

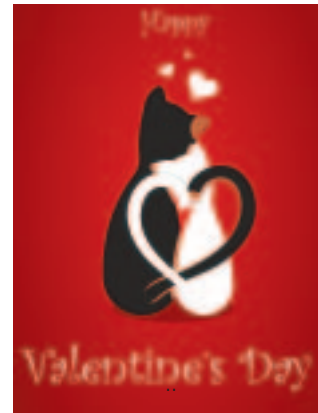
## UPCOMING COMMUNITY EVENTS



### WHAT IS THE HISTORY OF THE SUPER BOWL

The game was created as part of a 1966 merger agreement between the NFL and the competing (AFL) American Football League to have their best teams compete for championship. It was originally called the AFL - NFL World Championship Game until the "Super Bowl" moniker was adopted in the 1969's Super Bowl III.

Join us on Sunday February 9th at 6:30PM for Super Bowl & treats.



Valentine's Day is an annual festival to celebrate love, friendship and admiration. The 8th century Gelasian Sacramentary recorded the celebration of the Feast of St. Valentine on February 14th. The day became associated with romantic love in the 14th and 15th centuries by association with the "lovebirds".

## FEBRUARY HAPPENINGS

February 7 - Harbour Bay Plaza shopping & lunch

February 14 - Lolos Seafood

February 19 - Dinner outing, Palm City Social

February 21 - Osceola Street Cafe

February 28 - Nail Salon Outing

**Alto Stuart**  
1301 SE Palm Beach Rd  
Stuart, FL 34994  
(772) 463-7133

**Alto**  
Senior Living by Allegro

# FLOURISH

FEBRUARY 2025

## WHAT'S INSIDE

**Pg 2-3**  
Social Calendar

**Pg 4**  
Upcoming Events + News

**"SURELY AS COMETH THE WINTER, I KNOW THERE ARE SPRING VIOLETS UNDER THE SNOW"**

—Robert Henry newell



# February 2025

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

## Around our Community

### Alto Stuart

1301 SE Palm Beach Rd  
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www.allegroliving.com

- 2**  
11:00 **F1** Singing Seniors w/Rhonda  
1:00 **CR** Pokeno  
1:00 **LB** Neil Diamond Tribute Concert/Kane Center  
2:30 **C** Afternoon Social  
3:30 **F1** Faith Family Church

- 9**  
**E** Super Bowl Sunday  
11:00 **F1** Singing Seniors w/Rhonda  
1:00 **F1** St. Mary's Communion  
1:00 **CR** Pokeno  
2:30 **C** Afternoon Social  
6:30 **E** Super Bowl Gathering

- 16**  
10:00 **F1** Chaplain Lynn Snow  
11:00 **F1** Singing Seniors w/Rhonda  
1:00 **CR** Pokeno  
2:30 **C** Afternoon Social  
3:30 **F1** Faith Family Church

- 23**  
11:00 **F1** Singing Seniors w/Rhonda  
1:00 **F1** St. Mary's Communion  
1:00 **CR** Pokeno  
2:30 **C** Afternoon Social

- 3**  
9:00 **LB** Local Banks  
10:30 **CR** Resident Council Meeting  
1:00 **LB** Publix  
2:00 **F1** Music with Shakya  
3:00 **C** Monday Mingle  
4:15 **FC** Strength Training  
6:30 **TH** Evening Movie

- 10**  
**E** Random Acts of Kindness Week  
9:00 **LB** Local Banks  
10:00 **LB** CVS  
10:30 **C** Sobe Rehab/Valentine Flowers  
1:00 **LB** Publix  
2:00 **F1** Music with Panama Matt  
3:00 **C** Monday Mingle  
4:15 **FC** Strength Training

- 17**  
9:00 **LB** Local Banks  
10:00 **LB** Walgreens  
11:00 **L** Monday Morning w/Lorraine  
1:00 **LB** Publix  
2:00 **F1** Music with Lou Laino  
3:00 **C** Monday Mingle  
4:15 **FC** Strength Training  
6:30 **TH** Evening Movie

