night

November Birthdays

Resident Birthdays

Barbara Phillips 11/1
Judith Burbach 11/2
Sherry Larimore 11/4
Donna Cunningham 11/9
Marilyn Ebersole 11/14
Fern Gutherie 11/14
Steve Ullom 11/18
Fern Bair 11/18
Caroline Shephard 11/19

Staff Birthdays

Ingrid Adel 11/20
Chloe Cowley 11/19
Nathan Gonterman 11/5
Kedir Hamda 11/15
Amedria Reeves-Green 11/18

LOCATION KEY

DRP Dining Room Patio
ER Entertainment Room
CS Creative Studio
B Bistro
L Lobby
DR Dining Room

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



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3 Daylight Savings Ends

- 9:00 **A** Chronicle Reading w/Margaret
- 10:00 **A** Balloon Swat Fitness
- 10:00 **DR** Hydration Cart
- 11:00 **A** Lets Worship Together
- 1:00 **MR** Johnny Carson Show
- 2:00 **DR** Afternoon snack N chat
- 3:30 **A** Anne With An E Movie
- 6:00 **D** Sunday Night at the Movies

10

- 9:00 **A** Chronicle Reading w/Margaret
- 10:00 **A** Balloon Swat Fitness
- 10:00 **DR** Hydration Cart
- 11:00 **A** Lets Worship Together
- 1:00 **MR** Johnny Carson Show
- 2:00 **DR** Afternoon snack N chat
- 3:30 **A** Anne With An E Movie
- 6:00 **D** Sunday Night at the Movies

17

- 9:00 **A** Chronicle Reading w/Margaret
- 10:00 **A** Balloon Swat Fitness
- 10:00 **DR** Hydration Cart
- 11:00 **A** Lets Worship Together
- 1:00 **MR** Johnny Carson Show
- 2:00 **DR** Afternoon snack N chat
- 3:30 **A** Anne With An E Movie
- 6:00 **D** Sunday Night at the Movies

24

- 9:00 **A** Chronicle Reading w/Margaret
- 10:00 **A** Balloon Swat Fitness
- 10:00 **DR** Hydration Cart
- 11:00 **A** Lets Worship Together
- 1:00 **MR** Johnny Carson Show
- 2:00 **DR** Afternoon snack N chat
- 3:30 **A** Anne With An E Movie
- 6:00 **D** Sunday Night at the Movies

4 National Candy Day

- 9:00 **A** Chronicle Reading w/Margaret
- 9:30 **A** IN2L Exercise
- 10:00 **DR** Hydration Cart
- 10:30 **A** Bible Study
- 1:30 **A** IN2L GAMES
- 2:00 **DR** Afternoon Candy Social
- 3:30 **DR** Lets Play A Game
- 6:00 **D** Monday Night at the Movies

11 Veterans Day

- 9:00 **A** Chronicle Reading w/Margaret
- 9:30 **A** IN2L Exercise
- 10:00 **DR** Hydration Cart
- 10:30 **A** Bible Study
- 11:00 **DRP** Ladies Tea
- 1:30 **A** IN2L GAMES
- 2:00 **DR** Afternoon snack N chat
- 3:30 **DR** Lets Play A Game
- 6:00 **D** Monday Night at the Movies

18

- 9:00 **A** Chronicle Reading w/Margaret
- 9:30 **A** IN2L Exercise
- 10:00 **DR** Hydration Cart
- 10:30 **A** Bible Study
- 10:30 **A** Live Music w/Rob McHenry
- 1:30 **A** IN2L GAMES
- 2:00 **DR** Afternoon snack N chat
- 3:30 **DR** Lets Play A Game
- 6:00 **D** Monday Night at the Movies

25

- 9:00 **A** Chronicle Reading w/Margaret
- 9:30 **A** IN2L Exercise
- 10:00 **DR** Hydration Cart
- 10:30 **A** Bible Study
- 1:30 **A** IN2L GAMES
- 2:00 **DR** Afternoon snack N chat
- 3:30 **DR** Lets Play A Game
- 6:00 **D** Monday Night at the Movies

5 Election Day

- 9:00 **A** Chronicle Reading w/Margaret
- 10:00 **B** Baking in Mom's Kitchen
- 10:00 **DR** Hydration Cart
- 10:00 **D** Catholic Communion
- 1:00 **A** You've Got A Friend In Me
- 2:00 **A** Bingo
- 2:00 **DR** Afternoon snack N chat
- 3:00 **A** Trivia Tuesday
- 6:00 **D** Tuesday Night Movie

12

- 9:00 **A** Chronicle Reading w/Margaret
- 10:00 **B** Baking in Mom's Kitchen
- 10:00 **DR** Hydration Cart
- 10:00 **D** Catholic Communion
- 1:00 **A** You've Got A Friend In Me
- 2:00 **A** Bingo
- 2:00 **DR** Afternoon snack N chat
- 3:00 **A** Trivia Tuesday
- 6:00 **D** Tuesday Night Movie

