

February 2026

Alto Grayslake Assisted Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:45 The Morning Scoop 10:15 Video EXERCISE (CR) 11:00 Sunday Catholic Mass (CR) 1:15 Bingo Blitz (B) 3:00 YOUTH DANCERS (CR) 6:00 Hart to Hart (DVD) (CR)	8:45 Coffee & Conversation (DR) 10:15 Movin' Monday (FC) 10:45 Daily Chronicles (FC) 11:00 Newcomers Group (CR) 1:30 Sitdown Sitcom (CR) 3:00 Arts & Crafts (CR) 6:00 TRAVEL: DENMARK (CR)	8:45 Trivia Time (DR) 10:15 Tune Up Tuesday (FC) 10:30 Catholic Communion (MT) 10:45 Daily Chronicles (FC) 2:00 Happy Hour - Snack & Yack (CR) 2:30 Insight Exchange (CR) 6:00 Board Games & More (CR)	8:45 Coffee & Conversation (DR) 10:15 Wednesday Weights (FC) 10:45 Daily Chronicles (FC) 2:00 Bingo - Fun For All! (CR) 3:00 CONCERT: RAY FORLENZA (CR) 6:00 MOVIE: STAR WARS - The Return ... (CR)	8:45 Trivia Time Pt. 2 (DR) 10:15 Legacy Exercise (FC) 10:30 LIBRARY LOBBY STOP (B) 10:45 Wellness Tip of the Day (FC) 11:00 BUS TRIP: SHOPPING - JEWEL (BUS) 2:00 Happy Hour: Drinks n More (CR) 2:45 The Best of the Internet (CR) 6:00 MOVIE: ADAM'S RIB (CR)	8:45 Coffee & Conversation (DR) 10:15 Flexibility Friday (FC) 10:45 Daily Chronicles (FC) 1:30 Bible Study & Devotions (103) 3:00 Friday Fun & Games (CR) 6:00 Everybdy Loves Raymnd DVD (CR)	10:00 2nd Scrabble Table (LIB) 10:15 Video Exercise (CR) 1:15 Weekend Bingo (CR) 2:15 Popcorn Time (CR) 2:30 You Pick DVD Movie (MT) 6:00 Sitcoms on YouTube (CR)
SUPERBOWL SUNDAY 8:45 The Morning Scoop 10:15 Video EXERCISE (CR) 11:00 Sunday Catholic Mass (CR) 1:15 Bingo Blitz (CR) 2:00 Popcorn Party (CR) 2:30 You Pick NETFLIX Movie (MT) 5:30 SUPERBOWL PARTY (CR)	8:45 Coffee & Conversation (DR) 10:15 Movin' Monday (FC) 10:45 Daily Chronicles (FC) 11:00 Activity Committee Mtg. (CR) 1:30 Sitdown Sitcom (CR) 2:30 Baking Class (CR) 6:00 TRAVEL: DUBAI (CR)	8:45 Trivia Time (DR) 10:15 Tune Up Tuesday (FC) 10:30 Catholic Communion (MT) 10:45 Daily Chronicles (FC) 11:00 Food Committee Mtg. (CR) 2:00 Cooking Demo w/Dave (CR) 6:00 Board Games & More (CR)	8:45 Coffee & Conversation (DR) 10:15 KALEIDOSCOPE STRING ENSEMBLE (CR) 12:00 VETERANS LUNCH (CR) 2:00 Bingo - Fun For All! (CR) 6:00 MOVIE: 48 HOURS (CR)	8:45 Trivia Time Pt. 2 (DR) 10:15 Legacy Exercise (FC) 10:45 Wellness Tip of the Day (FC) 12:00 TAKE IN LUNCH - ARBY'S (CR) 2:00 Happy Hour: Drinks n More (CR) 2:30 Alto Jeopardy (CR) 3:00 DOG VISITS with SADIE (CR) 6:00 MOVIE: BEN HUR (CR)	WEAR RED TODAY 10:15 Flexibility Friday (FC) 10:45 Daily Chronicles (FC) 1:30 Bible Study & Devotions (103) 3:00 VALENTINE'S PARTY & DANIEL RAUSCH CONCERT (CR) 6:00 Everybdy Loves Raymnd DVD (CR)	10:00 2nd Scrabble Table (LIB) 10:15 Video Exercise (CR) 1:15 Weekend Bingo (CR) 2:15 Popcorn Time (CR) 2:30 You Pick DVD Movie (MT) 6:00 Sitcoms on YouTube (CR)
