## **UPCOMING COMMUNITY EVENTS**



Happy Grandparent's Day!

When: Sunday, September 9th

Family and friends are invited to an afternoon guitar performance to celebrate! Please welcome Tom Magarites for his debut performance in the Activity Room from 2-3pm.



Allegro at Sea: Festa Italiana When: Friday, September 13th

Ciao! Festa Italiana is coming to Alto Wheaton! It's time to channel your inner Italian and celebrate the music, food, culture, and spirit of Italy.

## **DON'T MISS THESE EVENTS!**

MON 9/2 12PM | LABOR DAY COOKOUT TUES 9/3 2:30PM | LEAGUE OF WOMEN'S VOTERS VISIT THURS 9/12 2:30PM | LIVE MAGICIAN: KEITH COBB MON 9/16 2:30 PM | NATIONAL GUACAMOLE DAY TUES 9/17 1:30 PM | ANDY'S ICE CREAM OUTING SUN 9/29 2PM | NOTEABLE NOTES CHILDREN'S PIANO RECITAL

**Alto Wheaton** 219 Parkway Dr Wheaton, IL 60187 (630) 752-0644



## WHAT'S INSIDE

Pg 2-3 Social Calendar

Pq 4 **Upcoming Events + News** 

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

# FLOURISH **SEPTEMBER 2024**

-HELEN HUNT JACKSON



## Sunday

#### 1

11:00 **AR** Trivia with Jeanne 11:30 **AR** Sit and Tone Exercise 1:00 **AR** Dominoes 2:30 **T** Afternoon Documentary 3:00 **AR** Gin Rummy Card Club 6:00 T Movie Night

## 8

Happy Grandparent's Day! 11:00 **AR** Trivia with Jeanne 11:30 **AR** Sit and Tone Exercise 1:00 AR Dominoes 2:00 AR Live Guitar: Tom M. 2:30 **T** Afternoon Documentary 3:00 **AR** Gin Rummy Card Club 6:00 T Movie Night

#### 15

11:00 **AR** Trivia with Jeanne 11:30 **AR** Sit and Tone Exercise 1:00 **AR** Dominoes 2:30 **T** Afternoon Documentary 3:00 **AR** Gin Rummy Card Club 6:00 T Movie Night

#### 22

11:00 **AR** Trivia with Jeanne 11:30 **AR** Sit and Tone Exercise 1:00 AR Dominoes 2:30 **T** Afternoon Documentary 3:00 **AR** Gin Rummy Card Club 6:00 **T** Movie Night

### 29

11:00 **AR** Trivia with Jeanne 11:30 **AR** Sit and Tone Exercise 1:00 AR Dominoes 2:00 AR Notable Notes Kid's Piano 2:30 **T** Afternoon Documentary 3:00 AR Gin Rummy Card Club 6:00 T Movie Night

## Monday

## 2

9:30 2 Walking Club! 10:30 **AR** Morning Reflections 11:00 **AR** Trivia Questions 11:30 **AR** Exercise with Legacy 12:00 **P** Labor Day Cookout 12:45 AR Quiddler 2:00 **AR** Bingo Bonanza! 3:30 **T** Jeopardy Watch Party 6:00 T Movie Night

#### 9

9:30 2 Walking Club! 10:30 **AR** Morning Reflections 11:00 **AR** Trivia Questions 11:30 **AR** Exercise with Legacy 12:45 AR Quiddler 2:00 AR Special Penny Auction 3:15 **AR** Bingo Bonanza! 3:30 **T** Jeopardy Watch Party 6:00 **T** Movie Night

## 16

9:30 2 Walking Club! 10:30 **AR** Morning Reflections 11:00 **AR** Trivia Questions 11:30 **AR** Exercise with Legacy 12:45 AR Quiddler 2:30 **AR** National Guacamole Day 3:30 **T** Jeopardy Watch Party 6:00 T Movie Night 6:00 **AR** Chair Yoga with Leslie

