

UPCOMING COMMUNITY EVENTS



ALLEGRO AT SEA - DESTINATION: ITALY!

Bon Voyage! Join us aboard the S.S. Alto Grayslake for an incredible cruise to the beautiful country of ITALY! We'll savor the delicious food, we'll take in the beautiful sights, we'll meet everyday Italians who can tell us what life is like in this historic country. We'll even learn some Italian along the way. So - join us

WHEN: Thursday, Sept. 26

TIME: 4:30pm - 6:30pm

WHERE: Restaurante Italiano (Alto Grayslake)

COST: FREE for Residents, Family & Friends (RSVP requested)

WHAT: A wonderful meal and live music from an Italian virtuoso

RSVP by calling our main number (847) 548-5000 to let us know how many guests for which resident. Grazie. Ciao.

ENTERTAINERS THIS MONTH

- | | | |
|------|----------|--|
| Wed. | Sept. 4 | John Boda - Tribute to Tony Bennett |
| Sun. | Sept. 8 | Heather Braoudakis - Grandparents Concert |
| Fri. | Sept. 13 | Mark Lyons - Cheesemaking Demo Class |
| Wed. | Sept. 18 | Ron "Flying Fingers" Steta - Concert |
| Thu. | Sept. 26 | Allegro at Sea - Italy - featuring Jack Miuccio singer |
| Mon. | Sept. 30 | Jane Allyson - singer |

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



FLOURISH

SEPTEMBER 2024

WHAT'S INSIDE

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Social Calendar

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Upcoming Events + News

"TRY TO REMEMBER THE KIND OF SEPTEMBER WHEN LIFE WAS SLOW AND OH, SO MELLOW. TRY TO REMEMBER AND IF YOU REMEMBER THEN FOLLOW..."

—TOM JONES & HARVEY SCHMIDT

September 2024

Sunday

1 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)

8 GRANDPARENTS DAY
ASSISTED LIVING WEEK
10:15 **CR** Video Exercise Class
11:00 **CR** Sunday Catholic Mass
2:00 **B** BINGO in BISTRO 45min
3:00 **CR** CONCERT: HEATHER B sings!
4:00 **CR** Popcorn after concert
6:00 **CR** CAROL BURNETT DVD

15 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)

22 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

29 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

2 LABOR DAY
10:15 **FC** Movin' Monday
10:45 **FC** Daily Chronicles
1:30 **CR** Sitdown Sitcom
2:00 **CR** LABOR DAY MOVIE: 9 to 5
6:00 **CR** The HISTORY of LABOR DAY

9 ASSISTED LIVING WEEK
10:15 **FC** Movin' Monday
10:45 **FC** Daily Chronicles
11:00 **B** NEWCOMERS GROUP
1:30 **CR** Sitdown Sitcom
2:30 **CR** BAKING CLASS
6:00 **CR** TRAVEL TO: ETHIOPIA

16 10:15 **FC** Movin' Monday
10:45 **FC** Daily Chronicles
11:00 **CR** ACTIVITY COMM MTG.
1:30 **CR** Sitdown Sitcom
3:00 **CR** Arts or Crafts
6:00 **CR** TRAVEL TO: EGYPT - Nile

23 10:15 **FC** Movin' Monday
10:45 **FC** Daily Chronicles
11:00 **B** NEWCOMERS GROUP
12:00 **B** MEN'S LUNCH
1:30 **CR** Sitdown Sitcom
2:30 **CR** BAKING CLASS
6:00 **CR** TRAVEL TO: ITALY

30 10:15 **FC** Movin' Monday
10:45 **FC** Daily Chronicles
1:30 **CR** Sitdown Sitcom
3:00 **CR** Arts or Crafts
6:00 **CR** TRAVEL TO: Egypt - Cairo

Tuesday

3 10:15 **FC** Tune Up Tuesday
10:30 **MT** Catholic Communion
10:45 **FC** Daily Chronicles
2:00 **CR** Happy Hour & Trivia
3:00 **LOB** DOG VISITS with SADIE
6:00 **CR** Board Games & More

10 ASSISTED LIVING WEEK
10:15 **FC** Tune Up Tuesday
10:30 **MT** Catholic Communion
10:45 **FC** Daily Chronicles
11:00 **CR** LIFE REFLECTIONS
2:00 **CR** COOKING DEMO with DAVE
6:00 **CR** Board Games & More

17 10:15 **FC** Tune Up Tuesday
10:30 **MT** Catholic Communion
10:45 **FC** Daily Chronicles
11:00 **B** FOOD COMMITTEE MTG.
2:00 **CR** Happy Hour & Trivia
3:00 **CR** Ted Talks: TBD
6:00 **CR** Board Games & More

