OCTOBER 2026

Alto Grayslake Assisted Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				**1** 10:15 Legacy Exercise (FC) 10:45 Chronicles (FC) 11:00 NO BUS TRIP (BUS) **2:00 Happy Hr & More (CR)** 2:45 Internet's Best (CR) **6:00 BOOK CLUB (B)**	**2** 8:45 Coffee Time (DR) 10:15 Flex Friday (FC) 10:45 Chronicles (FC) 1:30 Bible Study (103) 3:00 Fun & Games (CR) 5:30 Everybdy ... Raymnd (CR)	**3** 10:00 SCRABBLE (LIB) 10:15 Video Exercise (CR) 1:45 Weekend Bingo (CR) 3:00 Popcorn Time (CR) 3:15 U-Pick DVD Movie (MT) 5:30 U-Pick Sitcom (CR)
4 10:15 TV Exercise (CR) 11:00 Catholic Mass (CR) 1:45 BINGO BLITZ (CR) 3:00 Popcorn (CR) 3:15 U-Pick NETFLIX (MT) 5:30 Carol Burnett (DVD) (CR)	**5** 8:45 Coffee Time (DR) 10:15 Exercise w/ Alexis! (FC) 10:45 Chronicles (FC) 1:30 Sitdown Sitcom (CR) **2:30 Baking Class w/DAVE! (CR)** 5:30 TRAVEL: EGYPT (CR)	**6** 10:15 Tues. Training (FC) 10:30 Cath. Comm. (MT) 11:00 JEWEL trip will be Thursday (BUS) **2:00 Happy Hour Social (B)** 2:30 Word Games (CR) 5:30 Tuesday TV Time (CR) 6:00 SCRABBLE (LIB)	**7** 8:45 Coffee Time (DR) **10:15 Weights (FC)** 10:45 Chronicles (FC) **2:00 BINGO w/CareDiem (CR)** 3:00 GARDEN CLUB (C) **5:30 MOVIE: INVICTUS (CR)**	**8** 10:15 Exercise w/ Mike! (FC) 11:00 BUS TRIP: JEWEL (BUS) 2:00 Happy Hr & More (B) **3:00 CONCERT: LARRY LEVIN (CR)** 4:00 DOG VISITS-SADIE (CR) 6:00 SCIENCE FUN (CR)	**9** 10:15 Flex Friday (FC) 10:45 Chronicles (FC) **11:30 LADIES LUNCHEON (CR)** 1:30 Bible Study (103) **3:00 Fun & Games (CR)** 5:30 Everybdy ... Raymnd (CR)	**10** 10:00 SCRABBLE (LIB) 10:15 Video Exercise (CR) 12:00 COMPUTER CLUB (MT) 1:45 Weekend Bingo (CR) 3:00 Popcorn Time (CR) 3:15 U-Pick DVD Movie (MT) 5:30 U-Pick Sitcom (CR)
11 10:15 TV Exercise (CR) 11:00 Catholic Mass (CR) 1:45 BINGO BLITZ (CR) 3:00 Popcorn (CR) 3:15 U-Pick NETFLIX (MT) 5:30 Hart to Hart (CR)	**12** COLUMBUS DAY 10:15 Movin' Monday (FC) 10:45 Chronicles (FC) **11:00 Activity Mtg. (CR)** 1:30 Sitdown Sitcom (CR) **2:30 FALL PREVENTION (CR)** 5:30 TRAVEL: S. AFRICA (CR)	**13** 10:15 Tues. Training (FC) 10:30 Cath. Comm. (MT) 11:00 Food Committee (CR) 1:00 Parkinson's Support Group (MT) 2:00 Cooking Demo w/Dave (CR) 5:30 Tuesday TV Time (CR) 6:00 SCRABBLE (LIB)	**14** 8:45 Coffee Time (DR) 10:15 Weights (FC) 10:45 Chronicles (FC) 12:00 VETERANS LUNCH (CR) 2:30 HAUNTED CHICAGO (CR) 3:30 DOG VISITS - LEFTY (CR) 5:30 MOVIE: BORN FREE (CR)	**15** 10:15 Legacy Exercise (FC) 10:30 LIBRARY STOP (B) 11:00 BUS TRIP: FREE LUNCH & CONCERT (BUS) 2:30 LATE HAPPY HOUR (CR) 5:30 PRIVATE PARTY (B) 6:00 BOOK CLUB in CR (CR)	**16** 8:45 Coffee Time (DR) 10:15 Flex Friday (FC) 10:45 Chronicles (FC) 1:30 Bible Study (103) 3:00 GAME TIME (CR) 5:30 Everybdy ... Raymnd (CR)	**17** 10:00 SCRABBLE (LIB) 10:15 Video Exercise (CR) 1:45 Weekend Bingo (CR) 3:00 Popcorn Time (CR) 3:15 U-Pick DVD Movie (MT) 5:30 U-Pick Sitcom (CR)
