

UPCOMING COMMUNITY EVENTS



A MESSAGE FROM THE ED
I hope this message finds you well and enjoying the beautiful summer season. As always, our top priority remains the safety, comfort, and well-being of all our residents.
With the warmer weather upon us, I want to take a moment to remind everyone of the importance of staying hydrated. Ice water containers are conveniently located on both the 1st and 2nd floors in AL—

please feel free to use them often and encourage others to do the same.
On a personal note, I’m excited to share that I am expecting my first child, with a due date in September! During my upcoming maternity leave, I want to reassure you that the expectation remains to uphold the Alto John’s Creek standard of care, compassion, and kindness that defines our community.
In more great news—we currently have no agency staff in the building, a strong testament to the dedication and stability of our team. You can expect a follow-up email soon introducing new department leadership, and I’m confident you’ll find them to be a great addition to our community.
Katrina Cohen, Executive Director

NEWS

COMMUNITY HAPPENINGS
New! Nail Salon Outing
We’re now offering a monthly trip to a local nail salon! Join us every 2nd Friday for a relaxing outing.
Featured Educational Program: Medicare SCAM Alert
Join us for an important presentation by Senior Medicare Patrol on Wednesday, August 7th at 3:00 PM in the Theater. Learn how to recognize and avoid common Medicare scams—knowledge that keeps us safe!

FLOURISH

AUGUST 2025



WHAT’S INSIDE

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Social Calendar

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Upcoming Events + News

“LIGHT TOMORROW WITH TODAY.”
—ELIZABETH BARRETT BROWNING

August
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Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Alto Johns Creek

10595 Medlock Ridge Rd
Johns Creek, GA 30097
(678) 336-5112

www.allegroliving.com/communities/johns-creek-ga



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9:30 **GYM** Gentle Stretching
10:15 **TH** Bible Trivia: Who Am I?
10:30 **GAT** Catholic Service by St.
Benedict Church
10:30 **TH** Live Perimeter Church
1:30 **LNG** Game: Rummikub
2:30 **TH** Movie & Popcorn
4:00 **LB** Word Search Puzzle

10

9:30 **GYM** Gentle Stretching
10:15 **TH** Bible Trivia: Who Am I?
10:30 **GAT** Catholic Service by St.
Benedict Church
10:30 **TH** Live Perimeter Church
1:30 **LNG** Game: Rummikub
2:30 **TH** Movie & Popcorn
4:00 **LB** Word Search Puzzle

17

9:30 **GYM** Gentle Stretching
10:15 **TH** Bible Trivia: Who Am I?
10:30 **GAT** Catholic Service by St.
Benedict Church
10:30 **TH** Live Perimeter Church
1:30 **LNG** Game: Rummikub
2:30 **TH** Movie & Popcorn
4:00 **LB** Word Search Puzzle

24

9:30 **GYM** Gentle Stretching
10:15 **TH** Bible Trivia: Who Am I?
10:30 **GAT** Catholic Service by St.
Benedict Church
10:30 **TH** Live Perimeter Church
1:30 **LNG** Game: Rummikub
2:30 **TH** Movie & Popcorn
4:00 **LB** Word Search Puzzle

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10:00 **GYM** Fit & Fun with Lifestyle
11:00 **GAT** Wheel of Fortune Game
1:30 **GAT** **Toll House Trivia:**
Chocolate Chips
2:30 **GAT** **Resident Council Meeting**
4:00 **GR** Game Club - Mahjong and
UNO
6:30 **TH** Movie: The Great Waldo
Pepper (PG)

11

ELVIS WEEK

10:00 **GYM** Fit & Fun with Lifestyle
11:00 **GAT** Wheel of Fortune Game
1:30 **LNG** Creamsicle & Cornhole Toss
2:00 **GAT** Intro to Water Color Class
w/Parker
4:00 **LOB** **Elvis Week: Community**
Sightings?
6:30 **TH** Elvis Movie: Girls! Girls!
Girls! - YouTube

18

10:00 **GYM** Fit & Fun with Lifestyle
11:00 **GAT** Wheel of Fortune Game
1:30 **GAT** Ben's Workshop
3:00 **GR** Game Club - Rummikub
4:00 **GAT** **New Resident Orientation**
6:30 **TH** Evening Movie: Midway
(PG-13)

