

UPCOMING COMMUNITY EVENTS

NOVEMBER OUTINGS

- Friday November 1 at 1pm Scenic Ride
- Monday November 4 at 1pm Resident Shopping at Wal-Mart
- Friday November 8 at 11am Resident Lunch Outing
- Monday November 11 at 1pm Resident Shopping at Schnucks
- Friday November 15 at 1pm Scenic Ride
- Monday November 18 at 1pm Resident Shopping at Target
- Friday November 22 at 11am Resident Lunch Outing

Please Make Sure to Sign Up 24 Hours in Advance at the Front Desk



NEWS

FLANNEL & FRIENDS THANKSGIVING

Please Join us for
Flannel & Friends Thanksgiving

Thursday November 21, 2024
Starting at 4pm



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



FLOURISH

NOVEMBER 2024

WHAT'S INSIDE

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Social Calendar

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Upcoming Events + News

“LIVING IN A STATE OF GRATITUDE IS THE GATEWAY TO GRACE.”

—ARIANNA HUFFINGTON

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Around our Community



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

3 Daylight Savings Ends

- 9:30 Morning Meditation
- 10:30 **TH** The Chosen
- 11:00 **CR** Watercolor Painting
- 12:30 **LO** Fall Stroll
- 2:00 **B** Resident Led Bistro Games
- 3:00 **LI** Poetry Readings
- 4:00 **FC** Fitness on Demand
- 6:30 **TH** Movies with Jackie

10

- 9:30 Morning Meditation
- 10:30 **TH** The Chosen
- 11:00 **CR** Stress Free Art
- 12:30 **LO** Fall Stroll
- 2:00 **B** Resident Led Bistro Games
- 4:00 **LI** Resident Led Book Club
- 4:00 **FC** Fitness on Demand
- 6:30 **TH** Movies with Jackie

17

- 9:30 Morning Meditation
- 10:30 **TH** The Chosen
- 11:00 **CR** Watercolor Painting
- 12:30 **LO** Fall Stroll
- 2:00 **B** Resident Led Bistro Games
- 3:00 **LI** Poetry Readings
- 4:00 **FC** Fitness on Demand
- 6:30 **TH** Movies with Jackie

24

- 9:30 Morning Meditation
- 10:30 **TH** The Chosen
- 11:00 **CR** Stress Free Art
- 12:30 **LO** Fall Stroll
- 2:00 **B** Resident Led Bistro Games
- 3:00 **LI** Resident Led Book Club
- 4:00 **FC** Fitness on Demand
- 6:30 **TH** Movies with Jackie

4

- 9:30 Morning Meditation
- 10:30 **TH** Morning Matinee
- 12:30 **LO** Fall Stroll
- 2:00 **B** Therapy Exercise Circle
- 2:30 **CD** Bridge Club
- 3:00 **CR** Crafting with Alice
- 4:00 **CD** Rummikub
- 6:00 **B** Evening Meet & Greet

11 Veterans Day

- 9:30 Morning Meditation
- 10:30 **TH** Morning Matinee
- 12:30 **LO** Fall Stroll
- 2:00 **B** Therapy Exercise Circle
- 2:30 **CD** Bridge Club
- 3:00 **CR** Crafting with Alice
- 4:00 **CR** Super Boggle
- 6:00 **B** Evening Meet & Greet

18

- 9:30 Morning Meditation
- 10:30 **TH** Morning Matinee
- 12:30 **LO** Fall Stroll
- 2:00 **B** Therapy Exercise Circle
- 2:30 **CD** Bridge Club
- 3:00 **CR** Crafting with Alice
- 4:00 **CD** Scrabble
- 6:00 **B** Evening Meet & Greet

25

- 9:30 Morning Meditation
- 10:30 **TH** Morning Matinee
- 12:30 **LO** Fall Stroll
- 1:00 **SDR** Resident Council
- 2:00 **B** Therapy Exercise Circle
- 2:30 **CD** Bridge Club
- 3:00 **CR** Crafting with Alice
- 4:00 **CR** Phase 10
- 6:00 **B** Evening Meet & Greet

