

# SEPTEMBER 2023

## Sunday

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

## Saturday

### Alto Grayslake

1865 E Belvidere Rd  
Grayslake, IL 60030  
(847) 908-9973

<https://www.allegroliving.com/grayslake-senior-living.html>



## Around our Community

### CONCERTS THIS MONTH



Sept. 4 Singers - Jan & Gino

Sept. 8 Ladies Lunch AL

\_\_\_\_\_Cellist Alexey P.

Sept. 10 Pianist- Andy B.

Sept. 13 Singer - Jeff D.

Sept. 15,20,22

\_\_\_\_\_Guitar -Davey D.

Sept. 23 Pianist - Andy B.

Sept. 28 Family/Friends Happy Hr.

\_\_\_\_\_Violinist - Mihai V.

Sept. 29 Singer - Steve J.

Sept. 30 Pianist - Andy B.

### LOCATION KEY

- 3AE** Art & Act. Rm. - E
- L** Lounge
- GR** Garden
- SR** Sunroom
- BUS** Bus
- CR** Community Room
- 3ES** Explorer Room - S
- B** Bistro

- 3**  
9:30 Sunday Morning Devotional  
Worship & Prayer  
10:15 **SR** Coffee & Current Events  
1:30 **L** Afternoon Stretch  
2:00 **L** Classic Game Shows  
3:30 **3AE** Resident Choice - iN2L  
4:00 Mindfulness, Music & Relaxation  
6:00 **SR** Card Club

- 10**  
GRANDPARENTS DAY  
9:30 Sunday Morning Devotional  
Worship & Prayer  
10:15 **SR** Coffee & Current Events  
1:30 **L** Afternoon Stretch  
2:00 **3ES** CONCERT: PIANO w/ ANDY  
2:30 **L** Johnny Carson  
3:30 **3AE** Resident Choice - iN2L  
4:00 Mindfulness, Music & Relaxation

- 17**  
9:30 Sunday Morning Devotional  
Worship & Prayer  
10:15 **SR** Coffee & Current Events  
1:30 **L** Afternoon Stretch  
2:00 **L** Classic Game Shows  
3:30 **3AE** Resident Choice - iN2L  
4:00 Mindfulness, Music & Relaxation  
6:00 **SR** Card Club

- 24**  
YOM KIPPUR  
9:30 Sunday Morning Devotional  
Worship & Prayer  
10:15 **SR** Coffee & Current Events  
1:30 **L** Afternoon Stretch  
2:30 **L** Johnny Carson  
3:30 **3AE** Resident Choice - iN2L  
4:00 Mindfulness, Music & Relaxation  
6:00 **SR** Card Club

- 4**  
LABOR DAY  
9:45 **3AE** Chair Fitness  
10:30 **L** Daily Chronicle  
11:15 **3AE** Garden Club  
1:30 CONCERT: JAN & GINO  
2:00 **3AE** Passport Travels  
3:00 **3AE** Bowling  
4:15 **L** Resident Choice IN2L  
6:15 **L** Evening Concert

- 11**  
9:45 **3AE** Chair Fitness  
10:30 **L** Daily Chronicle  
11:15 **3AE** Garden Club  
1:30 **L** Mind Joggers  
2:00 **3AE** Passport Travels  
3:00 **3AE** Bowling  
4:15 **L** Resident Choice IN2L  
6:15 **L** Evening Concert

- 18**  
9:45 **3AE** Chair Fitness  
10:30 **L** Daily Chronicle  
11:15 **3AE** Garden Club  
12:00 **B** MEN'S LUNCH  
1:30 **L** Mind Joggers  
2:00 **3AE** Passport Travels  
3:00 **3AE** Bowling  
4:15 **L** Resident Choice IN2L  
6:15 **L** Evening Concert

- 25**  
9:45 **3AE** Chair Fitness  
10:30 **L** Daily Chronicle  
11:15 **3AE** Garden Club  
1:30 **L** Mind Joggers  
2:00 **3AE** Passport Travels  
3:00 **3AE** Bowling  
4:15 **L** Resident Choice IN2L  
6:15 **L** Evening Concert

