

October 2026

Alto Wheaton Senior Living



Senior Living by Allegro

Happy Birthday!



Jim M. – 5th

Joan R. – 25th

Betty H. – 31st

Locations

- 1 = 1st Floor
- 2 = 2nd Floor Hallway
- 3 = 3rd Floor Hallway
- 4 = 4th Floor
- AR = Activity Room
- B = Bistro
- DR = Dining Room
- FL = Front Lobby
- G = Gazebo
- L = Library
- P = Outdoor Patio
- O = Outing
- T = Theater

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				10:00 Good News & Views (AR) 10:30 Morning Reflections (AR) 11:00 Trivia Questions (AR) 11:30 Sit & Tone with David (AR) 1:00 “Fill in the Blank” Game (AR) 1:30 Rosary Group (T) 2:30 Accordion: Mike Basin (AR) 3:30 Jeopardy Watch Party (T) 6:00 Movie Night (T)	19:30 Walking Club! (FL) 10:30 Morning Reflections (AR) 11:00 White Board Puzzles (AR) 11:30 Seated Exercise- Weights (AR) 1:00 Rumikub (B) 1:30 Communion w. Rev. Joanne (T) 2:00 Happy Hour! (AR) 3:30 Jeopardy Watch Party (T) 6:00 Movie Night (T)	10:30 Morning Reflections (AR) 11:00 Trivia Questions (AR) 11:30 Seated Exercise - Bands (AR) 2:00 Saturday Bingo (AR) 3:15 Tea, Cookies, & Conversation (AR) 6:00 Movie Night (T)
11:00 Trivia with Jeanne (AR) 11:30 Chair Volleyball (AR) 2:00 Ice Cream Social (B) 2:00 Sunday Bingo with Caroline (AR) 2:30 Afternoon Documentary (T) 3:00 Gin Rummy Card Club (AR) 6:00 Movie Night (T)	10:30 Morning Reflections (AR) 11:00 Trivia Questions (AR) 11:30 Exercise with Legacy (AR) 1:30 Guided Meditation (T) 2:30 Beer Tasting with Tim Campbell (AR) 3:30 Jeopardy Watch Party (T) 6:00 Movie Night (T)	10:30 Morning Reflections (AR) 11:00 Walgreens Shopping Outing (O) 11:00 White Board Puzzles (AR) 11:30 Cardio Drumming (AR) 1:00 Rumikub Game (B) 2:15 Manicures with Lifestyle (AR) 3:30 Jeopardy Watch Party (T) 6:00 After Dinner Poker Club (AR) 6:00 Movie Night (T)	9:30 Walking Club (FL) 10:30 Morning Reflections (AR) 11:00 Video Trivia (AR) 11:30 Seated Exercise- Weights (AR) 1:00 Book Club Meeting (T) 2:30 Resident Show & Tell (AR) 3:30 Jeopardy Watch Party (T) EV The Chef’s Table - Dinner Experience (DR) 6:00 Movie Night (T)	10:00 Good News & Views (AR) 10:30 Morning Reflections (AR) 11:00 Trivia Questions (AR) 11:30 Seated Exercise - Bands (AR) 1:00 “Fill in the Blank” Game (AR) 2:30 Peter Oprisko Live! (AR) 3:30 Jeopardy Watch Party (T) 6:00 Movie Night (T)	9:30 Walking Club! (FL) 10:30 Morning Reflections (AR) 11:00 White Board Puzzles (AR) 11:30 Seated Exercise -Hoops (AR) 1:00 Rumikub (B) 2:00 Happy Hour! (AR) 3:30 Jeopardy Watch Party (T) 6:00 Movie Night (T)	10:30 Morning Reflections (AR) 11:00 Trivia Questions (AR) 11:30 Seated Exercise - Bands (AR) 2:00 Saturday Bingo (AR) 3:15 Craft with Caren (AR) 6:00 Movie Night (T)
