

## UPCOMING COMMUNITY EVENTS

### SEPTEMBER OUTINGS

Please Join us for the Following Outings in September!

Friday September 6 at 1pm Scenic Ride

Monday September 16 1pm Shopping at Schnucks

Friday September 20 at 11am Residents Choice Lunch Outing

Monday September 23 at 1pm Shopping at Walmart

Friday September 27 at 11am Residents Choice Outing

Monday Septmeber 30 at 1pm Residents Choice Shopping

Please make sure to 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

More Information Coming Soon



### Allegro in Richmond Heights

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



# FLOURISH

SEPTEMBER 2024



## WHAT'S INSIDE

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Social Calendar

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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*



### Sunday

**1**  
9:30 Morning Meditation  
10:30 **TH** Hero's of the Bible  
11:00 **CR** Stress Free Art  
1:00 **LO** A Walk in the Park  
1:30 **TH** STL Cardinal Game  
2:00 **B** Resident Led Bistro Games  
3:00 **FC** Fitness on Demand  
4:00 **LI** Poetry Readings  
6:30 **TH** Movies with Jackie

**8** Grandparents Day  
9:30 Morning Meditation  
10:30 **TH** Hero's of the Bible  
11:00 **CR** Watercolor Painting  
1:00 **LO** A Walk in the Park  
1:15 **TH** STL Cardinals Game  
2:00 **B** Resident Led Bistro Games  
3:00 **FC** Fitness on Demand  
4:00 **LI** Resident Led Book Club  
6:30 **TH** Movies with Jackie

**15**  
9:30 Morning Meditation  
10:30 **TH** Hero's of the Bible  
11:00 **CR** Stress Free Art  
1:00 **LO** A Walk in the Park  
1:30 **TH** STL Cardinals Game  
2:00 **B** Resident Led Bistro Games  
4:00 **LI** Poetry Readings  
6:30 **TH** Movies with Jackie

**22** First Day of Autumn  
9:30 Morning Meditation  
10:30 **TH** Hero's of the Bible  
11:00 **CR** Watercolor Painting  
1:00 **LO** A Walk in the Park  
1:15 **TH** STL Cardinals Game  
2:00 **B** Resident Led Bistro Games  
3:00 **FC** Fitness on Demand  
4:00 **LI** Resident Led Book Club  
6:30 **TH** Movies with Jackie

**29**  
9:30 Morning Meditation  
10:30 **TH** Hero's of the Bible  
11:00 **CR** Stress Free Art  
12:00 **TH** STL Cardinals Game  
1:00 **LO** A Walk in the Park  
2:00 **B** Resident Led Bistro Games  
3:00 **FC** Fitness on Demand  
4:00 **LI** Poetry Readings  
6:30 **TH** Movies with Jackie

### Monday

**2** Labor Day  
9:30 Morning Meditation  
11:00 **LI** Monday Morning Bible Study  
1:00 **LO** A Walk in the Park  
1:00 **TH** STL Cardinals Game  
2:00 **B** Therapy Exercise Circle  
3:00 **TH** Monday Matinee  
4:00 **CR** Cranium Crunches  
6:00 **B** Evening Meet & Greet

**9**  
9:30 Morning Meditation  
10:30 **CR** Let's Get Crafty  
11:00 **TH** Non- Denominational Service  
1:00 **LO** A Walk in the Park  
2:00 **B** Therapy Exercise Circle  
3:00 **TH** Monday Matinee  
4:00 **CR** Sudoku Games  
6:00 **B** Evening Meet & Greet

**16**  
9:30 Morning Meditation  
10:30 **CR** Let's Get Crafty  
11:00 **LI** Monday Morning Bible Study  
1:00 **LO** A Walk in the Park  
2:00 **B** Therapy Exercise Circle  
3:00 **TH** Monday Matinee  
4:00 **CR** Word Tower  
6:00 **B** Evening Meet & Greet  
6:45 **TH** STL Cardinals Game

**23**  
9:30 Morning Meditation  
10:30 **CR** Let's Get Crafty  
11:00 **TH** Non- Denominational Service  
1:00 **LO** A Walk in the Park  
2:00 **B** Therapy Exercise Circle  
2:30 **SDR** Resident Council  
3:00 **TH** Monday Matinee  
4:00 **CR** Boggle Pages  
6:00 **B** Evening Meet & Greet