## 23

9:30 2 Walking Club! 10:30 **AR** Morning Reflections 11:00 **AR** Trivia Questions 11:30 **AR** Exercise with Legacy 12:45 **AR** Quiddler 2:00 **AR** Resident Council Meeting 3:00 **AR** Bingo Bonanza! 3:30 **T** Jeopardy Watch Party 6:00 T Movie Night

## 30

9:30 2 Walking Club! 10:30 **AR** Morning Reflections 11:00 **AR** Trivia Questions 11:30 **AR** Health Talk with Legacy 12:45 AR Quiddler 2:00 **AR** John Boda Presents 3:15 **AR** Bingo Bonanza! 3:30 **T** Jeopardy Watch Party 6:00 T Movie Night

## Tuesdav

#### 3

9:45 **B** Coffee with Courtney 10:30 **AR** Morning Reflections 11:00 **0** Walgreens Shopping Outing 11:00 **AR** White Board Puzzles 11:30 **AR** Sit and Tone Exercise 1:00 AR Dominoes 1:30 **T** Guided Meditation 2:00 B Ice Cream Social 2:30 AR League of Women's Voters 3:30 **T** Jeopardy Watch Party

#### 10

9:45 **B** Coffee with Courtney 10:30 **AR** Morning Reflections 11:00 **AR** White Board Puzzles 11:00 **0** Dollar Tree Outing 11:30 AR Sit and Tone Exercise 1:00 AR Dominoes 1:30 **T** Guided Meditation 2:00 B Ice Cream Social 2:15 **AR** Manicures with Lifestyle 3:30 **T** Jeopardy Watch Party

## 17

9:45 **B** Coffee with Courtney 10:30 **AR** Morning Reflections 11:00 **AR** White Board Puzzles 11:30 **AR** Sit and Tone Exercise 12:00 AR Bring in Lunch 1:00 AR Dominoes 1:30 **T** Guided Meditation 1:30 **0** Andy's Ice cream Outing 2:00 B Ice Cream Social 2:30 **AR** Meeting with the Chef

## 24

- 9:45 **B** Coffee with Courtney 10:30 **AR** Morning Reflections 11:00 AR White Board Puzzles 11:00 **0** Scenic Drive Outing 11:30 **AR** Sit and Tone Exercise 1:00 AR Dominoes 1:30 **T** Guided Meditation 2:00 **B** Ice Cream Social 2:15 AR Manicures with Lifestyle
  - 3:30 **T** Jeopardy Watch Party

## **Alto Wheaton**

219 Parkway Dr Wheaton, IL 60187 (630) 752-0644 www.AllegroLiving.com

## Wednesday

#### 4

9:30 FL Outdoor Walking Club 10:00 **AR** Communion with Dcn Dan 10:30 **AR** Morning Reflections 11:00 **AR** Trivia Questions 11:30 AR Sit & Tone Exercise 12:45 AR Quiddler 1:00 **AR** Book Club Meeting 2:00 **AR** How it's Made Series 3:00 **AR** Bingo Bonanza! 3:30 **T** Jeopardy Watch Party 11

9:30 FL Outdoor Walking Club 10:30 **AR** Morning Reflections 11:00 **AR** We Remember 9/11 11:30 AR Sit & Tone Exercise 12:45 AR Quiddler 1:00 **AR** Book Club Meeting 2:00 **AR** 9/11: Where were you? 3:00 AR Bingo Bonanza! 3:30 **T** Jeopardy Watch Party 6:00 **T** Movie Night

#### 18

9:00 FL Library Book Drop Off Day 9:30 FL Outdoor Walking Club 10:30 **AR** Morning Reflections 11:00 **AR** Trivia Questions 11:30 AR Sit & Tone Exercise 12:45 AR Quiddler 1:00 **AR** Book Club Meeting 2:00 **AR** Activity Planning Meeting 3:00 AR Bingo Bonanza! 3:30 **T** Jeopardy Watch Party

## 25

9:30 FL Outdoor Walking Club 10:30 **AR** Morning Reflections 11:00 **AR** Trivia Questions 11:30 AR Sit & Tone Exercise 12:45 AR Quiddler 1:00 **AR** Book Club Meeting 2:00 **AR** Universal Yums Tasting 3:00 **AR** Bingo Bonanza! 3:30 **T** Jeopardy Watch Party 6:00 T Movie Night