5 Election Day

- 9:30 Morning Meditation
- 10:30 **CR** Fall Recipes
- 12:30 **LO** Fall Stroll
- 1:00 **CR** Tech Tuesday
- 2:00 **B** Prize Bingo
- 3:00 **TH** History's Greatest Mysteries
- 4:00 **CD** Word within a Word
- 6:00 **CD** Evening Poker Club

12

- 9:30 Morning Meditation
- 10:30 **CR** Fall Recipes
- 11:00 **CR** Casino Games
- 12:30 **LO** Fall Stroll
- 1:00 **CR** Tech Tuesday
- 2:00 **B** Prize Bingo
- 3:00 **TH** Nat Geo Photographer
- 4:00 **CR** Tuesday Humor
- 6:00 **CD** Evening Poker Club

19

- 9:30 Morning Meditation
- 10:30 **CR** Fall Recipes
- 12:30 **LO** Fall Stroll
- 1:00 **CR** Tech Tuesday
- 2:00 **B** Prize Bingo
- 3:00 **TH** Nat Geo Photographer
- 4:00 **CR** Cranium Crunches
- 6:00 **CD** Evening Poker Club

26

- 9:30 Morning Meditation
- 10:30 **CR** Fall Recipes
- 11:00 **CR** Casino Games
- 12:30 **LO** Fall Stroll
- 1:00 **CR** Tech Tuesday
- 2:00 **B** Prize Bingo
- 3:00 **TH** Nat Geo Photographer
- 4:00 **CR** Word Winks
- 6:00 **CD** Evening Poker Club

6

- 9:30 Morning Meditation
- 10:30 **TH** Catholic Mass & Communion
- 11:00 **CR** Word Puzzles
- 12:30 **LO** Fall Stroll
- 1:00 **TH** Bible Study w/ Bob
- 2:00 **B** Vitality Yoga
- 3:00 **SDR** Happy Hour & Music
- 4:00 **CD** Rummy
- 6:00 **B** Resident Led Evening Social

13

- 9:30 Morning Meditation
- 10:30 **TH** Catholic Mass & Communion
- 11:00 **CR** Crazy Crosswords
- 12:30 **LO** Fall Stroll
- 1:00 **TH** Bible Study w/ Bob
- 2:00 **B** Vitality Yoga
- 3:00 **SDR** Happy Hour & Music
- 4:00 **CD** Chess or Checkers
- 6:00 **B** Resident Led Evening Social

20

- 9:30 Morning Meditation
- 10:30 **TH** Catholic Mass & Communion
- 11:00 **CR** Word Search Challenge
- 12:30 **LO** Fall Stroll
- 1:00 **TH** Bible Study w/ Bob
- 2:00 **B** Vitality Yoga
- 3:00 **SDR** Happy Hour & Music
- 4:00 **CD** Puzzle Hour
- 6:00 **B** Resident Led Evening Social

27

- 9:30 Morning Meditation
- 10:30 **TH** Catholic Mass & Communion
- 12:30 **LO** Fall Stroll
- 1:00 **TH** Bible Study w/ Bob
- 2:00 **B** Vitality Yoga
- 3:00 **SDR** Happy Hour & Music
- 4:00 **CD** Chess or Checkers
- 6:00 **B** Resident Led Evening Social

7

- 9:30 Morning Meditation
- 10:00 **SDR** Resident Coffee Chat
- 11:00 **TH** Ted Talk
- 12:30 **TH** Allegro Drum Circle
- 12:30 **LO** Fall Stroll
- 2:00 **B** Prize Bingo
- 3:30 **CD** Chess & Checkers
- 6:00 **B** Ladies Meet Up

14

- 9:30 Morning Meditation
- 10:00 **SDR** Resident Coffee Chat
- 11:00 **TH** Ted Talk
- 12:30 **LO** Fall Stroll
- 1:00 **TH** Allegro Drum Circle
- 2:00 **B** Prize Bingo
- 3:00 **CR** Canasta
- 4:00 **TH** Classic Movies
- 6:00 **B** Ladies Meet Up

