

## UPCOMING COMMUNITY EVENTS



### RINGING IN THE NEW YEAR

As we celebrate the end of the year and begin a new year, it's time to celebrate all of your experiences from 2024 and to welcome the new year ahead. Some ways to bring in the new year include: In Spain, people eat 12 grapes, one for each month, to bring good luck in the new year. In France, they ring in the new year with a huge feast full of traditional decadent eats, including foie gras,

oysters, lobster and escargot, and champagne. In Italy, Italians love lentils for their coin - like shape, symbolizing luck and prosperity. Making an Italian style lentil soup brings good taste and good fortune in the new year. **Making Resolutions:** Historians believe the tradition of making new years resolutions dates back over 4,000 years. You can also plan for the year ahead by: Making a new year plan, creating a not-to-do list, establishing a good routine, committing to exercising and eating a healthy diet.

We celebrate the new year singing "auld lang syne" which is a Scots phrase that translates to "old long since" or "for old times sake".

## JANUARY HAPPENINGS

### OUTINGS

January 3 - Lunch - Olympic Tavern

January 10 - Elliott Museum & Lunch Dolphin Restaurant

January 12 - Kane Center "Daryl Magill & The Shakers

January 15 - Dinner outing - Casa Bella

January 17 - Lunch - Hutchinson Shores

January 24 - Shopping / Bealls

### Alto Stuart

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



# FLOURISH

JANUARY 2025

## WHAT'S INSIDE

Pg 2-3  
Social Calendar

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Upcoming Events + News

**"YOU ARE NEVER TOO OLD TO SET ANOTHER GOAL OR TO SET A NEW DREAM"**

—Les Brown



# January 2025

## Sunday



**5**  
11:00 **F1** Singing Seniors w/Rhonda  
1:00 **CR** Pokeno  
2:30 **C** Afternoon Social  
2:30 **TH** Matinee Movie  
3:30 **F1** Faith Family Church

**12**  
11:00 **F1** Singing Seniors w/Rhonda  
1:00 **F1** St. Mary's Communion  
1:00 **CR** Pokeno  
1:00 **LB** Daryl Magill & The Shakers / Kane Center Tickets \$20.00pp  
2:30 **C** Afternoon Social  
2:30 **TH** Matinee Movie

**19**  
10:00 **F1** Chaplain Lynn Snow  
11:00 **F1** Singing Seniors w/Rhonda  
1:00 **CR** Pokeno  
2:30 **C** Afternoon Social  
2:30 **TH** Matinee Movie  
3:30 **F1** Faith Family Church

**26**  
11:00 **F1** Singing Seniors w/Rhonda  
1:00 **F1** St. Mary's Communion  
1:00 **CR** Pokeno  
2:30 **C** Afternoon Social  
2:30 **TH** Matinee Movie

## Monday

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

**13**  
9:00 **LB** Local Banks  
10:00 **LB** CVS  
11:00 **L** Monday Morning w/Lorraine  
1:00 **LB** Publix  
2:00 **F1** Music with Lauren  
3:00 **C** Monday Mingle  
4:15 **FC** Strength Training  
6:30 **TH** Evening Movie

**20**  
National Activities Week  
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

**27**  
9:00 **LB** Local Banks  
10:00 **Dollar Tree**  
11:00 **F1** Humane Society Pet Visit  
1:00 **LB** Publix  
2:00 **F1** Music with Panama Matt  
3:00 **C** Monday Mingle  
4:15 **FC** Strength Training  
6:30 **TH** Evening Movie

## Tuesday

**7**  
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

**14**  
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

**21**  
National Penguin Day  
10:00 **FC** Fit & Fabulous  
11:00 **TH** Documentary: Penguins  
1:30 **CR** Bingo  
2:30 **C** Social Hour  
4:15 **FC** Strength Training  
6:30 **TH** Evening Movie

**28**  
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

## Wednesday

**1**  
10:00 **FC** Balance & Exercise  
10:00 **CH** St. Joseph's Church  
11:00 **C** Word Games  
1:30 **CR** Bingo  
2:30 **C** Social Hour

**8**  
10:00 **FC** Balance & Exercise  
10:00 **CH** St. Joseph's Church  
11:00 **CR** Cognitive Worksheets  
1:30 **CR** Bingo  
2:30 **C** Social Hour  
3:00 **CR** Ambassador Meeting