## Thursday

10:30 **AR** Morning Reflections 11:00 **AR** Trivia Questions 11:30 **AR** Sit and Tone Exercise 1:00 **AR** Dominoes 1:30 **T** Rosary Group 2:30 **AR** Scam Prevention Talk 3:30 **T** Jeopardy Watch Party 6:00 **T** Movie Night 8:00 AR Night Owl Club

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September 2024

5

10:30 **AR** Morning Reflections 11:00 **AR** Trivia Questions 11:30 AR Sit & Tone with David 1:00 AR Dominoes 1:30 **T** Rosary Group 2:30 **AR** Live Magician: Keith Cobb 3:30 **T** Jeopardy Watch Party 6:00 T Movie Night 8:00 AR Night Owl Club

## 19

10:30 **AR** Morning Reflections 11:00 **AR** Trivia Questions 11:30 **AR** Sit and Tone Exercise 1:00 **AR** Dominoes 1:30 **T** Rosary Group 2:30 AR Mike Basin Live 3:30 **T** Jeopardy Watch Party 6:00 **T** Movie Night 8:00 AR Night Owl Club

### 26

10:30 **AR** Morning Reflections 11:00 **AR** Trivia Questions 11:30 **AR** Sit & Tone with David 1:00 AR Dominoes 1:30 **T** Rosary Group 2:30 **AR** Tim Wilsey Presents 3:30 **T** Jeopardy Watch Party 6:00 **T** Movie Night 8:00 AR Night Owl Club



## Friday

- 6 9:30 2 Walking Club! 10:30 **AR** Morning Reflections 11:00 **AR** White Board Puzzles 11:30 **AR** Sit and Tone Exercise 12:45 AR Ouiddler 1:00 L Knitting Club 1:00 **AR** Cooking Club - Brownies 2:30 **AR** Happy Hour! 3:30 **T** Jeopardy Watch Party 6:00 **T** Movie Night 13 Allegro at Sea: Italy 9:30 **G** Walking to Rome! 10:00 **G** Piazza Mercato 11:00 **AR** Italian Trivia 11:30 AR Esercizio 12:45 AR Quiddler 1:30 **T** Communion w. Rev. Joanne 2:30 DR Festa Italiana 2:45 DR Olive Oil & Gelato Tasting 3:30 **T** Jeopardy Watch Party 20 9:30 2 Walking Club! 10:30 **AR** Morning Reflections 11:00 **AR** White Board Puzzles
- 11:30 **AR** Sit and Tone Exercise 12:45 AR Quiddler 1:00 L Knitting Club 1:00 **AR** Cooking Club - Brownies 2:30 **AR** Happy Hour! 3:30 **T** Jeopardy Watch Party 6:00 **T** Movie Night 9:30 2 Walking Club!
- 27
- 10:30 **AR** Morning Reflections 11:00 **AR** White Board Puzzles
- 11:30 **AR** Sit and Tone Exercise 12:45 AR Quiddler
- 1:00 L Knitting Club
- 1:00 **AR** Cooking Club Brownies
- 1:30 **T** Communion w. Rev. Joanne
- 2:30 **AR** Happy Hour! 3:30 **T** Jeopardy Watch Party

## Saturday

### 7

- 10:30 **AR** Morning Reflections 11:00 **AR** Trivia Questions 11:30 **AR** Sit and Tone Exercise 12:45 AR Quiddler 1:00 AR Dominoes 2:00 AR Saturday Bingo 3:15 **AR** Quirkle Board Game 3:15 **AR** Bean Bag Toss 6:00 T Movie Night
- 14
- 10:30 **AR** Morning Reflections 11:00 **AR** Trivia Questions 11:30 **AR** Sit and Tone Exercise 12:45 AR Quiddler 1:00 AR Dominoes 2:00 **AR** Saturday Bingo 3:15 **AR** Craft with Caren 6:00 T Movie Night

## 21

10:30 **AR** Morning Reflections 11:00 **AR** Trivia Questions 11:30 **AR** Sit and Tone Exercise 12:45 AR Quiddler 1:00 AR Dominoes 2:00 AR Saturday Bingo 3:15 **AR** Quirkle Board Game 3:15 **AR** Bean Bag Toss 6:00 T Movie Night

## 28

10:30 **AR** Morning Reflections 11:00 **AR** Trivia Questions 11:30 **AR** Sit and Tone Exercise 12:45 AR Quiddler 1:00 **AR** Dominoes 2:00 AR Saturday Bingo 3:15 **AR** Craft with Caren 6:00 T Movie Night



## Around our Community



### Happy September Birthday!

9/01 Kay B.

