

UPCOMING COMMUNITY EVENTS



VETERANS DAY MESSAGE
We extend our heartfelt gratitude to all the brave men and women who have served our country. Your courage, dedication, and sacrifice inspire us every day. In honor of your service, we invite you to join us for a special Veterans Day Documentary viewing in the Movie Theater on Monday, November 11, at 10:00AM.

STARGAZING ADVENTURE AT THE PLANETARIUM

Join us for an out-of-this-world experience at the James S. McDonnell Planetarium on Friday, November 21! Discover the wonders of the night sky and enjoy an engaging journey through the stars in the comfort of the domed theater. The bus will depart the community at 10:30AM, so be sure to reserve your spot early.



HAPPY THANKSGIVING!



This Thanksgiving, we’re especially grateful for each of you. May your holiday be filled with warmth, joy, and delicious food shared among friends. As we gather together, let’s take a moment to reflect on the many blessings we enjoy. From all of us, we wish you a very Happy Thanksgiving!

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



FLOURISH

NOVEMBER 2025



WHAT’S INSIDE

Pg 2-3
Social Calendar

Pg 4
Upcoming Events + News

“AUTUMN... THE YEAR’S LAST, LOVELIEST SMILE.”

—WILLIAM CULLEN BRYANT



November 2025

Sunday	
November 30	
10:00	LO Brain Teaser Puzzle Packet
10:30	TH Heroes of the Bible
1:00	B Yahtzee
2:00	Movie
3:00	B Bistro Games (Resident-Led)
4:00	B Board game- Fact or Crap
2	Daylight Saving Time
10:00	LO Brain Teaser Puzzle Packet
10:30	TH Heroes of the Bible
1:00	B Yahtzee
2:00	Movie
3:00	B Bistro Games (Resident-Led)
4:00	B Board game- Fact or Crap
9	
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4:00	B Board game- Fact or Crap
16	
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4:00	B Board game- Fact or Crap
23	
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2:00	Movie
3:00	B Bistro Games (Resident-Led)
4:00	B Board game- Fact or Crap

Monday

Tuesday

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Text

3

10:15 B Whiteboard game
10:30 TH Documentary Film
1:00 LO Shopping Trip: Schnucks
2:00 B Therapy Exercise Circle
3:00 B Art & Craft
3:00 TH “Eugene Onegin”
Tchaikovsky

10

10:15 B Whiteboard game
10:30 TH Documentary Film
1:00 LO Shopping Trip: Target
2:00 B Therapy Exercise Circle
3:00 B Art & Craft
3:00 TH Opera Appreciation

17

10:15 B Whiteboard game
10:30 TH Documentary Film
1:00 LO Shopping Trip: Walmart
2:00 B Therapy Exercise Circle
3:00 B Art & Craft
3:00 TH Sir Georg Solti: The
Making of a Maestro

24

10:00 CR Tai Chi
10:15 B Whiteboard game
10:30 TH Documentary Film
1:00 TH Resident Council Meeting
2:00 B Therapy Exercise Circle
3:00 B Art & Craft
3:00 TH Opera Appreciation

4

9:30 B Cognitive Stimulation
Therapy
10:30 B Whiteboard games
11:00 TH Drum Circle with Tricia
1:00 CR Baking Club
2:00 TH Bible Study with Bob:
“Patience In Suffering”
3:30 B Prize B-I-N-G-O

11

Veterans Day
9:30 B Cognitive Stimulation
Therapy
10:00 TH Documentary: Veterans Day
10:30 B Whiteboard games
11:00 TH Drum Circle with Tricia
1:00 CR Baking Club
2:00 B Prize B-I-N-G-O
3:00 CR Tai Chi
4:00 Technology Tuesday

18

9:30 B Cognitive Stimulation
Therapy
10:15 B Scrabble Slam
10:30 B Whiteboard games
11:00 TH Drum Circle with Tricia
1:00 CR Baking Club
2:00 B Prize B-I-N-G-O
3:00 CR Tai Chi
4:00 Technology Tuesday

25

9:30 B Cognitive Stimulation
Therapy
10:15 B Scrabble Slam
10:30 B Whiteboard games
11:00 TH Drum Circle with Tricia
1:00 CR Baking Club
2:00 B Prize B-I-N-G-O