**30**  
9:30 Morning Meditation  
10:30 **CR** Let's Get Crafty  
11:00 **LI** Monday Morning Bible Study  
1:00 **LO** A Walk in the Park  
2:00 **B** Therapy Exercise Circle  
3:00 **TH** Monday Matinee  
4:00 **CR** Word Search  
6:00 **B** Evening Meet & Greet

### Tuesday

**3**  
9:30 Morning Meditation  
10:30 **CR** Fall Treats- Scarecrow Crunch  
11:00 **CR** In2L Trivia  
1:00 **LO** A Walk in the Park  
2:00 **B** Prize Bingo  
3:30 **TH** Animals Up Close  
4:00 **CR** Tech Tuesday  
6:00 **CD** Evening Poker Club  
6:45 **TH** STL Cardinals Game

**10**  
9:30 Morning Meditation  
10:30 **CR** Fall Treats-Caramel Apple Bites  
11:00 **CR** In2L Trivia  
1:00 **LO** A Walk in the Park  
2:00 **B** Prize Bingo  
3:30 **TH** Animals Up Close  
4:00 **CD** Tech Tuesday  
6:00 **CD** Evening Poker Club  
6:45 **TH** STL Cardinals Game

**17** Apple Dumpling Day  
9:30 Morning Meditation  
10:30 **CR** Fall Treats- Apple Dumplings  
11:00 **CR** IN2L Apple Trivia  
1:00 **LO** A Walk in the Park  
2:00 **B** Prize Bingo  
3:30 **TH** Animals Up Close  
4:00 **CR** Tech Tuesday  
6:00 **CD** Evening Poker Club  
6:45 **TH** STL Cardinals Game

**24**  
9:30 Morning Meditation  
10:30 **CR** Fall Treats- Apple Pie Quesadillas  
1:00 **LO** A Walk in the Park  
2:00 **B** Prize Bingo  
3:30 **TH** Animals Up Close  
4:00 **CD** Tech Tuesday  
6:00 **CD** Evening Poker Club  
6:45 **TH** STL Cardinals Game

**30**  
9:30 Morning Meditation  
10:30 **CR** Let's Get Crafty  
11:00 **LI** Monday Morning Bible Study  
1:00 **LO** A Walk in the Park  
2:00 **B** Therapy Exercise Circle  
3:00 **TH** Monday Matinee  
4:00 **CR** Word Search  
6:00 **B** Evening Meet & Greet

### Wednesday

**4**  
9:30 Morning Meditation  
10:30 **TH** Life Long Learning  
10:30 **TH** Catholic Mass & Communion  
1:00 **LO** A Walk in the Park  
2:00 **B** Vitality Yoga  
3:00 **Ensemble** Happy Hour & Music  
4:00 **CD** Chess or Checkers  
6:00 **B** Resident Led Evening Social  
6:45 **TH** STL Cardinals Game

**11**  
9:30 Morning Meditation  
10:30 **TH** Catholic Mass & Communion  
11:00 **CR** Canasta  
1:00 **LO** A Walk in the Park  
2:00 **B** Vitality Yoga  
3:00 **Ensemble** Happy Hour & Music  
4:00 **CD** Puzzle Hour  
6:00 **B** Resident Led Evening Social  
6:45 **TH** STL Cardinals Game

**18**  
9:30 Morning Meditation  
10:30 **TH** Catholic Mass & Communion  
11:00 **CR** Life Long Learning  
1:00 **LO** A Walk in the Park  
2:00 **B** Vitality Yoga  
3:00 **Ensemble** Happy Hour & Music  
4:00 **CD** Chess or Checkers  
6:00 **B** Resident Led Evening Social  
6:45 **TH** STL Cardinals Game

**25**  
9:30 Morning Meditation  
10:30 **TH** Catholic Mass & Communion  
11:00 **CR** Canasta  
1:00 **LO** A Walk in the Park  
2:00 **B** Vitality Yoga  
3:00 **Ensemble** Happy Hour & Music  
4:00 **CD** Puzzle Hour  
6:00 **B** Resident Led Evening Social  
6:45 **TH** STL Cardinals Game

### Thursday

**5**  
9:30 Morning Meditation  
10:00 **SDR** Coffee Talk  
11:00 **TH** Ted Talk  
1:00 **LO** A Walk in the Park  
2:00 **B** Prize Bingo  
3:30 **CR** Who am I?  
6:00 **B** Ladies Meet Up