9/30 Flena R.

## LOCATION K E Y

- Activity Room AR
- Т Theater
- 2 2nd Floor Hallway
- Ρ **Outdoor Patio**
- В Bistro
- 0 Outing
- FL Front Lobby
- Library L
- G Gazebo
- **DR** Dining Room



# September 2024

#### Wednesday Monday Thursday Tuesday Sunday 2 3 5 1 4 6 9:45 BR Songs, News & Chronicle 9:45 BR Songs, News & Chronicle 9:45 **BR** Songs, News & Chronicle 9:45 **BR** Songs, News & Chronicle LABOR DAY 10:00 GR Putty Green Golf + 10:00 **P** Garden & Greenhouse Club 10:00 **GR** Bean Bag Toss + 10:15 **BR** Seated Yoga Stretching 9:45 **BR** Songs, News & Chronicle 10:45 **BR** Sunday Daily Reflections 10:15 BR Exercise with Us! 10:15 BR Exercise with Us! 10:00 **BR** DECON DAN communion 10:15 BR Exercise with Us! 1:30 **GR** Sing Along 10:45 **BR** Morning Reflections 10:45 **BR** Morning Reflections 10:15 **BR** Exercise with Us! 10:45 **BR** Morning Reflections 2:30 **GR** Creative Crafts 1:30 **SK** Time to Cook & Reminisce 1:30 **0** Scenic Trips & Tales Tommy 10:45 **BR** Morning Reflections 1:30 **GR** Playing Fun Instruments 3:30 SK Bingo 3:00 **GR** World Tour - CAMBODIA 2:00 SK Sonas & Senses 1:30 **BR** Word Brain Games 2:00 SC Life Skills Center 6:00 SK Classic Movies & Musicals 4:00 **GR** Who, Where & What? 3:00 SK iN2L TV Game Shows 1:30 BR DEVIN STAR on PIANO 2:30 GR Ice Cream Social 6:00 SK Classic Movies & Musicals 6:00 SK Classic Movies & Musicals 3:30 **BR** Happy Hour 3:30 SK Virtual Concerts 6:00 SK Classic Movies & Musicals 6:00 SK Classic Movies & Musicals 12 8 9 10 11 13 PATRIOT DAY 9:45 **BR** Songs, News & Chronicle GRANDPARENT'S DAY 9:45 **BR** Songs, News & Chronicle 9:45 BR Songs, News & Chronicle 9:45 BR Songs, News & Chronicle 10:00 SK Bowling w/ Staff 10:00 **GR** Putty Green Golf + 9:45 **BR** Songs, News & Chronicle 10:00 **GR** Bean Bag Toss + 10:15 **BR** Seated Yoga Stretching 10:15 BR Exercise with Us! 10:15 **BR** Exercise with Us! 10:00 **P** Garden & Greenhouse Club 10:15 **BR** Exercise with Us! 10:45 **BR** Sunday Daily Reflections 10:45 **BR** Morning Reflections 10:45 **BR** Morning Reflections 10:15 BR Exercise with Us! 10:45 **BR** Morning Reflections 1:30 **GR** Sing Along 1:30 **SK** Time to Cook & Reminisce 1:30 **0** Scenic Trips & Tales Tommy 10:45 **BR** Morning Reflections 1:30 **GR** Playing Fun Instruments 2:00 SK Songs & Senses 2:30 **GR** Creative Crafts 2:00 **P** Gardens & Greenhouse Club 1:30 BR Word Brain Games 2:00 SC Life Skills Center 3:30 SK Bingo 3:00 **GR** World Tour - AFRICA YUMS 3:00 SK iN2L TV Sing Along 2:30 BR STEVE ACCARDO SINGER 2:30 GR Ice Cream Social 6:00 **SK** Classic Movies & Musicals 4:00 **GR** Who, Where & What? 6:00 SK Classic Movies & Musicals 3:30 SK Virtual Concerts 3:30 **BR** Happy Hour 6:00 SK Classic Movies & Musicals 6:00 SK Classic Movies & Musicals 6:00 SK Classic Movies & Musicals 17 19 20 16 18 15 WIFE APPRICIATION DAY 9:45 **BR** Songs, News & Chronicle 10:00 SK Bowling w/ Staff 10:00 **0** Scenic Trips & Tales Tommy 10:00 **P** Garden & Greenhouse Club 10:00 **GR** Bean Bag Toss + 10:15 **BR** Seated Yoga Stretching 10:15 BR Exercise with Us! 10:15 **BR** Exercise with Us! 10:15 **BR** Exercise with Us! 10:15 **BR** Exercise with Us! 10:45 **BR** Sunday Daily Reflections 10:45 **BR** Morning Reflections 10:45 **BR** Morning Reflections 10:45 **BR** Morning Reflections 10:45 **BR** Morning Reflections 1:30 **BR** Word Brain Games 1:30 GR Sing Along 1:30 **SK** Time to Cook & Reminisce 2:00 SK Songs & Senses 12:00 DR ORDER IN PORTILLO'S 2:30 GR Creative Crafts 2:00 **P** Gardens & Greenhouse Club 2:00 GR Putty Green Golf + 2:30 **BR** HEATHER B. SINGER 1:30 **GR** Playing Fun Instruments 3:30 SK Bingo 3:00 **GR** World Tour - BOLIVIA 3:00 SK iN2L TV Trivia Games 3:30 **BR** Happy Hour 2:00 SC Life Skills Center 6:00 SK Classic Movies & Musicals 4:00 **GR** Who, Where & What? 6:00 **SK** Classic Movies & Musicals 6:00 SK Classic Movies & Musicals 2:30 GR Ice Cream Social 6:00 SK Classic Movies & Musicals 3:30 SK Virtual Concerts 6:00 SK Classic Movies & Musicals 23 25 26 27 22 24

