

JUNE 2026

Alto Grayslake Assisted Living



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 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) 2:30 Baking Class (CR) 6:00 TRAVEL: HUNGARY (CR)	2 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 SCRABBLE (LIB)	3 10:15 Wednesday Weights (FC) 10:45 Daily Chronicles (FC) 2:00 BINGO (CR) 3:00 GARDEN CLUB (C) 6:00 CONCERT: HIGHLAND PARK POPS BAND (C)	4 10:15 Legacy Exercise (FC) 11:00 BUS TRIP: KAISER'S PIZZA (BUS) 2:00 Happy Hr & More (CR) 2:30 Alto Jeopardy (CR) 6:00 BOOK CLUB (B)	5 10:15 Flexibility Friday (FC) 10:45 Daily Chronicles (FC) 1:30 Bible Study (103) 3:00 GAMES - UNO ATTACK & RUMMY (CR) 6:00 Everybdy ...Raymnd (CR)	6 10:00 2nd Scrabble Table (LIB) 10:15 Video Exercise (CR) 1:15 Weekend Bingo (CR) 2:15 Popcorn Time (CR) 2:30 U-Pick DVD Movie (MT) 6:00 U-Pick Sitcom (CR)
	7 10:15 TV Exercise (CR) 11:00 Catholic Mass (CR) 1:15 BINGO BLITZ (CR) 2:00 Popcorn (CR) 2:30 U-Pick NETFLIX (MT) 6:00 Hart to Hart (DVD) (CR)	8 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) 3:00 Arts & Crafts (CR) 6:00 TRAVEL: HONG KONG (CR)	9 10:15 Tune Up Tuesday (FC) 10:30 Catholic Communion (MT) 11:00 Food Committee (CR) 1:00 PARKINSON'S SUPPORT GROUP (MT) 2:00 Cooking Demo w/Dave (CR) 6:00 SCRABBLE (LIB)	10 10:15 Wednesday Weights (FC) 10:45 Daily Chronicles (FC) 12:00 VETERANS LUNCH (CR) 2:00 ICE CREAM SOCIAL & CONCERT (CR) 3:00 GARDEN CLUB (C) 6:00 MOVIE: HOOK (CR)	11 10:15 Legacy Exercise (FC) 10:30 LIBRARY STOP (B) 11:00 SACK LUNCH & FISHING TRIP (BUS) 2:00 Happy Hr & More (CR) 3:00 DOG VISITS-SADIE (CR) 6:00 SCIENCE FUN (CR)	12 8:45 Coffee & Conversation (DR) 10:15 Flexibility Friday (FC) 10:45 Daily Chronicles (FC) 1:30 Bible Study (103) 2:30 Birthday Party (CR) 3:00 Fun & Games (CR) 6:00 Everybdy ...Raymnd (CR)
14 FLAG DAY 10:15 TV Exercise (CR) 11:00 Catholic Mass (CR) 1:15 BINGO BLITZ (CR) 2:00 Popcorn (CR) 2:30 U-Pick NETFLIX (MT) 6:00 Carol Burnett (DVD) (CR)	15 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) 2:30 Baking Class (CR) 6:00 TRAVEL: HAWAII (CR)	16 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 SCRABBLE (LIB)	17 8:45 Coffee & Conversation (DR) 10:15 Wednesday Weights (FC) 10:45 Daily Chronicles (FC) 2:00 BINGO (B) 3:00 PATRIOTIC SING (CR) 6:00 MOVIE: THE ITALIAN JOB (CR)	18 10:15 Legacy Exercise (FC) 10:45 TRIP: Free Lunch & Elvis (BUS) 2:00 Happy Hr & More (CR) 2:30 Alto Jeopardy (CR) 6:00 BOOK CLUB (B)	19 JUNETEENTH 10:15 Flexibility Friday (FC) 10:45 Juneteenth History & More (FC) 11:30 LADIES LUNCHEON (CR) 1:30 Bible Study (103) 3:15 DANCING THRU THE DECADES (EAR) 6:00 Everybdy ... Raymnd (CR)	20 10:00 2nd Scrabble Table (LIB) 10:15 Video Exercise (CR) 1:15 Weekend Bingo (CR) 2:15 Popcorn Time (CR) 2:30 U-Pick DVD Movie (MT) 6:00 U-Pick Sitcom (CR)
21 FATHER'S DAY 10:15 TV Exercise (CR) 11:00 Catholic Mass (CR) 1:15 BINGO BLITZ (CR) 2:00 Popcorn (CR) 2:30 U-Pick NETFLIX (MT) 6:00 Hart to Hart (DVD) (CR)	22 8:45 Coffee & Conversation (DR) 10:15 Movin' Monday (FC) 10:45 Daily Chronicles (FC) 1:30 Sitdown Sitcom (CR) 3:00 Arts & Crafts (CR) 6:00 TRAVEL: HONDURAS (CR)	23 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 (CR) 2:30 Insights (CR) 6:00 SCRABBLE (LIB)	24 10:15 Wednesday Weights (FC) 10:45 Daily Chronicles (FC) 12:00 Low Vision Lunch (PDR) 2:00 BINGO (CR) 3:00 GARDEN CLUB (C) 3:00 ROSIE VISITS (CR) 6:00 MOVIE: IRON MAN 2 (CR)	25 10:15 Legacy Exercise (FC) 11:00 BUS TRIP: JOY RIDE (BUS) 2:00 Happy Hr & More (CR) 2:45 Internet's Best (CR) 4:30 FRIENDS & FAMILY SUMMER KICK OFF & CONCERT (C)	26 10:15 Flexibility Friday (FC) 11:00 Resident Council (CR) 1:30 Bible Study (103) 3:00 Shirley K. Farewell (CR) 6:00 Everybdy ... Raymnd (CR)	27 10:00 2nd Scrabble Table (LIB) 10:15 Video Exercise (CR) 1:15 Weekend Bingo (CR) 2:15 Popcorn Time (CR) 2:30 U-Pick DVD Movie (MT) 6:00 U-Pick Sitcom (CR)
28 10:15 TV Exercise (CR) 11:00 Catholic Mass (CR) 1:15 BINGO BLITZ (CR) 2:00 Popcorn (CR) 2:30 U-Pick NETFLIX (MT) 6:00 Carol Burnett (DVD) (CR)	29 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: HAITI (CR)	30 10:15 Tune Up Tuesday (FC) 10:30 Catholic Communion (MT) 10:45 Daily Chronicles (FC) 2:00 I STILL DO (CR) 6:00 Scrabble (LIB)				Bus Trips 4 - KAISER'S PIZZA 11 - SACK LUNCH & FISHING 18-FREE LUNCH & ELVIS 25 - JOY RIDE

