

UPCOMING COMMUNITY EVENTS



ALLEGRO AT SEA

Join us for our biannual ALLEGRO AT SEA event on FRIDAY, OCTOBER 10 — this year’s destination: SPAIN! Enjoy the vibrant culture with a FLAMENCO DANCE PERFORMANCE and a SANGRIA TASTING. Don’t miss this lively celebration of Spanish flair! Check the DAILY SHEET for the full itinerary.

HALLOWEEN BASH & COSTUME CONTEST

Get ready for some spooky fun at our HALLOWEEN BASH & COSTUME CONTEST on FRIDAY, OCTOBER 31! Come dressed to impress—a PRIZE will be awarded for the best costume. Want to help choose the winner? Let us know if you’re interested in joining the RESIDENT JUDGING PANEL. It’s going to be a frightfully fun night you won’t want to miss!



COMMUNITY OUTINGS

Friday, October 3

Scenic Drive & Ted Drewes

Meet in Lobby, 1:30PM

Friday, October 17

Eckert’s Orchard with a Country Store & Restaurant

Meet in Lobby, 11:30AM

Allegro in Richmond Heights

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



FLOURISH

OCTOBER 2025



WHAT’S INSIDE

Pg 2-3
Social Calendar

Pg 4
Upcoming Events + News

“JUST AS AUTUMN LEAVES REMIND US THAT CHANGE CAN BE BEAUTIFUL, THIS SEASON INVITES US TO EMBRACE EACH DAY WITH GRATITUDE AND JOY.”

—ANONYMOUS



October 2025

Sunday



5
10:00 **LO** Brain Teaser Puzzle Packet
10:30 **TH** Heroes of the Bible
3:00 **B** Bistro Games (Resident-Led)
4:00 **FC** Fitness on Demand
5:30 **TH** Movie Night

12
10:00 **LO** Brain Teaser Puzzle Packet
10:30 **TH** Heroes of the Bible
3:00 **B** Bistro Games (Resident-Led)
4:00 **FC** Fitness on Demand
5:30 **TH** Movie Night

19
10:00 **LO** Brain Teaser Puzzle Packet
10:30 **TH** Heroes of the Bible
3:00 **B** Bistro Games (Resident-Led)
4:00 **FC** Fitness on Demand
5:30 **TH** Movie Night

26
10:00 **LO** Brain Teaser Puzzle Packet
10:30 **TH** Heroes of the Bible
3:00 **B** Bistro Games (Resident-Led)
4:00 **FC** Fitness on Demand
5:30 **TH** Movie Night

Monday

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6
10:30 **TH** Documentary Film
1:00 **LO** Trip: Schnucks
2:00 **B** Therapy Exercise Circle
3:00 **TH** Opera Appreciation: Puccini’s “Turandot”
5:30 **TH** Movie Night

13
10:30 **TH** Documentary Film
1:00 **LO** Trip: Target
2:00 **B** Therapy Exercise Circle
3:00 **B** Fall Crafts
5:30 **TH** Movie Night

20
10:30 **TH** Documentary Film
1:00 **LO** Trip: Walmart
2:00 **B** Therapy Exercise Circle
3:00 **TH** Opera Appreciation: “My Fair Lady”
5:30 **TH** Movie Night

27
10:30 **TH** Documentary Film
1:30 **TH** Resident Council Meeting
2:00 **B** Therapy Exercise Circle
3:00 **B** Fall Crafts
5:30 **TH** Movie Night

Tuesday

7
10:30 **CR** Baking Club
1:00 **TH** Drum Circle with Trista
2:00 **TH** Bible Study with Bob: “Taming The Tongue”
3:00 **B** Prize B-I-N-G-O
5:30 **TH** Movie Night

14
10:30 **CR** Baking Club
1:00 **TH** Drum Circle with Trista
2:00 **TH** Bible Study with Bob: “The Blame Game”
3:00 **B** Prize B-I-N-G-O
4:00 **CR** Technology Tuesday
5:30 **TH** Movie Night

21
10:30 **CR** Baking Club
1:00 **TH** Drum Circle with Trista
2:00 **TH** Bible Study with Bob: “Seize The Day”
3:00 **B** Prize B-I-N-G-O
4:00 **CR** Technology Tuesday
5:30 **TH** Movie Night

28
10:30 **CR** Baking Club
1:00 **TH** Drum Circle with Trista
2:00 **TH** Bible Study with Bob: “Money Talks”
3:00 **B** Prize B-I-N-G-O
4:00 **CR** Technology Tuesday
6:00 **PDR** Book Club (Resident-Led)