9:45 BR Songs, News & Chronicle 10:15 **BR** Seated Yoga Stretching 10:45 **BR** Sunday Daily Reflections 1:30 **GR** Sing Along 2:30 **GR** Creative Crafts 3:30 SK Bingo 6:00 SK ENSEMBLE FAMILY NIGHT

## 29

9:45 BR Songs, News & Chronicle 10:15 **BR** Seated Yoga Stretching 10:45 **BR** Sunday Daily Reflections 1:30 **GR** Sing Along 2:30 GR Creative Crafts 3:30 SK Bingo 6:00 SK Classic Movies & Musicals

#### 9:45 **BR** Songs, News & Chronicle 10:00 SK Bowling w/ Staff 10:15 BR Exercise with Us! 10:45 **BR** Morning Reflections 1:30 **SK** Time to Cook & Reminisce 2:00 P Gardens & Greenhouse Club 3:00 **GR** World Tour - PANAMA 4:00 **GR** Who, Where & What? 6:00 SK Classic Movies & Musicals

30 9:45 **BR** Songs, News & Chronicle 10:00 SK Bowling w/ Staff 10:15 BR Exercise with Us! 10:45 **BR** Morning Reflections 1:30 SK Time to Cook & Reminisce 2:00 P Gardens & Greenhouse Club 3:00 **GR** World Tour - AUSTRIA 4:00 GR Who, Where & What? 6:00 SK Classic Movies & Musicals

9:45 BR Songs, News & Chronicle 10:00 **GR** Putty Green Golf + 10:15 **BR** Exercise with Us! 10:45 **BR** Morning Reflections 1:30 **0** Scenic Trips & Tales Tommy 2:00 SK Songs & Senses 3:00 SK iN2L TV Memory Games 6:00 SK Classic Movies & Musicals

## **Alto Wheaton**

10:15 BR Exercise with Us!