8:45 The Morning Scoop 10:15 Video EXERCISE (CR) 11:00 Sunday Catholic Mass (CR) 1:15 Bingo Blitz (CR) 2:00 Popcorn Party (CR) 2:30 You Pick NETFLIX Movie (MT) 6:00 Hart to Hart (DVD) (CR)	PRESIDENTS' DAY 10:15 Movin' Monday (FC) 10:45 Daily Chronicles (FC) 11:00 Newcomers Group (CR) 1:30 Sitdown Sitcom (CR) 3:00 Arts & Crafts (CR) 6:00 TRAVEL: WASHINGTON DC (CR)	MARDI GRAS 10:15 Tune Up Tuesday (FC) 10:30 Catholic Communion (MT) 10:45 Daily Chronicles (FC) 2:00 MARDI GRAS HAPPY HR. (B) 2:30 Insight Exchange (CR) 3:00 CONCERT: JEFF DEWBRAV (CR) 6:00 Board Games & More (CR)	ASH WEDNESDAY 8:45 Coffee & Conversation (DR) 10:00 Ash Wednesday Ashes (MT) 10:15 Wednesday Weights (FC) 10:45 Daily Chronicles (FC) 2:00 Bingo - Fun For All! (CR) 6:00 MOVIE: AROUND IN 80 DAYS (CR)	8:45 Trivia Time Pt. 2 (DR) 10:15 Legacy Exercise (FC) 10:45 Wellness Tip of the Day (FC) 11:00 Bus: J's CHARHOUSE (BUS) 2:00 Happy Hour: Drinks n More (CR) 2:30 RAMADAN 101 (CR) 6:00 MOVIE: THE BIRDCAGE (CR)	8:45 Coffee & Conversation (DR) 10:15 Flexibility Friday (FC) 10:45 Daily Chronicles (FC) 11:30 LADIES LUNCHEON (CR) 1:30 Bible Study & Devotions (103) 3:00 Friday Fun & Games (CR) 6:00 Everybdy Loves Raymnd DVD (CR)	10:00 2nd Scrabble Table (LIB) 10:15 Video Exercise (CR) 1:15 Weekend Bingo (CR) 2:15 Popcorn Time (CR) 2:30 You Pick DVD Movie (MT) 6:00 Sitcoms on YouTube (CR)
8:45 The Morning Scoop 10:15 Video EXERCISE (CR) 11:00 Sunday Catholic Mass (CR) 1:15 Bingo Blitz (CR) 2:00 Popcorn Party (CR) 2:30 You Pick NETFLIX Movie (MT) 6:00 Carol Burnett (DVD) (CR)	8:45 Coffee & Conversation (DR) 10:15 Movin' Monday (FC) 10:45 Daily Chronicles (FC) 1:30 Sitdown Sitcom (CR) 2:30 Baking Class (CR) 6:00 TRAVEL: DOMINICAN REPUBLIC of the CONGO (CR)	8:45 Trivia Time (DR) 10:15 Tune Up Tuesday (FC) 10:30 Catholic Communion (MT) 10:45 Daily Chronicles (FC) 2:00 Happy Hour Social (B) 2:30 Word Games (CR) 6:00 Board Games & More (CR)	8:45 Coffee & Conversation (DR) 10:15 Wednesday Weights (FC) 10:45 Daily Chronicles (FC) 2:00 Bingo - Fun For All! (CR) 3:00 DOG VISITS with ROSIE (CR) 6:00 MOVIE: THE EAGLE HAS LANDED (CR)	8:45 Trivia Time Pt. 2 (DR) 10:15 Legacy Exercise (FC) 10:30 LIBRARY LOBBY STOP (B) 10:45 Wellness Tip of the Day (FC) 11:00 BUS TRIP: JOY RIDE (BUS) 2:00 Happy Hour: Drinks n More (CR) 2:30 Alto Jeopardy (CR) 5:30 SWEET CONNECTIONS F & F DESSERT & CONCERT (CR)	8:45 Coffee & Conversation (DR) 10:15 Flexibility Friday (FC) 10:45 Daily Chronicles (FC) 11:00 Resident Council (CR) 1:30 Bible Study & Devotions (103) 2:30 Monthly Birthday Party (CR) 3:00 Friday Fun & Games (CR) 6:00 Everybdy Loves Raymnd DVD (CR)	10:00 2nd Scrabble Table (LIB) 10:15 Video Exercise (CR) 1:15 Weekend Bingo (CR) 2:15 Popcorn Time (CR) 2:30 You Pick DVD Movie (MT) 6:00 Sitcoms on YouTube (CR)



