

## UPCOMING COMMUNITY EVENTS

### DECEMBER OUTINGS

Please Join us in December for the Following Outings:

Monday December 4th 1pm Shopping at Schnucks

Tuesday December 12 at 5:30pm Christmas Lights

Thursday December 14th at 5:30pm Christmas Lights

Friday December 15th at 11am Lunch Outing Cooper's Hawk

Monday December 18th 1pm Residents Choice Shopping



## HEALTH NEWS

Please Join Us  
for December's Health Topic  
"Hand Hygiene & Respiratory  
Infections"

Tuesday December 12th at 3:30pm  
in the Theatre



### **Allegro in Richmond Heights**

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



# FLOURISH

DECEMBER 2023

## WHAT'S INSIDE

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Upcoming Events + News

*"DECEMBER: A MONTH OF LIGHTS, SNOW, COZINESS, AND FEASTS; TIME TO  
MAKE AMENDS AND TIE UP LOOSE ENDS; FINISH WHAT YOU STARTED AND MAKE  
YOUR WISHES COME TRUE."*

—UNKNOWN

### Sunday

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

### Saturday

**DECEMBER 31** New Year's Eve  
 9:30 Morning Meditation  
 10:30 **TH** the Book of Esther  
 11:00 **CR** Stress Free Art  
 1:00 **LO** Community Stroll  
 2:00 **B** Resident Led Bistro Games  
 3:00 **CD** Resident Led Pinochle  
 4:00 **CR** Super Boggle  
 6:30 **TH** Movies with Jackie

## Allegro in Richmond Heights

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 Richmond Heights, MO 63117  
 (314) 626-5786  
<https://www.allegroliving.com/senior-living-richmond-heights-mo.html>



**3**  
 9:30 Morning Meditation  
 10:30 **TH** Fitness on Demand  
 11:00 **CR** Stress Free Art  
 1:00 **LO** Community Stroll  
 2:00 **B** Resident Led Bistro Games  
 3:00 **CD** Resident Led Pinochle  
 4:00 **CR** Farkle  
 6:30 **TH** Movies with Jackie

**4**  
 9:30 Morning Meditation  
 10:30 **CR** Christmas Craft with Alice  
 11:00 **CR** IN2L TV Games  
 1:00 **LO** Afternoon Walking Club  
 2:00 **B** RPI Exercise Circle  
 3:00 **TH** Holiday Matinee -Home Alone  
 4:00 **LI** Book Club  
 6:00 **B** Evening Meet & Greet

**5**  
 9:30 Morning Meditation  
 10:30 **CR** Holiday Cookie Baking  
 11:00 **CR** Tech Tuesday  
 1:00 **LO** Afternoon Walking Club  
 2:00 **B** Prize Bingo  
 3:00 **TH** Holiday Matinee -Scrooged  
 4:00 **CD** Puzzle Hour  
 6:00 **CD** Evening Poker Club

**6**  
 9:30 Morning Meditation  
 10:00 Catholic Communion  
 10:30 **TH** History Around Us  
 11:00 **TH** Religious Studies  
 1:00 **LO** Afternoon Walking Club  
 2:00 **B** Vitality Yoga  
 3:00 **SDR** Happy Hour & Music with Charles Selbert  
 4:00 **CR** Cranium Crunches  
 6:00 **B** Resident Led Evening

**7 Hanukkah Begins**  
 9:30 Morning Meditation  
 10:30 **B** Resident & Manager Coffee Chat  
 11:00 **TH** Kingdom of the Polar Bears  
 1:00 **TH** Allegro Drum Circle  
 2:00 **B** Prize Bingo  
 3:00 **TH** Holiday Matinee-Prancer  
 3:30 **B** Fact or Fiction  
 6:00 **B** Ladies Meet Up

**8**  
 9:30 Morning Meditation  
 10:30 **TH** Rummikub  
 11:00 **TH** Drain the Ocean  
 1:00 **LO** Afternoon Walking Club  
 2:00 **FC** Vitality in Motion  
 3:00 **TH** Holiday Matinee -Polar Express  
 4:00 **CD** Residents Choice Card Games  
 6:00 **CD** Evening Board Game Social