18 10:15 TV Exercise (CR) 11:00 Catholic Mass (CR) 1:45 BINGO BLITZ (CR) 3:00 Popcorn (CR) 3:15 U-Pick NETFLIX (MT) 5:30 Carol Burnett (DVD) (CR)	**19** 8:45 Coffee Time (DR) 10:15 Movin' Monday (FC) 10:45 Chronicles (FC) 11:00 Newcomers Group (CR) 1:30 Sitdown Sitcom (CR) 2:30 Baking Class (CR) 5:30 TRAVEL: NIGERIA (CR)	**20** 10:15 Tues. Training (FC) 10:30 Cath. Comm. (MT) 10:45 Chronicles (FC) **2:00 Happy Hour Social (B)** 2:30 Word Games (CR) 5:30 Tuesday TV Time (CR) 6:00 SCRABBLE (LIB)	**21** 8:45 Coffee Time (DR) 10:15 Weights (FC) 10:45 Chronicles (FC) 1:30 EARLY BINGO! (CR) 3:00 GARDEN CLUB (C) 5:30 MOVIE: OUT OF AFRICA (CR)	**22** AFRICA ALL DAY 10:15 Safari Stretch (FC) 11:00 VIRTUAL SAFARI RIDE (MT) 1:30 MOVIE: AFRICAN QUEEN (MT) **4:30 AFRICAN DINNER (LOB)** 6:00 AFRICAN Wonders-YT (MT)	**23** 10:15 Flex Friday (FC) 10:45 Chronicles (FC) 11:00 Resident Cncl. (CR) 1:30 Bible Study (103) 2:30 Birthday Party (CR) 3:00 Fun & Games (CR) 5:30 Everybdy ... Raymnd (CR)	**24** 10:00 SCRABBLE (LIB) 10:15 Video Exercise (CR) 1:45 Weekend Bingo (CR) 3:00 Popcorn Time (CR) 3:15 U-Pick DVD Movie (MT) 5:30 U-Pick Sitcom (CR)
25 10:15 TV Exercise (CR) 11:00 Catholic Mass (CR) 1:45 BINGO BLITZ (CR) 3:00 Popcorn (CR) 3:15 U-Pick NETFLIX (MT) 5:30 Hart to Hart (CR)	**26** 8:45 Coffee Time (DR) 10:15 Movin' Monday (FC) 10:45 Chronicles (FC) 1:30 Sitdown Sitcom (CR) 3:00 Arts & Crafts (CR) 5:30 TRAVEL: MOROCCO (CR)	**27** 10:15 Tues. Training (FC) 10:30 Cath. Comm. (MT) 10:45 Chronicles (FC) **2:00 Happy Hour (CR)** 2:30 Insights (CR) 5:30 Tuesday TV Time (CR) 6:00 SCRABBLE (LIB)	**28** 10:15 Weights (FC) 10:45 Chronicles (FC) 12:00 Low Vision Lunch (PDR) 2:00 BINGO (CR) **3:00 DOG VISITS - ROSIE (CR)** 3:00 GARDEN CLUB (C) 5:30 MOVIE: MOGAMBO (CR)	**29** 10:15 Legacy Exercise (FC) 11:00 BUS TRIP: CASINO (BUS) 2:30 Later Quick Happy Hr. (B) **3:00 CONCERT: DANTE SALAMANTE (CR)** 6:00 SCIENCE FUN (CR)	**30** 8:45 Coffee Time (DR) 10:15 Flex Friday (FC) 10:45 Chronicles (FC) 1:30 Bible Study (103) 3:00 Fun & Games (CR) 5:30 Everybdy ... Raymnd (CR)	**31** 10:00 Scrabble (LIB) 10:15 Video Ex. (CR) 2:15 COSTUME Fun (CR) 3:00 KIDS, COSTUMES & CANDY (CR) 3:15 MOVIE: Young Frankenstein (MT) 5:30 ADAMS FAMILY - Halloween YT (CR)

Alto
Senior Living by Allegro

Birthdays

Charles S. 10/03
Nelson K. 10/05
Sandy T. 10/11
Virginia W. 10/12
Lissa H. 10/15
Bob S. 10/20
Mark A. 10/22
Nancy L. 10/24
Richard B. 10/28

Medical Transport

Call Mike to confirm bus availability at least 2 weeks before scheduling appointments.
Limited to Wednesdays.