Wednesday

1
10:30 **TH** Catholic Mass & Communion
11:00 **LI** Devotional Service
2:00 **B** Vitality Yoga
3:00 **SDR** Happy Hour + Live Music with Charles Selbert
5:30 **TH** Movie Night

8
10:30 **TH** Catholic Mass & Communion
11:00 **LI** Devotional Service
2:00 **B** Vitality Yoga
3:00 **SDR** Happy Hour + Live Music with Chad Evans
5:30 **TH** Movie Night

15
10:30 **TH** Catholic Mass & Communion
11:00 **LI** Devotional Service
2:00 **B** Vitality Yoga
3:00 **SDR** Happy Hour + Live Music with Deborah Sharn
5:30 **TH** Movie Night

22
10:30 **TH** Catholic Mass & Communion
11:00 **LI** Devotional Service
2:00 **B** Vitality Yoga
3:00 **SDR** Happy Hour + Live Music with Lamar Pilsing
5:30 **TH** Movie Night

29
10:30 **TH** Catholic Mass & Communion
11:00 **LI** Devotional Service
2:00 **B** Vitality Yoga
3:00 **SDR** Happy Hour + Live Music with Micah Turnbough
5:30 **TH** Movie Night

Thursday

2
10:00 **CR** Tai Chi
11:00 **TH** Activity Planning Meeting
2:00 **B** Prize B-I-N-G-O
3:30 **B** Thirsty Thursday Trivia
5:30 **TH** Movie Night

9
10:00 **CR** Tai Chi
2:00 **B** Prize B-I-N-G-O
3:30 **B** Thirsty Thursday Trivia
5:30 **TH** Movie Night

16
10:00 **CR** Tai Chi
2:00 **B** Prize B-I-N-G-O
3:30 **B** 90th Birthday Celebration
5:30 **TH** Movie Night

23
10:00 **CR** Tai Chi
2:00 **B** Prize B-I-N-G-O
3:30 **B** Thirsty Thursday Trivia
5:30 **TH** Movie Night

30
10:00 **CR** Tai Chi
1:00 **B** Monthly Birthday Celebration
2:00 **B** Prize B-I-N-G-O
3:30 **B** Thirsty Thursday Trivia
5:30 **TH** Movie Night

Friday

3
11:00 **B** Therapy Exercise Circle
1:30 **LO** Scenic Drive & Ted Drewes
2:30 **B** Mahjong
3:30 **TH** Comedy Hour
5:30 **TH** Movie Night

10
10:00 **TH** Cultural Presentation
10:30 **CR** Making Mosaics
11:00 **B** Therapy Exercise Circle
1:30 **E** Flamenco Dance
2:30 **B** Sangria Tasting & Trivia
7:00 **CD** Spanish Market Shopping Game

17
11:00 **B** Therapy Exercise Circle
11:30 **LO** Lunch Trip: Eckert’s
2:30 **B** Mahjong
3:30 **TH** Comedy Hour
5:30 **TH** Movie Night

24
11:00 **B** Therapy Exercise Circle
2:30 **B** Scrabble Slam
3:30 **TH** Comedy Hour
5:30 **TH** Movie Night

31
11:00 **B** Therapy Exercise Circle
1:30 **B** Halloween Bash & Costume Contest
3:30 **TH** Movie: Hocus Pocus (1993)

Saturday

4
10:00 **B** Daily Word Search
2:00 **CD** Resident-Led Poker
3:00 **TH** Movie: House on Haunted Hill (1959)

11
10:00 **B** Daily Word Search
2:00 **CD** Resident-Led Poker
3:00 **TH** Movie: The Blob (1958)

18
10:00 **B** Daily Word Search
2:00 **CD** Resident-Led Poker
3:00 **TH** Movie: Frankenstein (1931)

25
10:00 **B** Daily Word Search
2:00 **CD** Resident-Led Poker
3:00 **TH** Movie: Halloweentown (1998)



Around our Community

Bible Study with Bob

Join us for a new spiritual journey with “BIBLE STUDY WITH BOB,” led by resident Dr. Robert Palmer. This engaging program will explore the wisdom and teachings found in the Book of James. Whether you’re new to Bible study or a seasoned reader, all are welcome to attend.

All dates, times, and activities are subject to change.