Wednesday		Thursday	
			
5		6	
10:30	TH Catholic Mass & Communion	9:30	B Cognitive Stimulation Therapy
11:30	LI Devotional Service	10:00	CR Tai Chi
1:00	CR Rummikub	10:30	B Scrabble
2:00	B Vitality Yoga	1:00	B Whiteboard Game
2:30	CR Card Game- Spoons	2:00	B Prize B-I-N-G-O
3:00	SDR Happy Hour + Live Music with Charles Selbert	3:30	B Thirsty Thursday Trivia
		4:30	Crossword Puzzles
		13	
10:30	TH Catholic Mass & Communion	9:30	B Cognitive Stimulation Therapy
11:30	LI Devotional Service	10:00	CR Tai Chi
1:00	CR Rummikub	10:30	B Scrabble
2:00	B Vitality Yoga	1:00	B Whiteboard Game
2:30	CR Card Game- Spoons	2:00	B Prize B-I-N-G-O
3:00	SDR Happy Hour + Live Music with Chad Evans	3:30	B Thirsty Thursday Trivia
		4:30	Crossword Puzzles
		20	
10:30	TH Catholic Mass & Communion	9:30	B Cognitive Stimulation Therapy
11:30	LI Devotional Service	10:00	CR Tai Chi
1:00	CR Rummikub	10:30	B Scrabble
2:00	B Vitality Yoga	1:00	B Whiteboard Game
2:30	CR Card Game- Spoons	2:00	B Prize B-I-N-G-O
3:00	SDR Happy Hour + Live Music	3:30	B Thirsty Thursday Trivia
		4:30	Crossword Puzzles
		27 Thanksgiving Day	
10:30	TH Catholic Mass & Communion	8:30	Macy’s Parade
11:30	LI Devotional Service	9:30	B Cognitive Stimulation Therapy
1:00	CR Rummikub	10:30	B Scrabble
2:00	B Vitality Yoga	1:00	B Whiteboard Game
2:30	CR Card Game- Spoons	2:00	B Prize B-I-N-G-O
3:00	SDR Happy Hour + Live Music with Micah Turnbough	4:30	Crossword Puzzles

Friday		Saturday	
		1	
7		10:00	B Daily Word Search
		2:00	CD Resident-Led Poker
		3:00	TH Movie Matinee
		8	
		10:00	B Daily Word Search
		2:00	CD Resident-Led Poker
		3:00	TH Movie Matinee
		15	
		10:00	B Daily Word Search
		2:00	CD Resident-Led Poker
		3:00	TH Movie Matinee
		22	
		10:00	B Daily Word Search
		2:00	CD Resident-Led Poker
		3:00	TH Movie Matinee
		29	
		10:00	B Daily Word Search
		2:00	CD Resident-Led Poker
		3:00	TH Movie Matinee

Around our Community

November Happenings

November is a wonderful month to connect, create, and celebrate together! This month, we have a variety of engaging activities planned, from social gatherings to outings and special holiday events. Please note that **all activities are subject to change**, so be sure to keep an eye on updates and announcements. We also anticipate additional activities to be added throughout the month, giving you even more opportunities to join in the fun and make meaningful connections!



LOCATION KEY

- B** Bistro
- CD** Card Room
- TH** Theater
- LO** Lobby
- CR** Community Room
- LI** Library
- SDR** Symphony Dining Room
- PDR** Private Dining Room



