

## UPCOMING COMMUNITY EVENTS

Mark Your Calendars!  
Naismith Basketball Hall of Fame  
In Springfield, Massachusetts  
January 10<sup>th</sup>  
Sign-Up @ Matre d'  
Seating is Limited!



### Upcoming Dates:

January 3<sup>rd</sup>, 17<sup>th</sup>, 24<sup>th</sup> & 31<sup>st</sup> | TED Talk and Discussion @ 3:00PM

January 3<sup>rd</sup> | Trip: Olive Garden @ 11:30AM

January 7<sup>th</sup> | Normal Rockwell Documentary @ 1:30PM

January 10<sup>th</sup> | Trip: Basketball Hall of Fame @ 12:30PM

January 14<sup>th</sup> | Live Music by Jose Paulo @ 2:00PM

January 16<sup>th</sup> | Monthly Birthday Bash with Live Music by East Chicago Joe @ 2:00PM

January 25<sup>th</sup> | Concert Series: Mahler's Third Symphony by the Atlanta Symphony Orchestra

January 29<sup>th</sup> | Blood Pressure & Balance Clinic with Masters in Home Care @ 10:30AM

## LEADERSHIP TEAM:



### Alto Evergreen Walk

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



# FLOURISH

January 2025

## WHAT'S INSIDE

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Social Calendar



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Upcoming Events + News

"You don't always need to understand your journey in life,  
You just need to trust that you're going in the right direction."