- 24**  
9:00 **LB** Local Banks  
10:00 **Dollar Tree**  
11:00 **F1** Humane Society Pet Visit  
11:00 **L** Monday Morning w/Lorraine  
1:00 **LB** Publix  
2:00 **F1** Music with Daryl Magill  
3:00 **C** Monday Mingle  
4:15 **FC** Strength Training  
6:30 **TH** Evening Movie



- 4**  
**E** National Snickers Day  
10:00 **FC** Fit & Fabulous  
11:00 **C** Making Snickers Pie  
1:30 **CR** Bingo  
2:30 **C** Snickers Pie Social  
4:15 **FC** Strength Training  
6:30 **TH** Evening Movie

- 11**  
**E** Make A Friend Day  
10:00 **FC** Fit & Fabulous  
11:00 **CR** Legacy Resource Center Snack & Chat  
1:00 **CR** Bingo  
2:30 **C** Cupid's Tea Party w/ Jenna TC Hospice  
4:15 **FC** Strength Training  
6:30 **TH** Evening Movie

- 18**  
10:00 **FC** Fit & Fabulous  
11:00 **E** Seated Volleyball  
1:30 **CR** Bingo  
2:30 **C** Social Hour  
4:15 **FC** Strength Training  
6:30 **TH** Evening Movie

- 25**  
10:00 **FC** Fit & Fabulous  
11:00 **C** Heart Health Talk w/Rachel, Elite HH  
1:30 **CR** Bingo  
2:30 **C** Social Hour  
4:15 **FC** Strength Training  
6:30 **TH** Evening Movie



- 5**  
10:00 **FC** Balance & Exercise  
10:00 **CH** St. Joseph's Church  
10:30 **C** Craft - Valentine Wreaths  
1:00 **CR** Bingo  
3:00 **F1** Music w/The Brothers Band

- 12**  
10:00 **FC** Balance & Exercise  
10:00 **CH** St. Joseph's Church  
11:00 **TH** Documentary/Life In Color  
1:30 **CR** Bingo  
2:30 **C** Social Hour  
2:30 **F1** TC Community Singers  
3:00 **CR** Ambassador Meeting

- 19**  
10:00 **FC** Balance & Exercise  
10:00 **CH** St. Joseph's Church  
10:30 **DR** Chef Demo  
1:30 **CR** Bingo  
2:30 **C** Social Hour  
3:00 **CR** Town Hall w/Kaitlyn, E.D.  
4:30 **LB** Dinner outing - Palm City Social

- 26**  
**E** National Johnny Cash Day  
10:00 **FC** Balance & Exercise  
10:00 **CH** St. Joseph's Church  
11:00 **C** History & Fun Facts, Johnny Cash  
1:30 **CR** Bingo  
2:30 **C** Social Hour



- 6**  
10:00 **FC** Toning and Stretching  
11:00 **C** February Gazette & IQ  
1:00 **C** Pokeno  
2:30 **E** Cocktails & Comedy  
4:00 **FC** Strength Training  
6:30 **TH** Evening Movie

- 13**  
10:00 **FC** Toning and Stretching  
11:00 **TH** Travelogue to Paris  
1:00 **C** Valentine Craft w/Rachel Elite HH  
2:00 **L** Library Committee Meeting  
3:00 **F1** Sweetheart Happy Hour w/Nicole Hulett  
4:00 **FC** Strength Training  
6:30 **TH** Evening Movie

- 20**  
10:00 **FC** Toning and Stretching  
11:00 **C** Painting & Coloring  
1:00 **CR** Pokeno  
3:00 **E** Happy Hour w/Lou Imperato  
4:00 **FC** Strength Training  
6:30 **TH** Evening Movie

- 27**  
**E** Strawberry Day  
10:00 **FC** Toning and Stretching  
11:00 **C** Strawberry Milkshakes and the "S" Game  
1:00 **CR** Pokeno  
2:00 **L** Library Committee Meeting  
2:30 **CR** Chef Demo/National Chili Day  
3:00 **F1** February Resident Birthdays w/Annette & Don

- 7**  
**E** Beatlemania Day/National Wear Red Day  
9:45 **LB** Publix  
10:00 **FC** Stretch & Flex  
11:00 **CR** Word Game  
11:30 **LB** Harbour Bay Plaza & Lunch - Renatos  
2:00 **CR** Bingo  
3:00 **C** Friday Meet & Greet

