

UPCOMING COMMUNITY EVENTS



SCIENCE CENTER
Join us for a trip to the Science Center on Friday Jan 16. We will meet in the lobby at 12:45 and depart at 1PM

ST. LOUIS ARCH MUSEUM
Join us for a trip to the St. Louis Arch Museum on Friday Jan 23. We will meet in the lobby at 12:45 and depart at 1PM.



OUTINGS FOR THE MONTH

- TITLE**
Friday Jan 2 at 1PM Scenic Bus Ride and Ted Drews
Friday Jan 9 at 11:30 Lunch Outing: Mellow Mushroom
Friday Jan 16 at 1PM Science Center
Friday Jan 23 at 1PM St. Louis Arch Museum

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



FLOURISH

JANUARY 2026



WHAT'S INSIDE

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Social Calendar

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Upcoming Events + News

“JANUARY IS THE QUIETEST MONTH IN THE GARDEN. BUT JUST BECAUSE IT LOOKS QUIET DOESN'T MEAN THAT NOTHING IS HAPPENING.”

—CHARLES LAMB



January 2026

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Around our Community

Allegro in Richmond Heights

1055 Bellevue Avenue
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4
10:30 **TH** The 8 Gates of Jerusalem
2:00 **TH** Auntie Mame
3:00 **B** Bistro Games
(Resident-Led)

11
10:30 **TH** Palms and Passion
2:00 The Godfather
3:00 **B** Bistro Games
(Resident-Led)

18
10:30 **TH** Helena: First Pilgrim to the Holy Land
2:00 **TH** The Sound of Music
3:00 **B** Bistro Games
(Resident-Led)

25
10:30 **TH** Journey Through the Bible Lands
2:00 **TH** The Way We Were
3:00 **B** Bistro Games
(Resident-Led)

5
9:00 **SDR** Morning Reflection
10:15 **TH** Chair Exercise with Resistance Bands
11:00 **TH** America's Last Little Italy: The Hill
1:00 **LO** Shopping Trip: Schnucks
2:00 **B** Therapy Exercise Circle
2:45 **TH** "Suzannah" by Carlisle Floyd
3:00 **CR** Snowflake Salt Painting

12
9:00 **SDR** Morning Reflection
10:15 **TH** Chair Exercise with Resistance Bands
11:00 **TH** The Greatest Showman
1:00 **LO** Shopping Trip: Walmart
2:00 **B** Therapy Exercise Circle
2:45 **TH** Musical: South Pacific
3:00 **CR** Grow Crystals

19
9:00 **SDR** Morning Reflection
10:15 **TH** Chair Exercise with Resistance Bands
11:00 **TH** Sherlock Holmes
1:00 **LO** Shopping Trip: Target
2:00 **B** Therapy Exercise Circle
2:45 **TH** "The Wizard of Oz" with Judy Garland
3:00 **CR** Paper Petals

26
9:00 **SDR** Morning Reflection
10:15 **TH** Chair Exercise with Resistance Bands
11:00 **TH** One Special Night
1:00 **LO** Trip to the Nail Spa
2:00 **B** Therapy Exercise Circle
3:00 **CR** Japanese Origami Paper Doll Making
3:00 **TH** Carousel: The Musical

6
10:15 **TH** Holiday Talk: New Years! Experience Newness at any Age
11:15 **TH** Chair Exercise with Weights
1:00 **CR** Culinary Demonstration: Buttercrunch Toffee
2:00 **B** Prize B-I-N-G-O
3:00 **CR** Tai Chi
3:00 **B** Quiddler

13
10:15 **TH** Holiday Talk: Mind-Body: Feel Well, Think Well, Be Well
11:15 **TH** Chair Exercise with Weights
1:00 **CR** Culinary Demonstration: Lemon Bars
2:00 **B** Prize B-I-N-G-O
3:00 **CR** Tai Chi
3:00 **B** Quiddler

20
10:15 **TH** Holiday Talk: Remembering and Celebrating Martin Luther King
11:15 **TH** Chair Exercise with Weights
1:00 **CR** Culinary Demonstration: Mexican Wedding Cakes
2:00 **B** Prize B-I-N-G-O
3:00 **CR** Tai Chi
3:00 **B** Quiddler