Birthdays

Diane T. 06/13
 Phyllis C. 06/21
 Joe P. 06/28

Medical Transport

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

Reminder

Activities subject to change Notice will be posted

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

June 2026

Ensemble Grayslake



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	1 <ul style="list-style-type: none"> 10:00 Snack attack 10:15 Chronicles(AC) 10:45 Wheel of Words 1:30 Courtyard walk 2:15 Out door Gentle Chair Yoga Stretch Session 2:30 Word Mining 3:30 Resident Choice Craft 4:00 Active fun and games 	2 <ul style="list-style-type: none"> 10:00 Snack attack 10:15 Chronicles(AC) 10:45 Family Fued 2:00 Bus Outing 2:30 Collaborative Story Circle 3:00 Putting Practice 3:30 Art Dice 4:00 Active fun and games 	3 <ul style="list-style-type: none"> 10:00 Snack attack 10:15 Chronicles(AC) 10:45 Clay Creations 11:15 Sea Food Word Scramble 1:00 Spiritual Song Circle 2:00 Maze O Rama 3:30 Animal Bingo(Small Group) 4:00 Active fun and games 	4 <ul style="list-style-type: none"> 10:00 Snack attack 10:15 Chronicles(AC) 10:45 IN2L- Jeopardy 1:15 Cards with Friends 2:00 Animal of the week 2:30 Happy Hour Bingo 3:30 Darts 4:00 Active fun and games 	5 <ul style="list-style-type: none"> 10:00 Snack attack 10:45 Pondering prompts 1:00 Green House Care 1:30 Celebrity of the Week Spotlight 2:00 Outdoor Ring Toss 3:15 Nail Day: Nourishing Nail Care Session 3:30 Word Searching 4:00 Active fun and games 	6 <ul style="list-style-type: none"> 10:00 Snack attack 10:15 Seated Zumba Class 10:45 Saturday Sing-a-long(IN2L) 11:00 Interfaith Circle 1:00 Uno 3:30 IN2L- Resident Choice 4:00 Active fun and games 	
	7 <ul style="list-style-type: none"> 10:00 Snack attack 10:15 Chronicles(AC) 10:15 IN2L stretches 1:30 Afternoon Stretch 1:30 Devotional & Prayer 2:00 Adult Guided Art 2:00 Sunday Afternoon History 3:30 IN2L- Resident Choice 4:00 Active fun and games 	8 <ul style="list-style-type: none"> 10:00 Snack attack 10:15 Chronicles(AC) 10:45 Wheel of Words 1:30 Courtyard walk 2:15 Out door Gentle Chair Yoga Stretch Session 2:30 Word Mining 3:00 Collaborative Story Circle 3:30 Resident Choice Craft 4:00 Active fun and games 	9 <ul style="list-style-type: none"> 10:00 Snack attack 10:15 Chronicles(AC) 10:45 Family Fued 2:00 Bus Outing 2:30 Collaborative Story Circle 3:00 Putting Practice 3:30 Art Dice 4:00 Active fun and games 	10 <ul style="list-style-type: none"> 10:00 Snack attack 10:15 Chronicles(AC) 10:45 Clay Creations 1:00 Spiritual Song Circle 2:00 Maze O Rama 2:15 Uno 3:30 Animal Bingo(Small Group) 4:00 Active fun and games 	11 <ul style="list-style-type: none"> 10:00 Snack attack 10:15 Chronicles(AC) 10:30 Super Snacks & Hydration 10:45 IN2L- Jeopardy 1:15 Cards with Friends 2:00 Animal of the week 2:30 Riddles and Rocky Road 3:30 Darts 4:00 Active fun and games 	12 <ul style="list-style-type: none"> 10:00 Snack attack 10:45 Pondering prompts 1:00 Green House Care 1:30 Celebrity of the Week Spotlight 2:00 Outdoor Ring Toss 3:15 Nail Day: Nourishing Nail Care Session 3:30 Word Searching 4:00 Active fun and games 	13 <ul style="list-style-type: none"> 10:00 Snack attack 10:15 Seated Zumba Class 10:45 Saturday Sing-a-long(IN2L) 11:00 Interfaith Circle 1:00 Uno 2:00 Conversation Ball 2:00 Ring Toss 4:00 Active fun and games
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Happy Birthday!

Mike S. - 7th
Barbara M. - 18th
Judith M. - 18th
Arthur M. - 25th



Type of Program

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

Evening Programs

Every evening movies, travel videos, IN2L programs, games etc. will be offered by care staff for resident enjoyment.