— Steven Aitchison

# January 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Alto Evergreen Walk</b></p> <p>1000 Cottonwood Lane South Windsor CT 06074 (860) 288 - 1699 <a href="http://www.AltoEvergreenWalk.com">www.AltoEvergreenWalk.com</a></p>			<p><b>New Year's Day 1</b></p> <p>9:45   This Day in History 10:00   Sunrise Stretch 10:30   Wordsearch Challenge 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</p>	<p>2</p> <p>9:45   This Day in History 10:00   Stretch It Out Exercise 10:40   Caitlin Book Discussion 11:00   Crossword Challenge 2:00   Jeopardy 3:00   Set Back Card Game – Independent 3:00   Tabletop Game 4:00   Dick Van Dyke 6:00   Movie</p>	<p>3</p> <p>9:45   Warm Up with Wordle 10:00   Friday Exercise Fun 10:30   Wordsearch 11:00   Gratitude Circle <b>12:00   Out Trip: Olive Garden</b> 2:00   Cornhole 2:30   Pokeno 3:30   TED Talk &amp; Discussion 6:00   Movie: Downtown Abbey Series</p>	<p>4</p> <p>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</p>
<p>5</p> <p>10:00   Sunday Mass – Independent 10:00   Meditative Coloring 11:00   Sunday Stretch w/ Sarah 1:30   Chair Volleyball 2:00   Sunday Matinee: My Fair Lady 6:00   Movie</p>	<p>6</p> <p>9:45   This Day in History 10:00   Get Fit Exercise 10:30   Wordsearch Challenge 11:00   Current Events – Independent 11:00   January Facts 1:30   Cornhole 2:30   Whiteboard Word Game 3:30   Bean Bag Bucket Toss 4:00   January Trivia &amp; Memories 6:00   Movie</p>	<p>7</p> <p>10:00   Mass w/ Communion &amp; Rosary 10:30   Daily Wordsearch 11:00   Stretch w/ Steph 1:30   Indoor Walking Club <b>2:00   Norman Rockwell Documentary</b> 3:00   Rummikib – Independent 3:00   Bingo w/ SWHS 4:00   Short Story and Discussion 6:00   Movie</p>	<p>8</p> <p>10:00   Sunrise Stretch 10:30   Coffee w/ The Mayor 11:00   Crossword Challenge 1:30   Cornhole 2:15   Poetry Reading and Discussion 3:00   Bowling w/ SWHS 3:00   Poker – Independent 4:00   How It's Made 6:00   Movie</p>	<p>9</p> <p>9:40   This Day in History 10:00   Stretch It Out Exercise 10:40   Caitlin Book Discussion 2:00   Head of Class Game <b>3:00   Health Talk w/ Karla</b> 3:00   Set Back Card Game – Independent 4:00   Whiteboard Word Games 6:00   Movie</p>	<p>10</p> <p>9:45   Warm Up with Wordle 10:00   Friday Exercise Fun 10:30   Wordsearch 11:00   Family Feud <b>12:30   Out Trip: Basketball Hall of Fame</b> 1:30   Indoor Walking Club 2:00   Movie Matinee 4:00   Happy Hour 6:00   Movie: Downtown Abbey Series</p>	<p><b>National Arkansas Day 11</b></p> <p>10:00   Rock n' Exercise 10:30   Crossword Challenge 11:00   Travel to Arkansas 1:00   Bingo Extravaganza <b>2:00   UCONN Men's Basketball</b> 4:00   Happy Hour 6:00   Movie</p>
<p>12</p> <p>10:00   Sunday Mass – Independent 10:00   Puzzle Time 11:00   Sunday Stretch 1:30   Chair Volleyball 2:00   Daily Crossword 2:30   Travel to Oxford, England 3:30   Scrabble &amp; Dominoes 6:00   Movie</p>	<p>13</p> <p>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   Junk Drawer Detective 3:30   Finish the Phrase 4:00   I Love Lucy 6:00   Movie</p>	<p>14</p> <p>10:00   Mass w/ Communion &amp; Rosary 10:30   Daily Wordsearch 11:00   Watercolors w/ Paul 1:30   Indoor Walking Club <b>2:00   Live Music w/ Jose Paulo</b> 3:00   Bingo w/ SWHS 3:00   Rummikib – Independent 4:00   Name That Tune Tuesday 6:00   Movie</p>	<p><b>National Bagel Day 15</b></p> <p>9:45   This Day in History 10:00   Sunrise Stretch 10:30   Bagels &amp; Wordsearch <b>11:00   Enhabit Health Talk w/ Kylie</b> 1:30   Bucket Pong <b>2:00   Veteran's Club</b> 2:00   Idiom in Disguise Game 3:00   Bowling w/ SWHS 3:00   Poker – Independent 4:00   How It's Made 6:00   Movie</p>	<p>16</p> <p>9:40   This Day in History 10:00   