**9**  
 9:30 Morning Meditation  
 10:30 **B** Current Events  
 11:00 **CD** Kings in the Corner  
 1:00 **LO** Afternoon Walking Club  
 2:00 **CD** Resident Led-Poker  
 3:00 **TH** Saturday Matinee  
 4:00 **FC** Fitness on Demand  
 6:00 **B** Men's Meet Up

**10**  
 9:30 Morning Meditation  
 10:30 **TH** the Book of Esther  
 11:00 **CR** Watercolor Painting  
 1:00 **LO** Community Stroll  
 2:00 **B** Resident Led Bistro Games  
 3:00 **CD** Resident Led Pinochle  
 4:00 **CD** Scrabble  
 6:30 **TH** Movies with Jackie

**11**  
 9:30 Morning Meditation  
 10:30 **CR** Christmas Craft with Alice  
 11:00 **TH** Travel Club  
 1:00 **LO** Afternoon Walking Club  
 2:00 **B** RPI Exercise Circle  
 3:00 **TH** Holiday Matinee -The Santa Clause  
 4:00 **B** Name 5  
 6:00 **B** Evening Meet & Greet

**12**  
 9:30 Morning Meditation  
 10:30 **CR** Holiday Cookie Baking  
 11:00 **LI** Brain Fitness  
 1:00 **LO** Afternoon Walking Club  
 2:00 **SDR** St.Louis Strutters Holiday Show  
 3:30 **TH** Health Chat with Karmen  
 4:00 **CD** Puzzle Hour  
 6:00 **CD** Evening Poker Club

**13**  
 9:30 Morning Meditation  
 10:00 **RR** Catholic Communion  
 10:30 **TH** History Around Us  
 1:00 **LO** Afternoon Walking Club  
 2:00 **B** Vitality Yoga  
 3:00 **SDR** Happy Hour & Music with Lamar  
 4:00 **B** Holiday Trivia  
 6:00 **B** Resident Led Evening Social

**14**  
 9:30 Morning Meditation  
 10:30 **B** Resident & Manager Coffee Chat  
 11:00 **TH** Kingdom of the Polar Bears  
 1:00 **TH** Allegro Drum Circle  
 2:00 **B** Prize Bingo  
 3:00 **TH** Christmas in Conneticut  
 4:00 **LI** Holiday Reminiscing  
 6:00 **B** Ladies Meet Up

**15**  
 9:30 Morning Meditation  
 10:30 **TH** Secrets of the Whales  
 11:00 **TH** Drain the Ocean  
 1:00 **LO** Afternoon Walking Club  
 2:00 **FC** Vitality in Motion  
 3:00 **TH** Holiday Matinee- Elf  
 3:30 **B** Po-Ke-No  
 6:00 **CD** Evening Card Game Social

**16**  
 9:30 Morning Meditation  
 10:30 **B** Current Events  
 11:00 **CD** Kings in the Corner  
 1:00 **FC** Fitness on Demand  
 2:00 **CD** Resident Led-Poker  
 3:00 **TH** Saturday Matinee  
 6:00 **B** Men's Meet Up

**17**  
 9:30 Morning Meditation  
 10:30 **TH** the Book of Esther  
 11:00 **CR** Stress Free Art  
 1:00 **LO** Community Stroll  
 2:00 **B** Resident Led Bistro Games  
 3:00 **CD** Resident Led Pinochle  
 4:00 **CD** Chess & Checkers  
 6:30 **TH** Movies with Jackie

**18**  
 9:30 Morning Meditation  
 10:30 **CR** Christmas Craft with Alice  
 11:00 **CR** IN2L TV Games  
 1:00 **LO** Afternoon Walking Club  
 2:00 **B** RPI Exercise Circle  
 3:00 **TH** Holiday Matinee-A Christmas Story  
 4:00 **B** Facto or Crap  
 6:00 **B** Evening Meet & Greet

**19**  
 9:30 Morning Meditation  
 10:30 **CR** Holiday Cookie Baking  
 11:00 **CR** Tech Tuesday  
 1:00 **LO** Afternoon Walking Club  
 2:00 **B** Prize Bingo  
 3:00 **TH** Holiday Matinee- Deck the Halls  
 6:00 **CD** Evening Poker Club

