

SEPTEMBER 2026

Alto Grayslake Assisted Living



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 National Assisted Living Week Sept. 13-19, 2026		10:15 Tues. Training (FC) 10:30 Cath. Comm. (MT) 11:00 BUS - JEWEL (BUS) 2:00 Happy Hour (CR) 3:00 CONCERT: JEFF DEWBRAV (CR) 5:30 Tuesday TV Time (CR) 6:00 SCRABBLE (LIB)	28:45 Coffee Time (DR) 10:15 Weights (FC) 10:45 Chronicles (FC) 1:15 ALTO CHOIR (CR) 2:00 BINGO w/Encompass (CR) 3:00 GARDEN CLUB (C) 5:30 MOVIE: THE STING (CR)	310:15 Legacy Exercise (FC) 10:30 LIBRARY STOP (B) 11:00 BUS TRIP: THE SHANTY (BUS) 2:00 Happy Hr & More (CR) 2:45 Internet's Best (CR) 6:00 BOOK CLUB (B)	48:45 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)	510:00 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)
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)	Labor Day 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: KENYA (CR)	10:15 Tues. Training (FC) 10:30 Cath. Comm. (MT) 11:00 Food Committee (CR) 1:00 Parkinson's Support Group (MT) 2:00 APPLE PALOOZA (CR) 5:30 Tuesday TV Time (CR) 6:00 SCRABBLE (LIB)	10:15 Weights (FC) 10:30 FANNIE MAY in the Lobby (LOB) 2:00 BINGO (CR) 3:00 CONCERT: RON "Flying Fingers" STETA (CR) 5:30 MOVIE: TREASURE ..SIERRA MADRE (CR)	10:15 Legacy Exercise (FC) 11:00 BUS TRIP: LAZY DOG (BUS) 2:00 Happy Hr & More (CR) 2:30 Rosh Hashanah 101 (CR) 3:00 DOG VISITS-SADIE (CR) 6:00 SCIENCE FUN (CR)	AD Rosh Hashanah 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)	Rosh Hashana 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)
NATIONAL 10:15 TV Exercise (CR) 11:00 Catholic Mass (CR) 2:00 GRANDPARENTS & THOSE WE LOVE "SHINE" PARTY (CR) 3:15 U-Pick NETFLIX (MT) 5:30 Hart to Hart (CR)	ASSISTED 10:15 Movin' (FC) 10:45 Chronicles (FC) 11:00 Activity Mtg. (CR) 1:30 HOW DO WE SHINE? (CR) 3:00 Crafts w/ Cheryl (CR) 5:30 TRIP: KAZAKHSTAN (CR)	LIVING 10:15 Tues. Training (FC) 10:30 Cath. Comm. (MT) 12:00 LUNCH w/LEADERS (CR) 2:00 Happy Hour (CR) 5:30 Tuesday TV Time (CR) 6:00 SCRABBLE (LIB)	WEEK 10:15 Weights (FC) 1:30 EARLY BINGO (B) 2:30 RESIDENT AND STAFF SHINE SOCIAL (CR) 5:30 MOVIE: PASSAGE to MARSEILLE (CR)	CELEBRATES 10:15 Legacy Exercise (FC) 11:00 BUS TRIP: JOY RIDE (BUS) 2:00 SWEET MEMORIES SOCIAL (CR) 2:45 SHARE HOW WE SHINE (CR) 6:00 BOOK CLUB (B)	ALTO 10:15 Flex Friday (FC) 10:45 Chronicles (FC) 1:30 Bible Study (103) 2:30 DESSERT w/ DIRECTORS (CR) 5:30 Everybdy ... Raymnd (CR)	GRAYSLAKE! 10:00 SCRABBLE (LIB) 10:15 Video Exercise (CR) 1:45 SHINE BINGO (CR) 3:00 Popcorn Time (CR) 3:15 U-Pick DVD Movie (MT) 5:30 U-Pick Sitcom (CR)
AD Yom Kippur 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)	Yom Kippur 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: KANSAS (CR)	10:15 Tues. Training (FC) 10:30 Cath. Comm. (MT) 10:45 Chronicles (FC) 2:00 Happy Hour Social (B) 2:30 Yom Kippur 101 (CR) 5:30 Tuesday TV Time (CR) 6:00 SCRABBLE (LIB)	8:45 Coffee Time (DR) 10:15 Weights (FC) 10:45 Chronicles (FC) 2:00 BINGO (CR) 3:00 GARDEN CLUB (C) 5:30 MOVIE: THE BIG SLEEP (CR)	10:15 Legacy Exercise (FC) 10:30 LIBRARY STOP (B) 11:00 BUS TRIP: OLIVE GARDEN (BUS) 2:00 Happy Hr & More (CR) 2:30 CONCERT: Samuel & Paul (CR) 6:00 SCIENCE FUN (CR)	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)	10:00 SCRABBLE (LIB) 10:15 Video Exercise (CR) 1:45 Bingo in BISTRO (B) 3:00 PRIVATE PARTY (CR) 3:15 U-Pick DVD Movie (MT) 5:30 Sitcom in Theater on 2 (MT)
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)	8:45 Coffee Time (DR) 10:15 Movin' Monday (FC) 10:45 Chronicles (FC) 12:00 MEN'S LUNCH (CR) 1:30 Sitdown Sitcom (CR) 3:00 Arts & Crafts (CR) 5:30 TRAVEL: KENTUCKY (CR)	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)	10:15 Weights (FC) 12:00 Low Vision Lunch (PDR) 2:00 BINGO (B) 3:00 BROADWAY MUSICALS SING (CR) 4:00 ROSIE VISITS (CR) 5:30 MOVIE: DARK PASSAGE (CR)			

