

UPCOMING COMMUNITY EVENTS



- February 4th | Piano Concert with Richard Wang @ 2:00PM
- February 7th, 14th, 28th | TED Talk and Discussion @ 3:00PM
- February 7th | Trip – New England Air Museum @ 1:00PM
- February 11th | Norman Rockwell Documentary @ 1:30PM
- February 14th | Trip – Buckland Pizza @ 11:30AM
- February 18th | Pablo Picasso Documentary @ 2:00PM
- February 21st | Order from Jersey Mike’s
- February 22nd | Concert Series – Beethoven’s Symphony No. 9
Vasity Petrsko & The European Union Youth Orchestra @ 2:30PM
- February 26th | Live Music with Ashley Cruz @ 2:00PM
- February 28th | Trip – Mark Twain House @ 1:30PM

SUPER BOWL SUNDAY, FEBRUARY 9TH!

JOIN US @ 12:00PM in the Theater Room to CHEER on the
UCONN Women’s Basketball!

Following the Game, we will watch the Puppy Bowl
and enjoy Super Sunday Appetizers!

What would Super Bowl Sunday be without some friendly Team Challenges?!

We’ll play Balloon Football, Chair Soccer, & Other Fun Games!

Alto Evergreen Walk
1000 Cottonwood Lane
South Windsor, CT 06074
(860) 288 - 1699



FLOURISH

February 2025







WHAT’S INSIDE

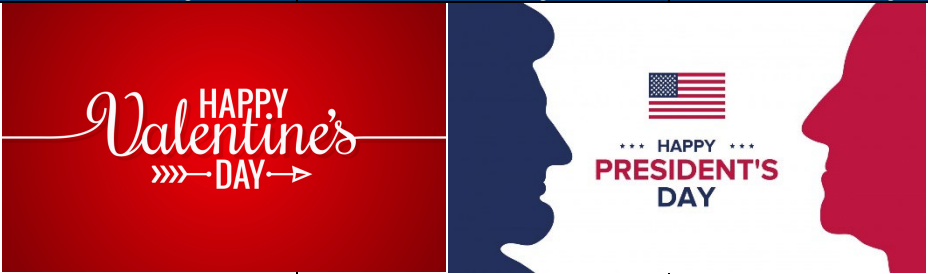
- Pg 2-3
Social Calendar
- Pg 4
Upcoming Events + News

“What are the things that you can’t see that are important?
I would say justice, truth, humility, service, compassion, love...
They’re the guiding lights of a life.”
— Jimmy Carter

