

UPCOMING COMMUNITY EVENTS

UPCOMING EVENTS

September is Assisted Living Week
Sept 8-14th

Sunday, Sept 8th Grandparents Day
Brunch

Monday Sept. 9th Sports Day wear
your favorite sports team jersey or
shirt

Tuesday, Sept. 10th Pajama Day wear
your pajamas all day!

Wednesday, Sept 11th Mismatch Day
be creative and mismatch all your clothing!

Thursday, Sept. 12th Crazy Hair or Hat Day do your hair wild or wear a fun hat
that you like!

Friday, Sept. 13th Alto Shirt Day or Blue Shirt Day

Each day you participate gives you another chance to win themed Raffle
Basket!!!

The winner will be drawn on Friday afternoon!

We are looking forward to having everyone participate!



FLOURISH

SEPTEMBER 2024



NEWS

In the month of September, the Lifestyle team is offering a Bingo Challenge to the residents at Alto of Overland Park. You will receive a Bingo Challenge card in your mailbox with instructions. Please follow the instructions to win. To win complete Regular bingo in any direction you will be entered to win a prize. Completing Blackout your entire card and you will be entered to the grand prize. All entries must be approved by the Lifestyle team. Winners will be drawn at the end of every month! Good Luck!

Overland Park

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



WHAT'S INSIDE

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Upcoming Events + News

*"BY ALL THESE LOVELY TOKENS, SEPTEMBER DAYS ARE HERE. WITH SUMMER'S
BEST OF WEATHER AND AUTUMN'S BEST OF CHEER."*

—HELEN HUNT JACKSON

September 2024

Sunday

1

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 **ER** Movie Matinee
4:00 **L** Puzzle Time!
6:30 **ER** Movie Night

8

9:00 **ER** C.O.A Recorded Mass
10:00 **ER** C. R. Church Satellite Service (Recorded)
10:00 **DR** Grandparents Brunch
2:30 **ER** Movie Matinee
4:00 **L** Puzzle Time!
6:30 **ER** Movie Night

15

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 **ER** Movie Matinee
4:00 **L** Puzzle Time!
6:30 **ER** Movie Night

22

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 **ER** Movie Matinee
4:00 **L** Puzzle Time!
6:30 **ER** Movie Night

29

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 **ER** Movie Matinee
4:00 **L** Puzzle Time!
6:30 **ER** Movie Night

Monday

2

9:30 **DRP** Catch the Sun Social
10:00 **ER** Morning Stretch
10:30 **ER** Spiritual Reflections
1:30 **LP** Bird Watching
2:00 **CS** This and That Arts & Crafts
3:00 **B** Random Trivia
4:00 **B** Margaritas & Mudslides
5:30 **CS** Puzzling w/ Friends
6:30 **ER** Cinema Night

9

9:30 **DRP** Catch the Sun Social
10:00 **ER** Morning Stretch
10:30 **ER** Spiritual Reflections
2:00 **ER** Activity Ideas Meeting
3:00 **B** Let's Play Trivia
4:00 **B** Margaritas & Mudslides
5:30 **CS** Puzzling w/ Friends
6:30 **ER** Movie Night

16

9:30 **DRP** Catch the Sun Social
10:00 **ER** Glo Up Fitness
10:30 **ER** Spiritual Reflections
2:00 **B** Girls Gang Ladies Group
3:00 **B** Let's Play Trivia
4:00 **B** Margaritas & Mudslides
5:30 **CS** Puzzling w/ Friends
6:30 **ER** Movie Night

23

9:30 **DRP** Catch the Sun Social
10:00 **ER** Morning Stretch
10:30 **ER** Spiritual Reflections
2:00 **ER** Travelogue: Italy
3:00 **B** Let's Play Trivia
4:00 **B** Margaritas & Mudslides
5:30 **CS** Puzzling w/ Friends
6:30 **ER** Movie Night

30

9:30 **DRP** Catch the Sun Social
10:00 **ER** Glo Up Fitness
10:30 **ER** Spiritual Reflections
3:00 **ER** Big X Bingo Store
4:00 **B** Margaritas & Mudslides
5:30 **CS** Puzzling w/ Friends
6:30 **ER** Movie Night