24 10:15 **FC** Tune Up Tuesday
10:30 **MT** Catholic Communion
10:45 **FC** Daily Chronicles
11:00 **CR** LIFE REFLECTIONS
2:00 **B** Happy Hour & Word Games
2:45 **CR** GARDENING CLUB
6:00 **CR** Board Games & More

Wednesday

4 10:15 **FC** Wednesday Weights
10:45 **FC** Daily Chronicles
2:00 **CR** BINGO - Fun for all!
3:00 **CR** CONCERT: JOHN BODA
6:00 **CR** MOVIE: A Star Is Born P.1

11 ASSISTED LIVING WEEK
10:15 **FC** Wednesday Weights
10:45 **FC** Daily Chronicles
2:00 **CR** R E H A B . BINGO
3:00 **CR** DRY BAR COMEDY Videos
6:00 **CR** GAME NIGHT FUN

18 10:15 **FC** Wednesday Weights
10:45 **FC** Daily Chronicles
2:00 **CR** BINGO - Fun for all!
3:00 **CR** RON STETA -Flying Fingers
6:00 **CR** MOVIE: N by NW Part 1

25 10:15 **FC** Wednesday Weights
10:45 **FC** Daily Chronicles
2:00 **CR** BINGO - Fun for all!
3:00 **CR** DRY BAR COMEDY Videos
6:00 **CR** MOVIE: EVAN ALMIGHTY

Thursday

5 10:15 **FC** Legacy Exercise
10:45 **FC** Wellness Tip of the Day
11:00 **BUS** BUS TRIP: DOLLAR TREE
2:00 **CR** Happy Hour: Drinks n More
6:00 **CR** MOVIE: A Star Is Born P.2

12 ASSISTED LIVING WEEK
10:15 **FC** Legacy Exercise
10:30 **LOB** LIBRARY LOBBY STOP
10:45 **FC** Wellness Tip of the Day
11:00 **BUS** BUS TRIP: COOPER'S HAWK
2:00 **CR** Happy Hour: Drinks n More
2:45 **CR** Assisted Living Benefits
6:00 **CR** MOVIE: GRUMPY OLD MEN

19 10:15 **FC** Legacy Exercise
10:45 **FC** Wellness Tip of the Day
11:00 **BUS** BUS TRIP: JOY RIDE
2:00 **CR** Happy Hour: Drinks n More
6:00 **CR** MOVIE: N by NW Part 2

26 ALLEGRO at SEA - ITALY
7:30 **DR** Colazione di Frittata
8:00 **DR** CIAO, SI, GRAZIE
10:00 **FC** Esercizio Italiano 10am
10:30 **CR** LAURETTA'S Italian Bakery
2:00 **MT** TRAVEL ITALY w/ Regina
4:30 **CR** Cena in Famiglia Italiana
4:30 **LOB** VIRTUOSO - JACK MIUCCIO

Friday

6 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

13 ASSISTED LIVING WEEK
10:15 **FC** Flexibility Friday
10:45 **FC** Daily Chronicles
1:30 **103** Bible Study & Devotions
2:30 **CR** CHEESE MAKING Demo.
6:00 **CR** Everybdy Loves Raymnd DVD

20 10:15 **FC** Flexibility Friday
10:45 **FC** Daily Chronicles
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

27 10:15 **FC** Flexibility Friday
10:45 **FC** Daily Chronicles
11:00 **CR** RESIDENT COUNCIL
1:30 **103** Bible Study & Devotions
1:30 **203** Low Vision Support Grp
3:00 **CR** Friday FUN & GAMES
6:00 **CR** Everybdy Loves Raymnd DVD

Saturday

7 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

14 ASSISTED LIVING WEEK
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

21 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

28 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:

Wally R. 09/03
Linda B. 09/19

BUS RIDES

9/5 DOLLAR TREE
9/12 COOPER'S HAWK
9/19 JOY RIDE
9/26 LAURETTA'S Italian Bake Shop comes to us!



LOCATION KEY

- CR** Community Room
- MT** Movie Theater
- FC** Fitness Center
- LOB** Lobby
- BUS** Bus
- 103** Near Apt. 103
- B** Bistro
- DR** Dining Room
- 203** Near Apt. 203

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<https://www.allegroliving.com/grayslake-senior-living.html>