21

- 9:30 Morning Meditation
- 10:00 **SDR** Resident Coffee Chat
- 11:00 **TH** Ted Talk
- 12:30 **TH** Allegro Drum Circle
- 12:30 **LO** Fall Stroll
- 2:00 **B** Prize Bingo
- 3:30 **TH** Classic Reruns
- 4:30 **SDR** Friends & Flannel Thanksgiving

28 Thanksgiving Day

- 9:30 Morning Meditation
- 10:00 **SDR** Resident Coffee Chat
- 11:00 **LI** Thanksgiving Reminiscing
- 12:30 **LO** Fall Stroll
- 2:00 **B** Prize Bingo
- 3:00 **TH** Holiday Matinee
- 6:00 **B** Ladies Meet Up

8

- 9:30 Morning Meditation
- 10:30 **TH** Ocean Explorers
- 12:30 **LO** Fall Stroll
- 2:00 **B** Vitality in Motion
- 2:30 **CD** Mahjong
- 3:30 **TH** Friday Matinee
- 4:00 **CD** Puzzle Hour
- 6:00 **CD** Evening Board Game Social

15

- 9:30 Morning Meditation
- 10:30 **TH** Ocean Explorers
- 12:30 **LO** Fall Stroll
- 1:00 Scenic Ride
- 2:00 **B** Vitality in Motion
- 2:30 **CD** Mahjong
- 3:00 **TH** Classic Musicals
- 4:00 **CR** Word Winks
- 6:00 **CD** Evening Card Game Social

22

- 9:30 Morning Meditation
- 10:30 **TH** Ocean Explorers
- 12:30 **LO** Fall Stroll
- 2:00 **B** Vitality in Motion
- 2:30 **CD** Mahjong
- 3:30 **TH** Friday Matinee
- 4:00 **CR** Rock n Roll Puzzles
- 6:00 **CD** Evening Board Game Social

29

- 9:30 Morning Meditation
- 10:30 **TH** Ocean Explorers
- 12:30 **LO** Fall Stroll
- 2:00 **B** Vitality in Motion
- 2:30 **CD** Mahjong
- 3:30 **TH** Friday Matinee
- 4:00 **CR** Canasta
- 6:00 **CD** Evening Card Game Social

9

- 9:30 Morning Meditation
- 10:00 **LI** News & Views
- 11:00 **CD** Yahtzee
- 12:30 **LO** Fall Stroll
- 2:00 **CD** Resident Led-Poker
- 3:00 **TH** Saturday Matinee
- 4:00 **FC** Fitness on Demand
- 6:00 **B** Men's Meet Up

16

- 9:30 Morning Meditation
- 10:30 **B** Life's Events
- 11:00 **CD** Rummikub
- 12:30 **LO** Fall Stroll
- 2:00 **CD** Resident Led-Poker
- 3:00 **TH** Saturday Matinee
- 4:00 **FC** Fitness on Demand
- 6:00 **B** Men's Meet Up

23

- 9:30 Morning Meditation
- 10:00 **LI** News & Views
- 11:00 **CD** Dominoes
- 12:30 **LO** Fall Stroll
- 2:00 **CD** Resident Led-Poker
- 3:00 **TH** Saturday Matinee
- 4:00 **FC** Fitness on Demand
- 6:00 **B** Men's Meet Up

30

- 9:30 Morning Meditation
- 10:30 **B** Life's Events
- 11:00 **CD** Farkle
- 12:30 **LO** Fall Stroll
- 2:00 **CD** Resident Led-Poker
- 3:00 **TH** Saturday Matinee
- 4:00 **FC** Fitness on Demand
- 6:00 **B** Men's Meet Up

Happy Birthday

Resident Birthdays

- 11/7 Mary C.
- 11/7 Kit H.
- 11/17 Ann C.
- 11/17 Peggy J.
- 11/27 Duane H.

Staff Birthdays

- 11/1 Crystal B.
- 11/6 Shaunda C.
- 11/23 Jasmine T.
- 11/24 Annette M.
- 11/25 Jenada R.