February 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Alto Evergreen Walk 1000 Cottonwood Lane South Windsor CT 06074 (860) 288 - 1699 www.AltoEvergreenWalk.com			 			
Groundhog Day 2 10:00 Sunday Mass – Independent 10:00 Meditative Coloring 11:00 Sunday Stretch 1:00 UCONN Women’s Basketball vs. Butler 1:30 QiGong w/Maviric 4:00 Pictionary 6:00 Movie: Groundhog Day	3 9:45 This Day in History 10:00 Get Fit Exercise 10:30 Wordsearch Challenge 11:00 Monday Morning Chat – Independent 11:00 February Facts 1:30 Cornhole 2:30 White Board Word Game 3:30 Bean Bag Bucket Toss 4:00 February Trivia & Memories 6:00 Movie	National Homemade Soup Day 4 10:00 Mass w/Communion & Rosary 10:30 Daily Wordsearch 11:00 Make Soup w/Nicole 1:30 Stretch w/Steph 2:00 Piano Concert w/Richard 3:00 Rummikib – Independent 3:00 Bingo w/SWHS 4:00 Short Story and Discussion 6:00 Movie	5 9:45 This Day in History 10:00 Sunrise Stretch 10:30 Visit with the Dogs 11:00 Calendar Committee 1:30 Jeff the Plant Guy 3:00 Bowling w/SWHS 3:00 Poker – Independent 4:00 How It’s Made 6:00 Movie	6 9:45 This Day in History 10:00 Stretch It Out Exercise 10:40 Caitlin Book Discussion 2:00 Jeopardy 3:00 Set Back Card Game – Independent 3:00 Return of the King: The Fall and Rise of Elvis Presley 6:00 Movie	National Send a Card to A Friend Day 7 9:45 Warm Up with Wordle 10:00 Friday Exercise Fun 10:30 Wordsearch 11:00 Gratitude Circle 1:00 Trip – New England Air Museum 2:00 Ladderball 2:30 Make Cards w/Amy 3:30 TED Talk & Discussion – A Mother & Son’s Photographic Journey Through Dementia 6:00 Downtown Abbey	8 10:00 Rock ‘n Exercise 10:30 Wordsearch Challenge 11:00 Family Feud 1:00 Bingo Extravaganza 2:30 Armchair Travel 3:00 Craft w/Stephanie 4:00 Happy Hour 6:00 Movie
Super Bowl Sunday 9 10:00 Sunday Mass – Independent 10:00 Puzzle Time 11:00 Sunday Stretch 12:00 UCONN Women’s Basketball vs. Providence 2:00 Puppy Bowl w/Games & Appetizers 6:00 Movie	10 9:45 This Day in History 10:00 Get Fit Exercise 10:30 Wordsearch Challenge 11:00 Monday Morning Chat – Independent 1:30 Cornhole 2:30 USA Trivia 3:00 Scrabble 4:00 I Love Lucy 6:00 Movie	11 10:00 Mass w/Communion & Rosary 10:30 Sunrise Stretch 11:00 Watercolors w/Paul 1:30 Norman Rockwell Documentary 3:00 Learn Line Dancing w/SWHS 3:00 Rummikib – Independent 4:00 Name That Tune Tuesday 6:00 Movie	12 9:45 This Day in History 10:00 Sunrise Stretch 10:30 Visit with the Dogs 11:00 Baking Club w/Nicole 1:30 Indoor Walking Club 2:00 Make Valentine Goodie Bags 3:00 Bowling w/SWHS 3:00 Poker – Independent 4:00 How It’s Made 6:00 Movie	13 9:45 This Day in History 10:00 Stretch It Out Exercise 10:40 Caitlin Book Discussion 11:30 Valentine’s Lunch Bunch 2:00 Mad Libs 3:00 Health Talk w/Karla 3:00 Set Back Card Game – Independent 4:00 Dick Van Dyke 6:00 Movie	Valentine’s Day 14 9:45 Warm Up with Wordle 10:00 Friday Exercise Fun 10:30 Wordsearch 11:00 Jeopardy 11:30 Trip – Buckland Pizza 2:00 Pictionary 2:30 Craft w/Amy 3:30 TED Talk & Discussion – How Great Leaders Inspire Action 4:00 Drinks by the Fire 6:00 Downtown Abbey	15 10:00 Saturday Exercise 10:30 Wordsearch Challenge 11:00 White Board Word Game 1:00 Bingo Extravaganza 2:00 UCONN Men’s Basketball vs. Seton Hall 4:00 Happy Hour 6:00 Movie