27
10:15 **TH** Holiday Talk: True Value of Education
11:15 **TH** Chair Exercise with Weights
1:00 **CR** Culinary Demonstration: Coconut Kisses
2:00 **B** Prize B-I-N-G-O
3:00 **CR** Tai Chi
3:00 **B** Quiddler
3:30 Technology Tuesday with

7
9:00 **SDR** Morning Reflection
10:30 **TH** Catholic Mass & Communion
11:15 **LI** Devotional Service
1:00 **B** Card Game: Hues and Cues
2:00 **B** Vitality Yoga
2:00 **CR** Ice Cream Social
3:00 **SDR** Happy Hour + Live Music with Dan Hoerle
4:00 **SDR** Walking Club
6:00 **CD** Poker Night

14
9:00 **SDR** Morning Reflection
10:30 **TH** Catholic Mass & Communion
11:15 **LI** Devotional Service
1:00 **CR** Board Game: Spoons
2:00 **B** Vitality Yoga
2:00 **CR** Ice Cream Social
3:00 **SDR** Happy Hour + Live Music with Lamar Pilsing
4:00 **SDR** Walking Club
6:00 **CD** Poker Night

21
9:00 **SDR** Morning Reflection
10:30 **TH** Catholic Mass & Communion
11:15 **LI** Devotional Service
1:00 **CR** Card Game: Pit
2:00 **B** Vitality Yoga
2:00 **CR** Ice Cream Social
3:00 **SDR** Happy Hour + Live Music with Chad Evans
4:00 **SDR** Walking Club
6:00 **CD** Poker Night

28
9:00 **SDR** Morning Reflection
10:30 **TH** Catholic Mass & Communion
11:15 **LI** Devotional Service
1:00 **CR** Card Game: Scrabble Slam
2:00 **B** Vitality Yoga
2:00 **CR** Ice Cream Social
3:00 **SDR** Happy Hour + Live Music with Micah Turnbough
4:00 **SDR** Walking Club
6:00 **CD** Poker Night

1
9:00 **SDR** Java with Jeremy
9:30 **SDR** Morning Reflection
10:00 **CR** Tai Chi
10:15 **B** Chair Golf
11:00 **CR** Paint by Number
1:00 **B** Whiteboard Game
2:00 **B** Prize B-I-N-G-O
3:00 **B** Thirsty Thursday Trivia
4:00 **B** Pictionary

8
9:00 **SDR** Java with Jeremy
9:30 **SDR** Morning Reflection
10:00 **CR** Tai Chi
10:15 **B** Chair Golf
11:00 **CR** Paint by Number
1:00 **TH** Activity Planning Meeting
2:00 **B** Prize B-I-N-G-O
3:00 **B** Thirsty Thursday Trivia
4:00 **B** Pictionary

15
9:00 **SDR** Java with Jeremy
9:30 **SDR** Morning Reflection
10:00 **CR** Tai Chi
10:15 **B** Chair Golf
11:00 **CR** Paint by Number
1:00 **TH** Food Committee Meeting
2:00 **B** Prize B-I-N-G-O
3:30 **TH** Fox Therapy: Health Heart Information
4:00 **B** Pictionary

22
9:00 **SDR** Java with Jeremy
9:30 **SDR** Morning Reflection
10:00 **CR** Tai Chi
10:15 **B** Chair Golf
11:00 **CR** Paint by Number
1:00 **B** Whiteboard Game
2:00 **B** Prize B-I-N-G-O
3:00 **B** Thirsty Thursday Trivia
4:00 **B** Pictionary

29
9:00 **SDR** Java with Jeremy
9:30 **SDR** Morning Reflection
10:00 **CR** Tai Chi
10:15 **B** Chair Golf
11:00 **CR** Paint by Number
1:00 **B** Whiteboard Game
2:00 **B** Prize B-I-N-G-O
3:00 **B** Thirsty Thursday Trivia
4:00 **B** Pictionary

2
9:00 **SDR** Morning Reflection
9:15 **CR** Paint by Number
11:00 **B** Therapy Exercise Circle
1:00 **LO** Scenic Bus Ride and Ted Drews
3:00 **B** Noodle Ball

9
9:00 **SDR** Morning Reflection
9:15 **CR** Paint by Number
11:00 **B** Therapy Exercise Circle
11:30 **LO** Lunch Outing: Mellow Mushroom
3:30 **B** Noodle Ball