LOCATION KEY

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

Sunday



- 3**
 10:00 **AR** Sunday Stretch
 10:30 **AR** Church Service
 12:30 **AR** Joggin' Your Knoggin'
 1:00 **AR** Music and Relaxation
 2:00 **LR** Afternoon Stretch
 3:00 **AR** Puzzles and Chat
 5:00 **AR** Evening Wind Down

- 10**
 10:00 **AR** Sunday Stretch
 10:30 **AR** Church Service
 12:30 **AR** Joggin' Your Knoggin'
 2:00 **LR** Afternoon Stretch
 3:00 **AR** Puzzles and Chat
 3:30 **AR** Comedy Hour
 5:00 **AR** Evening Wind Down

- 17**
 10:00 **AR** Sunday Stretch
 10:30 **AR** Church Service
 12:30 **AR** Joggin' Your Knoggin'
 1:00 **AR** Music and Relaxation
 2:00 **LR** Afternoon Stretch
 3:00 **AR** Puzzles and Chat
 5:00 **AR** Evening Wind Down

- 24**
 10:00 **AR** Sunday Stretch
 10:30 **AR** Church Service
 12:30 **AR** Joggin' Your Knoggin'
 2:00 **LR** Afternoon Stretch
 3:00 **AR** Puzzles and Chat
 3:30 **AR** Comedy Hour
 5:00 **AR** Evening Wind Down

Monday



- 4**
 9:30 **AR** Music Favorites
 10:00 **AR** Chair Exercise
 10:30 **AR** All About Jellyfish
 12:30 **AR** Massages
 1:00 **AR** Music of the Day
 2:00 **AR** Chair Yoga
 2:30 **AR** Classic Cinema
 5:00 **AR** Evening Wind Down

- 11**
 9:30 **AR** Music Favorites
 10:00 **AR** Chair Exercise
 10:30 **AR** Massage and Aromatherapy
 12:30 **AR** Reset and Music
 1:00 **AR** Music of the Day
 2:00 **AR** Chair Ballet
 2:30 **AR** Classic Cinema
 5:00 **AR** Evening Wind Down

- 18**
 9:30 **AR** Music Favorites
 10:00 **AR** Chair Exercise
 10:30 **AR** Massage and Aromatherapy
 12:30 **AR** Reset and Music
 1:00 **AR** Music of the Day
 2:00 **AR** Chair Yoga
 2:30 **AR** Classic Cinema
 5:00 **AR** Evening Wind Down

- 25**
 9:30 **AR** Music Favorites
 10:00 **AR** Chair Exercise
 10:30 **AR** Massage and Aromatherapy
 12:30 **AR** Reset and Music
 1:00 **AR** Music of the Day
 2:00 **AR** Chair Ballet
 2:30 **AR** Classic Cinema
 5:00 **AR** Evening Wind Down

Tuesday

- 5**
 9:30 **AR** Coffee and Chat
 10:00 **AR** Chair Exercise
 10:30 **DR** Table Games
 12:30 **AR** American Football Day
 1:30 **P4** Sole Steppers
 2:00 **AR** Inventors Trivia
 2:30 **DR** Nachos in a Bag
 3:30 **AR** The Price is Right
 5:00 **AR** Evening Wind Down

- 12**
 9:30 **AR** Coffee and Chat
 10:00 **AR** Chair Exercise
 10:30 **DR** Table Games
 12:30 **AR** Nature Show
 1:30 **AR** Historical Events Reminisce
 2:00 **AR** Chicken Soup for the Soul
 2:30 **LR** Cup Ball
 3:00 **AR** Who Sang That Tune?
 5:00 **AR** Evening Wind Down

- 19**
 9:30 **AR** Coffee and Chat
 10:00 **AR** Chair Exercise
 10:30 **DR** Table Games
 12:30 **SD** Out Trip: The Fountain
 2:00 **AR** 10 Clue What is It?
 2:30 **AR** Bocce Ball
 3:00 **AR** Women Entrepreneurs
 5:00 **AR** Evening Wind Down