25

10:00 **GYM** Fit & Fun with Lifestyle
11:00 **GAT** Wheel of Fortune Game
1:30 **LNG** Creamsicle & Cornhole Toss
4:00 **GR** Game Club - Mahjong and
UNO
6:30 **TH** Evening Movie: Benji (PG)

5

10:00 **GYM** Fitness with Colleen
11:00 **LB** Words In A Word
1:30 **LOB** Walking Club
2:30 **GAT** Crafty Corner: Scrapbook
Project
4:00 **GAT** **Lifestyle Activities**
Planning Meeting
6:30 **TH** Mini Series: Dolly Parton
"Jolene"

12

10:00 **GYM** Fitness with Colleen
11:00 **LB** Words In A Word
1:30 **LOB** Walking Club
2:30 **GAT** Crafty Corner: Scrapbook
Project
3:00 **DR** **Chef Talk & Info with**
Aaron
4:00 **TH** **Medical Innovations: Life**
of Sir Fleming
6:30 **TH** Mini Series: Dolly Parton

19

10:00 **GYM** Fitness with Colleen
11:00 **LB** Words In A Word
1:30 **LOB** Walking Club
2:00 **GAT** Crafty Corner: Scrapbook
Project
3:30 **LNG** **Hatfield & McCoy Rivalry &**
Fun
6:30 **TH** Mini Series: Dolly Parton
"Down from Dover"

26

10:00 **GYM** Fitness with Colleen
11:00 **LB** Words In A Word
1:30 **LOB** Walking Club
2:00 **GAT** Crafty Corner: Scrapbook
Project
4:00 **LOB** **Memoir Cafe**
6:30 **TH** Mini Series: Dolly Parton
"JJ Sneed"

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9:30 **LOB** Shopping: Publix & Dollar
Tree
10:00 **GYM** Noodle Ball
11:00 **GAT** Trivia
1:30 **LOB** Department Store: The
Forum (Belks)
4:00 **LB** Midweek Mingle with Craig
Gleason
6:30 **TH** Evening Movie: Annie (PG)

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9:30 **LOB** Shopping: Kroger
10:00 **GYM** Noodle Ball
11:00 **GAT** Trivia
11:45 **LOB** **Lunch Bunch Outing:**
Cracker Barrell
4:00 **DR** Midweek Mingle w/Steven
Chapelle
6:30 **TH** Evening Movie: Intern (PG
13)

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9:30 **LOB** Shopping: Publix & Dollar
Tree
10:00 **GYM** Noodle Ball
11:00 **GAT** Trivia
1:30 **LOB** Department Store Shopping
4:00 **LB** Midweek Mingle w/ Memory
Lane
6:30 **TH** Evening Movie: Airport (G)

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9:30 **LOB** Shopping: Walmart
10:00 **GYM** Noodle Ball
11:00 **GAT** Trivia
12:00 **LOB** Lunch Outing: The Swan
House
4:00 **LB** Birthday Midweek Mingle w/
Alan Weisberger
6:30 **TH** Evening Movie: Aloha
(PG-13)

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10:00 **GYM** Fitness with Colleen
10:30 **GAT** Bible Study
2:00 **LNG** Balloon Volleyball
3:00 **TH** **Info Quest: Medicare Scam**
Alert
4:00 **GAT** Reader's Theater
6:30 **TH** Mini Series: Dolly Parton
"Two Doors Down"

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10:00 **GYM** Fitness with Colleen
10:30 **GAT** Bible Study
2:00 **LNG** Balloon Volleyball
3:00 **GAT** **Elvis B-I-N-G-O**
4:00 **GAT** Reader's Theater
6:30 **TH** Mini Series: Dolly Parton
"Cracker Jack"

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10:00 **GYM** Fitness with Colleen
10:30 **GAT** Bible Study
2:00 **LNG** Balloon Volleyball
3:00 **GAT** B-I-N-G-O
4:00 **GAT** Reader's Theater
6:30 **TH** Mini Series: Dolly Parton
"Sugar Hill"

28

10:00 **GYM** Fitness with Colleen
10:30 **GAT** Bible Study
2:00 **LNG** Balloon Volleyball
3:00 **GAT** B-I-N-G-O
4:00 **GAT** Reader's Theater
6:30 **TH** Mini Series: Dolly Parton
"These Old Bones"