Reminder

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

October

Grayslake Ensemble

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 10:00 Exercise (EAR) 10:15 Chronicles(AC) (E) 10:45 IN2L- Jeopardy (L) 1:15 Basketball (EAR) 2:30 Caramel Apple Social (DR) 3:30 One on One Programming (E) 5:30 Calming hand massages (EAR) 6:30 Nail Trim and cleaning	2 10:00 Exercise (EAR) 10:45 Chronicles 1:00 Courtyard walk (C) 1:30 Weekly Celebrity (EAR) 2:00 Soccer (EFR) 3:15 Guess the Price (EFR) 3:30 Word Searching (EAR) 5:30 Calming hand massages (EAR)	3 10:00 Exercise (EAR) 10:15 Seated Zumba (L) 10:45 Sing-a-long(IN2L) (E) 11:00 Interfaith Circle (EAR) 1:00 Conversation Ball (L) 2:00 Patio and Pals Lemonade (E) 3:00 Ring Toss (EAR) 5:30 Calming hand massages (EAR)
4 10:00 Exercise (EAR) 10:15 Chronicles(AC) (E) 10:15 IN2L stretches 1:30 Afternoon Stretch (L) 1:30 Prayer circle (E) 2:00 Afternoon History (EAR) 2:00 Guided Art (L) 3:30 IN2L- Resident Choice (E) 5:30 Calming hand massages (EAR)	5 10:00 Exercise (EAR) 10:15 Chronicles(AC) (E) 10:45 Wheel of Words (E) 11:15 Resident choice trivia 1:30 Courtyard walk (E) 2:15 List It (E) 2:30 Word Mining (EAR) 3:00 Magnet Darts (EAR) 3:30 Fall Button Art (EAR) 5:30 Calming hand massages (EAR) 6:30 Craft kits	6 10:00 Exercise (EAR) 10:15 Chronicles(AC) (E) 10:45 Word mapping (E) 2:00 BUS TRIP - JOY RIDE (BUS) 3:30 jewelry making (E) 4:00 IN2L Trivia (EFR) 5:30 Calming hand massages (EAR) 6:30 Nail trim and cleaning	7 10:00 Exercise (EAR) 10:15 Chronicles(AC) (E) 10:45 Art appreciation (ALL) 1:00 Spiritual Circle (E) 2:15 Picture It (EFR) 3:30 Animal Bingo (EFR) 5:30 Calming hand massages (EAR) 6:30 Craft kits	8 10:00 Exercise (EAR) 10:15 Chronicles(AC) (E) 10:45 IN2L- Jeopardy (L) 1:30 Larry Levin (EAR) 2:30 Happy Hour Bingo (EDR) 3:30 One on One Programming (E) 5:30 Calming hand massages (EAR) 6:30 Nail Trim and cleaning	9 10:00 Exercise (EAR) 10:45 Chronicles 1:00 Courtyard walk (C) 1:30 Weekly Celebrity (EAR) 2:00 Velcro Darts 3:15 Guess the Price (EFR) 3:30 Word Searching (EAR) 5:30 Calming hand massages (EAR)	10 10:00 Exercise (EAR) 10:15 Seated Zumba (L) 10:45 Sing-a-long(IN2L) (E) 11:00 Interfaith Circle (EAR) 1:00 Conversation Ball (L) 3:30 IN2L- Resident Choice (E) 5:30 Calming hand massages (EAR)
11 10:00 Exercise (EAR) 10:15 Chronicles(AC) (E) 10:15 IN2L stretches 1:30 Afternoon Stretch (L) 1:30 Prayer circle (E) 2:00 Afternoon History (EAR) 2:00 Guided Art (L) 3:30 IN2L- Resident Choice (E) 5:30 Calming hand massages (EAR)	12 10:00 Exercise (EAR) 10:15 Chronicles(AC) (E) 10:45 Wheel of Words (E) 11:15 Resident choice trivia 1:30 Courtyard walk (E) 2:15 List It (E) 2:30 Word Mining (EAR) 3:00 Magnet Darts (EAR) 3:30 Wood pumpkin Painting (EAR) 5:30 Calming hand massages (EAR) 6:30 Craft kits	13 