- 26**
 9:30 **AR** Coffee and Chat
 10:00 **AR** Chair Exercise
 10:30 **DR** Table Games
 12:30 **AR** Scenic Drive
 1:30 **AR** Good Grief Day
 2:30 **AR** Parachute Game
 3:00 **AR** Thanksgiving Trivia
 5:00 **AR** Evening Wind Down

Wednesday

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- 6**
 9:30 **AR** Music Favorites
 10:00 **CR** Exercise with Therapy
 10:30 **DR** Bingo
 12:30 **AR** Word Games
 1:30 **AR** Famous Sax Players
 2:30 **LR** Stretching with Jackie
 3:00 **CR** Happy Hour
 5:00 **AR** Evening Wind Down

- 13**
 9:30 **AR** Music Favorites
 10:00 **CR** Exercise with Therapy
 10:30 **DR** Bingo
 12:30 **AR** Word Games
 1:30 **AR** World Kindness Day
 2:30 **LR** Stretching with Jackie
 3:00 **CR** Happy Hour
 5:00 **AR** Evening Wind Down

- 20**
 9:30 **AR** Music Favorites
 10:00 **CR** Exercise with Therapy
 10:30 **DR** Bingo
 12:30 **AR** Where in the World
 1:30 **AR** All About Ted Williams
 2:30 **LR** Stretching with Jackie
 3:00 **CR** Happy Hour
 5:00 **AR** Evening Wind Down

- 27**
 9:30 **AR** Music Favorites
 10:00 **CR** Exercise with Therapy
 10:30 **DR** Bingo
 12:30 **AR** Word Games
 1:30 **AR** All About the Jukebox
 2:30 **LR** Stretching with Jackie
 3:00 **CR** Happy Hour
 5:00 **AR** Evening Wind Down

Thursday

- 7**
 9:30 **AR** Coffee and Chat
 10:00 **AR** Silver Sneakers Exercise
 10:30 **AR** Feuding Families
 12:30 **AR** Music Trivia
 1:30 **AR** Good News
 2:00 **LR** Bowling
 2:30 **LR** Movie Matinee
 3:00 **AR** Chat and Color
 5:00 **AR** Evening Wind Down

- 14**
 9:30 **AR** Coffee and Chat
 10:00 **AR** Silver Sneakers Exercise
 10:30 **AR** Art Appreciation
 12:30 **AR** Music Trivia
 1:30 **AR** Pickle Making
 2:30 **AR** Classical Musical Clips
 3:00 **AR** Chat and Color
 3:30 **AR** Corn Hole
 5:00 **AR** Evening Wind Down

- 21**
 9:30 **AR** Coffee and Chat
 10:00 **AR** Silver Sneakers Exercise
 10:30 **AR** Who Am I?
 12:30 **AR** Music Trivia
 1:30 **AR** Remembering The Talkies
 2:30 **LR** Balloon Bop
 3:00 **AR** Chat and Color
 3:00 **AR** Movie Matinee
 5:00 **AR** Evening Wind Down

- 28 Thanksgiving**
 9:30 **AR** Coffee and Chat
 10:00 **AR** Silver Sneakers Exercise
 10:30 **AR** Thanksgiving Memories
 12:30 **AR** Music Trivia
 1:30 **AR** Good News
 3:00 **AR** Chat and Color
 3:00 **AR** Corn Hole
 3:00 **AR** Movie Matinee
 5:00 **AR** Evening Wind Down

Friday

- 1**
 9:30 **AR** Spiritual Music
 10:00 **AR** Chair Exercise
 10:30 **CR** Nails & Aromatherapy
 12:30 **P4** Create a Story
 1:30 **AR** All About Manatees
 2:30 **AR** Rock Song Charades
 3:00 **AR** Passport To Wellness
 3:30 **AR** Concert Series
 5:00 **AR** Evening Wind Down

