

UPCOMING COMMUNITY EVENTS

Upcoming Dates:

April 1st & 15th | Choir Rehearsal with Richard Wang @ 1:00PM

April 4th | Trip: Hibachi Buffet & Grille @ 11:30AM

April 6th | Trip: Hartford Yard Goats vs. Somerset Pirates @ 12:00PM

April 4th, 11th, 18th, 25th | TED Talk and Discussion @ 3:00PM

April 8th | Allegro at Sea: Japan – All Day Events

April 18th | Trip: Bowling @ 1:00PM

April 19th | Family Egg Hunt & Easter Craft @ 2:30PM

April 25th | Trip: Belvedere Polish Restaurant @ 11:30AM



FLOURISH

April 2025



ALLEGRO AT SEA: JAPAN

Join us for a “cruise” to Japan on Tuesday, April 8th!

10:30 | Stretch and Hike Mt. Fuji

11:00 | Chef Studio

Carlos will demonstrate how to make Yaki Udon

1:30 | Origami

Join us in the art of making Japanese paper crafting!

2:00 | Japan Fan Dance

We will watch a video on how the Japanese use the fan to dance and then try it ourselves!

2:30 | Entertainment: Ashley Cruz

Ashley will delight and entertain us with her amazing musical act.

3:00 | Wonders of Japan

We will travel to Japan and see the wonders of the beautiful country.

5:30 | Karate Studio Demonstration

A group of young Karate students will demonstrate the Japanese Martial Arts



Alto Evergreen Walk

1000 Cottonwood Lane

South Windsor, CT 06074

(860) 288 - 1699

Alto
Senior Living by Allegro

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Upcoming Events + News


“The secret of staying young is to live honestly, eat slowly, and lie about your age.”