11:00 Trivia with Jeanne (AR) 11:30 Chair Volleyball (AR) 2:00 Ice Cream Social (B) 2:00 Sunday Bingo with Caroline (AR) 2:30 Afternoon Documentary (T) 3:00 Gin Rummy Card Club (AR) 6:00 Movie Night (T)	10:30 Morning Reflections (AR) 11:00 Trivia Questions (AR) 11:30 Exercise with Legacy (AR) 1:30 Guided Meditation (T) 2:30 Penny Auction (AR) 3:30 Jeopardy Watch Party (T) 6:00 Movie Night (T)	10:30 Morning Reflections (AR) 11:00 Dollar Tree Outing (O) 11:00 White Board Puzzles (AR) 11:30 Cardio Drumming (AR) 1:00 Rumikub Game (B) 2:30 Soda Taste Test (AR) 3:30 Jeopardy Watch Party (T) 6:00 After Dinner Poker Club (AR) 6:00 Movie Night (T)	9:30 Walking Club (FL) 10:00 Communion w/ Dcn Dan (AR) 10:30 Morning Reflections (AR) 11:00 Video Trivia (AR) 11:30 Seated Exercise- Weights (AR) 1:00 Book Club Meeting (T) 2:00 Funny Photo Shoot (AR) 3:30 Jeopardy Watch Party (T) 4:00 Annual Chili Cook-Off 6:00 Movie Night (T)	10:00 Good News & Views (AR) 10:30 Morning Reflections (AR) 11:00 Trivia Questions (AR) 11:30 Sit & Tone with David (AR) 1:00 “Fill in the Blank” Game (AR) 1:30 Rosary Group (T) 2:30 Live Guitar: Kevin Brown (AR) 3:30 Jeopardy Watch Party (T) 6:00 Movie Night (T)	9:30 Walking Club! (FL) 10:30 Morning Reflections (AR) 11:00 White Board Puzzles (AR) 11:30 Seated Exercise- Weights (AR) 1:00 Rumikub (B) 1:30 Communion w. Rev. Joanne (T) 2:00 Happy Hour! (AR) 3:30 Jeopardy Watch Party (T) 6:00 Movie Night (T)	10:00 Student Viola Performance (AR) 10:30 Morning Reflections (AR) 11:00 Trivia Questions (AR) 11:30 Seated Exercise - Bands (AR) 2:00 Saturday Bingo (AR) 3:15 Tea, Cookies, & Conversation (AR) 6:00 Movie Night (T)
11:00 Trivia with Jeanne (AR) 11:30 Chair Volleyball (AR) 2:00 Ice Cream Social (B) 2:00 Sunday Bingo with Caroline (AR) 2:30 Afternoon Documentary (T) 3:00 Gin Rummy Card Club (AR) 6:00 Movie Night (T)	10:30 Morning Reflections (AR) 11:00 Trivia Questions (AR) 11:30 Exercise with Legacy (AR) 1:30 Guided Meditation (T) 2:30 John Boda Presents (AR) 3:30 Jeopardy Watch Party (T) 6:00 Movie Night (T)	10:30 Morning Reflections (AR) 11:00 White Board Puzzles (AR) 11:30 Cardio Drumming (AR) 12:00 Bring In Lunch (AR) 1:00 Rumikub Game (B) 2:15 Manicures with Lifestyle (AR) 3:30 Jeopardy Watch Party (T) 6:00 After Dinner Poker Club (AR) 6:00 Movie Night (T)	AD Library Drop off Day 9:30 