

UPCOMING COMMUNITY EVENTS

OCTOBER OUTINGS

Friday October 4 at 1pm Scenic Rde
Monday October 7 at 1pm Resident Shopping at Schnucks
Friday October 11 at 11am Residents Choice Lunch Outing
Monday October 14 at 10m Resident Shopping at Wal-Mart
Monday October 21 at 1pm Residents Choice Shopping
Friday October 25 at 1pm Scenic Ride
Monday October 28 at 1pm Residents Choice Shopping

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



NEWS

ALLEGRO AT SEA-ITALY

Thursday October 17, 2024

We will Set Sail to Italy!

8am-8pm

Dinner Seating Times 4pm & 5:30pm

Guests need to RSVP by Thursday
October 10



Allegro in Richmond Heights

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



FLOURISH

OCTOBER 2024

WHAT'S INSIDE

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Social Calendar

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Upcoming Events + News

*AUTUMN COLORS REMIND US,
WE ARE ALL ONE DANCING IN THE WIND*

—LORIN MORGAN-RICHARDS



October 2024

Sunday

Allegro in Richmond Heights

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

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

- 6**
9:30 Morning Meditation
10:30 **TH** Hero's of the Bible
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

- 13**
9:30 Morning Meditation
10:30 **TH** Hero's of the Bible
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

- 20**
9:30 Morning Meditation
10:30 **TH** Hero's of the Bible
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

- 27**
9:30 Morning Meditation
10:30 **TH** Hero's of the Bible
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

Monday

- 7** Frappe 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 **CD** Boggle
6:00 **B** Evening Meet & Greet

- 14** Columbus 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** Scrabble
6:00 **B** Evening Meet & Greet

- 21**
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** Rummy
6:00 **B** Evening Meet & Greet

- 28**
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

Tuesday

- 1**
9:30 Morning Meditation
10:30 **CR** Fall Recipes
11:00 **CR** Brain Fitness
12:30 **LO** Fall Stroll
1:00 **CR** Tech Tuesday
2:00 **B** Prize Bingo
3:00 **TH** History's Greatest Mysteries
4:00 **CR** Name 5
6:00 **CD** Evening Poker Club

- 8**
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 **CR** Word within a Word
6:00 **CD** Evening Poker Club

- 15**
9:30 Morning Meditation
10:30 **CR** Fall Recipes
11:00 **CR** Brain Fitness
12:30 **LO** Fall Stroll
1:00 **CR** Tech Tuesday
2:00 **B** Prize Bingo
3:00 **TH** History's Greatest Mysteries
4:00 **CR** Jeopardy Trivia
6:00 **CD** Evening Poker Club

- 22**
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 **B** Tuesday Humor
6:00 **CD** Evening Poker Club

- 29**
9:30 Morning Meditation
10:30 **CR** Fall Recipes
11:00 **CR** Brain Fitness
12:30 **LO** Fall Stroll
1:00 **CR** Tech Tuesday
2:00 **B** Prize Bingo
3:00 **TH** History's Greatest Mysteries
4:00 **CR** Cranium Crunches
6:00 **CD** Evening Poker Club

Wednesday

- 2**
9:30 Morning Meditation
10:30 **TH** Catholic Mass & Communion
11:00 **CR** Cranium Crunches
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** Word Puzzles
6:00 **B** Resident Led Evening Social

- 9**
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 **E** Happy Hour & Music
4:00 **CD** Puzzle Hour
6:00 **B** Resident Led Evening Social

- 16**
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

- 23**
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** Puzzle Hour
6:00 **B** Resident Led Evening Social

- 30**
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

Thursday

- 3** Rosh Hashanah
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
4:00 **CD** Chess & Checkers
6:00 **B** Ladies Meet Up

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

- 17**
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
4:00 **CD** Chess & Checkers
6:00 **B** Ladies Meet Up

- 24**
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** Word Winks
4:00 **TH** Halloween Movie
6:00 **B** Ladies Meet Up

- 31** Halloween
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** Halloween Prize Bingo
3:00 **CR** Canasta
4:00 **TH** Halloween Classic
6:00 **B** Ladies Meet Up

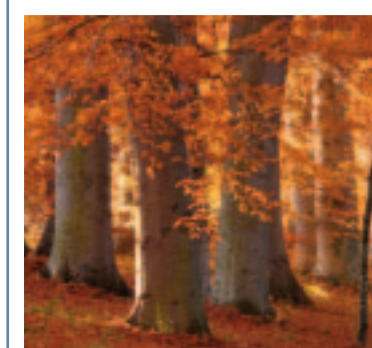
Friday

- 4**
9:30 Morning Meditation
10:30 **TH** Secrets of the Zoo
12:30 **LO** Fall Stroll
1:00 **LO** Scenic Ride
2:00 **B** Vitality in Motion
2:30 **CD** Mahjong
3:30 **TH** Opera Club
6:00 **CD** Evening Card Game Social