— Lucille Ball

April 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>6 10:00 Sunday Mass – Independent 11:00 Sunday Stretch 12:00 Hartford Yard Goats vs. Somerset Patriots 1:30 Chair Volleyball 2:00 Best Things to Do in Tokyo 2:30 Scrabble 3:30 The Carol Burnett Show 6:00 Movie</p>	<p>7 10:00 Get Fit Exercise 10:30 Wordsearch Challenge 11:00 Morning Chat – Independent 11:00 April Facts 1:30 Cornhole 2:00 White Board Word Game 2:30 Canasta & More Card Games 4:00 April Trivia & Memories 6:00 Movie</p>	<p>April Fools' Day 1 10:00 Mass w/Communion & Rosary 10:30 Get Fit Exercise 11:00 April Jeopardy Trivia 1:00 Choir Rehearsal w/Richard 2:00 Crazy 8's & More Card Games 3:00 Rummikib – Independent 3:00 Bingo w/SWHS 4:00 Crossword Challenge 6:00 Movie</p>	<p>2 10:00 Sunrise Stretch 10:30 Daily Wordsearch 11:00 Calendar Committee 1:30 Jeff the Plant Guy 3:00 Bowling w/SWHS 3:00 Poker – Independent 4:00 Wine Down Wednesday Happy Hour w/ Cheese & Crackers 6:00 Movie</p>	<p>3 10:00 Stretch It Out Exercise 10:30 Daily Wordsearch 11:00 Unscramble the Word 1:30 Indoor Walk 2:00 Where in The World 3:00 Travel to Denmark 3:00 Set Back Card Game – Independent 4:00 Crossword Challenge 6:00 Movie</p>	<p>4 9:45 Warm Up with Wordle 10:00 Friday Exercise Fun 10:30 Wordsearch 11:00 Gratitude Circle 11:30 Out Trip: Hibachi Buffet 2:00 Craft w/Amy 3:00 TED Talk & Discussion: Everything You Need to Write a Poem 4:00 Drinks by the Fire 6:00 Movie</p>	<p>5 10:00 Rock 'n Exercise 10:30 Wordsearch Challenge 11:00 Family Feud 1:30 Bingo Extravaganza 2:30 Karaoke Sing A-Long 3:00 Travel to Africa 4:00 Happy Hour 6:00 Movie</p>
<p>6 10:00 Sunday Mass – Independent 11:00 Sunday Stretch 12:00 Hartford Yard Goats vs. Somerset Patriots 1:30 Chair Volleyball 2:00 Best Things to Do in Tokyo 2:30 Scrabble 3:30 The Carol Burnett Show 6:00 Movie</p>	<p>7 10:00 Get Fit Exercise 10:30 Wordsearch Challenge 11:00 Morning Chat – Independent 11:00 April Facts 1:30 Cornhole 2:00 White Board Word Game 2:30 Canasta & More Card Games 4:00 April Trivia & Memories 6:00 Movie</p>	<p>Allegro at Sea: Japan 8 10:00 Mass w/Communion 10:30 Stretch and Hike Mt. Fuji 11:00 Chef Studio: Make Yaki Udon 1:30 Origami 2:00 Japan Fan Dance 2:30 Ashley Cruz – Entertainment 3:00 Rummikib – Independent 3:30 Wonders of Japan 5:30 Karate Studio Demonstration 6:30 Karate Kid</p>	<p>9 10:00 Sunrise Stretch 10:30 Daily Wordsearch 11:00 Baking Club w/Nicole 2:00 Sherlock Holmes Detective Puzzles 3:00 Bowling w/SWHS 3:00 Poker – Independent 4:00 Wine Down Wednesday Happy Hour w/ Cheese & Crackers 6:00 Movie</p>	<p>National Golf Day 10 10:00 Stretch It Out Exercise 10:30 Daily Wordsearch 1:00 Golfer's Trivia 1:30 Indoor Walk 2:00 USA Trivia Game 3:00 Health Talk w/Karla 3:00 Set Back Card Game – Independent 4:00 Golf in A Box 6:00 Movie</p>	<p>Barbershop Quartet Day 11 10:00 Friday Exercise Fun 10:30 Wordsearch 11:00 Gratitude Circle 1:30 Best of Barbershop Quartets 2:00 Craft w/Amy 3:00 TED Talk & Discussion: The Skill of Humor 4:00 Drinks by the Fire 6:00 Movie</p>	<p>Passover Begins 12 10:00 Rock n' Exercise 10:30 Wordsearch Challenge 11:00 White Board Boggle 1:30 Bingo Extravaganza 2:30 Movie Matinee: Butch Cassidy & the Sundance Kid 4:00 Happy Hour 6:00 Movie</p>