- 14**  
**E** Happy Valentines Day  
9:45 **LB** Publix  
10:00 **FC** Stretch & Flex  
11:00 **C** Valentines Day w/ Mary, Elite Premier. Strawberry Angel Food Cake  
11:30 **LB** Lunch - Conchy Joe's Restaurant  
2:00 **CR** Bingo  
3:00 **C** Friday Meet & Greet

- 21**  
9:45 **LB** Publix  
10:00 **FC** Stretch & Flex  
11:00 **CR** Word Game  
11:30 **LB** Lunch outing - Osceola Street Cafe  
2:00 **CR** Bingo  
3:00 **C** Friday Meet & Greet

- 28**  
9:45 **LB** Publix  
10:00 **FC** Stretch & Flex  
11:00 **CR** Word Game  
1:00 **LB** Nail Salon Outing  
2:00 **CR** Bingo  
3:00 **C** Friday Meet & Greet

- 1**  
10:00 **CH** First United Methodist Church with Conde  
11:00 **E** Seated Volleyball  
12:30 **C** Nails with Kelly  
1:30 **CR** Bingo  
2:30 **C** Social Hour  
6:30 **TH** Evening Movie

- 8**  
10:00 **CH** First United Methodist Church with Conde  
11:00 **E** Seated Volleyball  
12:30 **C** Nails with Kelly  
1:30 **CR** Bingo  
2:30 **C** Social Hour  
3:00 **C** Ice Cream Social  
6:30 **TH** Evening Movie

- 15**  
10:00 **CH** First United Methodist Church with Conde  
11:00 **E** Seated Volleyball  
12:30 **C** Nails with Kelly  
1:30 **CR** Bingo  
2:30 **C** Social Hour  
6:30 **TH** Evening Movie

- 22**  
10:00 **CH** First United Methodist Church with Conde  
11:00 **E** Seated Volleyball  
12:30 **C** Nails with Kelly  
1:30 **CR** Bingo  
2:30 **C** Social Hour  
3:00 **C** Root Beer Floats Social  
6:30 **TH** Evening Movie



### Resident Birthdays



- February 1 - Joan S.  
February 7 - Ruth W. "102"!!  
February 21 - Dorice B.  
February 24 - Bruce K.  
February 24 - Joan R.  
February 25 - Jean P.

- Plant of the month - Jasmine  
Flower - Violet  
Birthstone - Amethyst  
Lucky Color - Yellow  
Lucky Animal - Cheetah  
Lucky Plant - Rose

### LOCATION KEY

- CH** Chapel  
**E** Ent. room  
**C** Cafe  
**CR** Community Room  
**TH** Theater  
**F1** Family Room  
**LB** Lobby  
**FC** Fitness Center  
**L** Library  
**DR** Dining Room

# February 2025

## Sunday

### Alto Stuart

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## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

## Saturday

## Around our Community

**2**

10:30 **AR** Hydration & Snack  
11:00 **F1** Singing Seniors w/Rhonda  
2:30 **AR** Table Games  
3:30 **P** Outside Patio Time  
5:00 **DR** Dinner

**3**

9:30 **AR** Rise and Shine  
10:30 **AR** Hydration & Snack  
11:00 **LB** Scenic Drive  
11:00 **AR** Remember When  
2:00 **F1** Music with Shakaya  
3:00 **AR** Monday Meet - up  
3:30 **P** Outside Patio Time  
5:00 **DR** Dinner

**9**

Super Bowl Sunday  
10:30 **AR** Hydration & Snack  
11:00 **F1** Singing Seniors w/Rhonda  
2:30 **AR** Table Games  
3:00 **AR** Ice Cream Social  
3:30 **P** Outside Patio Time  
5:00 **DR** Dinner

**10**

9:30 **AR** Rise and Shine  
10:30 **AR** Hydration & Snack  
11:00 **LB** Scenic Drive  
11:00 **AR** Valentine Flowers  
2:00 **F1** Music with Panama Matt  
3:00 **AR** Monday Meet - up  
3:30 **P** Outside Patio Time  
5:00 **DR** Dinner