Tuesday

3

9:30 **CS** Catholic Comm. and Rosary
9:30 **DRP** Positive Affirmation Meditation
10:00 **ER** Moving to The Oldies Exercise
10:45 **CS** Chicken Soup For the Soul Reading
1:30 **L** Ice Cream Social
2:00 **P** Nature Painting
3:00 **B** Advanced Bingo

10

9:30 **CS** Catholic Comm. and Rosary
10:00 **ER** Exercise w/ Legacy
10:45 **B** Baking Club
1:30 **L** Ice Cream Social
2:00 **ER** Legacy Rehab Health Talk
3:00 **B** Advanced Bingo
6:30 **ER** Concert Night

17

9:30 **CS** Catholic Comm. and Rosary
9:30 **P** Positive Affirmation Meditation
10:00 **ER** Moving to The Oldies Exercise
10:45 **CS** Chicken Soup for the Soul
1:30 **L** Ice cream Social
2:00 **LP** Nature Painting
3:00 **B** Advanced Bingo
6:30 **ER** Concert Night

24

9:30 **CS** Catholic Comm. and Rosary
10:00 **ER** Exercise w/ Legacy
10:45 **B** Sampling Italian Cookies
1:30 **L** Ice Cream Social
2:00 **DR** Music Entertainment with Alligator Shoes
3:00 **B** Advanced Bingo
6:30 **ER** Concert Night

Wednesday

4

9:30 **L** Horoscopes and Hot Topics
10:00 **ER** Exercise w/ Brandy
11:00 **CS** Angie's Bible Study
2:00 **ER** Resident Council Meeting
3:00 **ER** Hooked on Books
4:00 **B** Wine Down Wednesday
5:30 **L** Patti on the piano
6:30 **ER** History Night

11

9:30 **L** Horoscopes and Hot Topics
10:00 **ER** Exercise w/ Brandy
11:00 **CS** Angie's Bible Study
2:00 **L** Candace on the Piano
3:00 **B** Uncorked and Decanted
4:00 **B** Wine Down Wednesday
6:30 **ER** History Night

18

9:30 **L** Horoscopes and Hot Topics
10:00 **ER** Exercise w/ Brandy
11:00 **CS** Angie's Bible Study
2:00 **B** Jenga
3:00 **B** Remember When...
4:00 **B** Wine Down Wednesday
5:30 **L** Patti on the Piano
6:30 **ER** History Night

25

9:30 **L** Horoscopes and Hot Topics
10:00 **ER** Exercise w/ Brandy
11:00 **CS** Angie's Bible Study
2:00 **B** Let's Play Hearts!
3:00 **ER** Bill Gaither Classics
4:00 **B** Italian Wine Down Wednesday
6:30 **ER** History Night

Thursday

5

9:00 **ER** C.O.A Recorded Mass
9:30 **DRP** Catch the Sun Social
10:00 **ER** Seated T-Band Exercise
10:45 **B** Blackjack for Candy
2:00 **ER** Bucket Toss
3:00 **B** Easy Bingo
4:00 **L** Hymnal History w/ Angie
5:30 **ER** Pre-Game Fun and Snacks
7:00 **ER** Chiefs vs. Ravens Watch Party

12

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
2:00 **B** Chocolate Milkshake Day!
3:00 **B** Easy Bingo Guest Caller Kathi Spray
4:00 **L** Hymnal History w/ Angie
6:30 **ER** Movie Night

19

9:00 **ER** C.O.A Recorded Mass
9:30 **DRP** Catch the Sun Social
10:00 **ER** Seated T-Band Exercise
10:30 **L** Musical Entertainment with Rob McHenry
10:45 **B** Blackjack for Candy
2:00 **DR** The Dining Experience with Chef Tim
3:00 **B** Easy Bingo
4:00 **L** Hymnal History w/ Angie

26

9:00 **ER** C.O.A Recorded Mass
9:30 **DRP** Catch the Sun Social
10:00 **ER** Seated T-Band Exercise
10:45 **B** Blackjack for Candy
2:00 **B** Italian Cooking... Pizzas
3:00 **B** Easy Bingo
4:00 **L** Hymnal History w/ Angie
6:30 **ER** Movie Night

Friday

6

9:30 **CS** Manis & Mimosas!
10:00 **ER** Sit and Lift with Legacy
10:45 **B** Farkle Game
1:30 **B** Laughter is the Best
2:00 **ER** Documentary Matinee
3:15 **B** Happy Hour w/ Katie Hurcomb
6:30 **ER** Nature Night