LOCATION KEY

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



Sunday



5
9:30 **AR** Today in History Trivia
10:00 **AR** Gentle Stretch
10:30 **AR** Virtual Catholic Mass
12:30 **AR** Joggin’ Your Knoggin’
1:00 **AR** Concert Series:
Patsy Cline
2:00 **AR** Social Snack Hour
3:00 **AR** Jigsaw & Puzzle Games
3:30 **AR** Big Ball Bowling
5:00 **AR** Evening Wind Down

12
9:30 **AR** Today in History Trivia
10:00 **AR** Gentle Stretch
10:30 **AR** Virtual Catholic Mass
12:30 **AR** Joggin’ Your Knoggin’
1:00 **AR** Concert Series:
The Andrew Sisters
2:00 **AR** Social Snack Hour
3:00 **AR** Jigsaw & Puzzle Games
3:30 **AR** Big Ball Bowling
5:00 **AR** Evening Wind Down

19
9:30 **AR** Today in History Trivia
10:00 **AR** Gentle Stretch
10:30 **AR** Virtual Catholic Mass
12:30 **AR** Joggin’ Your Knoggin’
1:00 **AR** Concert Series:
Nat King Cole
2:00 **AR** Social Snack Hour
3:00 **AR** Jigsaw & Puzzle Games
3:30 **AR** Big Ball Bowling
5:00 **AR** Evening Wind Down

26
9:30 **AR** Today in History Trivia
10:00 **AR** Gentle Stretch
10:30 **AR** Virtual Catholic Mass
12:30 **AR** Joggin’ Your Knoggin’
1:00 **AR** Concert Series:
Elvis Presley
2:00 **AR** Social Snack Hour
3:00 **AR** Jigsaw & Puzzle Games
3:30 **AR** Big Ball Bowling
5:00 **AR** Evening Wind Down

Monday

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6
9:30 **AR** Favorite Karaoke Music
10:00 **AR** Brain Booster Word Game
10:30 **AR** Massage and Aromatherapy
12:30 **AR** Toss ‘n Talk-About
1:00 **AR** Music of the Day
2:00 **AR** Social Snack Hour
2:45 **AR** Exercise with Aaron
3:30 **AR** Classic TV Shows
5:00 **AR** Evening Wind Down

13
9:30 **AR** Favorite Karaoke Music
10:00 **AR** Brain Booster Word Game
10:30 **AR** Massage and Aromatherapy
12:30 **AR** Toss ‘n Talk-About
1:00 **AR** Music of the Day
2:00 **AR** Social Snack Hour
2:45 **AR** Exercise with Aaron
3:30 **AR** Classic TV Shows
5:00 **AR** Evening Wind Down

20
9:30 **AR** Favorite Karaoke Music
10:00 **AR** Brain Booster Word Game
10:30 **AR** Massage and Aromatherapy
12:30 **AR** Toss ‘n Talk-About
1:00 **AR** Music of the Day
2:00 **AR** Social Snack Hour
2:45 **AR** Exercise with Aaron
3:30 **AR** Classic TV Shows
5:00 **AR** Evening Wind Down

27
9:30 **AR** Favorite Karaoke Music
10:00 **AR** Brain Booster Word Game
10:30 **AR** Massage and Aromatherapy
12:30 **AR** Toss ‘n Talk-About
1:00 **AR** Music of the Day
2:00 **AR** Social Snack Hour
2:45 **AR** Exercise with Aaron
3:30 **AR** Classic TV Shows
5:00 **AR** Evening Wind Down

Tuesday

7
9:30 **AR** Let’s Talk
10:00 **AR** Spiro Go Fitness
10:30 **AR** Patio Social
12:30 **AR** DIY Fall Craft:
Apple Stamping
1:00 **AR** Movie Matinee
2:00 **AR** Ice Cream Float Bar
3:00 **AR** Sensory Sensations
3:30 **AR** Who Am I? Guess Game
5:00 **AR** Evening Wind Down

14
9:30 **AR** Let’s Talk
10:00 **AR** Spiro Go Fitness
10:30 **AR** Patio Social
12:30 **AR** DIY Fall Craft:
Mini Pumpkin Painting
1:00 **AR** Movie Matinee
2:00 **AR** National Dessert Day:
Dessert Bar
3:00 **AR** Sensory Sensations
3:30 **AR** Who Am I? Guess Game