Birthdays

Bill L. 9/03

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

September 2026

Ensemble Grayslake



Senior Living by Allegro

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		● 10:00 Exercise (EAR) ● 10:15 Chronicles(AC) (E) ● 10:45 Family Fued (E) ● 1:30 Concert (EAR) ● 2:00 BUS TRIP - JOY RIDE (BUS) ● 3:30 jewelry making (E) ● 4:00 Art Dice (EFR) ● 5:30 Evening Calming (EAR)	● 10:00 Exercise (EAR) ● 10:15 Chronicles(AC) (E) ● 10:45 Men's program (ALL) ● 1:00 Spiritual Circle (E) ● 2:15 Picture It (EFR) ● 3:30 Animal Bingo (EFR) ● 5:30 Evening Calming (EAR)	● 10:00 Exercise (EAR) ● 10:15 Chronicles(AC) (E) ● 10:45 IN2L- Jeopardy (L) ● 1:15 Cards with Friends (EAR) ● 2:30 Ladies Tea (DR) ● 3:30 One on One Programming (E) ● 5:30 Evening Calming (EAR)	● 10:00 Exercise (EAR) ● 10:45 Pondering prompts ● 1:00 Courtyard walk (C) ● 1:30 Weekly Celebrity (EAR) ● 2:00 Ring Toss (EFR) ● 3:15 Guess the Price (EFR) ● 3:30 Think Pink! (EAR) ● 5:30 Evening Calming (EAR)	● 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 Evening Calming (EAR)
● 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 Evening Calming (EAR)	● 10:00 Exercise (EAR) ● 10:15 Chronicles(AC) (E) ● 10:45 Wheel of Words (E) ● 1:30 Courtyard walk (E) ● 2:15 List It (E) ● 2:30 Word Mining (EAR) ● 3:00 Magnet Darts (EAR) ● 3:30 Resident Choice Craft (EAR) ● 5:30 Evening Calming (EAR)	● 10:00 Exercise (EAR) ● 10:15 Chronicles(AC) (E) ● 10:45 Family Fued (E) ● 2:00 BUS TRIP - JOY RIDE (BUS) ● 3:30 jewelry making (E) ● 4:00 Art Dice (EFR) ● 5:30 Evening Calming (EAR)	● 10:00 Exercise (EAR) ● 10:15 Chronicles(AC) (E) ● 10:45 Men's program (ALL) ● 1:00 Spiritual Circle (E) ● 1:30 Concert (EAR) ● 2:15 Picture It (EFR) ● 3:30 Animal Bingo (EFR) ● 5:30 Evening Calming (EAR)	● 10:00 Exercise (EAR) ● 10:15 Chronicles(AC) (E) ● 10:45 IN2L- Jeopardy (L) ● 1:15 Cards with Friends (EAR) ● 2:30 Happy Hour Bingo (EDR) ● 3:30 One on One Programming (E) ● 5:30 Evening Calming (EAR)	● 10:00 Exercise (EAR) ● 10:45 Pondering prompts ● 1:00 Courtyard walk (C) ● 1:30 Weekly Celebrity (EAR) ● 2:00 Ring Toss (EFR) ● 3:15 Guess the Price (EFR) ● 3:30 Word Searching (EAR) ● 5:30 Evening Calming (EAR)	● 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 Evening Calming (EAR)