10:00 Exercise (EAR) 10:15 Chronicles(AC) (E) 10:45 Word mapping (E) 2:00 BUS TRIP - JOY RIDE (BUS) 3:30 jewelry making (E) 4:00 IN2L Trivia (EFR) 5:30 Calming hand massages (EAR) 6:30 Nail trim and cleaning	14 10:00 Exercise (EAR) 10:15 Chronicles(AC) (E) 10:45 Art appreciation (ALL) 1:00 Spiritual Circle (E) 2:15 Picture It (EFR) 3:30 Animal Bingo (EFR) 5:30 Calming hand massages (EAR) 6:30 Craft kits	15 10:00 Exercise (EAR) 10:15 Chronicles(AC) (E) 10:45 IN2L- Jeopardy (L) 1:15 Basketball (EAR) 2:30 Pumpkin Seed making (DR) 3:30 One on One Programming (E) 5:30 Calming hand massages (EAR) 6:30 Nail Trim and cleaning	16 10:00 Exercise (EAR) 10:45 Chronicles 1:00 Courtyard walk (C) 1:30 Weekly Celebrity (EAR) 2:00 Soccer (EFR) 3:15 Guess the Price (EFR) 3:30 Word Searching (EAR) 5:30 Calming hand massages (EAR)	17 10:00 Exercise (EAR) 10:15 Seated Zumba (L) 10:45 Sing-a-long(IN2L) (E) 11:00 Interfaith Circle (EAR) 1:00 Conversation Ball (L) 2:00 Patio and Pals Lemonade (E) 3:00 Ring Toss (EAR) 5:30 Calming hand massages (EAR)
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25 10:00 Exercise (EAR) 10:15 Chronicles(AC) (E) 10:15 IN2L stretches 1:30 Afternoon Stretch (L) 1:30 Prayer circle (E) 2:00 Afternoon History (EAR) 2:00 Guided Art (L) 3:30 IN2L- Resident Choice (E) 5:30 Calming hand massages (EAR)	26 10:00 Exercise (EAR) 10:15 Chronicles(AC) (E) 10:45 Wheel of Words (E) 11:15 Resident choice trivia 1:30 Courtyard walk (E) 2:15 List It (E) 2:30 Word Mining (EAR) 3:00 Magnet Darts (EAR) 3:30 Peanut butter pinecones (EAR) 5:30 Calming hand massages (EAR) 6:30 Craft kits	27 10:00 Exercise (EAR) 10:15 Chronicles(AC) (E) 10:45 Word mapping (E) 11:00 BUS TRIP - Lunch Outing (BUS) 3:30 jewelry making (E) 4:00 IN2L Trivia (EFR) 5:30 Calming hand massages (EAR) 6:30 Nail trim and cleaning	28 10:00 Exercise (EAR) 10:15 Chronicles(AC) (E) 10:45 Art appreciation (ALL) 1:00 Spiritual Circle (E) 2:15 Picture It (EFR) 3:30 Animal Bingo (EFR) 5:30 Calming hand massages (EAR) 6:30 Craft kits	29 10:00 Exercise (EAR) 10:15 Chronicles(AC) (E) 10:45 IN2L- Jeopardy (L) 1:30 Dante Salamante (EAR) 2:30 Candy Corn Treats (DR) 3:30 One on One Programming (E) 5:30 Calming hand massages (EAR) 6:30 Nail Trim and cleaning	30 10:00 Exercise (EAR) 10:45 Chronicles 1:00 Courtyard walk (C) 1:30 Weekly Celebrity (EAR) 2:00 Soccer (EFR) 3:15 Guess the Price (EFR) 3:30 Word Searching (EAR) 5:30 Calming hand massages (EAR)	31 10:00 Exercise (EAR) 10:15 Seated Zumba (L) 10:45 Sing-a-long(IN2L) (E) 11:00 Interfaith Circle (EAR) 1:00 Conversation Ball (L) 2:00 Patio and Pals Lemonade (E) 3:00 Ring Toss (EAR) 5:30 Calming hand massages (EAR)

Alto
Senior Living by Allegro

Happy Birthday!

Loretta S. - 24th
102 birthday!!



Locations

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