Stretch It Out Exercise 10:40   Caitlin Book Discussion 1:30   Walking Club <b>2:00   Monthly Birthday Bash w/ East Chicago Joe</b> 3:00   Pokeno 3:00   Set Back Card Game – Independent 4:00   Dick Van Dyke 6:00   Movie</p>	<p>17</p> <p>9:45   Warm Up with Wordle 10:00   Friday Exercise Fun 10:30   Wordsearch 11:00   Jeopardy <b>1:00   Out Trip Movies</b> 2:00   Pictionary 3:00   Craft with Amy 3:30   Ted Talk &amp; Discussion 4:00   Drinks by the Fire 6:00   Movie: Downtown Abbey Series</p>	<p>18</p> <p>10:00   Saturday Exercise 10:30   Wordsearch 11:00   Crossword Puzzle <b>12:00   UCONN Men's Basketball</b> 2:30   Cornhole 3:00   Meditative Coloring 4:00   Happy Hour 6:00   Movie</p>
<p><b>National Popcorn Day 19</b></p> <p>10:00   Sunday Mass – Independent 10:00   Meditative Coloring 11:00   Sunday Stretch w/ Steph <b>1:00   UCONN Women's Basketball w/ Popcorn</b> 4:00   Trivia Challenge 6:00   Movie</p>	<p><b>Martin Luther King Jr. Day 20</b></p> <p>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   Card Games 4:00   I Love Lucy 6:00   Movie</p>	<p>21</p> <p>10:00   Mass w/ Communion &amp; Rosary 10:30   Daily Wordsearch <b>11:00   Health Talk w/ Fox Rehab</b> 1:30   Stretch w/ Steph <b>2:00   John Whistler Documentary</b> 3:00   Wonderland Game w/ SWHS 4:00   Ladderball 6:00   Movie</p>	<p>22</p> <p>9:45   This Day in History 10:00   Sunrise Stretch 10:30   Oil Painting w/ Brianna 1:30   Indoor Walking Club 2:00   Bucket Pong 2:30   Pictionary 3:00   Bowling w/ SWHS 3:00   Poker – Independent 4:00   How It's Made 6:00   Movie</p>	<p>23</p> <p>9:45   This Day in History 10:00   Stretch It Out Exercise 10:40   Caitlin Book Discussion 1:30   Walking Club <b>2:00   Live Music w/ Piers &amp; Susan</b> 3:00   Set Back Card Game – Independent 3:00   Pokeno 4:00   Word Within a Word 6:00   Movie</p>	<p>24</p> <p>9:45   Warm Up with Wordle 10:00   Friday Exercise Fun 10:30   Wordsearch 11:00   Gratitude Circle 1:00   Out Trip – Restaurant 2:00   Picture It <b>3:00   Special TED Talk: "A Holocaust Survivors' Blueprint for Happiness"</b> 4:00   Drink by the Fire 6:00   Movie: Downtown Abbey Series</p>	<p><b>National Florida Day 25</b></p> <p>10:00   Saturday Exercise 10:30   Wordsearch 11:00   Travel to Florida 1:30   Bingo Extravaganza <b>2:30   Mahler's Third Symphony Atlanta Symphony Orchestra 2021/22 Season Finale</b> 6:00   Movie</p>
<p>26</p> <p>10:00   Sunday Mass – Independent 10:00   Puzzle Time 11:00   Sunday Stretch 1:30   Chair Volleyball 2:00   Daily Crossword 2:30   Travel to Australia 3:30   Card Games 6:00   Movie</p>	<p><b>Holocaust Remembrance Day 27</b></p> <p>9:40   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   Pokeno 4:00   I Love Lucy 6:00   Movie</p>	<p>28</p> <p>10:00   Mass w/ Communion &amp; 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</p>	<p><b>National Puzzle Day 29</b></p> <p>9:45   This Day in History 10:00   Sunrise Stretch 10:30   Blood Pressure &amp; Balance Clinic w/ Masters in Home Care 1:30   Food &amp; Beverage Discussion 2:00   Puzzle Time 3:00   Bowling w/ SWHS 3:00   Poker – Independent 4:00   How It's Made 6:00   Movie</p>	<p>30</p> <p>9:45   This Day in History 10:00   Stretch It Out Exercise 10:40   Caitlin Book Discussion 1:30   Walking Club <b>2:00   Ladie's Tea Party</b> <b>2:00   Men's Club</b> 3:00   Set Back Card Game – Independent 3:00   Ladderball 3:30   Travel to the Caribbean 6:00   Movie</p>	<p>31</p> <p>9:45   Warm Up with Wordle 10:00   Friday Exercise Fun 10:30   Wordsearch 11:00   Gratitude Circle <b>11:30   Staying In Out Trip: Sun Sun Chinese</b> 2:00   Headbandz 3:30   TED Talk &amp; Discussion 4:00   Drinks by the Fire 6:00   Movie: Downtown Abbey Series</p>	