November 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
November 30 9:30 AR Spiritual Music 10:00 AR Gentle Stretch 10:30 AR Virtual Catholic Mass 12:30 AR Joggin’ Your Knoggin’ 1:00 AR Concert Series 2:00 AR Snack & Chat 3:00 AR Jigsaw & Puzzle Games 3:30 AR Big Ball Bowling 5:00 AR Evening Wind Down 2 Daylight Saving Time 9:30 AR Spiritual Music 10:00 AR Gentle Stretch 10:30 AR Virtual Catholic Mass 12:30 AR Joggin’ Your Knoggin’ 1:00 AR Concert Series 2:00 AR Snack & Chat 3:00 AR Jigsaw & Puzzle Games 3:30 AR Big Ball Bowling 5:00 AR Evening Wind Down 9 9:30 AR Spiritual Music 10:00 AR Gentle Stretch 10:30 AR Virtual Catholic Mass 12:30 AR Joggin’ Your Knoggin’ 1:00 AR Concert Series 2:00 AR Snack & Chat 3:00 AR Jigsaw & Puzzle Games 3:30 AR Big Ball Bowling 5:00 AR Evening Wind Down 16 9:30 AR Spiritual Music 10:00 AR Gentle Stretch 10:30 AR Virtual Catholic Mass 12:30 AR Joggin’ Your Knoggin’ 1:00 AR Concert Series 2:00 AR Snack & Chat 3:00 AR Jigsaw & Puzzle Games 3:30 AR Big Ball Bowling 5:00 AR Evening Wind Down 23 9:30 AR Spiritual Music 10:00 AR Gentle Stretch 10:30 AR Virtual Catholic Mass 12:30 AR Joggin’ Your Knoggin’ 1:00 AR Concert Series 2:00 AR Snack & Chat 3:00 AR Jigsaw & Puzzle Games 3:30 AR Big Ball Bowling 5:00 AR Evening Wind Down	Allegro in Richmond Heights 1055 Bellevue Avenue Richmond Heights , MO 63117 (314) 626-5786 https://www.allegroliving.com Text 3 9:30 AR Favorite Karaoke Music 10:00 AR Hands & Harmony 10:30 CR Word Scramble Game 12:30 AR Toss ‘n Talk-About 1:00 AR DIY Fall Craft 3D Pumpkin 2:00 AR Snack & Chat 2:45 AR Exercise with Aaron 3:30 AR Comedy Hour 5:00 AR Games & Puzzles 10 9:30 AR Favorite Karaoke Music 10:00 AR Hands & Harmony 10:30 CR Word Scramble Game 12:30 AR Toss ‘n Talk-About 1:00 AR DIY Fall Craft Leaf Art 2:00 AR Snack & Chat 2:45 AR Exercise with Aaron 3:30 AR Comedy Hour 5:00 AR Games & Puzzles 17 9:30 AR Favorite Karaoke Music 10:00 AR Hands & Harmony 10:30 CR Word Scramble Game 12:30 AR Toss ‘n Talk-About 1:00 AR DIY Fall Craft Mosaic Art 2:00 AR Snack & Chat 2:45 AR Exercise with Aaron 3:30 AR Comedy Hour 5:00 AR Games & Puzzles 24 9:30 AR Favorite Karaoke Music 10:00 AR Hands & Harmony 10:30 CR Word Scramble Game 12:30 AR Toss ‘n Talk-About 1:00 AR DIY Fall Craft 2:00 AR Snack & Chat 2:45 AR Exercise with Aaron 3:30 AR Comedy Hour 5:00 AR Games & Puzzles	4 9:30 AR Let’s Talk 10:00 AR Chair Yoga 10:30 AR Music Trivia 1960’s 12:30 AR Disco Dance Party 1:00 AR Music B-I-N-G-O 2:00 AR Hot Chocolate Bar 3:00 AR Golden Oldies Hour 5:00 AR Evening Wind Down 11 Veterans’ Day 9:30 AR Let’s Talk 10:00 AR Chair Yoga 10:30 AR Veterans Day Trivia 12:30 AR Cornhole Competition 1:00 AR Music B-I-N-G-O 2:00 AR Veterans’ Happy Hour 3:00 AR Patriotic Sing-a-Long 5:00 AR Evening Wind Down 18 9:30 AR Let’s Talk 10:00 AR Chair Yoga 10:30 AR Music Trivia Showtunes 12:30 AR Disco Dance Party 1:00 AR Music B-I-N-G-O 2:00 AR Hot Chocolate Bar 3:00 AR Golden Oldies Hour 5:00 AR Evening Wind Down 25 9:30 AR Let’s Talk 10:00 AR Chair Yoga 10:30 AR Music Trivia 1940’s 12:30 AR Cornhole Competition 1:00 AR Music B-I-N-G-O 2:00 AR Hot Chocolate Bar 3:00 AR Golden Oldies Hour 5:00 AR Evening Wind Down	5 9:30 AR Music Favorites 10:00 AR Groove & Move Exercise 10:30 AR Fun Facts and Trivia 12:30 AR Keep It Up! 1:00 AR Travelogue 2:00 AR Snack & Chat 3:00 SDR Live Music! 5:00 AR Concert Series 12 9:30 AR Music Favorites 10:00 AR Groove & Move Exercise 10:30 AR Fun Facts and Trivia 12:30 AR Keep It Up! 1:00 AR Travelogue 2:00 AR Snack & Chat 3:00 SDR Live Music! 