- 8**
 9:30 **AR** Spiritual Music
 10:00 **AR** Sole Steppers
 10:30 **CR** Nails & Aromatherapy
 12:30 **AR** Who Am I?
 1:30 **AR** Short Stories
 2:00 **DR** Craft Project
 3:00 **AR** Passport To Wellness
 3:30 **AR** Concert Series
 5:00 **AR** Evening Wind Down

- 15**
 9:30 **AR** Spiritual Music
 10:00 **AR** Sole Steppers
 10:30 **CR** Nails & Aromatherapy
 12:30 **P4** Expressions Trivia
 1:30 **AR** Virtual Zoo Tour
 2:00 **DR** Craft Project
 3:00 **AR** Passport To Wellness
 3:30 **AR** Concert Series
 5:00 **AR** Evening Wind Down

- 22**
 9:30 **AR** Spiritual Music
 10:00 **AR** Sole Steppers
 10:30 **CR** Nails & Aromatherapy
 12:30 **P4** Word Games
 1:30 **AR** Short Stories
 2:00 **DR** Craft Project
 3:00 **AR** Passport To Wellness
 3:30 **AR** Concert Series
 5:00 **AR** Evening Wind Down

- 29**
 9:30 **AR** Spiritual Music
 10:00 **AR** Sole Steppers
 10:30 **CR** Nails & Aromatherapy
 12:30 **AR** American Band Stand Day
 2:00 **DR** Craft Project
 3:00 **AR** Passport To Wellness
 3:30 **AR** Concert Series
 5:00 **AR** Evening Wind Down

Saturday

- 2**
 9:30 **AR** Exercise with Lexi
 10:00 **AR** Coffee and Chat
 10:30 **AR** Church Service
 12:30 **AR** Harmony and Hues
 1:30 **AR** IN2L Trivia
 2:30 **AR** Chair Exercise
 3:00 **AR** National Ballet Day
 5:00 **AR** Evening Wind Down

- 9**
 9:30 **AR** Exercise with Lexi
 10:00 **AR** Coffee and Chat
 10:30 **AR** Church Service
 12:30 **AR** Harmony and Hues
 1:30 **AR** Tongue Twister Contest
 2:30 **AR** Chair Exercise
 3:00 **AR** Famous Pianists
 3:30 **LR** Comedy Show
 5:00 **AR** Evening Wind Down

- 16**
 9:30 **AR** Exercise with Lexi
 10:00 **AR** Coffee and Chat
 10:30 **AR** Church Service
 12:30 **AR** Harmony and Hues
 1:30 **AR** IN2L Trivia
 2:30 **AR** Chair Exercise
 3:00 **AR** Conversation Hearts
 5:00 **AR** Evening Wind Down

- 23**
 9:30 **AR** Exercise with Lexi
 10:00 **AR** Coffee and Chat
 10:30 **AR** Church Service
 12:30 **AR** Harmony and Hues
 1:30 **AR** This Week In History
 2:30 **AR** Chair Exercise
 3:00 **AR** Short Story Jokes
 3:30 **LR** Comedy Show
 5:00 **AR** Evening Wind Down

- 30**
 9:30 **AR** Exercise with Lexi
 10:00 **AR** Coffee and Chat
 10:30 **AR** Church Service
 12:30 **AR** Harmony and Hues
 1:30 **AR** IN2L Trivia
 2:30 **AR** Chair Exercise
 3:00 **AR** Pondering Prompts
 5:00 **AR** Evening Wind Down

Around our Community

HAPPY NOVEMBER!

Welcome to November! As we gear up for the holiday season, we have a lot to celebrate! Some of the small holidays we'll be celebrating this month are jellyfish day, tongue twister day, and good grief day. We plan doing some pickling so we can have fresh pickles this month. For crafts, we'll be working on some felt mums! We plan on taking a trip to The Fountain on Locust this month for some hand-made ice cream and floats. We are looking forward to some Thanksgiving reminiscing and trivia as well. Come join us for some fun!!

*All Activities Are Subject to Change

LOCATION KEY

- AR** Activity Room
- CR** Community Room
- P4** 4th Floor Patio
- LR** Living Room
- DR** Dining Room
- SD** Scenic Drive