# January 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Alto Evergreen Walk</b> 1000 Cottonwood Lane South Windsor CT 06074 (860) 288 - 1699 <a href="http://www.AltoEvergreenWalk.com">www.AltoEvergreenWalk.com</a></p>			<p><b>Happy Birthday, Carol! 1</b> 9:30   Wheel of Fortune 10:00   Morning Mass 10:30   Morning Exercise 1:30   New Year Wishes 2:30   Refreshments and Songs 3:30   Exploring Landmarks 5:30   Movie</p>	<p><b>2</b> 9:30   Deal or No Deal 10:00   Morning Mass 10:30   Chair Yoga 11:00   Cup Pong 1:30   Walk it Out 2:30   Coffee and Spot the Difference 3:00   Hand Massages 3:30   Timeless Traveler 4:00   Throwback Tunes 5:30   Movie</p>	<p><b>3</b> 9:30   Let's Make a Deal 10:00   Morning Mass 10:30   Morning Movement 11:00   Cocoa and Chat 1:30   Coloring Corner 2:30   Afternoon Snack 3:30   Afternoon Stretches 4:00   Karaoke 5:30   Movie</p>	<p><b>4</b> 9:30   New News! 10:00   Morning Mass 10:30   Sunrise Stretches 11:00   Whiteboard Games 1:30   Chair Soccer 2:30   Afternoon Snack 3:30   Travel to Missouri 4:00   Karaoke 5:30   Movie</p>
<p><b>5</b> 9:30   New News! 10:00   Morning Mass 10:30   Sunday Stretches 11:00   Name the Bird 1:00   Sunday Funday Football 2:30   Tonics and Trivia 3:30   Sunset Travels 4:00   Walking Club 5:30   Movie</p>	<p><b>6</b> 9:30   Family Feud 10:00   Morning Mass 10:30   Moving and Grooving 11:00   This or That 1:30   Cornhole Tournament 2:30   Coffee and Coloring 3:30   Road Trip Scenes 4:00   Monday Melody's 5:30   Movie</p>	<p><b>7</b> 9:30   Price Is Right 10:00   Morning Mass <b>10:30   Watercolors with Paul</b> 1:30   Craft Corner 2:30   Tea and Bingo 3:00   50 State Explorers 4:00   Oldies but Goodies 5:30   I Love Lucy</p>	<p><b>8</b> 9:30   Wheel of Fortune 10:00   Morning Mass 10:30   Morning Exercise 11:00   Hand Massages <b>1:00   Air Museum Out Trip</b> 2:30   Refreshments and Songs 3:30   Exploring Landmarks 4:00   Symphony Sounds 5:30   Movie</p>	<p><b>Happy Birthday, Mary! 9</b> 9:30   Deal or No Deal 10:00   Morning Mass 10:30   Chair Yoga 11:00   Cup Pong 1:30   Putt Putt 2:30   Coffee and Spot the Difference 3:30   Timeless Traveler 4:00   Throwback Tunes 5:30   Movie</p>	<p><b>10</b> 9:30   Let's Make a Deal 10:00   Morning Mass 10:30   Morning Movement 11:00   Cocoa and Chat 1:30   Coloring Corner 2:30   Afternoon Snack 3:30   Afternoon Stretches 4:00   Karaoke 5:30   Movie</p>	<p><b>11</b> 9:30   New News! 10:00   Morning Mass 10:30   Sunrise Stretches 11:00   Whiteboard Games 1:30   Chair Soccer 2:30   Afternoon Snack 3:30   Travel to Arkansas 4:00   Karaoke 5:30   Movie</p>
<p><b>12</b> 9:30   New News! 10:00   Morning Mass 10:30   Sunday Stretches 11:00   Tabletop Bowling 1:00   Sunday Funday Football 2:30   Tonics and Trivia 3:30   Sunset Travel 4:00   Walking Club 5:30   Movie</p>	<p><b>13</b> 9:30   Family Feud 10:00   Morning Mass 10:30   Moving and Grooving 11:00   Famous Faces 1:30   Cornhole Tournament 2:30   MYO Peach Melba 3:30   Road Trip Scenes 4:00   Monday Melody's 5:30   Movie</p>	<p><b>14</b> 9:30   Price Is Right 10:00   Morning Mass 10:30   Baking Group 1:30   Craft Corner 2:30   Tea and Bingo 3:00   50 State Explorers 4:00   Oldies but Goodies 5:30   I Love Lucy</p>	<p><b>15</b> 9:30   Wheel of Fortune 10:00   Morning Mass 10:30   Morning Exercise 1:30   Scatagories 2:30   Refreshments and Songs 3:30   Exploring Landmarks 4:00   Symphony Sounds 5:30   Movie</p>	<p><b>16</b> 9:30   Deal or No Deal 10:00   Morning Mass 10:30   Chair Yoga 11:00   Cup Pong <b>1:30   Live Music with David G.