21
9:30 **AR** Let’s Talk
10:00 **AR** Spiro Go Fitness
10:30 **AR** Patio Social
12:30 **AR** DIY Fall Craft:
Fall Scented Sachets
1:00 **AR** Movie Matinee
2:00 **AR** Pumpkin Dessert Social
3:00 **AR** Sensory Sensations
3:30 **AR** Who Am I? Guess Game
5:00 **AR** Evening Wind Down

28
9:30 **AR** Let’s Talk
10:00 **AR** Spiro Go Fitness
10:30 **AR** Patio Social
12:30 **AR** DIY Fall Craft:
Jack-O’-Lantern
1:00 **AR** Movie Matinee
2:00 **AR** Ice Cream Float Bar
3:00 **AR** Sensory Sensations
3:30 **AR** Who Am I? Guess Game
5:00 **AR** Who Am I? Guess Game

Wednesday

1
9:30 **AR** Music Favorites
10:00 **AR** Silver Sneakers Exercise
10:30 **AR** Fun Facts and Trivia
12:30 **AR** Balloon Batter Up!
1:00 **AR** Whiteboard Games
2:00 **CR** National Coffee Day:
Coffee & Conversation
Social Hour
3:00 **AR** Music B-I-N-G-O
5:00 **AR** Evening Wind Down

8
9:30 **AR** Music Favorites
10:00 **AR** Silver Sneakers Exercise
10:30 **AR** Fun Facts and Trivia
12:30 **AR** Balloon Batter Up!
1:00 **AR** Whiteboard Games
2:00 **CR** Fall Happy Hour
3:00 **AR** Music B-I-N-G-O
5:00 **AR** Evening Wind Down

15
9:30 **AR** Music Favorites
10:00 **AR** Silver Sneakers Exercise
10:30 **AR** Fun Facts and Trivia
12:30 **AR** Balloon Batter Up!
1:00 **AR** Whiteboard Games
2:00 **CR** Fall Happy Hour
3:00 **AR** Music B-I-N-G-O
5:00 **AR** Evening Wind Down

22
9:30 **AR** Music Favorites
10:00 **AR** Silver Sneakers Exercise
10:30 **AR** Fun Facts and Trivia
12:30 **AR** Balloon Batter Up!
1:00 **AR** Whiteboard Games
2:00 **CR** Fall Happy Hour
3:00 **AR** Music B-I-N-G-O
5:00 **AR** Evening Wind Down

29
9:30 **AR** Music Favorites
10:00 **AR** Silver Sneakers Exercise
10:30 **AR** Fun Facts and Trivia
12:30 **AR** Balloon Batter Up!
1:00 **AR** Whiteboard Games
2:00 **CR** Fall Happy Hour
3:00 **AR** Music B-I-N-G-O
5:00 **AR** Evening Wind Down

Thursday

2
9:30 **AR** Let’s Talk
10:00 **CR** Exercise with Aaron
10:30 **AR** Board & Card Games
12:30 **AR** Classic TV Comedies
1:00 **AR** Music Trivia
2:00 **AR** Pop, Pop, Popcorn!
3:30 **AR** Ready, Set, Puzzle
5:00 **AR** Evening Wind Down

9
9:30 **AR** Let’s Talk
10:00 **CR** Exercise with Aaron
10:30 **AR** Board & Card Games
12:30 **AR** Classic TV Comedies
1:00 **AR** Music Trivia
2:00 **AR** Pop, Pop, Popcorn!
3:00 **AR** Bible Study
3:30 **AR** Ready, Set, Puzzle
5:00 **AR** Evening Wind Down

16
9:30 **AR** Let’s Talk
10:00 **CR** Exercise with Aaron
10:30 **AR** National Dictionary Day:
Spelling Bee!
12:30 **AR** Classic TV Comedies
1:00 **AR** Music Trivia
2:00 **AR** Pop, Pop, Popcorn!
3:30 **AR** Ready, Set, Puzzle
5:00 **AR** Evening Wind Down

23
9:30 **AR** Let’s Talk
10:00 **CR** Exercise with Aaron
10:30 **AR** Board & Card Games
12:30 **AR** Classic TV Comedies
1:00 **AR** Music Trivia
2:00 **AR** Pop, Pop, Popcorn!
3:00 **AR** Bible Study
3:30 **AR** Ready, Set, Puzzle
5:00 **AR** Evening Wind Down

30
9:30 **AR** Let’s Talk
10:00 **CR** Exercise with Aaron
10:30 **AR** Board & Card Games
12:30 **AR** Classic TV Comedies
1:00 **AR** Music Trivia
2:00 **AR** Pop, Pop, Popcorn!
3:30 **AR** Ready, Set, Puzzle
5:00 **AR** Evening Wind Down