Senior Living by Allegro

B-days & Bus Trips

Birthdays

Mike J. 02/07

Hannelore B. 02/11

Bus Trips

5 – SHOPPING – JEWEL

12– TAKE IN – ARBY'S

19– JIMMY'S CHARHOUSE

26– JOY RIDE

Medical Transport

Call Mike to confirm bus availability before scheduling appointments. Limited Wednesdays.

Activities subject to change.

Locations

B = Bistro
BUS = Bus
CR = Community Room
C = Courtyard
DR = Dining Room
ALL = Everywhere!
FC = Fitness Center
LIB = Library On 2
LOB = Lobby
229 = Lounge Near Apt. 229
MT = Movie Theater
103 = Lounge Near Apt. 103
PDR = Private Dining Room

February 2026

Alto Grayslake Ensemble Neighborhood



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
● 9:30 Sunday Morning Devotional Worship & Prayer (E) ● 10:15 Daily Chronicles(AC) (E) ● 10:15 Entertaining Exercises ● 10:30 Super Snacks & Hydration (E) ● 1:30 Afternoon Stretch (L) ● 2:00 Adult Guided Art (L) ● 2:00 Sunday Afternoon History (EAR) ● 3:30 IN2L- Resident Choice (E) ● 6:00 Care Team to Run IN2L (EAR) 1	● 10:15 Daily Chronicles(AC) (E) ● 10:30 Super Snacks & Hydration (EAR) ● 10:45 Resident Choice IN2L Game (E) ● 1:00 Aromatic Journey: Essential Oil Exploration (E) ● 2:00 Gentle Chair Yoga Stretch Session (E) ● 2:00 Tasty Afternoon Snack (EDR) ● 2:30 Whiteboard Word Association Challenge (EAR) ● 3:00 Who Am I ? (EAR) ● 3:30 Heartfelt Memories: Crafting Personalized Heart Ornaments (EAR) ● 6:00 Care Team to Run IN2L (EAR) 2	● 10:15 Chair Stretching (E) ● 10:15 Daily Chronicles(AC) (E) ● 10:30 Super Snacks & Hydration (E) ● 11:00 Bus Outing (BUS) ● 11:00 Game of Choice IN2L (E) ● 1:00 Louisa May Alcott's Short stories- A Treasury (EFR) ● 1:45 Never Have I Ever Family (EAR) ● 2:45 Cup Grab Simon Says (E) ● 6:00 Care Team to Run IN2L (EAR) 3	● 10:00 Daily Chronicles(AC) (E) ● 10:15 Chair-Based Rhythm and Motion (E) ● 10:30 Super Snacks & Hydration (E) ● 10:45 Simon Memory Game (ALL) ● 1:00 Spiritual Song Circle: Connecting Through Melodies (E) ● 1:30 Concert:Ray Forlenza (EAR) ● 2:30 Baking Club (EDR) ● 6:00 Care Team to Run IN2L (EAR) 4	● 10:15 Daily Chronicles(AC) (E) ● 10:15 Entertaining Exercises (E) ● 10:30 IN2L- Jeopardy (L) ● 10:30 Super Snacks & Hydration (E) ● 11:15 Who Am I ? (AC) (EAR) ● 1:15 Cards with Friends (EAR) ● 2:00 Happy Hour Bingo (EDR) ● 3:30 Word Yahtzee (E) ● 6:00 Care Team to Run IN2L (EAR) 5	● 10:00 Daily Chronicles(AC) (E) ● 10:15 Seated Fitness Fun: Chair