</b> 2:30   Afternoon Snack 3:30   Timeless Traveler 4:00   Throwback Tunes 5:30   Movie</p>	<p><b>17</b> 9:30   Let's Make a Deal 10:00   Morning Mass 10:30   Morning Movement 11:00   Cocoa and Chat 1:30   Coloring Corner 2:30   Afternoon Snack 3:30   Afternoon Stretches 4:00   Karaoke 5:30   Movie</p>	<p><b>18</b> 9:30   New News! 10:00   Morning Mass 10:30   Sunrise Stretches 11:00   Whiteboard Games 1:30   Winnie the Pooh Movie 2:30   Afternoon Snack 3:30   Travel to Michigan 4:00   Karaoke 5:30   Movie</p>
<p><b>19</b> 9:30   New News! 10:00   Morning Mass 10:30   Sunday Stretches 11:00   Finish the Lyrics 1:00   Sunday Funday Football <b>2:30   National Popcorn Day</b> 3:30   Sunset Travels 4:00   Walking Club 5:30   Movie</p>	<p><b>Martin Luther King Jr. Day 20</b> 9:30   Family Feud 10:00   Morning Mass 10:30   Moving and Grooving 11:00   Guess the Phrase 1:30   Cornhole Tournament <b>2:30   Cheese Tasting</b> 4:00   Monday Melody's 6:00   Movie</p>	<p><b>21</b> 9:30   Price Is Right 10:00   Morning Mass 10:30   Baking Group 1:30   Craft Corner 2:30   Tea and Bingo 3:00   50 State Explorers 4:00   Oldies but Goodies 5:30   I Love Lucy</p>	<p><b>22</b> 9:30   Wheel of Fortune 10:00   Morning Mass 10:30   Morning Exercise <b>11:00   Ladies Lunch Out</b> 2:30   Refreshments and Songs 3:30   Exploring Landmarks 4:00   Symphony Sounds 5:30   Movie</p>	<p><b>23</b> 9:30   Deal or No Deal 10:00   Morning Mass 10:30   Chair Yoga 11:00   Cup Pong 1:30   Walk it Out 2:30   Coffee and Spot the Difference 3:00   Hand Massages 3:30   Timeless Traveler 4:00   Throwback Tunes 5:30   Movie</p>	<p><b>24</b> 9:30   Let's Make a Deal 10:00   Morning Mass 10:30   Morning Movement 11:00   Cocoa and Chat 1:30   Coloring Corner 2:30   Afternoon Snack 3:30   Afternoon Stretches 4:00   Karaoke 5:00   Movie</p>	<p><b>25</b> 9:30   New News! 10:00   Morning Mass 10:30   Sunrise Stretches 11:00   Whiteboard Games 1:30   Chair Soccer 2:30   Afternoon Snack 3:30   Travel to Florida 4:00   Karaoke 5:30   Movie</p>
<p><b>26</b> 9:30   New News! 10:00   Morning Mass 10:30   Sunday Stretches 11:00   Match It Up 1:00: Sunday Funday Football 2:00   Peanut Brittle 3:30   Sunset Travels 4:00   Walking Club 5:30   Movie</p>	<p><b>27</b> 9:30   Family Feud 10:00   Morning Mass 10:30   Moving and Grooving 11:00   Ring Toss 1:30   Cornhole Tournament 2:30   Coffee and Coloring 3:30   Road Trip Scenes 4:00   Monday Melody's 5:30   Movie</p>	<p><b>28</b> 9:30   Price Is Right 10:00   Morning Mass <b>10:30   Baking Group: Blueberry Pancakes</b> 1:30   Craft Corner 2:30   Tea and Bingo 3:00   50 State Explorers 4:00   Oldies but Goodies 5:30   I Love Lucy</p>	<p><b>Chinese New Year 29</b> 9:30   Wheel of Fortune 10:00   Morning Mass 10:30   Morning Exercise <b>11:30   Remote Trip: MYO Pizza</b> 1:30   Chinese New Year Facts 3:00   Chinese New Year Craft 5:30   Movie</p>	<p><b>30</b> 9:30   Deal or No Deal 10:00   Morning Mass 10:30   Chair Yoga 11:00   Cup Pong 1:30   Putt Putt 2:30   Coffee and Spot the Difference 3:00   Hand Massages 3:30   Timeless Traveler 4:00   Throwback Tunes 5:30   Movie</p>	<p><b>31</b> 9:30   Let's Make a Deal 10:00   Morning Mass 10:30   Morning Movement 11:00   Coco and Chat 1:30   Coloring Corner 2:30   Afternoon Snack 3:30   Afternoon Stretches 4:00   Karaoke 5:30   Movie</p>	