<p>Palm Sunday 13 10:00 Sunday Mass – Independent 11:00 Sunday Stretch 1:30 Chair Soccer 2:00 Unscramble the Word 2:30 Wonders of Alaska 3:30 Family Feud 4:00 The Carol Burnett Show 6:00 Movie</p>	<p>14 10:00 Get Fit Exercise 10:30 Wordsearch Challenge 11:00 Morning Chat – Independent 1:30 Cornhole 2:30 Word Within a Word 3:00 Mad Libs 3:30 Wonders of Switzerland</p>	<p>Titanic Remembrance Day 15 10:00 Mass w/Communion & Rosary 10:30 Sunrise Stretch 11:00 Health Talk w/Fox Rehab 1:00 Choir Rehearsal w/Richard 2:00 Lost Worlds: Inside the Unsinkable Titanic 3:00 Bingo w/SWHS 4:00 Ladderball 6:00 Movie</p>	<p>16 10:00 Sunrise Stretch 10:30 Baking Club w/Nicole 11:00 Enhabit Health Talk w/Kylie 1:30 Bucket Pong 2:00 Veteran's Club 2:00 Would You Rather 3:00 Bowling w/SWHS 3:00 Poker – Independent 4:00 Wine Down Wednesday Happy Hour w/ Cheese & Crackers 6:00 Movie</p>	<p>17 10:00 Stretch It Out Exercise 10:30 Daily Wordsearch 11:00 Jumble Word Game 1:30 Monthly Birthday Celebration w/John Banker 3:00 Set Back Card Game – Independent 3:00 Mad Libs 4:00 Dick Van Dyke 6:00 Movie</p>	<p>18 10:00 Friday Exercise Fun 10:30 Daily Wordsearch 10:30 Reborns w/Reasons 11:00 Gratitude Circle 1:00 Trip: Bowling 2:00 Craft w/Amy 3:00 TED Talk & Discussion: How We Can All Improve Our Mental Health 4:00 Drinks by the Fire 6:00 Movie</p>	<p>Family Day for Easter 19 10:00 Saturday Exercise 10:30 Wordsearch Challenge 11:00 White Board Word Game 1:00 Family Bingo Extravaganza 2:30 Family Easter Egg Hunt 3:30 Family Easter Craft 4:00 Family Happy Hour 6:00 Movie</p>
<p>Easter Sunday 20 10:00 Sunday Mass – Independent 11:00 Easter Brunch 1:30 Movie Matinee: Sound of Music 6:00 Movie</p>	<p>21 10:00 Get Fit Exercise 10:30 Wordsearch Challenge 11:00 Crossword Challenge 11:00 Current Events – Independent 1:30 Cornhole 2:30 Wonders of Texas 3:30 Scrabble 4:00 The Carol Burnett Show 6:00 Movie</p>	<p>Earth Day 22 10:00 Mass w/Communion & Rosary 10:30 Daily Wordsearch 11:00 Watercolors w/Paul 1:30 Stretch w/Step 2:00 Resident Council Meeting 3:00 Bingo w/SWHS 4:00 Ladderball 3:00 Rummikib – Independent 4:00 Tabletop Games 6:00 Movie</p>	<p>Cherry Cheesecake Day 23 10:00 Sunrise Stretch 10:30 Daily Wordsearch 11:00 Baking Club w/Nicole 1:30 Food & Beverage Discussion 2:00 Game of Clue 3:00 Bowling w/SWHS 3:00 Poker – Independent 4:00 Wine Down Wednesday Happy Hour w/ Cheese & Crackers 6:00 Movie</p>	<p>24 10:00 Stretch It Out Exercise 10:30 Daily Wordsearch 2:00 Ladie's Tea Party 2:00 Men's Club 3:00 Set Back Card Game – Independent 3:00 Ladderball 3:30 Criminal Minds Puzzles 4:00 Dick Van Dyke 6:00 Movie</p>	<p>25 10:00 Friday Exercise Fun 10:30 Wordsearch 11:00 Gratitude Circle 11:30 Trip: Belvedere Polish Restaurant 1:30 Outdoor Walk 2:30 Craft w/Amy 3:00 TED Talk & Discussion: How To Get Your Brain to Focus 4:00 Drinks by the Fire 6:00 Movie</p>	<p>26 10:00 Rock 'n Exercise 10:30 Wordsearch Challenge 11:00 White Board Word Game 2:00 Bingo Extravaganza 3:00 Concert: Tony Bennet Prince Edward Theatre (09/06/1991) 4:00 Happy Hour 6:00 Movie</p>
<p>27 10:00 Sunday Mass – Independent 11:00 Sunday Stretch 1:30 QiGong w/Marivic 2:30 Wonders of North Carolina 3:30 Riddle Me This 4:00 Happy Hour 6:00 Movie</p>	<p>28 10:00 Get Fit Exercise 10:30 Wordsearch Challenge 11:00 Crossword Challenge 11:00 Current Events – Independent 1:30 Cornhole 2:30 Dominoes 3:30 Drum Circle w/Maggie 6:00 Movie</p>	<p>29 10:00 Mass w/Communion & Rosary 10:30 Daily Wordsearch 11:00 Stretching Time! 1:30 Outdoor Walk 2:00 Travelogue: Meteora, Greece 3:00 Bingo w/SWHS 3:00 Rummikib – Independent 4:00 Tabletop Games 6:00 Movie</p>	<p>Oatmeal Cookie Day 30 10:00 Sunrise Stretch 10:30 Daily Wordsearch 11:00 Baking Club w/Nicole 1:30 Outdoor Walk 2:00 Crossword Challenge 3:00 Bowling w/SWHS 3:00 Poker – Independent 4:00 Wine Down Wednesday Happy Hour w/ Cheese & Crackers 6:00 Movie</p>	<p>Alto Evergreen Walk – Assisted Living 1000 Cottonwood Lane South Windsor CT 06074 (860) 288 - 1699 www.AltoEvergreenWalk.com</p>		