Exercises for Seniors (E) ● 10:30 Super Snacks & Hydration (E) ● 3:15 Nail Day: Nourishing Nail Care Session (EFR) ● 3:30 Resident Choice Movie (E) ● 6:00 Care Team to Run IN2L (EAR) 6	● 10:00 Daily Chronicles(AC) ● 10:15 Seated Zumba Class (L) ● 10:30 Sensational Snacks (E) ● 10:45 Name That Tune! (E) ● 11:00 Interfaith Wisdom Circle (EAR) ● 1:00 Uno (L) ● 2:00 Conversation Ball (E) ● 2:00 Ring Toss (EAR) ● 6:00 Care Team to Run IN2L (EAR) 7
● 9:30 Sunday Morning Devotional Worship & Prayer (E) ● 10:15 Daily Chronicles(AC) (E) ● 10:15 Entertaining Exercises ● 10:30 Super Snacks & Hydration (E) ● 1:30 Afternoon Stretch (L) ● 2:00 Adult Guided Art (L) ● 2:00 Sunday Afternoon History (EAR) ● 3:30 IN2L- Resident Choice (E) ● 6:00 Care Team to Run IN2L (EAR) 8	● 10:15 Daily Chronicles(AC) (E) ● 10:30 Super Snacks & Hydration (EAR) ● 10:45 Resident Choice IN2L Game (E) ● 1:00 Aromatic Journey: Essential Oil Exploration (E) ● 2:00 Gentle Chair Yoga Stretch Session (E) ● 2:30 Whiteboard Word Association Challenge (EAR) ● 3:00 Who Am I ? (EAR) ● 3:30 Valentine's Day Friendship Bracelet Workshop (EAR) ● 6:00 Care Team to Run IN2L (EAR) 9	● 10:15 Chair Stretching (E) ● 10:15 Daily Chronicles(AC) (E) ● 10:30 Super Snacks & Hydration (E) ● 11:00 Bus Outing (BUS) ● 11:00 Game of Choice IN2L (E) ● 1:00 Louisa May Alcott's Short stories- A Treasury (EFR) ● 6:00 Care Team to Run IN2L (EAR) 10	● 10:00 Daily Chronicles(AC) (E) ● 10:15 Chair-Based Rhythm and Motion (E) ● 10:30 Super Snacks & Hydration (E) ● 10:45 Simon Memory Game (ALL) ● 11:00 Concert:String Ensemble (EAR) ● 1:00 Spiritual Song Circle: Connecting Through Melodies (E) ● 2:30 Baking Club (EDR) ● 3:30 Topix Cards (EFR) ● 6:00 Care Team to Run IN2L (EAR) 11	● 10:15 Daily Chronicles(AC) (E) ● 10:15 Entertaining Exercises (E) ● 10:30 IN2L- Jeopardy (L) ● 10:30 Super Snacks & Hydration (E) ● 11:15 Who Am I ? (AC) (EAR) ● 1:15 Cards with Friends (EAR) ● 2:00 Happy Hour Bingo (EDR) ● 3:30 Word Yahtzee (E) ● 6:00 Care Team to Run IN2L (EAR) 12	● 10:00 Daily Chronicles(AC) (E) ● 10:15 Seated Fitness Fun: Chair Exercises for Seniors (E) ● 10:30 Super Snacks & Hydration (E) ● 1:00 Green House Care (EGH) ● 3:00 Valentines Party AL (CR) ● 3:15 Nail Day: Nourishing Nail Care Session (EFR) ● 3:30 Resident Choice Movie (E) ● 6:00 Care Team to Run IN2L (EAR) 13	● 10:00 Daily Chronicles(AC) ● 10:15 Seated Zumba Class (L) ● 10:30 Sensational Snacks (E) ● 10:45 Name That Tune! (E) ● 11:00 Interfaith Wisdom Circle (EAR) ● 1:00 Uno (L) ● 3:30 IN2L- Resident Choice (E) ● 6:00 Care Team to Run IN2L (EAR) 14