September 2024

Sunday

- 1**
9:30 Sunday Morning Devotional
Worship & Prayer
9:45 **3AE** Daily Chronicle
10:00 Superior Snacks
10:15 Exercise Room 2nd Floor
1:00 Conversation Ball Toss
1:30 **L** Afternoon Stretch
2:00 **L** Adult Guided art
3:30 **3AE** IN2L- Resident Choice
6:00 **SR** Card Club
- 8**
9:30 Sunday Morning Devotional
Worship & Prayer
9:45 **3AE** Daily Chronicle
10:00 Superior Snacks
10:15 Exercise Room 2nd Floor
1:30 **L** Afternoon Stretch
1:45 Concert: Heather
2:00 Conversation Ball Toss
3:30 **3AE** IN2L- Resident Choice
6:00 **SR** Card Club
- 15**
9:30 Sunday Morning Devotional
Worship & Prayer
9:45 **3AE** Daily Chronicle
10:00 Superior Snacks
10:15 Exercise Room 2nd Floor
1:30 **L** Afternoon Stretch
2:00 **L** Adult Guided art
2:00 Conversation Ball Toss
3:30 **3AE** IN2L- Resident Choice
6:00 **SR** Card Club
- 22**
9:30 Sunday Morning Devotional
Worship & Prayer
9:45 **3AE** Daily Chronicle
10:00 Superior Snacks
10:15 Exercise Room 2nd Floor
1:30 **L** Afternoon Stretch
2:00 Conversation Ball Toss
3:30 **3AE** IN2L- Resident Choice
6:00 **SR** Card Club
- 29**
9:30 Sunday Morning Devotional
Worship & Prayer
9:45 **3AE** Daily Chronicle
10:00 Superior Snacks
10:15 Exercise Room 2nd Floor
1:30 **L** Afternoon Stretch
2:00 **L** Adult Guided art
2:00 Conversation Ball Toss
3:30 **3AE** IN2L- Resident Choice
6:00 **SR** Card Club

Monday

- 2**
Labor Day
LABOR DAY
9:45 **3AE** Daily Chronicle
10:00 Superior Snacks
10:15 Exercise Room 2nd Floor
10:30 Trivia
1:00 One on One Programming
2:00 B.C-Cafeteria PB Bars
4:30 Sensational Sensory Time
4:45 Junk Drawer Dectective
- 9**
9:45 **3AE** Daily Chronicle
10:00 Superior Snacks
10:15 Exercise Room 2nd Floor
10:30 Trivia
1:00 One on One Programming
2:00 B.C- Lemon Shortbread Cks
4:30 Sensational Sensory Time
4:45 Life Lessons from a Grandparent
6:00 Evening Astronomy
- 16**
9:45 **3AE** Daily Chronicle
10:00 Superior Snacks
10:15 Exercise Room 2nd Floor
10:30 Trivia
1:00 One on One Programming
2:00 B.C- Lemon Lavender CPKE
4:30 Sensational Sensory Time
4:45 Junk Drawer Dectective
6:00 Evening Astronomy
- 23**
9:45 **3AE** Daily Chronicle
10:00 Superior Snacks
10:15 Exercise Room 2nd Floor
10:30 Trivia
12:00 **B** MEN'S LUNCH
1:00 One on One Programming
2:00 B.C-Fruit Pizza
4:30 Sensational Sensory Time
4:45 Junk Drawer Dectective
6:00 Evening Astronomy
- 30**
9:45 **3AE** Daily Chronicle
10:00 Superior Snacks
10:15 Exercise Room 2nd Floor
10:30 Trivia
1:00 One on One Programming
1:45 Concert: Jane Alison
2:00 B.C-Chocolate PB NoBake C
4:30 Sensational Sensory Time
4:45 Junk Drawer Dectective
6:00 Evening Astronomy

Tuesday

- 3**
9:45 **3AE** Daily Chronicle
10:00 Superior Snacks
10:15 Keep the Beat Drumming
11:00 **BUS** Bus Outing
1:15 Courtyard Walk
2:30 **DR** Ice cream Social
3:30 **L** Dog visit with Sadie
4:30 **AR** Setting The tables for Dinner
6:00 **SR** Puzzles with a partner on
- 10**
9:45 **3AE** Daily Chronicle
10:00 Superior Snacks
10:15 Keep the Beat Drumming
11:00 **BUS** Bus Outing
1:15 Courtyard Walk
1:45 Concert: Ron Flying fingers
2:30 **DR** Ice cream Social
4:30 **AR** Setting The tables for Dinner
- 17**
9:45 **3AE** Daily Chronicle
10:00 Superior Snacks
10:15 Keep the Beat Drumming
11:00 **BUS** Bus Outing
1:15 Courtyard Walk
2:30 **DR** Ice cream Social
4:30 **AR** Setting The tables for Dinner
6:00 **SR** Puzzles with a partner on the porch
- 24**
Jim Henson Day
9:45 **3AE** Daily Chronicle
10:00 Superior Snacks
10:15 Keep the Beat Drumming
11:00 **BUS** Bus Outing
1:15 Courtyard Walk
2:30 **DR** Ice cream Social
4:30 **AR** Setting The tables for Dinner
6:00 **SR** Puzzles with a partner on