April 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		All Fool's Day 1 9:30 Morning News and Updates 10:00 Morning Mass 10:30 Baking Club 1:30 Sound Meditation w/Tim 2:30 Drinks and Poems 3:00 Walking Club 3:30 Nature Trip Scenes 4:00 Jazz Tunes 5:30 Movie	2 9:30 Hand Massage 10:00 Morning Mass 10:30 Bucket Pong 11:00 Lunch Trip 1:30 Chair Soccer 2:30 Tea and Trivia 3:30 Exploring Landmarks 4:00 Sensory Sensations 5:30 Classic TV	3 9:30 Wheel of Fortune 10:00 Morning Mass 10:30 Chair Volleyball 11:00 Guess the Tune 1:30 Craft Corner 2:30 Coffee and Jazz 3:00 Whiteboard Games 3:30 Spa Touches 4:00 Music for Joy 5:00 Movie	4 9:30 Walking Club 10:00 Morning Mass 10:30 Chair Yoga 11:00 Music Therapy 1:30 Afternoon Stretch 2:30 Refreshments and Trivia 3:30 Ensemble Travelers 4:00 Concert Series 5:00 Classic TV	5 9:30 Morning News and Updates 10:00 Morning Mass 10:30 Ball Toss 11:00 Color Circle 1:30 Afternoon Stretch 2:30 Water Painting 3:30 History of Nebraska 4:00 Walking Club 5:30 Movie	
	6 9:30 New News! 10:00 Morning Mass 10:30 Sunday Stretch 11:00 Today in History 1:30 Coloring Creatives 2:30 Snack and Chat 3:30 Virtual Vacations 4:00 Walking Club 5:00 Movie	7 9:30 Walking Club 10:00 Morning Mass 10:30 Exercise Class 11:00 Finish the Phase 1:30 Cornhole Tournament 2:30 Coffee and Chat 3:30 Road Trip Scenes 4:00 Jukebox Sing-A-Long 5:00 Classic TV	Cruise to Japan 8 9:30 Morning News and Updates 10:00 Morning Mass 10:30 Baking Club 11:00 Travel to Mount Fuji 1:30 Aromas of Japan 2:30 Live Music w/Ashly Cruz 3:30 Japanese Fan Making 4:00 Sounds of Japan 5:30 "Austin Powers in Goldmember"	9 9:30 Hand Massage 10:00 Morning Mass 10:30 Bucket Pong 11:00 Memory Lane TV 1:00 Butterfly Garden Trip 2:30 Tea and Trivia 3:30 Exploring Landmarks 4:00 Sensory Sensations 5:00 Classic TV	10 9:30 Wheel of Fortune 10:00 Morning Mass 10:30 Chair Volleyball 11:00 Guess the Tune 1:30 Craft Corner 2:30 Coffee and Jazz 3:30 Whiteboard Games 4:00 Spa Touches 5:00 Movie	11 9:30 Walking Club 10:00 Morning Mass 10:30 Chair Yoga 11:00 Music Therapy 1:30 Barbershop Quartet Video 2:30 Refreshments and Trivia 3:00 Ensemble Travelers 4:00 Concert Series 5:30 Classic TV	Passover Begins 12 9:30 Morning News and Updates 10:00 Morning Mass 10:30 Ball Toss 11:00 Color Circle 1:30 Afternoon Stretch 2:30 Water Painting 3:30 History of Colorado 4:00 Walking Club 5:30 Movie
	Palm Sunday 13 9:30 New News! 10:00 Morning Mass 10:30 Sunday Stretch 11:00 Today in History 1:30 Coloring Creatives 2:30 Snack and Chat 3:30 Virtual Vacations 4:00 Walking Club 5:00 Movie	14 9:30 Walking Club 10:00 Morning Mass 10:30 Exercise Class 11:00 Dolphin Facts 1:30 Garden Clean Up 2:30 Coffee and Chat 3:30 Road Trip Scenes 4:00 Jukebox Sing-A-Long 5:00 Classic TV	15 9:30 Morning News and Updates 10:00 Morning Mass 10:30 Live Music w/Larry 1:30 Afternoon Stretch 2:30 Drinks and Poems 3:00 Walking Club 3:30 Remembering the Titanic 5:00 Jazz Tunes 5:30 