Walking Club (FL) 10:30 Morning Reflections (AR) 11:00 Video Trivia (AR) 11:30 Seated Exercise- Weights (AR) 1:00 Book Club Meeting (T) 2:00 Bingo Bonanza! (AR) 3:00 Activity Planning Meeting (AR) 3:30 Jeopardy Watch Party (T) 6:00 Movie Night (T)	10:00 Good News & Views (AR) 10:30 Morning Reflections (AR) 11:00 Trivia Questions (AR) 11:30 Seated Exercise - Bands (AR) 1:00 “Fill in the Blank” Game (AR) 2:30 Jane Allyson Live! (AR) 3:30 Jeopardy Watch Party (T) 6:00 Movie Night (T)	9:30 Walking Club! (FL) 10:30 Morning Reflections (AR) 11:00 White Board Puzzles (AR) 11:30 Seated Exercise -Hoops (AR) 1:00 Rumikub (B) 2:00 Happy Hour! (AR) 3:30 Jeopardy Watch Party (T) 6:00 Movie Night (T)	10:30 Morning Reflections (AR) 11:00 Trivia Questions (AR) 11:30 Seated Exercise - Bands (AR) 2:00 Painting Pumpkins with the Girl Scouts (AR) 6:00 Movie Night (T)
11:00 Trivia with Jeanne (AR) 11:30 Chair Volleyball (AR) 2:00 Ice Cream Social (B) 2:00 Sunday Bingo with Caroline (AR) 2:30 Afternoon Documentary (T) 3:00 Gin Rummy Card Club (AR) 6:00 Movie Night (T)	10:30 Morning Reflections (AR) 11:00 Trivia Questions (AR) 11:30 Health Talk with Legacy (AR) 1:30 Guided Meditation (T) 2:00 Bingo Bonanza! (AR) 3:00 Resident Council Meeting (AR) 3:30 Jeopardy Watch Party (T) 6:00 Movie Night (T)	10:30 Morning Reflections (AR) 11:00 White Board Puzzles (AR) 11:30 Out to Lunch Outing (O) 11:30 Sit & Tone with David (AR) 1:00 Rumikub Game (B) 2:30 Monthly Donuts w/ Chef (AR) 4:00 Music for the Ages: Boy Scout Visit (AR) 6:00 After Dinner Poker Club (AR) 6:00 Movie Night (T)	MO Flu Clinic (T) 9:30 Walking Club (FL) 10:30 Morning Reflections (AR) 11:00 Video Trivia (AR) 11:30 Seated Exercise- Weights (AR) 1:00 Book Club Meeting (T) 2:30 Universal Yum Snacks (AR) 3:30 Jeopardy Watch Party (T) 6:00 Movie Night (T)	10:00 Good News & Views (AR) 10:30 Morning Reflections (AR) 11:00 Trivia Questions (AR) 11:30 Sit & Tone with David (AR) 1:00 “Fill in the Blank” Game (AR) 1:30 Rosary Group (T) 2:30 Tim Wilsey Presents (AR) 3:30 Jeopardy Watch Party (T) 6:00 Movie Night (T)	9:30 Walking Club! (FL) 10:30 Morning Reflections (AR) 11:00 White Board Puzzles (AR) 11:30 Seated Exercise- Weights (AR) 1:00 Rumikub (B) 1:30 Communion w. Rev. Joanne (T) 2:00 Halloween Happy Hour Party (AR) 3:30 Jeopardy Watch Party (T) 6:00 Movie Night (T)	10:30 Morning Reflections (AR) 11:00 Trivia Questions (AR) 11:30 Seated Exercise - Bands (AR) 2:00 Saturday Bingo (AR) 3:15 Tea, Cookies, & Conversation (AR) 6:00 Movie Night (T)