10:45 **BR** Morning Reflections

1:30 BR Comic Book Trivia

2:30 **BR** BABETTE SINGER

3:30 **BR** Happy Hour

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JOHNNY APPLESEED DAY NATIONAL COMIC BOOK DAY 9:45 **BR** Songs, News & Chronicle 9:45 **BR** Songs, News & Chronicle 10:00 **P** Garden & Greenhouse Club 10:00 **GR** Bean Bag Toss + 10:15 **BR** Exercise with Us! 10:45 **BR** Morning Reflections 1:30 **BR** The Man Who Planted Trees 2:30 GR Ice Cream Social 3:45 **BR** TIM WILSEY DRUM CIRCLE 6:00 SK Classic Movies & Musicals 6:00 SK Classic Movies & Musicals



## Friday

- READ A BOOK DAY 9:45 **BR** Songs, News & Chronicle 10:15 **BR** Exercise with Us! 10:45 **BR** Morning Reflections 1:30 **GR** Greenhouse Club 2:30 **GR** Name That Instrument 3:30 SK Book - Story Telling 6:00 **SK** Classic Movies & Musicals
- ALLEGRO AT SEA 9:45 **BR** Songs, News & Chronicle 10:00 **0** Piazza Mercato 11:15 **BR** Eserciso 2:00 0 FESTA ITALIANA w/ AL 3:30 **SK** Tommy's Stories from Italy 6:00 SK Classic Movies & Musicals
- TRADESMEN'S DAY 9:45 **BR** Songs, News & Chronicle 10:15 **BR** Exercise with Us! 10:45 **BR** Morning Reflections 1:30 **GR** Greenhouse Club 2:30 **GR** Name That Instrument 3:30 SK Story Telling from Work 6:00 SK Classic Movies & Musicals

- 9:45 **BR** Songs, News & Chronicle 10:15 **BR** Exercise with Us! 10:45 **BR** Morning Reflections 1:30 **GR** Greenhouse Club 2:30 **GR** Name That Instrument
- 3:30 SK Story Telling
- 6:00 SK Classic Movies & Musicals



Jill, Bill & Ellen at Picnic

## Saturday

#### 7

9:45 **BR** Songs, News & Chronicle 10:15 BR Exercise with Us! 10:45 **BR** Morning Reflections 2:30 **BR** TIM WILSEY - STAR STORIES 3:30 SK Virtual Concerts 6:00 **SK** Classic Movies & Musicals

## 14

9 <b>:</b> 45	BR	Songs, News & Chronicle
10:15	BR	Exercise with Us!
10:45	BR	Morning Reflections
2:00	SK	Travel with Rick Steves
3:00	SK	Balloon Games
3:30	SK	Virtual Concerts
6:00	SK	Classic Movies & Musicals

## 21

ALZHEIMER'S DAY 9:45 **BR** Songs, News & Chronicle 10:15 BR Exercise with Us! 10:45 **BR** Morning Reflections 2:00 **SK** Travel with Rick Steves 3:00 **SK** Balloon Games 3:30 SK Virtual Concerts 6:00 SK Classic Movies & Musicals

## 28

BR	Songs, News & Chronicle
BR	Exercise with Us!
BR	Morning Reflections
	TIM WILSEY - STAR STORIES
SК	Virtual Concerts
SK	Classic Movies & Musicals
	BR BR 5K

## Around our Community

## **SEPTEMBER**

September, September the first month of fall, It's the first month of school and football. September has the holiday Labor day, And in those fall leaves we love to play! You might need to wear your wear your favorite sweater. With all this changing weather! Eating apples and sipping cider, Our smiles can't get any wider, Welcome September, Welcome!

By: Sara C. Tate

#### **BIRTHDAYS**:

Patricia Lindsay Wednesday 11th

Sue Abraham Thursday 19th

James Craig Saturday 21st

Arlene Hallo Tuesday 24th

## LOCATION K E Y

- Blue Room BR
- Green Room GR
- SK Sapphire Kitchen
- 0 Outing
- Ρ Outdoor Patio
- SC Life Skills Center
- **DR** Dining Room