16
9:00 **SDR** Morning Reflection
9:15 **CR** Paint by Number
11:00 **B** Therapy Exercise Circle
1:00 **LO** Resident Outing: Science Center
3:30 **TH** The Shakiest Gun In The West: Staring Don Knotts
4:00 **B** Noodle Ball

23
9:00 **SDR** Morning Reflection
9:15 **CR** Paint by Number
11:00 **B** Therapy Exercise Circle
1:00 **LO** St. Louis Arch Museum
3:30 **TH** How to Frame a Fig: Staring Don Knotts
4:00 **B** Noodle Ball

30
9:00 **SDR** Morning Reflection
9:15 **CR** Paint by Number
11:00 **B** Therapy Exercise Circle
1:00 **TH** Resident Council Meeting
1:00 **B** Monthly Birthday Celebration
2:00 **B** Pizza Party: Activities Professionals Week
3:00 **B** Noodle Ball

3
10:15 **B** Morning Reflection
11:00 **TH** Chair Exercise with Weights
1:00 **B** Parachutes
2:00 **CD** Poker Resident- Led
3:00 **TH** Breakfast at Tiffany's
4:00 **B** Quiddler

10
10:15 **B** Morning Reflection
11:00 **TH** Chair Exercise with Weights
1:00 **B** Parachutes
2:00 **CD** Poker Resident- Led
3:00 **TH** My Fair Lady
4:00 **B** Quiddler

17
10:15 **B** Morning Reflection
11:00 **TH** Chair Exercise with Weights
1:00 **B** Parachutes
2:00 **CD** Poker Resident- Led
3:00 **TH** Roman Holiday
4:00 **B** Quiddler

24
10:15 **B** Morning Reflection
11:00 **TH** Chair Exercise with Weights
1:00 **B** Parachutes
2:00 **CD** Poker Resident- Led
3:00 **TH** War and Peace
4:00 **B** Quiddler

31
10:15 **B** Morning Reflection
11:00 **TH** Chair Exercise with Weights
1:00 **B** Parachutes
2:00 **CD** Poker Resident- Led
3:00 **TH** Funniest Moments of Comedy: What Made America Laugh
4:00 **B** Quiddler

TITLE

January is a quiet time for reflection, setting goals, and reconnecting with people. This month we have a variety of engaging activities planned, from social gatherings to outings and special events. Please note that **all activities are subject to change**, so be sure to keep an eye on updates and announcements.

LOCATION KEY

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



January 2026

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

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4

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 **LR** Sunday Snacks & Social
3:30 **AR** Big Ball Bowling
5:00 **LR** Evening Wind Down

5

9:30 **AR** Morning Melodies
10:30 **DR** Foodies Club
12:30 **LR** Movie Matinee & Popcorn
2:00 **E** Plant Patrol
2:45 **AR** Exercise with Aaron
3:30 **AR** Golden Oldies Hour
5:00 **AR** Card Games & Puzzles

11

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 **LR** Sunday Snacks & Social
3:30 **AR** Big Ball Bowling
5:00 **LR** Evening Wind Down

12

9:30 **AR** Morning Melodies
10:00 **AR** Sing-Along with Tom!
12:30 **LR** Movie Matinee & Popcorn
2:00 **E** Plant Patrol
2:45 **AR** Exercise with Aaron
3:30 **AR** Golden Oldies Hour
5:00 **AR** Card Games & Puzzles

18

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 **LR** Sunday Snacks & Social
3:30 **AR** Big Ball Bowling
5:00 **LR** Evening Wind Down

19

MLK Jr. Day

9:30 **AR** Morning Melodies
10:30 **DR** Foodies Club
12:30 **LR** Movie Matinee & Popcorn
2:00 **E** Plant Patrol
2:45 **AR** Exercise with Aaron
3:30 **AR** Golden Oldies Hour
5:00 **AR** Card Games & Puzzles

25

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 **LR** Sunday Snacks & Social
3:30 **AR** Big Ball Bowling
5:00 **LR** Evening Wind Down

26

9:30 **AR** Morning Melodies
10:00 **AR** Sing-Along with Tom!
12:30 **LR** Movie Matinee & Popcorn
2:00 **E** Plant Patrol
2:45 **AR** Exercise with Aaron
3:30 **AR** Golden Oldies Hour
5:00 **AR** Card Games & Puzzles