October 2026

Alto Wheaton Ensemble



Senior Living by Allegro

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				9:30 Spa with Care (GR) 9:45 Chronicle & News (BR) 11:00 Exercise with Dave (BR) 1:30 Toss and Talk (BR) 2:00 Hand Massage w/ Annie (GR) 2:30 Ice Cream Social (GR) 3:30 Virtual Concerts (SK) 6:00 Classic Movies (SK)	9:30 Spa with Care (GR) 9:45 Chronicle & News (BR) 10:45 Exercise with Us! (BR) 1:45 Garden Club (P) 2:30 JoJo the Singer (SK) 6:00 Classic Movies (SK)	9:45 Chronicle & News (BR) 10:45 Exercise with Us! (BR) 2:00 Rick Steves Travel (SK) 3:00 Balloon Games (SK) 3:30 Virtual Concerts (SK) 6:00 Classic Movies (SK)
9:30 Spa with Care (GR) 9:45 Chronicle & News (BR) 10:45 Residents Choice Church (SK) 11:15 Seated Yoga Stretching (BR) 1:30 Sing Along (GR) 2:30 Creative Crafts (GR) 3:30 Bingo (SK) 6:00 Classic Movies (SK)	9:30 Spa with Care (GR) 9:45 Chronicle & News (BR) 10:45 Exercise with Us! (BR) 1:30 Baking with Jeanne (SK) 2:30 Kym the Singer 3:30 World Tour (GR) 6:00 Classic Movies (SK)	9:30 Spa with Care (GR) 9:45 Chronicle & News (BR) 10:45 Exercise with Us! (BR) 1:30 Special Music Outing to Wheaton Collage (O) 2:45 Songs & Senses (SK) 6:00 Classic Movies (SK)	9:30 Spa with Care (GR) 9:45 Chronicle & News (BR) 10:30 Deacon Dan Communion (BR) 10:45 Exercise with Us! (BR) 10:50 Manicures with Mya (SK) 11:00 Jane's Devotions (BR) 1:30 Word Brain Games (BR) 3:30 Happy Hour w/ Chef (BR) 6:00 Classic Movies (SK)	9:30 Spa with Care (GR) 9:45 Chronicle & News (BR) 10:45 Exercise with Us! (BR) 1:30 Toss and Talk (BR) 2:30 Ice Cream Social (GR) 3:30 Virtual Concerts (SK) 6:00 Classic Movies (SK)	9:30 Spa with Care (GR) 9:45 Chronicle & News (BR) 10:45 Exercise with Us! (BR) 1:45 Green House Club (P) 2:30 Devin Star on Piano (BR) 6:00 Classic Movies (SK)	9:45 Chronicle & News (BR) 10:45 Exercise with Us! (BR) 2:00 Rick Steves Travel (SK) 3:00 Balloon Games (SK) 3:30 Virtual Concerts (SK) 6:00 Classic Movies (SK)
9:30 Spa with Care (GR) 9:45 Chronicle & News (BR) 10:45 Residents Choice Church (SK) 11:15 Seated Yoga Stretching (BR) 1:30 Sing Along (GR) 2:30 Creative Crafts (GR) 3:30 Bingo (SK) 6:00 Classic Movies (SK)	9:30 Spa with Care (GR) 9:45 Chronicle & News (BR) 10:45 Exercise with Us! (BR) 1:30 Baking with Jeanne (SK) 2:30 Accordion w/ Mike (BR) 3:30 World Tour (GR) 6:00 Classic Movies (SK)	9:30 Spa with Care (GR) 9:45 Chronicle & News (BR) 10:30 Music Fun w/ Children (BR) 11:00 Exercise with Us! (BR) 1:30 Trips & Tales w/ Tommy (O) 2:45 Songs & Senses (SK) 6:00 Classic Movies (SK)	9:30 Spa with Care (GR) 9:45 Chronicle & News (BR) 10:45 Exercise with Us! (BR) 11:00 Jane's Devotions (BR) 1:30 Heather Singer (BR) 1:30 Word Brain Games (BR) 3:30 Happy Hour (BR) 6:00 Classic Movies (SK)	9:30 Spa with Care (GR) 9:45 Chronicle & News (BR) 11:00 Exercise with Dave (BR) 1:30 Toss and Talk (BR) 2:30 Ice Cream Social (GR) 3:30 Virtual Concerts (SK) 6:00 Classic Movies (SK)	9:30 Spa with Care (GR) 9:45 Chronicle & News (BR) 10:45 Exercise with Us! (BR) 1:45 Green House Club (P) 6:00 Classic Movies (SK)	9:45 Chronicle & News (BR) 10:45 Exercise with Us! (BR) 2:00 Rick Steves Travel (SK) 2:30 Ruth on Piano (BR) 3:00 Balloon Games (SK) 3:30 Virtual Concerts (SK) 6:00 Classic Movies (SK)