**20**  
 9:30 Morning Meditation  
 10:00 Catholic Communion  
 10:30 **TH** History Around Us  
 11:00 **TH** Religious Studies  
 1:00 **LO** Afternoon Walking Club  
 2:00 **B** Vitality Yoga  
 3:00 **SDR** Happy Hour & Music with Chad  
 4:00 **CD** Puzzle Hour  
 6:00 **B** Resident Led Evening

**21 First Day of Winter**  
 9:30 Morning Meditation  
 10:30 **B** Resident & Manager Coffee Chat  
 11:00 **TH** Kingdom of the Polar Bears  
 1:00 **TH** Allegro Drum Circle  
 2:00 **B** Prize Bingo  
 3:00 **TH** Holiday Matinee- It's a Wonderful Life  
 3:30 **B** Jeopardy Trivia  
 6:00 **B** Ladies Meet Up

**22**  
 9:30 Morning Meditation  
 10:30 **CD** Tri-ominoes  
 11:00 **TH** Drain the Ocean  
 1:00 **LO** Afternoon Walking Club  
 2:00 **FC** Vitality in Motion  
 3:00 **TH** Holiday Matinee- Christmas Vacation  
 4:00 **CR** Sequence  
 6:00 **CD** Evening Board Game Social

**23**  
 9:30 Morning Meditation  
 10:30 **B** Current Events  
 11:00 **CD** Kings in the Corner  
 1:00 **LO** Afternoon Walking Club  
 2:00 **CD** Resident Led-Poker  
 3:00 **TH** Saturday Matinee  
 4:00 **FC** Fitness on Demand  
 6:00 **B** Men's Meet Up

**24 Christmas Eve**  
 9:30 Morning Meditation  
 10:30 **TH** the Book of Esther  
 11:00 **CR** Watercolor Painting  
 1:00 **LO** Community Stroll  
 2:00 **B** Resident Led Bistro Games  
 3:00 **CD** Resident Led Pinochle  
 4:00 **LI** Holiday Reminiscing  
 6:30 **TH** Movies with Jackie

**25 Christmas**  
 9:30 Morning Meditation  
 10:30 **TH** Christmas Parade  
 11:00 **TH** Travel Club  
 1:00 **LO** Afternoon Walking Club  
 2:00 **TH** Holiday Matinee  
 6:00 **B** Evening Meet & Greet

**26**  
 9:30 Morning Meditation  
 10:30 **CR** Cooking Trivia  
 11:00 **LI** Brain Fitness  
 1:00 **LO** Afternoon Walking Club  
 2:00 **B** Prize Bingo  
 3:00 **CR** Tech Tuesday  
 4:00 **CD** Residents Choice Card Game  
 6:00 **CD** Evening Poker Club

**27**  
 9:30 Morning Meditation  
 10:30 **TH** History Around Us  
 1:00 **LO** Afternoon Walking Club  
 2:00 **B** Vitality Yoga  
 3:00 **SDR** Happy Hour & Music with Micah  
 4:00 **CD** Puzzle Hour  
 6:00 **B** Resident Led Evening Social

**28**  
 9:30 Morning Meditation  
 10:30 **B** Resident & Manager Coffee Chat  
 11:00 **TH** Kingdom of the Polar Bears  
 1:00 **TH** Allegro Drum Circle  
 2:00 **B** Prize Bingo  
 3:30 **B** Thursday Trivia  
 4:00 **LI** New Years Resolutions of the Past  
 6:00 **B** Ladies Meet Up

**29**  
 9:30 Morning Meditation  
 10:30 **TH** Secrets of the Whales  
 11:00 **CR** Dominoes  
 1:00 **LO** Afternoon Walking Club  
 2:00 **FC** Vitality in Motion  
 2:30 **SDR** Resident Council  
 3:00 **B** Po-Ke-No  
 4:00 **CD** Phase 10  
 6:00 **CD** Evening Card Game Social

**30**  
 9:30 Morning Meditation  
 10:30 **B** Current Events  
 11:00 **CD** Kings in the Corner  
 1:00 **LO** Afternoon Walking Club  
 2:00 **CD** Resident Led-Poker  
 3:00 **TH** Saturday Matinee  
 6:00 **B** Men's Meet Up

### Birthdays

**Resident Birthdays**  
 Sally H 12/9  
 Victor V. 12/9

**Staff Birthdays**  
 Latricia W. 12/30



### LOCATION KEY

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