● 9:30 Sunday Morning Devotional Worship & Prayer (E) ● 10:15 Daily Chronicles(AC) (E) ● 10:15 Entertaining Exercises ● 10:30 Super Snacks & Hydration (E) ● 1:30 Afternoon Stretch (L) ● 2:00 Adult Guided Art (L) ● 2:00 Sunday Afternoon History (EAR) ● 3:30 IN2L- Resident Choice (E) ● 6:00 Care Team to Run IN2L (EAR) 15	● 10:15 Daily Chronicles(AC) (E) ● 10:30 Super Snacks & Hydration (EAR) ● 10:45 Resident Choice IN2L Game (E) ● 1:00 Aromatic Journey: Essential Oil Exploration (E) ● 2:00 Gentle Chair Yoga Stretch Session (E) ● 2:30 Whiteboard Word Association Challenge (EAR) ● 3:00 Who Am I ? (EAR) ● 3:30 Mini Marshmallow Heart Art (EAR) ● 6:00 Care Team to Run IN2L (EAR) 16	● 10:15 Chair Stretching (E) ● 10:15 Daily Chronicles(AC) (E) ● 10:30 Super Snacks & Hydration (E) ● 11:00 Bus Outing (BUS) ● 11:00 Game of Choice IN2L (E) ● 1:00 Louisa May Alcott's Short stories- A Treasury (EFR) ● 1:30 Concert:Jeff Dewbray (EAR) ● 2:45 Cup Grab Simon Says (E) ● 6:00 Care Team to Run IN2L (EAR) 17	● 10:00 Daily Chronicles(AC) (E) ● 10:15 Chair-Based Rhythm and Motion (E) ● 10:30 Super Snacks & Hydration (E) ● 10:45 Simon Memory Game (ALL) ● 1:00 Spiritual Song Circle: Connecting Through Melodies (E) ● 2:30 Baking Club (EDR) ● 6:00 Care Team to Run IN2L (EAR) 18	● 10:15 Daily Chronicles(AC) (E) ● 10:15 Entertaining Exercises (E) ● 10:30 IN2L- Jeopardy (L) ● 10:30 Super Snacks & Hydration (E) ● 11:15 Who Am I ? (AC) (EAR) ● 1:15 Cards with Friends (EAR) ● 2:00 Happy Hour Bingo (EDR) ● 3:30 Word Yahtzee (E) ● 6:00 Care Team to Run IN2L (EAR) 19	● 10:00 Daily Chronicles(AC) (E) ● 10:15 Seated Fitness Fun: Chair Exercises for Seniors (E) ● 10:30 Cris Breaking Grounds drumming (EAR) ● 10:30 Super Snacks & Hydration (E) ● 1:00 Green House Care (EGH) ● 3:15 Nail Day: Nourishing Nail Care Session (EFR) ● 3:30 Resident Choice Movie (E) ● 6:00 Care Team to Run IN2L (EAR) 20	● 10:00 Daily Chronicles(AC) ● 10:15 Seated Zumba Class (L) ● 10:30 Sensational Snacks (E) ● 10:45 Name That Tune! (E) ● 11:00 Interfaith Wisdom Circle (EAR) ● 1:00 Uno (L) ● 2:00 Conversation Ball (E) ● 2:00 Ring Toss (EAR) ● 6:00 Care Team to Run IN2L (EAR) 21