**12** Milkshake Day  
9:30 Morning Meditation  
10:00 **SDR** Coffee Talk  
11:00 **TH** Ted Talk  
12:15 **TH** STL Cardinals Game  
1:00 **LO** A Walk in the Park  
2:00 **B** Prize Bingo  
3:30 **B** Who are we? & Milkshakes  
6:00 **B** Ladies Meet Up

**19**  
9:30 Morning Meditation  
10:00 **SDR** Coffee Talk  
11:00 **TH** Ted Talk  
1:00 **LO** A Walk in the Park  
2:00 **B** Prize Bingo  
4:00 **CR** What am I?  
6:00 **B** Ladies Meet Up  
6:15 **TH** STL Cardinals Game

**26**  
9:30 Morning Meditation  
10:00 **SDR** Coffee Talk  
11:00 **TH** Ted Talk  
1:00 **LO** A Walk in the Park  
1:15 **TH** STL Cardinals Game  
2:00 **B** Prize Bingo  
3:30 **B** Where am I?  
6:00 **B** Ladies Meet Up

### Friday

**6**  
9:30 Morning Meditation  
10:30 **TH** Docuseries-How its Made  
11:00 **CR** Fact or Fiction  
1:00 **LO** A Walk in the Park  
2:00 **B** Vitality in Motion  
2:30 **CD** Mahjong  
3:30 **TH** Opera Club  
6:00 **CD** Evening Card Game Social  
7:15 **TH** STL Cardinals Game

**13**  
9:30 Morning Meditation  
10:30 **TH** Docuseries-How its Made  
11:00 **CR** Are you Smarter than a 5th Grader?  
1:00 **LO** A Walk in the Park  
2:00 **B** Vitality in Motion  
2:30 **CD** Mahjong  
3:30 **CR** You be the Judge  
6:00 **CD** Evening Board Game Social  
7:00 **TH** STL Cardinals Game

**20**  
9:30 Morning Meditation  
10:30 **TH** Docuseries-How its Made  
11:00 **CR** Scattergories  
1:00 **LO** A Walk in the Park  
2:00 **B** Vitality in Motion  
2:30 **CD** Mahjong  
3:30 **TH** Opera Club  
6:00 **CD** Evening Card Game Social  
7:15 **TH** STL Cardinals Game

**27**  
9:30 Morning Meditation  
10:30 **TH** Docuseries-How its Made  
11:00 **CR** Name 5  
1:00 **LO** A Walk in the Park  
2:00 **B** Vitality in Motion  
2:30 **CD** Mahjong  
3:30 **B** You be the Judge  
6:00 **CD** Evening Board Game Social  
7:15 **TH** STL Cardinals Game

### Saturday

**7**  
9:30 Morning Meditation  
10:30 **B** Life's Events  
11:00 **CD** Rummikub  
1:00 **LO** A Walk in the Park  
2:00 **CD** Resident Led-Poker  
3:00 **TH** Saturday Matinee  
6:00 **B** Men's Meet Up  
6:15 **TH** STL Cardinals Game

**14**  
9:30 Morning Meditation  
10:30 **LI** Life Events  
11:00 **CD** Kings in the Corner  
1:00 **LO** A Walk in the Park  
2:00 **CD** Resident Led-Poker  
3:00 **TH** Saturday Matinee  
4:00 **FC** Fitness on Demand  
6:00 **B** Men's Meet Up

**21**  
9:30 Morning Meditation  
10:30 **B** Life's Events  
11:00 **CD** Scrabble  
1:00 **LO** A Walk in the Park  
2:00 **CD** Resident Led-Poker  
3:00 **TH** Saturday Matinee  
6:00 **B** Men's Meet Up  
6:15 **TH** STL Cardinals Game

**28**  
9:30 Morning Meditation  
10:30 **LI** Life Events  
11:00 **CD** Yahtzee  
1:00 **LO** A Walk in the Park  
1:00 **TH** STL Cardinals Game  
2:00 **CD** Resident Led-Poker  
3:00 **TH** Saturday Matinee  
4:00 **FC** Fitness on Demand  
6:00 **B** Men's Meet Up

### Birthdays

#### Resident Birthdays

9/1 Linda H.  
9/8 Jack K.  
9/12 Alan M.  
9/20 Patricia S.  
9/21 Eve S.