16 10:00 Sunday Mass – Independent 10:00 Meditative Coloring 11:00 Sunday Stretch 1:00 UCONN Women’s Basketball vs. South Carolina 1:30 QiGong w/Maviric 4:00 Trivia Challenge 6:00 Movie	President’s Day 17 9:45 This Day in History 10:00 Get Fit Exercise 10:30 Wordsearch Challenge 11:00 Family Feud 11:00 Monday Morning Chat – Independent 1:30 Cornhole 2:30 History Channel Presents “The Presidents” 3:30 Card Games 4:00 I Love Lucy 6:00 Movie	18 10:00 Mass w/Communion & Rosary 10:30 Daily Wordsearch 11:00 Stretch w/Steph 1:30 Walking Club 2:00 Pablo Picasso Documentary 3:00 Bingo w/SWHS 4:00 Ladderball 6:00 Movie	19 9:45 This Day in History 10:00 Sunrise Stretch 10:30 Visit with the Dogs 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 How It’s Made 6:00 Movie	20 9:45 This Day in History 10:00 Stretch It Out Exercise 10:40 Caitlin Book Discussion 2:00 Words Within a Word 3:00 Set Back Card Game – Independent 3:00 Pokeno 4:00 Dick Van Dyke 6:00 Movie	National Sticky Bun Day 21 9:45 This Day in History 10:00 Friday Exercise Fun 10:30 Reborn w/ Reason 11:30 Staying in Trip – Jersey Mike’s 1:30 Monthly Birthday Celebration with Larry Batter 2:00 Patsy Cline Documentary 3:00 Craft w/Amy 4:00 Drinks by the Fire 6:00 Movie	22 10:00 Saturday Exercise 10:30 Wordsearch Challenge 11:00 White Board Boggle 1:30 Bingo Extravaganza 2:30 Concert Series – Beethoven Symphony No. 9 Vasily Petrenko & the European Union Youth Orchestra 6:00 Movie
23 10:00 Sunday Mass – Independent 10:00 Puzzle Time 11:00 Sunday Stretch 12:00 UCONN Men’s Basketball vs. St. John’s 3:00 Chair Volleyball 3:30 Card Games 6:00 Movie	24 9:45 This Day in History 10:00 Get Fit Exercise 10:30 Wordsearch Challenge 11:00 Current Events – Independent 1:30 Cornhole 2:30 Meditative Coloring 3:30 Drum Circle w/ Maggie 6:00 Movie	25 10:00 Mass w/Communion & Rosary 10:30 Daily Wordsearch 11:00 Watercolors w/Paul 1:30 Stretch w/Steph 2:00 Resident Council Meeting 3:00 Bingo w/SWHS 3:00 Rummikib – Independent 4:00 Tabletop Games 6:00 Movie	26 9:45 This Day in History 10:00 Sunrise Stretch 10:30 Visit with the Dogs 11:00 Baking Club w/Nicole 1:30 Food & Beverage Discussion 2:00 Ashley Cruz – Entertainment 3:00 Bowling w/SWHS 3:00 Poker – Independent 4:00 How It’s Made 6:00 Movie	27 9:45 This Day in History 10:00 Stretch It Out Exercise 10:40 Caitlin Book Discussion 2:00 Ladie’s Tea Party 2:00 Men’s Club 3:00 Set Back Card Game – Independent 3:00 Ladderball 3:30 Karaoke 6:00 Movie	28 9:45 Warm Up with Wordle 10:00 Friday Exercise Fun 10:30 Wordsearch 11:00 Gratitude Circle 1:30 Trip – Mark Twain House 2:00 Headbandz 3:30 TED Talk & Discussion: A Simple Formula to Inspire the World To Live Their Dreams: Jairek Robbins 4:00 Drinks by the Fire 6:00 Downtown Abbey	