- 5**  
9:45 **3AE** Chair Yoga  
10:30 **BUS** SCENIC DRIVE  
2:00 **3AE** Social Hour  
3:15 **3AE** Balloon Volleyball  
4:00 **3AE** Trivia Challenge  
4:30 **3AE** Manicures & Music  
6:00 **L** PBS Masterpiece

- 12**  
9:45 **3AE** Chair Yoga  
10:30 **BUS** SCENIC DRIVE  
2:00 **3AE** Social Hour  
3:15 **3AE** Balloon Volleyball  
4:00 **3AE** Trivia Challenge  
4:30 **3AE** Manicures & Music  
6:00 **L** PBS Masterpiece

- 19**  
9:45 **3AE** Chair Yoga  
10:30 **BUS** SCENIC DRIVE  
2:00 **3AE** Social Hour  
3:15 **3AE** Balloon Volleyball  
4:00 **3AE** Trivia Challenge  
4:30 **3AE** Manicures & Music  
6:00 **L** PBS Masterpiece

- 26**  
9:45 **3AE** Chair Yoga  
10:30 **BUS** SCENIC DRIVE  
2:00 **3AE** Social Hour  
3:15 **3AE** Balloon Volleyball  
4:00 **3AE** Trivia Challenge  
4:30 **3AE** Manicures & Music  
6:00 **L** PBS Masterpiece

- 6**  
9:45 **3AE** Dancercise  
10:30 **L** Daily Chronicle  
11:15 **3AE** Shuffle the Deck Games  
1:30 **3AE** Sing Along  
2:00 **3AE** Bingo  
3:15 Music and Movement  
4:15 **3AE** This or That? - iN2L  
6:15 **L** Planet Earth

- 13**  
9:45 **3AE** Dancercise  
10:30 **L** Daily Chronicle  
11:15 **3AE** Shuffle the Deck Games  
1:45 **L** CONCERT: Jeff Dewbray  
3:15 Music and Movement  
4:15 **3AE** This or That? - iN2L  
6:15 **L** Planet Earth

- 20**  
9:45 **3AE** Dancercise  
10:30 **L** Daily Chronicle  
11:00 **L** CONCERT: Davey D  
11:15 **3AE** Shuffle the Deck Games  
1:30 **3AE** Sing Along  
2:00 **3AE** Bingo  
3:15 Music and Movement  
4:15 **3AE** This or That? - iN2L  
6:15 **L** Planet Earth

- 27**  
9:45 **3AE** Dancercise  
10:30 **L** Daily Chronicle  
11:15 **3AE** Shuffle the Deck Games  
1:30 **3AE** Sing Along  
2:00 **3AE** Bingo  
3:15 Music and Movement  
4:15 **3AE** This or That? - iN2L  
6:15 **L** Planet Earth

- 7**  
9:45 **3AE** Chair Fitness  
10:30 **L** Short Stories  
11:00 **3AE** Crafter's Corner  
1:30 **GR** Garden Stroll  
2:00 **3AE** Happy Hour  
3:30 Hand Massage and Aromatherapy  
6:15 **L** IN2L Relax

- 14**  
9:45 **3AE** Chair Fitness  
10:30 **L** Short Stories  
11:00 **3AE** Crafter's Corner  
1:30 **GR** Garden Stroll  
2:00 **CR** AL Rosh Hashanah Happy Hr  
3:30 Hand Massage and Aromatherapy  
6:15 **L** IN2L Breathe

- 21**  
9:45 **3AE** Chair Fitness  
10:30 **L** Short Stories  
11:00 **3AE** Crafter's Corner  
1:30 **GR** Garden Stroll  
2:00 **3AE** Happy Hour  
3:30 Hand Massage and Aromatherapy  
6:15 **L** IN2L Relax

- 28**  
9:45 **3AE** Chair Fitness  
10:30 **L** Short Stories  
11:00 **3AE** Crafter's Corner  
1:30 **GR** Garden Stroll  
2:00 **3AE** Happy Hour  
3:30 **L** Hand Massage  
6:00 **CR** FAMILY/FRIENDS HAPPY HR.