#### Staff Birthdays

9/1 Nicki B.  
9/5 Miaiah M.  
9/6 Destiny J.  
9/8 Jas M.  
9/16 Tashia M.  
9/17 Aeriona W.  
9/22 Chelsea T.  
9/24 Robert S.  
9/26 Kim J.  
9/28 Courtney S.  
9/28 Jazmine T.

### LOCATION KEY

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

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### Sunday

- 1**  
 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

- 8**  
 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

- 15**  
 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

- 22** First Day of Fall  
 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

- 29**  
 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

- 2**  
 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

- 9**  
 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

- 16**  
 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

- 23**  
 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

- 30**  
 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

- 3**  
 9:30 **AR** Coffee and Chat  
 10:00 **AR** Chair Exercise  
 10:30 **DR** Table Games  
 12:30 **AR** Nature Meditation  
 1:00 **AR** Would You Rather?  
 2:00 **LR** Bowling  
 2:30 **AR** Who Am I? Sept Birthdays  
 3:30 **AR** Color and Chat  
 5:00 **AR** Evening Wind Down

- 10**  
 9:30 **AR** Coffee and Chat  
 10:00 **AR** Chair Exercise  
 10:30 **SD** Out Trip: Restaurant  
 12:30 **AR** Patio Social  
 1:00 **AR** Memory Lane: School Days  
 2:00 **AR** Parachute Game  
 2:30 **AR** What's My Job?  
 3:30 **AR** Hand Massages and Music  
 5:00 **AR** Evening Wind Down

- 17** Country Music Day  
 9:30 **AR** Coffee and Chat  
 10:00 **AR** Chair Exercise  
 10:30 **DR** Table Games  
 12:30 **AR** Patio Social  
 1:00 **SD** Out Trip: Ted Drewes  
 2:30 **AR** History of Country Music  
 3:30 **LR** Balloon Game  
 5:00 **AR** Evening Wind Down

- 24**  
 9:30 **AR** Coffee and Chat  
 10:00 **AR** Chair Exercise  
 10:30 **DR** Table Games  
 12:30 **AR** Patio Social  
 1:00 **SD** Scenic Drive  
 2:30 **AR** Fall-ing Poetry  
 3:00 **LR** Bean Bag Toss  
 3:30 **AR** Marigolds & Their Flower  
 5:00 **AR** Evening Wind Down

### Wednesday

- 4**  
 9:30 **AR** Music Favorites  
 10:00 **CR** Exercise with Therapy  
 10:30 **AR** The History of Jazz  
 12:30 **AR** Word Games  
 1:30 **DR** Bingo  
 2:30 **LR** Stretching with Jackie  
 3:00 **CR** Happy Hour  
 5:00 **AR** Evening Wind Down

- 11**  
 9:30 **AR** Music Favorites  
 10:00 **CR** Exercise with Therapy  
 10:30 **DR** Cooking with Friends  
 12:30 **AR** Word Games  
 1:30 **DR** Bingo  
 2:30 **LR** Stretching with Jackie  
 3:00 **CR** Happy Hour  
 5:00 **AR** Evening Wind Down

- 18**  
 9:30 **AR** Music Favorites  
 10:00 **CR** Exercise with Therapy  
 10:30 **AR** Who Am I?  
 12:30 **AR** Word Games  
 1:30 **DR** Bingo  
 2:30 **LR** Stretching with Jackie  
 3:00 **CR** Happy Hour  
 5:00 **AR** Evening Wind Down

- 25**  
 9:30 **AR** Music Favorites  
 10:00 **CR** Exercise with Therapy  
 10:30 **DR** Cooking with Friends  
 12:30 **AR** Word Games  
 1:30 **DR** Bingo  
 2:30 **LR** Stretching with Jackie  
 3:00 **CR** Happy Hour  
 5:00 **AR** Evening Wind Down

### Thursday

- 5**  
 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** Good News  
 2:00 **AR** Volunteer Project  
 3:00 **AR** Chair Zumba  
 3:30 **AR** Classical Musical Clips  
 5:00 **AR** Evening Wind Down