13

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

20

9:30 **CS** Manis & Mimosas!
10:00 **ER** Sit and Lift with Legacy
10:45 **B** Brain Teasers and Word Jumbles
1:30 **B** Laughter Is The Best!
2:00 **ER** Documentary Matinee
6:00 **B** Family Happy Hour w/ Gino Bueno

27

9:30 **DRP** Catch the Sun Social
10:00 **ER** Sit and Lift with Legacy
10:45 **B** Brain Teasers and Word Jumbles
2:00 **ER** Documentary Matinee: Pavarotti
4:00 **L** Alto at Sea: Italy

Saturday

7

9:00 **L** Morning Chat
10:00 **ER** Walking Club
11:00 **L** Buzzword Game
2:00 **FP** Rummikub
3:00 **L** Jigsaw and Word Search Puzzles
6:30 **ER** Movie Night

14

9:00 **L** Morning Chat
10:00 **ER** Walking Club
11:00 **L** Buzzword Game
1:30 **L** Live Entertainment with Steve Kakacek
2:00 **FP** Rummikub
3:00 **B** Advanced Bingo
6:30 **ER** Movie Night

21

9:00 **L** Morning Chat
10:00 **ER** Walking Club
11:00 **L** Buzzword Game
2:00 **FP** Rummikub
3:00 **L** Jigsaw and Word Search Puzzles
6:30 **ER** Movie Night

28

9:00 **L** Morning Chat
10:00 **ER** Walking Club
11:00 **L** Buzzword Game
2:00 **B** Strawberry Cream Pie Social
3:00 **B** Advanced Bingo
6:30 **ER** Movie Night

Around our Community

Happy Birthday

Staff Birthdays

Adriana Alvarado 9/17
Mikayo Dailey 9/17
Netsanet Dessie 9/24
Riley Dorsey 9/ 3
Anita DuBois 9/4
Kylee Fritz 9/8
Cynthia Jarrett 9/ 11
Jamine Karanja 9/18
Judy Noah 9/11
Jennifer Saama 9/20
Regan Tridle 9/1
Anna Dee Villarreal 9/12

Resident Birthdays

Ginny Hodnefield 9/6
Judi Murray 9/19
Mac McMullen 9/19
Joann Prang 9/30

LOCATION KEY

ER Entertainment Room
L Lobby
DRP Dining Room Patio
LP Large Patio
CS Creative Studio
B Bistro
P Dining Room Patio
FP Front Porch
DR Dining Room

Overland Park

10300 Indian Creek Pkwy
Overland Park, KS 66210
(913) 521-8415
www.allegroliving.com



September 2024

Around our Community

Sunday

- 1**
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

8 GRANDPARENTS DAY

- 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

15

- 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 **DR** CHIEFS VS BENGALS
6:00 **D** Sunday Night at the Movies

22 1ST DAY OF FALL

- 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
7:00 **DR** CHIEFS VS FALCONS

29 COFFEE DAY

- 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 **DR** CHIEFS VS CHARGERS
6:00 **D** Sunday Night at the Movies

Monday

- 2 LABOR DAY**
9:00 **A** Chronicle Reading w/Margaret
9:30 **A** IN2L Exercise
10:00 **DR** Hydration Cart
10:30 **SR** 1 on 1 Sensory Room Visit
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

9 TEDDY BEAR DAY

- 9:00 **A** Chronicle Reading w/Margaret
9:30 **A** IN2L Exercise
10:00 **DR** Hydration Cart
10:30 **SR** 1 on 1 Sensory Room Visit
11:00 **DRP** Ladies Tea
1:30 **DR** Teddy Bear Movie
2:00 **DR** Afternoon snack N chat
3:30 **DR** Lets Play A Game
6:00 **D** Monday Night at the Movies

16

- 9:00 **A** Chronicle Reading w/Margaret
9:30 **A** IN2L Exercise
10:00 **DR** Hydration Cart
10:30 **MR** Live Music w/Rob McHenry
10:30 **SR** 1 on 1 Sensory Room Visit
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

23

- 9:00 **A** Chronicle Reading w/Margaret
9:30 **A** IN2L Exercise
10:00 **DR** Hydration Cart
10:30 **SR** 1 on 1 Sensory Room Visit
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