February 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Alto Evergreen Walk 1000 Cottonwood Lane South Windsor CT 06074 (860) 288 - 1699 www.AltoEvergreenWalk.com						<div>1</div> <div>9:30 New News!</div> <div>10:00 Morning Mass</div> <div>10:30 Sunrise Stretches</div> <div>11:00 Whiteboard Games</div> <div>1:30 Chair Soccer</div> <div>2:30 Dark Chocolate Tasting</div> <div>3:30 Travel to Texas</div> <div>4:00 Karaoke</div> <div>5:30 Movie</div>
<div>Groundhog Day 2</div> <div>9:30 New News!</div> <div>10:00 Morning Mass</div> <div>10:30 Sunday Stretch</div> <div>11:00 Groundhog Day Facts!</div> <div>1:00 UCONN vs. Butler</div> <div>2:30 Tonics and Trivia</div> <div>3:30 Sunset Travels</div> <div>4:00 Walking Club</div> <div>5:30 Movie</div>	<div>3</div> <div>9:30 Family Feud</div> <div>10:00 Morning Mass</div> <div>10:30 Moving and Grooving</div> <div>11:00 This or That</div> <div>1:30 Cornhole Tournament</div> <div>2:30 Coffee and Coloring</div> <div>3:30 Road Trip Scenes</div> <div>4:00 Monday Melody's</div> <div>5:30 Movie</div>	<div>4</div> <div>9:30 Price Is Right</div> <div>10:00 Morning Mass</div> <div>10:30 Baking Group / Aromatherapy</div> <div>11:00 Hand Massages</div> <div>1:30 Cards for Mail Carriers</div> <div>2:30 Tea and Bingo / Music Therapy</div> <div>3:00 50 State Explorers / Sensory Bins</div> <div>4:00 Oldies but Goodies</div> <div>5:30 "I Love Lucy"</div>	<div>5</div> <div>9:30 Wheel of Fortune</div> <div>10:00 Morning Mass</div> <div>10:30 Morning Stretch / Nature Scenes</div> <div>11:00 Match the Expression / Rainforest Sounds</div> <div>1:30 Live Music with Tom V.</div> <div>2:30 Refreshments and Rhythm</div> <div>3:00 Afternoon Exercise / Sensory Bags</div> <div>3:30 Exploring Landmarks / Tactile "Garden"</div> <div>4:00 Symphony Sounds</div> <div>5:30 Movie</div>	<div>6</div> <div>9:30 Deal or No Deal</div> <div>10:00 Morning Mass</div> <div>10:30 Chair Yoga / Reminisce</div> <div>11:00 Bucket Pong / Warm Hand Towels</div> <div>1:30 Putt Putt / Ball Toss</div> <div>2:30 Coffee and Spot the Difference / Coffee and Music</div> <div>3:30 Timeless Traveler / National Geographic Photobook</div> <div>4:00 Throwback Tunes</div> <div>5:30 Movie</div>	<div>7</div> <div>9:30 Let's Make a Deal</div> <div>10:00 Morning Mass</div> <div>10:30 Morning Movement</div> <div>11:00 Cocoa and Chat</div> <div>1:30 Periodic Table Game</div> <div>2:30 Afternoon Snack</div> <div>3:00 Ensemble Travels</div> <div>4:00 Karaoke</div> <div>5:30 Movie</div>	<div>8</div> <div>9:30 New News!</div> <div>10:00 Morning Mass</div> <div>10:30 Sunrise Stretches</div> <div>11:00 Whiteboard Games</div> <div>1:30 Chair Soccer</div> <div>2:30 Afternoon Snack</div> <div>3:30 Travel to Iowa</div> <div>4:00 Karaoke</div> <div>5:30 Movie</div>
<div>9</div> <div>9:30 New News!</div> <div>10:00 Morning Mass</div> <div>10:30 Sunday Stretch</div> <div>11:00 Name the Bird</div> <div>1:00 Puppy Bowl</div> <div>2:30 Tonics and Trivia</div> <div>3:30 Sunset Travel</div> <div>4:00 Walking Club</div> <div>5:30 Superbowl Sunday</div>	<div>10</div> <div>9:30 Family Feud</div> <div>10:00 Morning Mass</div> <div>10:30 Moving and Grooving</div> <div>11:00 This or That</div> <div>1:30 Cornhole Tournament</div> <div>2:30 Create an Umbrella</div> <div>3:30 Road Trip Scenes</div> <div>4:00 Monday Melody's</div> <div>5:30 Movie</div>	<div>11</div> <div>9:30 Price Is Right</div> <div>10:00 Morning Mass</div> <div>10:30 Baking Group</div> <div>1:30 Craft Corner</div> <div>2:30 Tea and Bingo</div> <div>3:00 50 State Explorers</div> <div>4:00 Oldies but Goodies</div> <div>5:30 "I Love Lucy"</div>	<div>12</div> <div>9:30 Wheel of Fortune</div> <div>10:00 Morning Mass</div> <div>10:30 Morning Exercise / Aromatherapy</div> <div>11:00 Lunch Trip / Warm Hand Towels</div> <div>1:30 Live Music with Jose</div> <div>3:30 Exploring Landmarks / Tactile Textures</div> <div>4:00 Symphony Sounds</div> <div>5:30 Movie</div>	<div>13</div> <div>9:30 Deal or No Deal</div> <div>10:00 Morning Mass</div> <div>10:30 Chair Yoga / Music Circle</div> <div>11:00 Bucket Pong / Sensory Craft</div> <div>1:30 Galentine's Day Party</div> <div>3:00 Putt Putt / Sensory "Garden"</div> <div>3:30 Timeless Traveler / Safari Sounds</div> <div>4:00 Throwback Tunes</div> <div>5:30 Movie</div>	<div>Valentine's Day 14</div> <div>9:30 Let's Make a Deal</div> <div>10:00 Morning Mass</div> <div>10:30 Morning Movement</div> <div>11:00 Cocoa and Chat</div> <div>1:30 Valentine's Day Coloring</div> <div>2:30 Afternoon Snack</div> <div>3:30 Afternoon Stretches</div> <div>4:00 Karaoke</div>	<div>15</div> <div>9:30 New News!</div> <div>10:00 Morning Mass</div> <div>10:30 Sunrise Stretches</div> <div>11:00 Whiteboard Games</div> <div>1:30 Chair Soccer</div> <div>2:30 Gum Drop Count</div> <div>3:30 Travel to Wisconsin</div> <div>4:00 Karaoke</div> <div>5:30 Movie</div>