19

- 9:00 **A** Chronicle Reading w/Margaret
- 10:00 **B** Baking in Mom's Kitchen
- 10:00 **DR** Hydration Cart
- 10:00 **D** Catholic Communion
- 1:00 **A** You've Got A Friend In Me
- 2:00 **A** Music w/ Kati
- 2:00 **DR** Afternoon snack N chat
- 3:00 **A** Trivia Tuesday
- 6:00 **D** Tuesday Night Movie

26

- 9:00 **A** Chronicle Reading w/Margaret
- 10:00 **B** Baking in Mom's Kitchen
- 10:00 **DR** Hydration Cart
- 10:00 **D** Catholic Communion
- 1:00 **A** You've Got A Friend In Me
- 2:00 **A** Bingo
- 2:00 **DR** Afternoon snack N chat
- 3:00 **A** Trivia Tuesday
- 6:00 **D** Tuesday Night Movie

6

- 9:00 **A** Chronicle Reading w/Margaret
- 9:30 **A** Exercise Fun
- 10:00 **DR** Hydration Cart
- 10:30 **A** Watercolor Wednesday's
- 1:00 **MR** Sing a Long w/ Susie
- 2:00 **DR** Afternoon snack N chat
- 4:00 **A** Hymnal History w/Angie
- 6:00 **D** Wednesday Night at the Movies

13

- 9:00 **A** Chronicle Reading w/Margaret
- 9:30 **A** Exercise Fun
- 10:00 **DR** Hydration Cart
- 10:30 **A** Watercolor Wednesday's
- 1:00 **MR** Sing a Long w/ Susie
- 2:00 **DR** Afternoon snack N chat
- 4:00 **A** Hymnal History w/Angie
- 6:00 **D** Wednesday Night at the Movies

20

- 9:00 **A** Chronicle Reading w/Margaret
- 9:30 **A** Exercise Fun
- 10:00 **DR** Hydration Cart
- 10:30 **A** Watercolor Wednesday's
- 1:00 **MR** Sing a Long w/ Susie
- 2:00 **DR** Music w/KATIE
- 4:00 **A** Hymnal History w/Angie
- 6:00 **D** Wednesday Night at the Movies

27 JukeBox Day

- 9:00 **A** Chronicle Reading w/Margaret
- 9:30 **A** Exercise Fun
- 10:00 **DR** Hydration Cart
- 10:30 **A** Watercolor Wednesday's
- 1:00 **MR** Sing a Long w/ Susie
- 2:00 **DR** Let's talk about a jukebox
- 2:00 **MR** Music w/Evans
- 4:00 **A** Hymnal History w/Angie
- 6:00 **D** Wednesday Night Movies

7

- 9:00 **A** Chronicle Reading w/Margaret
- 9:30 **A** Movin to the Music Fitness
- 10:00 **A** Thursday Fruit Smoothies
- 10:00 **DR** Hydration Cart
- 1:00 **SR** Sensory Room Visits
- 2:00 **MR** Music w/Andrea
- 2:00 **DR** Afternoon snack N chat
- 4:00 **A** Puzzles and Music Hour
- 6:00 **D** Thursday night Movie

14 National Pickle Day

- 9:00 **A** Chronicle Reading w/Margaret
- 9:30 **A** Movin to the Music Fitness
- 10:00 **A** Let's Taste Pickles
- 10:00 **DR** Hydration Cart
- 1:00 **SR** Sensory Room Visits
- 2:00 **MR** Music w/Razarr and Michael
- 2:00 **DR** Afternoon snack N chat
- 4:00 **A** Puzzles and Music Hour
- 6:00 **D** Thursday Night Movie

21

- 9:00 **A** Chronicle Reading w/Margaret
- 9:30 **A** Movin to the Music Fitness
- 10:00 **A** Thursday Fruit Smoothies
- 10:00 **DR** Hydration Cart
- 1:00 **SR** Sensory Room Visits
- 2:00 **DR** MONTHLY BIRTHDAY PARTY
- 2:00 **DR** Afternoon snack N chat
- 4:00 **A** Puzzles and Music Hour
- 6:00 **A** Thursday Night Movie

28 Happy Thanksgiving

- 9:00 **A** Chronicle Reading w/Margaret
- 9:30 **A** Movin to the Music Fitness
- 10:00 **A** Thursday Fruit Smoothies
- 10:00 **DR** Hydration Cart
- 1:00 **SR** Sensory Room Visits
- 2:00 **A** Crafting Corner
- 2:00 **DR** Afternoon snack N chat
- 4:00 **A** Puzzles and Music Hour
- 6:00 **D** Thursday night Movie