● 9:30 Sunday Morning Devotional Worship & Prayer (E) ● 10:15 Daily Chronicles(AC) (E) ● 10:15 Entertaining Exercises ● 10:30 Super Snacks & Hydration (E) ● 1:30 Afternoon Stretch (L) ● 2:00 Adult Guided Art (L) ● 2:00 Sunday Afternoon History (EAR) ● 3:30 IN2L- Resident Choice (E) ● 6:00 Care Team to Run IN2L (EAR) 22	● 10:15 Daily Chronicles(AC) (E) ● 10:30 Super Snacks & Hydration (EAR) ● 10:45 Resident Choice IN2L Game (E) ● 1:00 Aromatic Journey: Essential Oil Exploration (E) ● 2:00 Gentle Chair Yoga Stretch Session (E) ● 2:30 Whiteboard Word Association Challenge (EAR) ● 3:00 Who Am I ? (EAR) ● 3:30 Easy Valentine's Day Heart Collage (EAR) ● 6:00 Care Team to Run IN2L (EAR) 23	● 10:15 Chair Stretching (E) ● 10:15 Daily Chronicles(AC) (E) ● 10:30 Super Snacks & Hydration (E) ● 11:00 Bus Outing (BUS) ● 11:00 Game of Choice IN2L (E) ● 1:00 Louisa May Alcott's Short stories- A Treasury (EFR) ● 6:00 Care Team to Run IN2L (EAR) 24	● 10:00 Daily Chronicles(AC) (E) ● 10:15 Chair-Based Rhythm and Motion (E) ● 10:30 Super Snacks & Hydration (E) ● 10:45 Simon Memory Game (ALL) ● 1:00 Spiritual Song Circle: Connecting Through Melodies (E) ● 2:30 Baking Club (EDR) ● 3:30 Topix Cards (EFR) ● 6:00 Care Team to Run IN2L (EAR) 25	● 10:15 Daily Chronicles(AC) (E) ● 10:15 Entertaining Exercises (E) ● 10:30 IN2L- Jeopardy (L) ● 10:30 Super Snacks & Hydration (E) ● 11:15 Who Am I ? (AC) (EAR) ● 1:15 Cards with Friends (EAR) ● 2:00 Happy Hour Bingo (EDR) ● 3:30 Word Yahtzee (E) ● 5:30 Friends and Family night With Larry Levine (CR) ● 6:00 Care Team to Run IN2L (EAR) 26	● 10:00 Daily Chronicles(AC) (E) ● 10:15 Seated Fitness Fun: Chair Exercises for Seniors (E) ● 10:30 Super Snacks & Hydration (E) ● 1:00 Green House Care (EGH) ● 3:15 Nail Day: Nourishing Nail Care Session (EFR) ● 3:30 Resident Choice Movie (E) ● 6:00 Care Team to Run IN2L (EAR) 27	● 10:00 Daily Chronicles(AC) ● 10:15 Seated Zumba Class (L) ● 10:30 Sensational Snacks (E) ● 10:45 Name That Tune! (E) ● 11:00 Interfaith Wisdom Circle (EAR) ● 1:00 Uno (L) ● 3:30 IN2L- Resident Choice (E) ● 6:00 Care Team to Run IN2L (EAR) 28

- Emotional
- Environmental
- Intellectual/Cognitive
- Physical
- Professional/Vocational
- Social
- Spiritual

Please feel free to join us for any activities.

Activities are subject to change



BUS = Bus
CR = Community Room
C = Courtyard
EFR = Ensemble Front Room
EAR = Ensemble Activity Room
EGH = Ensemble Green House
EP = Ensemble Porch
EDR = Ensemble Dining Room
SR = Sunroom