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10:00 **LB** Coffee & Conversation
11:00 **LB** Cranium Crunches & Riddles
1:00 **LOB** Afternoon Walking Club
1:30 **GAT** Book Club & Popsicles:
American Short Stories
2:30 **TH** Movie Matinee
4:00 **LOB** Alto Local Vocals

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10:00 **LB** Coffee & Conversation
11:00 **LB** Cranium Crunches & Riddles
1:00 **LOB** Afternoon Walking Club
1:30 **GAT** Book Club & Popsicles:
American Short Stories
2:30 **TH** Movie Matinee
2:30 **LOB** **SPA Day Outing: Nail Salon**
4:00 **LOB** Alto Local Vocals

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10:00 **LB** Coffee & Conversation
11:00 **LB** Cranium Crunches & Riddles
1:00 **LOB** Afternoon Walking Club
1:30 **GAT** Book Club & Popsicles:
American Short Stories
2:30 **TH** Movie Matinee
4:00 **LOB** Alto Local Vocals

22

10:00 **LB** Coffee & Conversation
11:00 **LB** Cranium Crunches & Riddles
1:00 **LOB** Afternoon Walking Club
1:30 **GAT** Book Club & Popsicles:
American Short Stories
2:30 **TH** Movie Matinee
4:00 **LOB** Alto Local Vocals

29

10:00 **LB** Coffee & Conversation
11:00 **LB** Cranium Crunches & Riddles
1:00 **LOB** Afternoon Walking Club
1:30 **GAT** Book Club & Popsicles:
American Short Stories
2:30 **TH** Movie Matinee
4:00 **LOB** Alto Local Vocals

2

10:30 **GYM** 15-Min Gentle Chair
Exercise/ Improved Health
11:00 **LB** July Cranium Crunches
1:00 **LOB** Afternoon Walking Club
1:30 **GAT** Adult Colorist Zen
2:30 **TH** Music Film Doc: Tricky
Dick (TV-14)
4:00 **GR** Game Club: Resident Choice

9

10:30 **GYM** 15-Min Gentle Chair
Exercise/ Improved Health
11:00 **LB** July Cranium Crunches
1:00 **LOB** Afternoon Walking Club
1:30 **GAT** Adult Colorist Zen
2:30 **TH** Music Film Doc: Dolly
Parton "A Musicares
Tribute"
4:00 **GR** Game Club: Resident Choice

16

10:30 **GYM** 15-Min Gentle Chair
Exercise/ Improved Health
11:00 **LB** July Cranium Crunches
1:00 **LOB** Afternoon Walking Club
1:30 **GAT** Adult Colorist Zen
2:30 **TH** Music Film Doc: American
Symphony (PG-13)
4:00 **GR** Game Club: Resident Choice

23

10:30 **GYM** 15-Min Gentle Chair
Exercise/ Improved Health
11:00 **LB** July Cranium Crunches
1:00 **LOB** Afternoon Walking Club
1:30 **GAT** Adult Colorist Zen
2:30 **TH** Music Film Doc: Judy
(PG-13)
4:00 **GR** Game Club: Resident Choice

30

10:30 **GYM** 15-Min Gentle Chair
Exercise/ Improved Health
11:00 **LB** July Cranium Crunches
1:00 **LOB** Afternoon Walking Club
1:30 **GAT** Adult Colorist Zen
2:30 **TH** Music Film Doc: Tricky
Dick (TV-14)
4:00 **GR** Game Club: Resident Choice

Recurring Events

We're introducing a few new
monthly events to support
resident engagement and
onboarding:

Lifestyle Activities Planning
Meeting – 1st Tuesday of
every month

A great opportunity to help
shape upcoming activities
and share your ideas!

Resident Council Meeting –
1st Monday of every month

Stay informed and have your
voice heard on community
matters.

New Resident Orientation –
3rd Monday of every month

Designed to welcome new
faces and help everyone feel
at home.