● 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) ● 2:00 Grandparents Party (CR) ● 3:30 IN2L- Resident Choice (E) ● 5:30 Evening Calming (EAR)	● 10:00 Exercise (EAR) ● 10:15 Chronicles(AC) (E) ● 10:45 Wheel of Words (E) ● 1:30 Courtyard walk (E) ● 2:15 List It (E) ● 2:30 Word Mining (EAR) ● 3:00 Magnet Darts (EAR) ● 3:30 Qtip art (EAR) ● 5:30 Evening Calming (EAR)	● 10:00 Exercise (EAR) ● 10:15 Chronicles(AC) (E) ● 10:45 Family Fued (E) ● 11:00 BUS TRIP - Lunch Outing (BUS) ● 3:00 1970's Pictionary (E) ● 4:00 Art Dice (EFR) ● 5:30 Evening Calming (EAR)	● 10:00 Exercise (EAR) ● 10:15 Chronicles(AC) (E) ● 10:45 Men's program (ALL) ● 1:00 Spiritual Circle (E) ● 2:15 Picture It (EFR) ● 3:30 Animal Bingo (EFR) ● 5:30 Evening Calming (EAR)	● 10:00 Exercise (EAR) ● 10:15 Chronicles(AC) (E) ● 10:45 IN2L- Jeopardy (L) ● 1:15 Cards with Friends (EAR) ● 2:30 Ladies Tea (DR) ● 3:30 One on One Programming (E) ● 5:30 Evening Calming (EAR)	● 10:00 Exercise (EAR) ● 10:45 Pondering prompts ● 1:00 Courtyard walk (C) ● 1:30 Weekly Celebrity (EAR) ● 2:00 Ring Toss (EFR) ● 3:15 Guess the Price (EFR) ● 3:30 Word Searching (EAR) ● 5:30 Evening Calming (EAR)	● 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 jeopardy (EAR) ● 5:30 Evening Calming (EAR)
● 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 Evening Calming (EAR)	● 10:00 Exercise (EAR) ● 10:15 Chronicles(AC) (E) ● 10:45 Wheel of Words (E) ● 1:30 Courtyard walk (E) ● 2:15 List It (E) ● 2:30 Word Mining (EAR) ● 3:00 Magnet Darts (EAR) ● 3:30 Resident Choice Craft (EAR) ● 5:30 Evening Calming (EAR)	● 10:00 Exercise (EAR) ● 10:15 Chronicles(AC) (E) ● 10:45 Family Fued (E) ● 11:00 BUS TRIP - Lunch Outing (BUS) ● 3:30 jewelry making (E) ● 4:00 Art Dice (EFR) ● 5:30 Evening Calming (EAR)	● 10:00 Exercise (EAR) ● 10:15 Chronicles(AC) (E) ● 10:45 Men's program (ALL) ● 1:00 Spiritual Circle (E) ● 2:15 Picture It (EFR) ● 3:30 Animal Bingo (EFR) ● 5:30 Evening Calming (EAR)	● 10:00 Exercise (EAR) ● 10:15 Chronicles(AC) (E) ● 10:45 IN2L- Jeopardy (L) ● 1:15 Cards with Friends (EAR) ● 2:30 Disco Happy Hour (EDR) ● 3:30 One on One Programming (E) ● 5:30 Evening Calming (EAR)	● 10:00 Exercise (EAR) ● 10:45 Pondering prompts ● 1:00 Courtyard walk (C) ● 1:30 Weekly Celebrity (EAR) ● 2:00 Ring Toss (EFR) ● 3:15 Guess the Price (EFR) ● 3:30 Word Searching (EAR) ● 5:30 Evening Calming (EAR)	● 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 Evening Calming (EAR)