- 1**  
9:45 **3AE** Flash Card Fitness  
10:15 **L** Insights and Inspirations  
10:30 **L** Catholic Communion  
11:00 **3AE** Table Games  
1:15 **L** Walking Club  
2:30 **L** Classic Cinema & Popcorn  
4:00 **3AE** Who Am I?  
6:15 **GR** Garden Meditation

- 8**  
9:45 **3AE** Flash Card Fitness  
10:15 **L** Insights and Inspirations  
10:30 **L** Catholic Communion  
11:15 **CR** LADIES LUNCHEON  
11:30 **CR** Cellist A. POLTAVCHENKO  
1:15 **L** Walking Club  
2:30 **L** Classic Cinema & Popcorn  
4:00 **3AE** Who Am I?

- 15**  
ROSH HASHANAH  
9:45 **3AE** Flash Card Fitness  
10:15 **L** Insights and Inspirations  
10:30 **L** Catholic Communion  
11:00 **3AE** Table Games  
1:15 **L** Walking Club  
2:00 **L** CONCERT: Davey D.  
4:00 **3AE** Who Am I?  
6:15 **GR** Garden Meditation

- 22**  
9:45 **3AE** Flash Card Fitness  
10:15 **L** Insights and Inspirations  
10:30 **L** Catholic Communion  
11:00 **3AE** Table Games  
1:15 **L** Walking Club  
2:00 **L** CONCERT: Davey D.  
4:00 **3AE** Who Am I?  
6:15 **GR** Garden Meditation

- 29**  
9:45 **3AE** Flash Card Fitness  
10:15 **L** Insights and Inspirations  
10:30 **L** Catholic Communion  
11:00 **3AE** Table Games  
1:15 **L** CONCERT: STEVE JUSTMAN  
1:15 **L** Walking Club  
2:30 **L** Classic Cinema & Popcorn  
4:00 **3AE** Who Am I?  
6:15 **GR** Garden Meditation

- 2**  
9:45 **3AE** Music and Movement Exercise  
10:15 **3AE** Puzzle Galore  
11:00 **3AE** Reminisce Kits  
2:00 **3AE** Musical Movie Matinee  
3:30 **3AE** Resident Choice - iN2L  
4:00 Mindfulness, Music & Relaxation  
6:15 **L** Coffee Clutch

- 9**  
9:45 **3AE** Music and Movement Exercise  
10:15 **3AE** Puzzle Galore  
11:00 **3AE** Reminisce Kits  
2:00 **3AE** Musical Movie Matinee  
3:30 **3AE** Resident Choice - iN2L  
4:00 Mindfulness, Music & Relaxation  
6:15 **L** Coffee Clutch

- 16**  
9:45 **3AE** Music and Movement Exercise  
10:15 **3AE** Puzzle Galore  
11:00 **3AE** Reminisce Kits  
2:00 **3AE** Musical Movie Matinee  
3:30 **3AE** Resident Choice - iN2L  
4:00 Mindfulness, Music & Relaxation  
6:15 **L** Coffee Clutch

- 23**  
9:45 **3AE** Music and Movement Exercise  
10:15 **3AE** Puzzle Galore  
11:00 **3AE** Reminisce Kits  
2:00 **3AE** Musical Movie Matinee  
3:30 **3AE** Resident Choice - iN2L  
4:00 Mindfulness, Music & Relaxation  
6:15 **L** Coffee Clutch

- 30**  
9:45 **3AE** Music and Movement Exercise  
10:15 **3AE** Puzzle Galore  
11:00 **3AE** Reminisce Kits  
2:00 **3AE** Musical Movie Matinee  
2:00 **L** CONCERT: Piano w/ Andy  
3:30 **3AE** Resident Choice - iN2L  
4:00 Mindfulness, Music & Relaxation  
6:15 **L** Coffee Clutch