5:00 AR Concert Series 19 9:30 AR Music Favorites 10:00 AR Groove & Move Exercise 10:30 AR Fun Facts and Trivia 12:30 AR Keep It Up! 1:00 AR Travelogue 2:00 AR Snack & Chat 3:00 SDR Live Music! 5:00 AR Concert Series 26 9:30 AR Music Favorites 10:00 AR Groove & Move Exercise 10:30 AR Fun Facts and Trivia 12:30 AR Keep It Up! 1:00 AR Travelogue 2:00 AR Snack & Chat 3:00 SDR Live Music! 5:00 AR Concert Series	6 9:30 AR Let’s Talk 10:00 CR Exercise with Aaron 10:30 AR Game On! 12:30 AR Putt Putt 1:00 AR Discovery Hour 2:00 AR Fall Happy Hour 3:30 AR Ready, Set, Puzzle 5:00 AR Evening Wind Down 13 9:30 AR Let’s Talk 10:00 CR Exercise with Aaron 10:30 AR Game On! 12:30 AR Classic TV Comedies 1:00 AR Discovery Hour 2:00 AR Fall Happy Hour 3:30 AR Ready, Set, Puzzle 5:00 AR Evening Wind Down 20 9:30 AR Let’s Talk 10:00 CR Exercise with Aaron 10:30 AR Game On! 12:30 AR Putt Putt 1:00 AR Discovery Hour 2:00 AR Fall Happy Hour 3:30 AR Ready, Set, Puzzle 5:00 AR Evening Wind Down 27 Thanksgiving Day 9:30 LR Thanksgiving Parade 10:00 CR Groove & Move Exercise 10:30 AR Game On! Turkey Toss! 12:30 AR Classic TV Comedies 1:00 AR Discovery Hour 2:00 AR Fall Happy Hour 3:00 AR Thanksgiving Bingo 5:00 AR Evening Wind Down	7 9:30 AR Spiritual Music 10:00 AR Groove & Move Exercise 10:30 CR Manicures and Music 12:30 AR Pictionary 1:00 AR Craft Corner 2:00 AR Snack & Chat 3:00 AR Sensory Sensations 5:00 AR Concert Series 14 9:30 AR Spiritual Music 10:00 AR Groove & Move Exercise 10:30 AR Let’s Make Bread! 12:30 AR Charades 1:00 AR Craft Corner 2:00 AR Snack & Chat 3:00 AR Sensory Sensations 5:00 AR Concert Series 21 9:30 AR Spiritual Music 10:00 AR Groove & Move Exercise 10:30 CR Manicures and Music 12:30 AR Pictionary 1:00 AR Craft Corner 2:00 AR Snack & Chat 3:00 AR Sensory Sensations 5:00 AR Concert Series 28 9:30 AR Spiritual Music 10:00 AR Groove & Move Exercise 10:30 AR Let’s Make Bread! 12:30 AR Charades 1:00 AR Craft Corner 2:00 AR Snack & Chat 3:00 AR Sensory Sensations 5:00 AR Concert Series	8 9:30 AR Gentle Stretch 10:00 AR Sips and Smiles 10:30 AR Name That Tune! 12:30 AR Comedy Show 1:00 AR World Trivia 2:00 AR Ice Cream Social 3:00 AR Chair Volleyball 5:00 AR Classic TV & Movies 15 9:30 AR Gentle Stretch 10:00 AR Sips and Smiles 10:30 AR Name That Tune! 12:30 AR This Week in History 1:00 AR World Trivia 2:00 AR Ice Cream Social 3:00 AR Chair Volleyball 5:00 LR Classic TV & Movies 22 9:30 AR Gentle Stretch 10:00 AR Sips and Smiles 10:30 AR Name That Tune! 12:30 AR This Week in History 1:00 AR World Trivia 2:00 AR Ice Cream Social 3:00 AR Chair Volleyball 5:00 LR Classic TV & Movies 29 9:30 AR Gentle Stretch 10:00 AR Sips and Smiles 10:30 AR Name That Tune! 12:30 AR This Week in History 1:00 AR World Trivia 2:00 AR Ice Cream Social 3:00 AR Chair Volleyball 5:00 LR Classic TV & Movies

Around our Community

Welcome, November

As the crisp autumn air settles in and the leaves put on their final show of color, we welcome the month of November. This month, we’re excited to bring you a full calendar of engaging, joyful activities designed to keep you active, connected, and inspired. From festive crafts, social engagements, and music — there’s something for everyone to enjoy.

I’m also excited to introduce myself — Sarah Cain, your new Ensemble Program Director! I’m truly honored to be joining this wonderful community, and I can’t wait to get to know each of you. My goal is to create fun, inclusive, and meaningful experiences that reflect your interests and celebrate the spirit of this incredible group.

All activities are subject to change.

LOCATION KEY

- AR Activity Room
- CR Community Room
- SDR Symphony Dining Room
- LR Living Room