<div>16</div> <div>9:30 New News!</div> <div>10:00 Morning Mass</div> <div>10:30 Sunday Stretch</div> <div>11:00 Name the Bird</div> <div>1:00 UCONN vs. South Carolina</div> <div>2:30 Tonics and Trivia</div> <div>3:30 Sunset Travels</div> <div>4:00 Walking Club</div> <div>5:30 Movie</div>	<div>Presidents' Day 17</div> <div>9:30 Family Feud</div> <div>10:00 Morning Mass</div> <div>10:30 Moving and Grooving</div> <div>11:00 List the Presidents</div> <div>1:30 Cornhole Tournament</div> <div>2:30 Coffee and Coloring</div> <div>3:30 Road Trip Scenes</div> <div>4:00 Monday Melody's</div> <div>5:30 Movie</div>	<div>18</div> <div>9:30 Price Is Right</div> <div>10:00 Morning Mass</div> <div>10:30 Watercolors with Paul / Music Therapy</div> <div>1:30 Craft Corner / Sensory Bins</div> <div>2:30 Wine Tasting / Hand Massages</div> <div>3:00 50 State Explorers / Nature Scenes and Sounds</div> <div>4:00 Oldies but Goodies</div> <div>5:30 "I Love Lucy"</div>	<div>19</div> <div>9:30 Wheel of Fortune</div> <div>10:00 Morning Mass</div> <div>10:30 Morning Exercise / Aromatherapy</div> <div>11:00 Puzzle Station / Tactile Textures</div> <div>1:00 Scenic Drive</div> <div>2:30 Mint Chocolate Chip Ice Cream</div> <div>3:30 Exploring Landmarks / Sensory Bags</div> <div>4:00 Symphony Sounds</div> <div>5:30 Movie</div>	<div>20</div> <div>9:30 Deal or No Deal</div> <div>10:00 Morning Mass</div> <div>10:30 Chair Yoga / Ball Toss</div> <div>11:00 Bucket Pong / Sensory Books</div> <div>1:30 Putt Putt / Hand Massages</div> <div>2:30 Coffee and Muffins / Zen Garden</div> <div>3:30 Timeless Traveler / Rainforest Sounds</div> <div>4:00 Throwback Tunes</div> <div>5:30 Movie</div>	<div>21</div> <div>9:30 Let's Make a Deal</div> <div>10:00 Morning Mass</div> <div>10:30 Morning Movement</div> <div>11:00 Cocoa and Chat</div> <div>1:30 Coloring Corner</div> <div>2:30 Afternoon Snack</div> <div>3:30 Afternoon Stretches</div> <div>4:00 Karaoke</div> <div>5:00 Movie</div>	<div>22</div> <div>9:30 New News!</div> <div>10:00 Morning Mass</div> <div>10:30 Sunrise Stretches</div> <div>11:00 Whiteboard Games</div> <div>1:30 Chair Soccer</div> <div>2:30 Afternoon Snack</div> <div>3:30 Travel to California</div> <div>4:00 Karaoke</div> <div>5:30 Movie</div>
<div>23</div> <div>9:30 New News!</div> <div>10:00 Morning Mass</div> <div>10:30 Sunday Stretch</div> <div>11:00 Name the Bird</div> <div>1:00 MYO Mosaic Tile</div> <div>2:30 Tonics and Trivia</div> <div>3:30 MYO Dog Biscuits</div> <div>4:00 Walking Club</div> <div>5:30 Movie</div>	<div>24</div> <div>9:30 Family Feud</div> <div>10:00 Morning Mass</div> <div>10:30 Moving and Grooving</div> <div>11:00 This or That</div> <div>1:30 Cornhole Tournament</div> <div>2:30 Chips and Salsa</div> <div>3:30 Road Trip Scenes</div> <div>4:00 Monday Melody's</div> <div>5:30 Movie</div>	<div>25</div> <div>9:30 Price Is Right</div> <div>10:00 Morning Mass</div> <div>10:30 Baking Group / Aromatherapy</div> <div>1:30 Craft Corner / Button Sorting</div> <div>2:30 Tea and Bingo / Music Therapy</div> <div>3:00 50 State Explorers / Hand Massages</div> <div>4:00 Oldies but Goodies</div> <div>5:30 "I Love Lucy"</div>	<div>26</div> <div>9:30 Wheel of Fortune</div> <div>10:00 Morning Mass</div> <div>10:30 Morning Exercise / Texture Bins</div> <div>11:00 Match the Expression / Warm Hand Towels</div> <div>1:30 Bowling Trip</div> <div>2:30 Refreshments and Rhythm / Sound Bowls</div> <div>3:30 Exploring Landmarks / Nature Scenes</div> <div>4:00 Symphony Sounds</div> <div>5:30 Movie</div>	<div>27</div> <div>9:30 Deal or No Deal</div> <div>10:00 Morning Mass</div> <div>10:30 Disco Workout / Light Stretch</div> <div>11:00 Bucket Pong / Bonanza</div> <div>1:30 Putt Putt / Texture Books</div> <div>2:30 Coffee and Spot the Difference / Instrument Sounds</div> <div>3:30 Timeless Traveler / Sensory Garden</div> <div>4:00 Throwback Tunes</div> <div>5:30 Movie</div>	<div>28</div> <div>9:30 Let's Make a Deal</div> <div>10:00 Morning Mass</div> <div>10:30 Morning Movement</div> <div>11:00 Coco and Chat</div> <div>1:30 Coloring Corner</div> <div>2:30 Afternoon Snack</div> <div>3:30 Afternoon Stretches</div> <div>4:00 Karaoke</div> <div>5:30 Movie</div>	