Wednesday

- 4**
9:45 **3AE** Daily Chronicle
10:00 Superior Snacks
10:15 Eversound! Exercise Class
11:00 W.W-Emotional Wellness
1:00 Game of Choice
2:00 **3AE** Concert: John Boda
4:00 C.C-Fall Bracelets
6:15 **L** Evening Wind down mindfulness
- 11**
Taste of Honey Day
9:45 **3AE** Daily Chronicle
10:00 Superior Snacks-Honey sticks
10:15 Eversound! Exercise Class
11:00 W.W- Compassionate Convo's
1:00 Honey: The importance of Pollination
2:30 **3AE** Prize Bingo
3:00 A.C Star of the Month:
- 18**
9:45 **3AE** Daily Chronicle
10:00 Superior Snacks
10:15 Eversound! Exercise Class
11:00 W.W-Eye Health
1:00 Game of Choice
2:30 **3AE** Prize Bingo
4:00 C.C- Leaf Wreath
6:15 **L** Evening Wind down mindfulness
- 25**
9:45 **3AE** Daily Chronicle
10:00 Superior Snacks
10:15 Eversound! Exercise Class
11:00 W.W-Benefits of Protein
1:00 Game of Choice
2:30 **3AE** Prize Bingo
4:00 C.C Fall Suncatchers
6:15 **L** Evening Wind down mindfulness

Thursday

- 5**
9:45 **3AE** Daily Chronicle
10:00 Superior Snacks
10:15 Exercise Room 2nd Floor
10:30 **L** Short Stories
11:00 **3AE** One on One programing
1:15 **AR** Arm Chair Travels AC
2:00 **3AE** Happy Hour
4:00 Life Skill Stations
6:15 **L** IN2L Relax
- 12**
9:45 **3AE** Daily Chronicle
10:00 Superior Snacks
10:15 Exercise Room 2nd Floor
10:30 **L** Short Stories
11:00 **3AE** One on One programing
1:15 **AR** Arm Chair Travels AC
2:00 **3AE** Happy Hour
4:00 Life Skill Stations
6:15 **L** IN2L Breathe
- 19**
Humming Bird Celebration Day
9:45 **3AE** Daily Chronicle
10:00 Superior Snacks
10:15 Exercise Room 2nd Floor
10:30 **L** Short Stories
11:00 **3AE** One on One programing
1:15 **AR** Arm Chair Travels AC
2:00 **3AE** Happy Hour
4:00 Life Skill Stations
- 26**
Alto At Sea-Italy
9:45 **3AE** Daily Chronicle
10:00 Nonni's Biscotti Bites
10:15 Virtual Walk in place through Italy
10:30 **L** Short Stories-Italian Christmas Donkey
11:00 **3AE** One on One programing
1:15 **AR** Arm Chair travels:Italy
2:00 **3AE** Alto @ Sea Italy!

Friday

- 6**
9:45 **3AE** Daily Chronicle
10:00 Superior Snacks
10:15 Exercise Room 2nd Floor
10:45 IN2L:Would you Rather
11:30 Setting the Lunch Tables
1:00 Afternoon Walk
1:15 Conversation Table Ball
2:00 Fantastic Friday Social
3:00 Karaoke
6:00 Evening Astronomy
- 13**
9:45 **3AE** Daily Chronicle
10:00 Superior Snacks
10:15 Exercise Room 2nd Floor
10:45 IN2L:Would you Rather
11:30 Setting the Lunch Tables
1:00 Afternoon Walk
1:15 Conversation Table Ball
2:00 Fantastic Friday Social
3:00 **L** Karaoke
6:00 Evening Astronomy
- 20**
9:45 **3AE** Daily Chronicle
10:00 Superior Snacks
10:15 Exercise Room 2nd Floor
10:45 IN2L:Would you Rather
11:30 Setting the Lunch Tables
1:00 Afternoon Walk
1:15 Conversation Table Ball
2:00 Fantastic Friday Social
2:30 **CR** MONTHLY BIRTHDAY PARTY
3:00 **L** Karaoke
- 27**
9:45 **3AE** Daily Chronicle
10:00 Superior Snacks
10:15 Exercise Room 2nd Floor
10:45 IN2L:Would you Rather
11:30 Setting the Lunch Tables
1:00 Afternoon Walk
1:15 Conversation Table Ball
2:00 Fantastic Friday Social
3:00 **L** Karaoke
6:00 Evening Astronomy

Saturday

- 7**
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
- 14**
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
- 21**
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
- 28**
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

Around our Community

Welcome Autumn

Please Join us for activities anytime! The more the merrier!

Saturdays : Seated Zumba, Concerts from Steve J(depending on date)

Tuesdays: Scenic Bus ride or Lunch and Ice Cream social

Wednesdays: Prize Bingo



LOCATION KEY

- 3AE** Activity Rm.- East
- L** Lounge
- SR** Sunroom
- BUS** Bus
- DR** Dining Room
- AR** Activity Room
- CR** Community Room
- B** Bistro

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