

## 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

# FLOURISH

JANUARY 2026



## WHAT'S INSIDE

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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**

## Allegro in Richmond Heights

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

**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 **TH** 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

**Tuesday**

**Wednesday**

**Thursday**

**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

**Friday**

**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** Whiteboard Game  
2:00 **B** Prize B-I-N-G-O  
3:00 **B** Thirsty Thursday Trivia  
4:00 **B** Noodle Ball

**Saturday**

**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

## Around our Community

### 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

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

**Sunday**
**Monday**

## Allegro in Richmond Heights

1055 Bellevue Avenue  
Richmond Heights, MO 63117  
(314) 626-5786  
<https://www.allegroliving.com>

<b>4</b>	9:30 AR Spiritual Music 10:00 AR Gentle Stretch <b>10:30 AR Virtual Catholic Mass</b> 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
<b>5</b>	9:30 AR Morning Melodies <b>10:30 DR Foodies Club</b> 12:30 LR Movie Matinee & Popcorn 2:00 E Plant Patrol <b>2:45 AR Exercise with Aaron</b> 3:30 AR Golden Oldies Hour 5:00 AR Card Games & Puzzles
<b>11</b>	9:30 AR Spiritual Music 10:00 AR Gentle Stretch <b>10:30 AR Virtual Catholic Mass</b> 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
<b>18</b>	9:30 AR Spiritual Music 10:00 AR Gentle Stretch <b>10:30 AR Virtual Catholic Mass</b> 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

<b>19</b>	MLK Jr. Day 9:30 AR Morning Melodies <b>10:30 DR Foodies Club</b> 12:30 LR Movie Matinee & Popcorn 2:00 E Plant Patrol <b>2:45 AR Exercise with Aaron</b> 3:30 AR Golden Oldies Hour 5:00 AR Card Games & Puzzles
<b>20</b>	9:30 AR Banter & Beats <b>10:00 AR Dancing the Decades!</b> 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
<b>25</b>	9:30 AR Spiritual Music 10:00 AR Gentle Stretch <b>10:30 AR Virtual Catholic Mass</b> 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


**Tuesday**

<b>6</b>	9:30 AR Banter & Beats <b>10:00 AR Dancing the Decades!</b> 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
<b>12</b>	9:30 AR Morning Melodies <b>10:00 AR Sing-Along with Tom!</b> 12:30 LR Movie Matinee & Popcorn 2:00 E Plant Patrol <b>2:45 AR Exercise with Aaron</b> 3:30 AR Golden Oldies Hour 5:00 AR Card Games & Puzzles
<b>13</b>	9:30 AR Banter & Beats <b>10:00 AR Dancing the Decades!</b> 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
<b>19</b>	MLK Jr. Day 9:30 AR Morning Melodies <b>10:30 DR Foodies Club</b> 12:30 LR Movie Matinee & Popcorn 2:00 E Plant Patrol <b>2:45 AR Exercise with Aaron</b> 3:30 AR Golden Oldies Hour 5:00 AR Card Games & Puzzles

<b>20</b>	9:30 AR Banter & Beats <b>10:00 AR Dancing the Decades!</b> 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
<b>26</b>	9:30 AR Banter & Beats <b>10:00 AR Sing-Along with Tom!</b> 12:30 LR Movie Matinee & Popcorn 2:00 E Plant Patrol <b>2:45 AR Exercise with Aaron</b> 3:30 AR Golden Oldies Hour 5:00 AR Card Games & Puzzles
<b>27</b>	9:30 AR Banter & Beats <b>10:00 AR Dancing the Decades!</b> 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

**Wednesday**

<b>7</b>	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
<b>14</b>	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
<b>21</b>	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
<b>28</b>	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

**Thursday**

<b>1</b>	New Year's Day 9:30 AR Banter & Beats 10:00 CR Exercise with Aaron 10:30 AR Story Circle <b>1:00 AR Discovery Hour: Traditions</b> 2:00 AR Pop, Pop, Popcorn! 3:00 AR Game On! 3:30 AR Ready, Set, Puzzle 5:00 LR Evening Wind Down
<b>8</b>	9:30 AR Banter & Beats 10:00 CR Exercise with Aaron 10:30 AR Story Circle <b>1:00 AR Discovery Hour: Primates</b> 2:00 AR Pop, Pop, Popcorn! 3:00 AR Game On! 3:30 AR Ready, Set, Puzzle 5:00 LR Evening Wind Down
<b>15</b>	9:30 AR Banter & Beats 10:00 CR Exercise with Aaron 10:30 AR Story Circle <b>1:00 AR Discovery Hour: Caving</b> 2:00 AR Pop, Pop, Popcorn! 3:00 AR Game On! 3:30 AR Ready, Set, Puzzle 5:00 LR Evening Wind Down
<b>22</b>	9:30 AR Banter & Beats 10:00 CR Exercise with Aaron 10:30 AR Story Circle <b>1:00 AR Discovery Hour: Whales</b> 2:00 AR Pop, Pop, Popcorn! 3:00 AR Game On! 3:30 AR Ready, Set, Puzzle 5:00 LR Evening Wind Down

**Friday**

<b>2</b>	9:30 AR 50's Music Friday 10:00 AR Groove & Move Exercise 10:30 DR Fudge Fridays! 1:00 AR Crafting Corner <b>2:00 AR Weekend Warm-Up</b> 3:30 AR Pictionary 5:00 AR Card Games & Puzzles
<b>9</b>	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 <b>2:00 AR Weekend Warm-Up</b> 3:30 AR Charades 5:00 AR Card Games & Puzzles
<b>16</b>	9:30 AR 50's Music Friday 10:00 AR Groove & Move Exercise 10:30 DR Fudge Fridays! 1:00 AR Crafting Corner <b>2:00 AR Weekend Warm-Up</b> 3:30 AR Pictionary 5:00 AR Card Games & Puzzles
<b>23</b>	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 <b>2:00 DR Let's Decorate!</b> 2:00 DR Winter Teatime 3:30 AR Charades 5:00 LR Cinema Saturday

**Saturday**

<b>3</b>	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 <b>2:00 AR Ice Cream Social</b> 3:00 AR Chair Volleyball 5:00 LR Cinema Saturday
<b>10</b>	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 <b>2:00 AR Ice Cream Social</b> 3:00 AR Chair Volleyball 5:00 LR Cinema Saturday
<b>17</b>	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 <b>2:00 AR Ice Cream Social</b> 3:00 AR Chair Volleyball 5:00 LR Cinema Saturday

## 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](mailto:scain@allegroliving.com) by January 21st

### January Birthdays!

Mike M. 1/18

Tom B. 1/30

All activities are subject to change.

## LOCATION KEY

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