Movie	16 9:30 Hand Massage 10:00 Coffee in the Park 10:30 Morning Mass 11:00 Memory Lane TV 1:30 Afternoon Stretch 2:30 Banana Day Snacks 3:30 Music Reminiscing 4:00 Exploring Landmarks 5:00 Sensory Sensations 5:00 Classic TV	17 9:30 Wheel of Fortune 10:00 Morning Mass 10:30 Chair Volleyball 11:00 Guess the Tune 1:30 Craft Corner 2:30 Coffee and Jazz 3:30 Whiteboard Games 4:00 Sensory Touches 5:00 Movie	18 9:30 Walking Club 10:00 Morning Mass 10:30 Chair Yoga 11:00 Music Therapy 1:30 Afternoon Stretch 2:30 Refreshments and Trivia 3:30 Ensemble Travelers 4:00 Concert Series 5:00 Classic TV	19 9:30 Morning News and Updates 10:00 Morning Mass 10:30 Ball Toss 11:00 Color Circle 1:30 Afternoon Stretch 2:30 Water Painting 3:30 History of North Dakota 4:00 Walking Club 5:30 Movie
	Easter Sunday 20 9:30 New News! 10:00 Morning Mass 10:30 Easter Parade 1:30 Coloring Creatives 2:30 Snack and Chat 3:30 Virtual Vacations 4:00 Walking Club 5:00 Movie	21 9:30 Walking Club 10:00 Morning Mass 10:30 Exercise Class 11:00 Finish the Phrase 1:30 Cornhole Tournament 2:30 Coffee and Chat 3:30 Road Trip Scenes 4:00 Jukebox Sing-A-Long 5:00 Classic TV	Earth Day 22 9:30 Morning News and Updates 10:00 Morning Mass 10:30 Baking Club 1:30 Rock Painting 2:30 Drinks and Poems 3:00 Walking Club 3:30 Nature Trip Scenes 4:00 Jazz Tunes 5:00 Movie	23 9:30 Hand Massage 10:00 Morning Mass 10:30 Bucket Pong 11:00 Lunch on the Patio 1:30 Afternoon Stretch 2:30 Tea and Trivia 3:30 Exploring Landmarks 4:00 Sensory Sensations 5:00 Classic TV	24 9:30 Wheel of Fortune 10:00 Morning Mass 10:30 Chair Volleyball 11:00 Guess the Tune 1:30 Craft Corner 2:30 Coffee and Jazz 3:30 Whiteboard Games 4:00 Sensory Touches 5:00 Movie	25 9:30 Walking Club 10:00 Morning Mass 10:30 Chair Yoga 11:00 Music Therapy 1:30 Afternoon Stretch 2:30 Refreshments and Trivia 3:30 Ensemble Travelers 4:00 Concert Series 5:00 Classic TV	26 9:30 Morning News and Updates 10:00 Morning Mass 10:30 Ball Toss 11:00 Color Circle 1:30 Afternoon Stretch 2:30 Water Painting 3:30 History of South Dakota 4:00 Walking Club 5:30 Movie
	27 9:30 New News! 10:00 Morning Mass 10:30 Sunday Stretch 11:00 Today in History 1:30 Coloring Creatives 2:30 Snack and Chat 3:30 Virtual Vacations 4:00 Walking Club 5:00 Movie	28 9:30 Walking Club 10:00 Morning Mass 10:30 Exercise Class 11:00 Finish the Phrase 1:30 Cornhole Tournament 2:30 Coffee and Chat 3:30 Road Trip Scenes 4:00 Jukebox Sing-A-Long 5:00 Classic TV	29 9:30 Morning News and Updates 10:00 Morning Mass 10:30 Baking Group 1:30 Afternoon Stretch 2:30 Drinks and Poems 3:00 Walking Club 3:30 Nature Trip Scenes 4:00 Jazz Tunes 5:00 Movie	30 9:30 Hand Massage 10:00 Morning Mass 10:30 Scenic Drive 11:00 Memory Lane TV 1:30 Afternoon Stretch 2:30 Tea and Trivia 3:30 Exploring Landmarks 4:00 Sensory Sensations 5:00 Classic TV	Alto Evergreen Walk – Ensemble 1000 Cottonwood Lane South Windsor CT 06074 (860) 288 - 1699 www.AltoEvergreenWalk.com		