9:30 Spa with Care (GR) 9:45 Chronicle & News (BR) 10:45 Residents Choice Church (SK) 11:15 Seated Yoga Stretching (BR) 1:30 Sing Along (GR) 2:30 Creative Crafts (GR) 3:30 Bingo (SK) 6:00 Classic Movies (SK)	9:30 Spa with Care (GR) 9:45 Chronicle & News (BR) 10:45 Exercise with Us! (BR) 1:30 John Boda Singing (BR) 2:30 Green House Club (GR) 3:00 World Tour (GR) 6:00 Classic Movies (SK)	9:30 Spa with Care (GR) 9:45 Chronicle & News (BR) 10:45 Exercise with Us! (BR) 1:30 Trips & Tales w/ Tommy (O) 2:45 Songs & Senses (SK) 6:00 Classic Movies (SK)	9:30 Spa with Care (GR) 9:45 Chronicle & News (BR) 10:45 Exercise with Us! (BR) 10:50 Manicures with Mya (SK) 11:00 Jane's Devotions (BR) 1:30 Word Brain Games (BR) 3:30 Happy Hour (BR) 6:00 Classic Movies (SK)	9:30 Spa with Care (GR) 9:45 Chronicle & News (BR) 10:45 Exercise with Us! (BR) 1:30 Toss and Talk (BR) 2:30 Ice Cream Social (GR) 3:30 Virtual Concerts (SK) 6:00 Classic Movies (SK)	9:30 Spa with Care (GR) 9:45 Chronicle & News (BR) 10:45 Exercise with Us! (BR) 1:45 Green House Club (P) 6:00 Classic Movies (SK)	9:45 Chronicle & News (BR) 10:45 Exercise with Us! (BR) 2:00 Rick Steves Travel (SK) 3:00 Balloon Games (SK) 3:30 Virtual Concerts (SK) 6:00 Classic Movies (SK)
9:30 Spa with Care (GR) 9:45 Chronicle & News (BR) 10:45 Residents Choice Church (SK) 11:15 Seated Yoga Stretching (BR) 1:30 Sing Along (GR) 2:30 Creative Crafts (GR) 3:30 Bingo (SK) 6:00 Classic Movies (SK)	9:30 Spa with Care (GR) 9:45 Chronicle & News (BR) 10:45 Exercise with Us! (BR) 1:30 Baking with Jeanne (SK) 2:30 Green House Club (GR) 3:00 World Tour (GR) 6:00 Classic Movies (SK)	9:30 Spa with Care (GR) 9:45 Chronicle & News (BR) 10:45 Exercise with Us! (BR) 1:30 Trips & Tales w/ Tommy (O) 2:45 Songs & Senses (SK) 6:00 Classic Movies (SK)	9:30 Spa with Care (GR) 9:45 Chronicle & News (BR) 10:45 Exercise with Us! (BR) 11:00 Jane's Devotions (BR) 1:30 Word Brain Games (BR) 3:30 Happy Hour (BR) 6:00 Classic Movies (SK)	9:30 Spa with Care (GR) 9:45 Chronicle & News (BR) 10:45 Exercise with Us! (BR) 1:20 Tim Wilsey Music (BR) 2:30 Ice Cream Social (GR) 3:30 Virtual Concerts (SK) 6:00 Classic Movies (SK)	9:30 Spa with Care (GR) 9:45 Chronicle & News (BR) 10:45 Exercise with Us! (BR) 1:45 Green House Club (P) 6:00 Classic Movies (SK)	AD HALLOWEEN 9:45 Chronicle & News (BR) 10:45 Exercise with Us! (BR) 2:00 Rick Steves Travel (SK) 3:00 Balloon Games (SK) 3:30 Virtual Concerts (SK) 6:00 Classic Movies (SK)

Happy Birthday!

Carolyn S.
Sunday the 11th



Locations

- 1 = 1st Floor
- 2 = 2nd Floor Hallway
- 3 = 3rd Floor Hallway
- 4 = 4th Floor Patio
- AR = Activity Room
- B = Bistro
- BR = Blue Room
- BRP = Blue Room Patio
- DR = Dining Room
- EK = Emerald Kitchen
- FL = Front Lobby
- G = Gazebo
- GR = Green Room
- L = Library
- P = Outdoor Patio
- O = Outing
- PDR = Private Dining Room
- SK = Saphire Kitchen