30

- 9:00 **A** Chronicle Reading w/Margaret
9:30 **A** IN2L Exercise
10:00 **DR** Hydration Cart
10:30 **SR** 1 on 1 Sensory Room Visit
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

Tuesday

- 3**
9:00 **A** Chronicle Reading w/Margaret
10:00 **B** Baking in Mom's Kitchen
10:00 **D** Catholic Communion
10:00 **DR** Hydration Cart
1:00 **A** You've Got A Friend In Me
2:00 **A** Bingo
3:00 **DR** Afternoon snack N chat
4:00 **DR** Let's Play A Game
6:00 **D** Tuesday Night Movie

10

- 9:00 **A** Chronicle Reading w/Margaret
10:00 **B** Baking in Mom's Kitchen
10:00 **D** Catholic Communion
10:00 **DR** Hydration Cart
1:00 **A** You've Got A Friend In Me
2:00 **A** Bingo
3:00 **DR** Afternoon snack N chat
4:00 **DR** Let's Play A Game
6:00 **D** Tuesday Night Movie

17

- 9:00 **A** Chronicle Reading w/Margaret
10:00 **B** Baking in Mom's Kitchen
10:00 **D** Catholic Communion
10:00 **DR** Hydration Cart
1:00 **A** You've Got A Friend In Me
2:00 **A** Bingo
3:00 **DR** Afternoon snack N chat
4:00 **DR** Let's Play A Game
6:00 **D** Tuesday Night Movie

24

- 9:00 **A** Chronicle Reading w/Margaret
10:00 **B** Baking in Mom's Kitchen
10:00 **D** Catholic Communion
10:00 **DR** Hydration Cart
1:00 **A** You've Got A Friend In Me
2:00 **A** Bingo
3:00 **DR** Afternoon snack N chat
4:00 **DR** Let's Play A Game
6:00 **D** Tuesday Night Movie

Wednesday

- 4**
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
3:00 **DR** Manicures
4:00 **DR** Hymnal History w/Angie
6:00 **D** Wednesday Night Movies

11 9/11 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** Afternoon snack N chat
3:00 **DR** Manicures
4:00 **DR** Puzzles
6:00 **D** Wednesday Night Movies

18 CHEESEBURGER DAY

- 9:00 **A** Chronicle Reading w/Margaret
9:30 **A** Exercise Fun
10:00 **DR** Hydration Cart
10:30 **DR** Let's make Cheeseburgers
1:00 **DR** Afternoon walk
2:00 **MR** Music w/Katie
3:00 **DR** Manicures
4:00 **DR** Hymnal History w/Angie
6:00 **D** Wednesday Night Movies

25 COMIC BOOK DAY

- 9:00 **A** Chronicle Reading w/Margaret
9:30 **A** Exercise Fun
10:00 **DR** Hydration Cart
10:30 **A** Let's read comics
1:00 **DR** Afternoon Walk
2:00 **MR** Music w/Evans
3:00 **DR** Manicures
4:00 **DR** Puzzles
6:00 **D** Wednesday Night Movies

Thursday

- 5**
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
7:00 **DR** CHIEFS VS RAVENS

12

- 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/Razarr and Michael
2:00 **DR** Afternoon snack N chat
4:00 **A** Puzzles and Music Hour
6:00 **D** Thursday Night Movie

19

- 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

26

- 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 at the

Friday

- 6**
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

13

- 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

20 PEPP. PIZZA DAY

- 9:00 **A** Chronicle Reading w/Margaret
9:30 **A** Ball Kicking Workout
10:00 **DR** Hydration Cart
10:30 **DR** Let's make Pizza
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

27

- 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** Afternoon snack N chat
3:00 **DR** Music on TV
6:00 **D** Fun Film Friday's

Saturday

- 7**
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
4:00 **A** Music Hour
6:00 **D** Saturday night Movie

14 COLORING DAY

- 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** COLORING DAY
4:00 **DR** Music Hour
6:00 **D** Saturday night Movie

21

- 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
4:00 **DR** Music Hour
6:00 **D** Saturday night Movie

28

- 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
4:00 **DR** Music Hour
6:00 **D** Saturday night Movie

ENSEMBLE

Alzheimer's Support
Group September
4th-6:30pm-8pm

Reminder if you want to do the Alz. Walk you must be registered before September 5th.

If you have recipes you would like to share for our Alto Cookbook please bring them in by September 30th.

LOCATION KEY

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

Overland Park

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