LOCATION
KEY

LB Lounge Bistro
LOB Lobby
GAT Gather Room
TH Theater
GYM Gym
GR Game Room
LNG Lounge
DR Dining Room

August
31

10:00 **LR** Sunday Service Livestream
10:30 **AT** Chair-ish Your Health
11:00 **CY** Color Me Calm
2:00 **LR** Rick Steve: Travel Tour
4:00 **LR** Devotional Music Hour
6:00 **A** Netflix Original

3

10:00 **LR** Sunday Service Livestream
10:30 **AT** Chair-ish Your Health
11:00 **CY** Color Me Calm
2:00 **LR** Rick Steve: Travel Tour
4:00 **LR** Devotional Music Hour
6:00 **A** Netflix Original

10

10:00 **LR** Sunday Service Livestream
10:30 **AT** Chair-ish Your Health
11:00 **CY** Color Me Calm
2:00 **LR** Rick Steve: Travel Tour
4:00 **LR** Devotional Music Hour
6:00 **A** Netflix Original

17

10:00 **LR** Sunday Service Livestream
10:30 **AT** Chair-ish Your Health
11:00 **CY** Color Me Calm
2:00 **LR** Rick Steve: Travel Tour
4:00 **LR** Devotional Music Hour
6:00 **A** Netflix Original

24

10:00 **LR** Sunday Service Livestream
10:30 **AT** Chair-ish Your Health
11:00 **CY** Color Me Calm
2:00 **LR** Rick Steve: Travel Tour
4:00 **LR** Devotional Music Hour
6:00 **A** Netflix Original

Monday

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4

10:00 **CY** Chair-ish Your Health
11:00 **AT** Picture BINGO
2:00 **AT** Table Hockey
3:00 **AT** Wheel of Fortune
4:00 **A** Word Search & Word Games
6:00 **A** Netflix Original

11 Elvis Week

10:00 **CY** Chair-ish Your Health
11:00 **AT** Picture BINGO
2:00 **AT** Table Hockey
3:00 **AT** YouTube: Jeopardy
4:00 **A** Word Search & Word Games
4:30 **A** Elvis Week: Community Sightings?
6:00 Netflix Original

18

10:00 **CY** Chair-ish Your Health
11:00 **AT** Picture BINGO
2:00 **AT** Table Hockey
3:00 **AT** Brain Games
4:00 **A** Word Search & Word Games
6:00 **A** Netflix Original

25

10:00 **CY** Chair-ish Your Health
11:00 **AT** Picture BINGO
2:00 **AT** Table Hockey
3:00 **AT** Brain Games
4:00 **A** Word Search & Word Games
6:00 **A** Netflix Original

Tuesday

5

10:00 **A** Chair-ish Your Health
11:00 **AT** Tricky Trivia Tuesdays'
2:30 **D** Physiotainment with Paul
3:00 **A** YouTube: National Geographic
4:00 **A** Hidden Picture Puzzle
6:00 **A** Netflix Original

12

10:00 **A** Chair-ish Your Health
11:00 **AT** Tricky Trivia Tuesdays'
2:00 **D** Ball Fishing
3:00 **A** Balloon Volleyball
4:00 **A** YouTube: Guess That Gadget
6:00 **A** Netflix Original

19

10:00 **A** Chair-ish Your Health
11:00 **AT** Tricky Trivia Tuesdays'
2:30 **D** Physiotainment with Paul
3:00 **A** Bean Bag Toss
4:00 **A** Crosswords
6:00 **A** Netflix Original

26

10:00 **A** Chair-ish Your Health
11:00 **AT** Tricky Trivia Tuesdays'
2:00 **D** Lemonade & Laughter
4:00 **A** Table Games with Friends
6:00 **A** Netflix Original

Wednesday

Summer= Happy Times & Good Sunshine

6

10:00 **A** Chair-ish Your Health
11:00 **A** Noodle Ball
2:00 **D** Rick Steve: Travel Tour
3:00 **LR** Adult Coloring Sheet
4:00 **A** Jenga
6:00 **A** Netflix Original

13

10:00 **A** Chair-ish Your Health
11:00 **A** Circle Kickball
2:00 **D** Ring Toss
3:00 **D** Snackin' & Yakkin'
4:00 **LR** YouTube: Travel Guide
6:00 **A** Netflix Original

20

10:00 **A** Chair-ish Your Health
11:00 **A** Circle Kickball
2:00 **D** Live Music with Lawrence Langston
3:00 **D** Snackin' & Yakkin'
4:00 **LR** YouTube: National Geographic
6:00 **A** Netflix Original

27

10:00 **A** Chair-ish Your Health
11:15 **A** Circle Kickball
2:00 **D** Snackin' & Yakkin'
4:00 **LR** Midweek Mix & Mingle
6:00 **A** Netflix Original