6

9:30 **AR** Banter & Beats
10:00 **AR** Dancing the Decades!
10:45 **AR** Sensory Sensations
1:00 **AR** Music B-I-N-G-O
3:00 **AR** Cornhole Competition
3:30 **SLN** Spa-La-La
4:00 **FR** The Support Circle
5:00 **LR** Evening Wind Down

13

9:30 **AR** Banter & Beats
10:00 **AR** Dancing the Decades!
10:45 **AR** Sensory Sensations
1:00 **AR** Music B-I-N-G-O
2:00 **LR** Music with Cherry & Jerry
3:00 **AR** Disco Dance Party
3:30 **SLN** Spa-La-La
5:00 **LR** Evening Wind Down

20

9:30 **AR** Banter & Beats
10:00 **AR** Dancing the Decades!
10:45 **AR** Sensory Sensations
1:00 **SD** Scenic Adventures
2:00 **AR** Music B-I-N-G-O
3:00 **AR** Cornhole Competition
3:30 **SLN** Spa-La-La
5:00 **LR** Evening Wind Down

27

9:30 **AR** Banter & Beats
10:00 **AR** Dancing the Decades!
10:45 **AR** Sensory Sensations
1:00 **SD** Scenic Adventures
2:00 **AR** Music B-I-N-G-O
3:00 **AR** Disco Dance Party
3:30 **SLN** Spa-La-La
5:00 **LR** Evening Wind Down

7

9:30 **AR** Morning Melodies
10:00 **RR** Walk It Out Wednesday!
10:30 **AR** Canvas Karaoke
1:00 **AR** Travelogue: Mexico
2:00 **AR** Keep It Up!
3:00 **SDR** Live Music!
5:00 **AR** Card Games & Puzzles

14

9:30 **AR** Morning Melodies
10:00 **RR** Walk It Out Wednesday!
10:30 **AR** Canvas Karaoke
1:00 **AR** Travelogue: Germany
2:00 **AR** Keep It Up!
3:00 **SDR** Live Music!
5:00 **AR** Card Games & Puzzles

21

9:30 **AR** Morning Melodies
10:00 **RR** Walk It Out Wednesday!
10:30 **AR** Canvas Karaoke
1:00 **AR** Travelogue: Egypt
2:00 **AR** Keep It Up!
3:00 **SDR** Live Music!
5:00 **AR** Card Games & Puzzles

28

9:30 **AR** Morning Melodies
10:00 **RR** Walk It Out Wednesday!
10:30 **AR** Canvas Karaoke
1:00 **AR** Travelogue: Thailand
2:00 **AR** Keep It Up!
3:00 **SDR** Live Music!
5:00 **AR** Card Games & Puzzles

1

New Year's Day

9:30 **AR** Banter & Beats
10:00 **CR** Exercise with Aaron
10:30 **AR** Story Circle
1:00 **AR** Discovery Hour: Traditions
2:00 **AR** Pop, Pop, Popcorn!
3:00 **AR** Game On!
3:30 **AR** Ready, Set, Puzzle
5:00 **LR** Evening Wind Down

8

9:30 **AR** Banter & Beats
10:00 **CR** Exercise with Aaron
10:30 **AR** Story Circle
1:00 **AR** Discovery Hour: Primates
2:00 **AR** Pop, Pop, Popcorn!
3:00 **AR** Game On!
3:30 **AR** Ready, Set, Puzzle
5:00 **LR** Evening Wind Down

15

9:30 **AR** Banter & Beats
10:00 **CR** Exercise with Aaron
10:30 **AR** Story Circle
1:00 **AR** Discovery Hour: Caving
2:00 **AR** Pop, Pop, Popcorn!
3:00 **AR** Game On!
3:30 **AR** Ready, Set, Puzzle
5:00 **LR** Evening Wind Down

22

9:30 **AR** Banter & Beats
10:00 **CR** Exercise with Aaron
10:30 **AR** Story Circle
1:00 **AR** Discovery Hour: Whales
2:00 **AR** Pop, Pop, Popcorn!
3:00 **AR** Game On!
3:30 **AR** Ready, Set, Puzzle
5:00 **LR** Evening Wind Down