- 11**
9:30 Morning Meditation
10:30 **TH** Secrets of the Zoo
11:00 **LO** Resident Outing
12:30 **LO** Fall Stroll
2:00 **B** Vitality in Motion
2:30 **CD** Mahjong
3:30 **TH** Classic Reruns
6:00 **CD** Evening Board Game Social

- 18**
9:30 Morning Meditation
10:30 **TH** Secrets of the Zoo
12:30 **LO** Fall Stroll
2:00 **B** Vitality in Motion
2:30 **CD** Mahjong
3:30 **TH** Monster Classics
6:00 **CD** Evening Card Game Social

- 25**
9:30 Morning Meditation
10:30 **TH** Secrets of the Zoo
12:30 **LO** Fall Stroll
1:00 **LO** Scenic Ride
2:00 **B** Vitality in Motion
2:30 **CD** Mahjong
3:00 **TH** Halloween Matinee
6:00 **CD** Evening Board Game Social



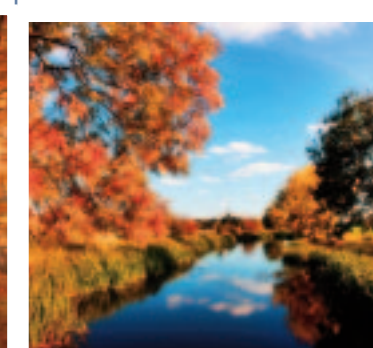
Saturday

- 5**
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

- 12** Yom Kippur
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

- 19**
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

- 26**
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



Around our Community

Happy Birthday

Residents

- 10/2 William P.
- 10/2 Charlene J.
- 10/16 Anita F.
- 10/16 Alice C.
- 10/17 Marilyn W.
- 10/18 Barbara B.
- 10/19 Joyce R.
- 10/22 Karen B.
- 10/27 Donna B.

Staff

- 10/2 Jahairra C.
- 10/2 Verdelle S.
- 10/4 Audrey B.
- 10/4 Tamika D.
- 10/12 Eldin M.
- 10/14 Michael J.
- 10/20 Tashia S.

LOCATION KEY

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

Sunday

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Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Around our Community

Happy October!

Welcome to October! We have an exciting month ahead. On the 17th, we will be having our Allegro at Sea day with Italy as our destination. The 4th floor will be transformed into a cruise ship and parts of Italy. We'll enjoy bocce, bellinis, and more! We will also discuss the Jewish holidays of Rosh Hashana and Yom Kippur. We'll be celebrating Halloween towards the end of the month with pumpkin bowling, pumpkin decorating, and the history of halloween costumes. We'll also take a trip to Theis Pumpkin patch as well as a few scenic drives to check out the changing leaves. Come join us for the fun on Ensemble!

*All activities are subject to change

LOCATION KEY

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

- 6**
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

- 13**
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

- 20**
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

- 27**
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

- 7**
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

- 14**
9:30 **AR** Music Favorites
10:00 **AR** Chair Exercise
10:30 **AR** Indigenous People's Day
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

- 21**
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

- 28**
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

- 1**
9:30 **AR** Coffee and Chat
10:00 **AR** Chair Exercise
10:30 **DR** Table Games
12:30 **AR** Patio Social
1:30 **AR** History of the Model T
2:30 **LR** Balloon Ball
3:00 **AR** Who Am I?
5:00 **AR** Evening Wind Down

- 8**
9:30 **AR** Coffee and Chat
10:00 **AR** Chair Exercise
10:30 **DR** Table Games
12:30 **AR** Patio Social
12:30 **SD** Out Trip: Theis Farm
2:30 **AR** A One Room School House
3:30 **AR** Parachute Game
5:00 **AR** Evening Wind Down

- 15** I Love Lucy Day
9:30 **AR** Coffee and Chat
10:00 **AR** Chair Exercise
10:30 **DR** Table Games
12:30 **AR** Patio Social
1:30 **AR** I Love Lucy Day
2:30 **LR** Bocce Ball
3:00 **AR** What Am I?
5:00 **AR** Evening Wind Down

- 22**
9:30 **AR** Coffee and Chat
10:00 **AR** Chair Exercise
10:30 **DR** Table Games
12:30 **AR** Scenic Drive
1:30 **AR** Best of Elvis
2:00 **DR** Nut Tasting
3:00 **AR** Balloon Game
3:30 Can You Picture This?
5:00 **AR** Evening Wind Down

- 29**
9:30 **AR** Coffee and Chat
10:00 **AR** Chair Exercise
10:30 **DR** Table Games
12:30 **AR** Patio Social
1:30 **AR** Short Stories
2:00 **AR** Ghost Buster Game
2:30 **SLN** Carmel Apple Tasting
3:00 **SLN** Spa Day
5:00 **AR** Evening Wind Down

- 2** Rosh Hashana
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 Rosh Hashana
2:30 **LR** Trivia With Exercise
3:00 **CR** Happy Hour
5:00 **AR** Evening Wind Down