Thursday

7

10:00 **A** Chair-ish Your Health
11:00 **AT** Let's Paint! Ceramic
1:30 **A** Music & Moves with Marissa
2:30 **AT** Fill In The Blank Sheet
4:00 **AT** Hidden Picture Puzzle
6:00 **A** Netflix Original

14

10:00 **A** Chair-ish Your Health
11:00 **AT** Let's Paint! Wooden Boxes
2:00 **AT** Live Music with Lawrence Langston
3:00 **AT** Elvis B-I-N-G-O
4:00 **AT** Hidden Picture Puzzle
6:00 **A** Netflix Original

21

10:00 **A** Chair-ish Your Health
11:00 **AT** Gardening In The Courtyard
2:00 **AT** Music & Moves with Marissa
3:00 **AT** Word Scramble
4:00 **AT** Hidden Picture Puzzle
6:00 **A** Netflix Original

28

10:00 **A** Chair-ish Your Health
11:00 **AT** Beach Ball Toss
2:00 **A** Spelling Bee
4:00 **AT** Hidden Picture Puzzle
6:00 **A** Netflix Original

Friday

1

10:00 **A** Chair-ish Your Health
11:00 **LR** Music Appreciation: Elvis Presley
2:00 **D** Finish That Phrase
3:00 **A** Table Games
4:00 **D** YouTube: Trivia
6:00 **A** Netflix Original

8

10:00 **A** Chair-ish Your Health
11:00 **LR** Music Appreciation: Chuck Berry
2:00 **AT** Matching Game
3:00 **A** Table Games
4:00 **D** Team Crosswords
6:00 **A** Netflix Original

15

10:00 **A** Chair-ish Your Health
11:00 **LR** Music Appreciation: Buddy Holly
2:00 **AT** Ensemble Walking Club
3:00 **A** Math Minds
4:00 **D** Team Hangman
6:00 **A** Netflix Original

22

10:00 **A** Chair-ish Your Health
11:00 **LR** Music Appreciation: Bill Haley & His Comets
2:00 **AT** Team Tic Tac Toe
3:00 **A** Math Minds
4:00 **D** YouTube: Trivia
6:00 **A** Netflix Original

29

10:00 **A** Chair-ish Your Health
11:00 **LR** Music Appreciation: Little Richard
2:00 **D** Expressions Game
4:00 **D** Lemonade & Knock Knock Jokes
6:00 **A** Netflix Original

Saturday

2

9:30 **A** Chair-ish Your Health
11:00 **AT** Table Games with Friends
2:00 **D** Courtyard Conversations
3:00 **A** Crossword Puzzles
4:00 **LR** Classical Concert
6:00 **A** Netflix Original

9

9:30 **A** Chair-ish Your Health
11:00 **AT** Table Games with Friends
2:00 **D** Courtyard Conversations
3:00 **A** Crossword Puzzles
4:00 **LR** Classical Concert
6:00 **A** Netflix Original

16

9:30 **A** Chair-ish Your Health
11:00 **AT** Table Games with Friends
2:00 **D** Courtyard Conversations
3:00 **A** Crossword Puzzles
4:00 **LR** Classical Concert
6:00 **A** Netflix Original

23

9:30 **A** Chair-ish Your Health
11:00 **AT** Table Games with Friends
2:00 **D** Courtyard Conversations
3:00 **A** Crossword Puzzles
4:00 **LR** Classical Concert
6:00 **A** Netflix Original

30

9:30 **A** Chair-ish Your Health
11:00 **AT** Table Games with Friends
2:00 **D** Courtyard Conversations
3:00 **A** Crossword Puzzles
4:00 **LR** Classical Concert
6:00 **A** Netflix Original

Around our
Community

Hello, August!

Dear Residents, Families, and Team,

I hope you're enjoying the summer season! Please remember to stay hydrated—ice water stations are available on both the 1st and 2nd floors in AL as well as in Ensemble. Feel free to use them often and remind others as well.

I'm also excited to share that I'm expecting my first child in September! During my maternity leave, our dedicated team will continue upholding the high standard of care that defines Alto Johns Creek.

We're proud to report there are currently no agency staff in the building—a reflection of our strong, stable team. Stay tuned for an introduction to new department leaders in an upcoming email.

Warm regards,
Katrina Cohen

LOCATION
KEY

- A** MC Activities
- LR** MC Living Room 1
- D** MC Dining
- AT** MC Activity Tables
- CY** MC Court Yard