Friday

3
9:30 **AR** Spiritual Music
10:00 **AR** Yes2Next Fitness
10:30 **CR** Manicures and Music
12:30 **AR** Whiteboard Games
1:00 **AR** Craft Project
2:00 **AR** World Smile Day: “Say
Cheese & Share a Smile!”
3:00 **AR** Passport To Wellness
3:30 **AR** Concert Series
5:00 **AR** Evening Wind Down

10
9:30 **AR** Spiritual Music
10:00 **AR** Yes2Next Fitness
10:30 **CR** Manicures and Music
12:30 **AR** Whiteboard Games
1:00 **AR** Craft Project
2:00 **AR** Social Snack Hour
3:00 **AR** Passport To Wellness
3:30 **AR** Concert Series
5:00 **AR** Evening Wind Down

17
9:30 **AR** Spiritual Music
10:00 **AR** Yes2Next Fitness
10:30 **CR** Manicures and Music
12:30 **AR** Whiteboard Games
1:00 **AR** Craft Project
2:00 **AR** Social Snack Hour
3:00 **AR** Passport To Wellness
3:30 **AR** Concert Series
5:00 **AR** Evening Wind Down

24
9:30 **AR** Spiritual Music
10:00 **AR** Yes2Next Fitness
10:30 **CR** Manicures and Music
12:30 **AR** Whiteboard Games
1:00 **AR** Craft Project
2:00 **AR** Social Snack Hour
3:00 **AR** Passport To Wellness
3:30 **AR** Concert Series
5:00 **AR** Evening Wind Down

31 Halloween
9:30 **AR** Spiritual Music
10:00 **AR** Yes2Next Fitness
10:30 **CR** Manicures and Music
12:30 **AR** Whiteboard Games
1:00 **AR** Craft Project
2:00 **AR** Halloween Bash!
3:00 **AR** Passport To Wellness
3:30 **AR** Concert Series
5:00 **AR** Evening Wind Down

Saturday

4
9:30 **AR** Gentle Stretch
10:00 **AR** Sips and Smiles
10:30 **AR** Name That Tune!
12:30 **AR** Comedy Show: I Love Lucy
1:00 **AR** IN2L Trivia
2:00 **AR** Ice Cream Social
3:00 **AR** Chair Volleyball
3:30 **AR** Classic TV & Movies
5:00 **AR** Evening Wind Down

11
9:30 **AR** Gentle Stretch
10:00 **AR** Sips and Smiles
10:30 **AR** Name That Tune!
12:30 **AR** Comedy Show:
The Dick Van Dyke Show
1:00 **AR** IN2L Trivia
2:00 **AR** Ice Cream Social
3:00 **AR** Chair Volleyball
3:30 **AR** Classic TV & Movies
5:00 **AR** Evening Wind Down

18
9:30 **AR** Gentle Stretch
10:00 **AR** Sips and Smiles
10:30 **AR** Name That Tune!
12:30 **AR** Comedy Show:
The Andy Griffith Show
1:00 **AR** IN2L Trivia
2:00 **AR** Ice Cream Social
3:00 **AR** Chair Volleyball
3:30 **AR** Classic TV & Movies
5:00 **AR** Evening Wind Down

25
9:30 **AR** Gentle Stretch
10:00 **AR** Sips and Smiles
10:30 **AR** Name That Tune!
12:30 **AR** Comedy Show:
The Carol Burnett Show
1:00 **AR** IN2L Trivia
2:00 **AR** Ice Cream Social
3:00 **AR** Chair Volleyball
3:30 **AR** Classic TV & Movies
5:00 **AR** Evenina Wind Down



Around our Community

Welcome, October

It’s officially fall, and we’re excited to welcome the crisp air, cozy sweaters, and colorful leaves that come with October! Here in Ensemble, we’re embracing all the season has to offer with warm smiles, engaging activities, and festive fun.

Did you know October’s name comes from the Latin word octo, meaning eight? That’s because it used to be the eighth month in the old Roman calendar!

October is also full of celebrations—like Halloween, of course—but also National Pumpkin Day (October 26) and even National Cookie Month. So don’t be surprised if you catch a whiff of something sweet baking in the kitchen!

We’re looking forward to a month of laughter, music, crafts, and connection. Here’s to a joyful October!

LOCATION KEY

- AR** Activity Room
- CR** Community Room