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

- 16**
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 Cats
2:30 **LR** Stretching with Jackie
3:00 **CR** Happy Hour
5:00 **AR** Evening Wind Down

- 23**
9:30 **AR** Music Favorites
10:00 **CR** Exercise with Therapy
10:30 **DR** Bingo
12:30 **AR** Word Games
1:30 **AR** TV Talk Show Clips
2:30 **LR** Stretching with Jackie
3:00 **CR** Happy Hour
5:00 **AR** Evening Wind Down

- 30**
9:30 **AR** Music Favorites
10:00 **CR** Exercise with Therapy
10:30 **DR** Bingo
12:30 **AR** Believable or Batty?
1:30 **AR** Very Superstitious
2:30 **LR** Stretching with Jackie
3:00 **CR** Happy Hour
5:00 **AR** Evening Wind Down

- 3**
9:30 **AR** Coffee and Chat
10:00 **AR** Silver Sneakers Exercise
10:30 **AR** Garden Club
12:30 **AR** Music Trivia
1:30 **AR** Mind Your Manners
2:30 **LR** Bowling
3:00 **AR** Chat and Color
3:00 **LR** Movie Matinee
5:00 **AR** Evening Wind Down

- 10**
9:00 **AR** Pondering Prompts
9:30 **AR** Coffee and Chat
10:00 **AR** Silver Sneakers Exercise
10:30 **AR** Cooking with Friends
12:30 **AR** October Trivia
1:30 **AR** Halloween Tunes
2:00 **AR** Kick Ball
2:30 **AR** Pondering Prompts
3:00 **AR** Classic Movie Clips
5:00 **AR** Evening Wind Down

- 17** Allegro at Sea
9:30 **AR** Coffee and Chat
10:00 **AR** Passport To Wellness
10:30 **AR** Cannoli Dip Making
12:30 **AR** Dancing With Dean
1:00 **AR** Pottery Making
2:00 **P4** Bocce & Bellinis
2:30 **LR** Poker & Cannoli Dip
3:30 **AR** Travelogue to Sicily
5:00 **AR** Roman Holiday

- 24**
9:30 **AR** Coffee and Chat
10:00 **AR** Silver Sneakers Exercise
10:30 **AR** History of the Jack-O-Lantern
12:30 **AR** Music Trivia
1:30 **AR** All About Kangaroos
2:30 **AR** Corn Hole
3:00 **AR** Halloween Movie Clips
5:00 **AR** Evening Wind Down

- 31** Halloween
9:30 **AR** Coffee and Chat
10:00 **AR** Silver Sneakers Exercise
10:30 **AR** Halloween Celebration
12:30 **AR** Halloween Trivia
1:30 **AR** Remembering Halloween Costumes
2:30 **AR** Pumpkin Bowling
3:00 **AR** Hocus Pocus Film
5:00 **AR** Evening Wind Down

- 4**
9:30 **AR** Spiritual Music
10:00 **AR** Sole Steppers
10:30 **CR** Nails & Aromatherapy
12:30 **P4** Word Games
1:30 **AR** Virtual Garden Tour
2:00 **DR** Craft Project
3:00 **AR** Passport To Wellness
3:30 **AR** Concert Series
5:00 **AR** Evening Wind Down

- 11** Yom Kippur
9:30 **AR** Spiritual Music
10:00 **AR** Sole Steppers
10:30 **CR** Nails & Aromatherapy
12:30 **P4** Spread Joy Day
2:00 **DR** Craft Project
3:00 **AR** Passport To Wellness
3:30 **AR** Concert Series
5:00 **AR** Evening Wind Down

- 18**
9:30 **AR** Spiritual Music
10:00 **AR** Sole Steppers
10:30 **CR** Nails & Aromatherapy
12:30 **P4** Word Games
2:00 **DR** Bopping at the Ball Game
3:00 **AR** Passport To Wellness
3:30 **AR** Concert Series
5:00 **AR** Evening Wind Down

- 25**
9:30 **AR** Spiritual Music
10:00 **AR** Sole Steppers
10:30 **CR** Nails & Aromatherapy
12:30 **P4** Word Games
1:30 **AR** Short Story
2:00 **DR** Pumpkin Decorating
3:00 **AR** Passport To Wellness
3:30 **AR** Concert Series
5:00 **AR** Evening Wind Down



- 5**
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** Solve The Riddle
2:30 **AR** Chair Exercise
3:00 National Teachers Day
5:00 **AR** Evening Wind Down

- 12**
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** ABC, Easy As 123
2:30 **AR** Chair Exercise
3:00 **LR** Clips From Harry Potter
5:00 **AR** Evening Wind Down

- 19**
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** All About Sloths
5:00 **AR** Evening Wind Down

- 26**
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** Do You Hear What I Hear?
3:30 **LR** Comedy Show
5:00 **AR** Evening Wind Down