**16**

10:30 **AR** Hydration & Snack  
11:00 **F1** Singing Seniors w/Rhonda  
2:30 **AR** Table Games  
3:30 **P** Outside Patio Time  
5:00 **DR** Dinner

**17**

9:30 **AR** Rise and Shine  
10:30 **AR** Hydration & Snack  
11:00 **LB** Scenic Drive  
11:00 **AR** Remember When  
2:00 **F1** Music with Lou Laino  
3:00 **AR** Monday Meet - up  
3:30 **P** Outside Patio Time  
5:00 **DR** Dinner

**23**

10:30 **AR** Hydration & Snack  
11:00 **F1** Singing Seniors w/Rhonda  
1:00 **F1** St. Mary's Church  
2:30 **AR** Table Games  
3:30 **P** Outside Patio Time  
5:00 **DR** Dinner

**24**

9:30 **AR** Rise and Shine  
10:30 **AR** Hydration & Snack  
11:00 **LB** Scenic Drive  
11:00 **AR** Remember When  
11:30 **AR** Humane Society Pet Visit  
2:00 **F1** Music with Daryl Magill  
3:00 **AR** Monday Meet - up  
3:30 **P** Outside Patio Time  
5:00 **DR** Dinner

**4**

9:30 **AR** Daily News  
10:00 **AR** Our Daily Stretch  
10:30 **AR** Hydration & Snack  
11:00 **AR** Alto Library  
1:30 **AR** Nails with Ceila  
3:00 **AR** Afternoon Coffee Social  
3:30 **P** Outside Patio Time  
5:00 **DR** Dinner

**11**

9:30 **AR** Daily News  
10:00 **AR** Our Daily Stretch  
10:30 **AR** Hydration & Snack  
11:00 **AR** Alto Library  
1:30 **AR** Nails with Ceila  
3:00 **CR** Cupid's Tea Party  
3:30 **P** Outside Patio Time  
5:00 **DR** Dinner

**18**

9:30 **AR** Daily News  
10:00 **AR** Our Daily Stretch  
10:30 **AR** Hydration & Snack  
11:00 **AR** Alto Library  
1:30 **AR** Nails with Ceila  
3:00 **AR** Afternoon Coffee Social  
3:30 **P** Outside Patio Time  
5:00 **DR** Dinner

**25**

9:30 **AR** Daily News  
10:00 **AR** Our Daily Stretch  
10:30 **AR** Hydration & Snack  
11:00 **AR** Alto Library  
1:30 **AR** Nails with Ceila  
3:00 **AR** Afternoon Coffee Social  
3:30 **P** Outside Patio Time  
5:00 **DR** Dinner

**5**

9:30 **AR** Inspiring Mornings  
10:00 **AR** Senior Zumba  
10:30 **AR** Hydration & Snack  
11:00 **AR** Baking  
1:30 **AR** Watercolor Painting  
3:00 **F1** Music w/The Brothers Band  
3:30 **P** Outside Patio Time  
5:00 **DR** Dinner

**12**

9:30 **AR** Inspiring Mornings  
10:00 **AR** Senior Zumba  
10:30 **AR** Hydration & Snack  
11:00 **AR** Remember When  
1:30 **AR** Valentine Craft  
3:00 **AR** Conversations & Coffee  
3:30 **P** Outside Patio Time  
5:00 **DR** Dinner

**19**

9:30 **AR** Inspiring Mornings  
10:00 **AR** Senior Zumba  
10:30 **AR** Hydration & Snack  
11:00 **AR** Baking  
1:30 **AR** Relax with Color  
3:00 **AR** Conversations & Coffee  
3:30 **P** Outside Patio Time  
5:00 **DR** Dinner

**26**

National Johnny Cash Day  
9:30 **AR** Inspiring Mornings  
10:00 **AR** Senior Zumba  
10:30 **AR** Hydration & Snack  
11:00 **AR** Seated Volleyball  
11:00 **AR** Seated Volleyball  
3:00 **AR** Conversations & Coffee  
3:30 **P** Outside Patio Time  
5:00 **DR** Dinner

**6**

9:30 **AR** Daily News  
10:00 **AR** Circle of Music  
10:30 **AR** Hydration & Snack  
11:00 **AR** Relaxation Hand Massages  
1:30 **AR** Nature Documentaries  
3:00 **E** Music & Fun  
5:00 **DR** Dinner