1

- 9:00 **A** Chronicle Reading w/Margaret
- 9:30 **A** Ball Kicking Workout
- 10:00 **DR** Hydration Cart
- 10:30 **A** Brain Works
- 1:00 **A** Let's Play a Game
- 2:00 **DR** Afternoon snack N chat
- 3:00 **DR** Music on TV
- 6:00 **D** Fun Film Friday's

8

- 9:00 **A** Chronicle Reading w/Margaret
- 9:30 **A** Ball Kicking Workout
- 10:00 **DR** Hydration Cart
- 10:30 **A** Brain Works
- 1:00 **A** Let's Play a Game
- 2:00 **DR** Afternoon snack N chat
- 3:00 **DR** Music on TV
- 6:00 **D** Fun Film Friday's

15

- 9:00 **A** Chronicle Reading w/Margaret
- 9:30 **A** Ball Kicking Workout
- 10:00 **DR** Hydration Cart
- 10:30 **A** Brain Works
- 1:00 **A** Let's Play a Game
- 2:00 **DR** Afternoon snack N chat
- 3:00 **DR** Music on TV
- 6:00 **D** Fun Film Friday's

22 National Freckles Day

- 9:00 **A** Chronicle Reading w/Margaret
- 9:30 **A** Ball Kicking Workout
- 10:00 **MR** Live Music
- 10:00 **DR** Hydration Cart
- 10:30 **A** Brain Works
- 1:00 **A** Let's Play a Game
- 2:00 **DR** Let's Chat about Freckles
- 3:00 **DR** Music on TV
- 6:00 **D** Fun Film Friday's

29

- 9:00 **A** Chronicle Reading w/Margaret
- 9:30 **A** Ball Kicking Workout
- 10:00 **DR** Hydration Cart
- 10:30 **A** Brain Works
- 1:00 **A** Let's Play a Game
- 2:00 **DR** Afternoon snack N chat
- 3:00 **DR** Music on TV
- 6:00 **D** Fun Film Friday's

2

- 9:00 **A** Chronicle Reading w/Margaret
- 9:30 **A** Stronger than Yesterday
- 10:00 **A** Trivia
- 10:00 **DR** Hydration Cart
- 1:30 **A** Let's Play a Memory Game
- 2:00 **DR** Afternoon snack N chat
- 3:00 **A** Puzzles, Mazes,searches
- 4:00 **DR** Life Skills Basket
- 6:00 **MR** Saturday Night Movie

9

- 9:00 **A** Chronicle Reading w/Margaret
- 9:30 **A** Stronger than Yesterday
- 10:00 **A** Trivia
- 10:00 **DR** Hydration Cart
- 1:30 **A** Let's Play a Memory Game
- 2:00 **DR** Afternoon snack N chat
- 3:00 **A** Puzzles, Mazes,searches
- 4:00 **DR** Life Skills Basket
- 6:00 **MR** Saturday Night Movie

16

- 9:00 **A** Chronicle Reading w/Margaret
- 9:30 **A** Stronger than Yesterday
- 10:00 **A** Trivia
- 10:00 **DR** Hydration Cart
- 1:30 **A** Let's Play a Memory Game
- 2:00 **DR** Afternoon snack N chat
- 3:00 **A** Puzzles, Mazes,searches
- 4:00 **DR** Life Skills Basket
- 6:00 **MR** Saturday Night Movie

23

- 9:00 **A** Chronicle Reading w/Margaret
- 9:30 **A** Stronger than Yesterday
- 10:00 **A** Trivia
- 10:00 **DR** Hydration Cart
- 1:30 **A** Let's Play a Memory Game
- 2:00 **DR** Afternoon snack N chat
- 3:00 **A** Puzzles, Mazes,searches
- 4:00 **DR** Life Skills Basket
- 6:00 **MR** Saturday Night Movie

30

- 9:00 **A** Chronicle Reading w/Margaret
- 9:30 **A** Stronger than Yesterday
- 10:00 **A** Trivia
- 10:00 **DR** Hydration Cart
- 1:30 **A** Let's Play a Memory Game
- 2:00 **DR** Afternoon snack N chat
- 3:00 **A** Puzzles, Mazes,searches
- 4:00 **DR** Life Skills Basket
- 6:00 **MR** Saturday Night Movie

ENSEMBLE

Alzheimer's Support
Group 11-6-2024
6:30pm-8pm

Alto CookBook's
will be available for
purchase at end
of November to
start our
Fundraising for
next year.

We had an amazing
time at the Alz. walk
on 10-5-24.

Helen Thomas
Birthday is
November 5th.

LOCATION KEY

- A** Activity Room
- DR** Dining Room
- D** Den
- MR** Music Room
- B** Mini Bistro
- SR** Sensory Room
- DRP** Dining Room Patio