● 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 Evening Calming (EAR)	● 10:00 Exercise (EAR) ● 10:15 Chronicles(AC) (E) ● 10:45 Wheel of Words (E) ● 1:30 Courtyard walk (E) ● 2:15 List It (E) ● 2:30 Word Mining (EAR) ● 3:00 Magnet Darts (EAR) ● 3:30 Resident Choice Craft (EAR) ● 5:30 Evening Calming (EAR)	● 10:00 Exercise (EAR) ● 10:15 Chronicles(AC) (E) ● 10:45 Family Fued (E) ● 11:00 BUS TRIP - Lunch Outing (BUS) ● 3:30 jewelry making (E) ● 4:00 Art Dice (EFR) ● 5:30 Evening Calming (EAR)	● 10:00 Exercise (EAR) ● 10:15 Chronicles(AC) (E) ● 10:45 Men's program (ALL) ● 1:00 Spiritual Circle (E) ● 2:15 Picture It (EFR) ● 3:30 Animal Bingo (EFR) ● 5:30 Evening Calming (EAR)	● 10:00 Exercise (EAR) ● 10:15 Chronicles(AC) (E) ● 10:45 IN2L- Jeopardy (L) ● 1:15 Cards with Friends (EAR) ● 2:30 Disco Happy Hour (EDR) ● 3:30 One on One Programming (E) ● 5:30 Evening Calming (EAR)	● 10:00 Exercise (EAR) ● 10:45 Pondering prompts ● 1:00 Courtyard walk (C) ● 1:30 Weekly Celebrity (EAR) ● 2:00 Ring Toss (EFR) ● 3:15 Guess the Price (EFR) ● 3:30 Word Searching (EAR) ● 5:30 Evening Calming (EAR)	● 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 Evening Calming (EAR)
● 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 Evening Calming (EAR)	● 10:00 Exercise (EAR) ● 10:15 Chronicles(AC) (E) ● 10:45 Wheel of Words (E) ● 1:30 Courtyard walk (E) ● 2:15 List It (E) ● 2:30 Word Mining (EAR) ● 3:00 Magnet Darts (EAR) ● 3:30 Resident Choice Craft (EAR) ● 5:30 Evening Calming (EAR)	● 10:00 Exercise (EAR) ● 10:15 Chronicles(AC) (E) ● 10:45 Family Fued (E) ● 3:30 Guess the 70's Character (E) ● 4:00 Art Dice (EFR) ● 5:30 Evening Calming (EAR)	● 10:00 Exercise (EAR) ● 10:15 Chronicles(AC) (E) ● 10:45 Men's program (ALL) ● 1:00 Spiritual Circle (E) ● 2:15 Picture It (EFR) ● 3:30 Animal Bingo (EFR) ● 5:30 Evening Calming (EAR)			

Happy Birthday!

Nancy E. - 14th
Cynthia L. - 16th



Locations

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