29

9:30 **AR** Banter & Beats
10:00 **CR** Exercise with Aaron
10:30 **AR** Story Circle
1:00 **AR** Discovery Hour: Dust Bowl
2:00 **AR** Pop, Pop, Popcorn!
3:00 **AR** Game On!
3:30 **AR** Ready, Set, Puzzle
5:00 **LR** Evening Wind Down

2

9:30 **AR** 50's Music Friday
10:00 **AR** Groove & Move Exercise
10:30 **DR** Fudge Fridays!
1:00 **AR** Crafting Corner
2:00 **AR** Weekend Warm-Up
3:30 **AR** Pictionary
5:00 **AR** Card Games & Puzzles

9

9:30 **AR** 50's Music Friday
10:00 **AR** Groove & Move Exercise
10:30 **AR** Making No-Sew Blankets
1:00 **AR** Crafting Corner
2:00 **AR** Weekend Warm-Up
3:30 **AR** Charades
5:00 **AR** Card Games & Puzzles

16

9:30 **AR** 50's Music Friday
10:00 **AR** Groove & Move Exercise
10:30 **DR** Fudge Fridays!
1:00 **AR** Crafting Corner
2:00 **AR** Weekend Warm-Up
3:30 **AR** Pictionary
5:00 **AR** Card Games & Puzzles

23

9:30 **AR** 50's Music Friday
10:00 **AR** Groove & Move Exercise
10:30 **AR** Making No-Sew Blankets
1:00 **AR** Crafting Corner
2:00 **AR** Weekend Warm-Up
3:30 **AR** Charades
5:00 **AR** Card Games & Puzzles

30

9:30 **AR** 50's Music Friday
10:00 **AR** Groove & Move Exercise
10:30 **DR** Fudge Fridays!
1:00 **AR** Crafting Corner
2:00 **AR** Weekend Warm-Up
3:30 **AR** Pictionary
5:00 **AR** Card Games & Puzzles

3

9:30 **AR** Sips and Smiles
10:00 **AR** Gentle Stretch
10:30 **AR** Name That Tune!
12:30 **AR** This Week in History
1:00 **AR** Color & Chat
2:00 **AR** Ice Cream Social
3:00 **AR** Chair Volleyball
5:00 **LR** Cinema Saturday

10

9:30 **AR** Sips and Smiles
10:00 **AR** Gentle Stretch
10:30 **AR** Name That Tune!
12:30 **AR** This Week in History
1:00 **AR** Color & Chat
2:00 **AR** Ice Cream Social
3:00 **AR** Chair Volleyball
5:00 **LR** Cinema Saturday

17

9:30 **AR** Sips and Smiles
10:00 **AR** Gentle Stretch
10:30 **AR** Name That Tune!
12:30 **AR** This Week in History
1:00 **AR** Color & Chat
2:00 **AR** Ice Cream Social
3:00 **AR** Chair Volleyball
5:00 **LR** Cinema Saturday

24

Family Event

10:00 **AR** Gentle Stretch
10:30 **DR** Making Teatime Treats!
12:30 **DR** Let's Decorate!
2:00 **DR** Winter Teatime
5:00 **LR** Cinema Saturday

31

9:30 **AR** Sips and Smiles
10:00 **AR** Gentle Stretch
10:30 **AR** Name That Tune!
12:30 **AR** This Week in History
1:00 **AR** Color & Chat
2:00 **AR** Ice Cream Social
3:00 **AR** Chair Volleyball
5:00 **LR** Cinema Saturday

Around our Community

Welcome, January

The Support Circle

Monthly Family Support Group

Meets the first Tuesday of each month at 4:00pm

Families are welcome to join us in person or via Zoom

Winter Teatime

Ensemble Family Event

Saturday, January 24th, 2:00pm to 3:30pm

Join us on the 4th floor for a cozy tea party featuring hot tea, finger foods, and pastries

Please RSVP to scain@allegroliving.com by January 21st

January Birthdays!

Mike M. 1/18

Tom B. 1/30

All activities are subject to change.

LOCATION KEY

AR	Activity Room
CR	Community Room
LR	Living Room
DR	Dining Room
E	Ensemble
FR	Family Room
SLN	4th Floor Salon
RR	Room to Room
SDR	Symphony Dining Room
SD	Scenic Drive