- 12** Milkshake Day  
 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** Good News  
 2:00 **AR** Duck Hunt Game  
 2:30 **DR** Movie Matinee  
 3:00 **AR** Chat and Color  
 5:00 **AR** Evening Wind Down

- 19**  
 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** Good News  
 2:00 **AR** Spa Day  
 3:00 **AR** Chair Zumba  
 3:30 **AR** Classic Movie Clips  
 5:00 **AR** Evening Wind Down

- 26** Johnny Appleseed Day  
 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** Good News  
 2:00 **AR** Volunteer Project  
 3:00 **AR** Chair Zumba  
 3:30 **AR** Movie Matinee  
 5:00 **AR** Evening Wind Down

### Friday

- 6**  
 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

- 13**  
 9:30 **AR** Spiritual Music  
 10:00 **AR** Sole Steppers  
 10:30 **CR** Nails & Aromatherapy  
 12:30 **P4** Word Games  
 1:30 **AR** Positivit-Tea  
 2:00 **DR** Craft Project  
 3:00 **AR** Passport To Wellness  
 3:30 **AR** Concert Series  
 5:00 **AR** Evening Wind Down

- 20**  
 9:30 **AR** Spiritual Music  
 10:00 **AR** Sole Steppers  
 10:30 **CR** Nails & Aromatherapy  
 12:30 **P4** Word Games  
 1:30 **DR** Oktoberfest Celebration  
 3:00 **AR** Passport To Wellness  
 3:30 **AR** Concert Series  
 5:00 **AR** Evening Wind Down

- 27**  
 9:30 **AR** Spiritual Music  
 10:00 **AR** Sole Steppers  
 10:30 **CR** Nails & Aromatherapy  
 12:30 **P4** Word Games  
 1:30 **AR** Do You Hear What I Hear?  
 2:00 **DR** September Birthday Party  
 3:00 **AR** Passport To Wellness  
 3:30 **AR** Concert Series  
 5:00 **AR** Evening Wind Down

### Saturday

- 7** Hummingbird Day  
 9:30 **AR** Music Favorites  
 10:00 **AR** Coffee and Chat  
 10:30 **AR** Church Service  
 11:00 **AR** Chair Exercise  
 12:30 **AR** Harmony and Hues  
 1:30 **AR** IN2L Trivia  
 2:30 **AR** Chair Exercise  
 3:00 **AR** Travelogue to Brazil  
 5:00 **AR** Evening Wind Down

- 14** National Coloring Day  
 9:30 **AR** Music Favorites  
 10:00 **AR** Coffee and Chat  
 10:30 **AR** Church Service  
 11:00 **AR** Chair Exercise  
 12:30 **AR** Harmony and Hues  
 1:30 **AR** IN2L Trivia  
 2:30 **AR** Chair Exercise  
 3:00 **AR** Shake Loose a Memory  
 3:30 **LR** Comedy Show  
 5:00 **AR** Evening Wind Down

- 21** Oktoberfest Starts  
 9:30 **AR** Music Favorites  
 10:00 **AR** Coffee and Chat  
 10:30 **AR** Church Service  
 11:00 **AR** Chair Exercise  
 12:30 **AR** Harmony and Hues  
 1:30 **AR** IN2L Trivia  
 2:30 **AR** Chair Exercise  
 3:00 **AR** Travelogue to Germany  
 5:00 **AR** Evening Wind Down

- 28**  
 9:30 **AR** Music Favorites  
 10:00 **AR** Coffee and Chat  
 10:30 **AR** Church Service  
 11:00 **AR** Chair Exercise  
 12:30 **AR** Harmony and Hues  
 1:30 **AR** IN2L Trivia  
 2:30 **AR** Chair Exercise  
 3:00 **AR** Shake Loose a Memory  
 3:30 **LR** Comedy Show  
 5:00 **AR** Evening Wind Down

### Happy September!

Welcome to September! We will be welcoming in Fall here at Allegro with lots of patio time and fall crafts. We have several birthdays this month, so we'll celebrate everyone at the end of the month. One big project we will be working on this month is a volunteer project! We will be working on Project Holiday Cheer and our residents will make holiday cards for those who may not receive many. One of our out trips this month will be to Ted Drewes! We will pick up ice cream and then go to a park to eat. We'll also be having an Oktoberfest celebration. All are welcome to join us for this celebration and all activities!

\*All activities are subject to change

### LOCATION KEY

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

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