**13**

9:30 **AR** Daily News  
10:00 **AR** Circle of Music  
10:30 **AR** Hydration & Snack  
11:00 **AR** Relaxation Hand Massages  
1:30 **C** Valentine craft w/Rachel  
3:00 **E** Sweetheart Happy Hour w/Nicole  
5:00 **DR** Dinner

**20**

9:30 **AR** Daily News  
10:00 **AR** Circle of Music  
10:30 **AR** Hydration & Snack  
11:00 **AR** Relaxation Hand Massages  
1:30 **AR** Nature Documentaries  
3:00 **E** Happy Hour w/Lou Imperato  
5:00 **DR** Dinner

**27**

National Strawberry Day  
9:30 **AR** Daily News  
10:00 **AR** Circle of Music  
10:30 **AR** Strawberry Milkshakes  
11:00 **AR** Relaxation Hand Massages  
1:30 **AR** Nature Documentaries  
3:00 **E** Happy Hr. w/Annette & Don  
5:00 **DR** Dinner

**7**

9:30 **AR** Inspiring Mornings  
10:00 **AR** Morning Stretch  
10:30 **AR** Hydration & Snack  
11:00 **AR** Singing Seniors  
1:30 **AR** Bingo  
3:00 **AR** Social Time  
3:30 **P** Outside Patio Time  
5:00 **DR** Dinner

**14**

Happy Valentines Day  
9:30 **AR** Inspiring Mornings  
10:00 **AR** Morning Stretch  
10:30 **AR** Hydration & Snack  
11:00 **AR** Singing Seniors  
1:30 **AR** Bingo  
3:00 **AR** Social Time  
3:30 **P** Outside Patio Time  
5:00 **DR** Dinner

**21**

9:30 **AR** Inspiring Mornings  
10:00 **AR** Morning Stretch  
10:30 **AR** Hydration & Snack  
11:00 **AR** Singing Seniors  
1:30 **AR** Bingo  
3:00 **AR** Social Time  
3:30 **P** Outside Patio Time  
5:00 **DR** Dinner

**28**

9:30 **AR** Inspiring Mornings  
10:00 **AR** Morning Stretch  
10:30 **AR** Hydration & Snack  
11:00 **AR** Singing Seniors  
1:30 **AR** Bingo  
3:00 **AR** Social Time  
3:30 **P** Outside Patio Time  
5:00 **DR** Dinner

**1**

9:30 **AR** Mindful Mornings  
10:00 **AR** Morning Fitness  
10:30 **AR** Hydration & Snack  
11:00 **AR** First United Methodist Church  
11:30 **P** Fresh Air & Sunshine  
1:30 **AR** Bingo  
2:30 **AR** Social Hour  
5:00 **DR** Dinner

**8**

9:30 **AR** Mindful Mornings  
10:00 **AR** Morning Fitness  
10:30 **AR** Hydration & Snack  
11:00 **AR** First United Methodist Church  
1:30 **AR** Bingo  
2:30 **AR** Ice Cream Social  
5:00 **DR** Dinner

**15**

9:30 **AR** Mindful Mornings  
10:00 **AR** Morning Fitness  
10:30 **AR** Hydration & Snack  
11:00 **AR** First United Methodist Church  
1:30 **AR** Bingo  
2:30 **AR** Social Hour  
5:00 **DR** Dinner

**22**

9:30 **AR** Mindful Mornings  
10:00 **AR** Morning Fitness  
10:30 **AR** Hydration & Snack  
11:00 **AR** First United Methodist Church  
1:30 **AR** Bingo  
2:30 **AR** Root Beer Floats  
5:00 **DR** Dinner

### February Birthdays

February 24 - Joan R.



Gazette:

Plant of the month - Jasmine

Flower - Violet

Birthstone - Amethyst

Lucky Color - Yellow

Lucky Animal - Cheetah

Lucky Day - Tuesday

Lucky Plant - Rose

## LOCATION KEY

- AR** Activity Room
- P** Outside Patio
- DR** Dining Room
- F1** Family Room
- LB** Lobby
- E** Ent. Room
- CR** Community Room
- C** Cafe