**15**  
National Spaghetti Day  
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 - Casa Bella

**22**  
10:00 **FC** Balance & Exercise  
10:00 **CH** St. Joseph's Church  
11:00 **C** Remember When  
1:30 **CR** Bingo  
2:30 **C** Social Hour

**29**  
10:00 **FC** Balance & Exercise  
10:00 **CH** St. Joseph's Church  
11:00 **C** Crafting  
1:30 **CR** Bingo  
2:30 **C** Social Hour

## Thursday

**2**  
National Bloody Mary Day  
10:00 **FC** Toning and Stretching  
11:00 **C** January Gazette  
1:00 **CR** Pokeno  
3:00 **E** Happy Hour w/Daryl Magill  
4:00 **FC** Strength Training  
6:30 **TH** Evening Movie

**9**  
10:00 **FC** Toning and Stretching  
10:30 **C** Painting with Kaitlyn, ED  
1:00 **CR** Pokeno  
2:00 **L** Library Committee Meeting  
3:00 **F1** Happy Hr. w/Brothers Band  
4:00 **FC** Strength Training  
6:30 **TH** Evening Movie

**16**  
10:00 **FC** Toning and Stretching  
11:00 **C** Healthy Discussions  
1:00 **CR** Pokeno  
3:00 **E** Happy Hour w/John Lobasco  
4:00 **FC** Strength Training  
6:30 **TH** Evening Movie

**23**  
10:00 **FC** Toning and Stretching  
11:00 **C** Wheel of Fortune  
1:00 **CR** Pokeno  
2:00 **L** Library Committee Meeting  
3:00 **E** Happy Hour w/Lou Imperato  
4:00 **FC** Strength Training  
6:30 **TH** Evening Movie

**30**  
10:00 **FC** Toning and Stretching  
11:00 **CR** Test Your Memory  
1:00 **CR** Pokeno  
3:00 **E** Happy Hour w/Mike DeAngelis  
4:00 **FC** Strength Training  
6:30 **TH** Evening Movie

## Friday

**3**  
9:45 **LB** Publix  
10:00 **FC** Stretch & Flex  
11:00 **CR** Word Game  
11:15 **LB** Lunch - Olympic Tavern  
1:00 **C** Rummikub  
2:00 **CR** Bingo  
3:00 **C** Friday Meet & Greet

**10**  
9:45 **LB** Publix  
10:00 **FC** Stretch & Flex  
11:00 **CR** Word Game  
11:00 **LB** Elliott Museum & Lunch  
1:00 **C** Rummikub  
2:00 **CR** Bingo  
3:00 **C** Friday Meet & Greet

**17**  
9:45 **LB** Publix  
10:00 **FC** Stretch & Flex  
11:00 **CR** Word Game  
11:15 **LB** Lunch - Hutchinson Shores  
1:00 **C** Rummikub  
2:00 **CR** Bingo  
3:00 **C** Friday Meet & Greet

**24**  
9:45 **LB** Publix  
10:00 **FC** Stretch & Flex  
11:00 **CR** Word Game  
1:00 **C** Rummikub  
1:00 **LB** Bealls Shopping  
2:00 **CR** Bingo  
3:00 **C** Friday Meet & Greet

**31**  
9:45 **LB** Publix  
10:00 **FC** Stretch & Flex  
11:00 **CR** Word Game  
1:00 **C** Rummikub  
1:00 **LB** Nail Salon Outing  
2:00 **CR** Bingo  
3:00 **C** Friday Meet & Greet

## Saturday

**4**  
10:00 **F1** 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

**11**  
10:00 **F1** 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

**18**  
10:00 **F1** 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

**25**  
10:00 **F1** 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



## Around our Community

### Happy Birthday!

Jerry K. - January 7th



Ellie W. - January 8th

Olivean L. - January 11th

Dolores S. - January 14th

Joan B. - January 28th

Lori S. - January 30th

### Monthly Gazette

Birthstone - Garnet

Flower - Carnation

Plant - Aloe Vera

## LOCATION KEY

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

# January 2025

## Sunday



**5**  
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

**12**  
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

**19**  
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

**26**  
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

## Monday

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**6**  
9:30 **AR** Rise and Shine  
10:30 **AR** Hydration & Snack  
11:00 **AR** Board Games & Puzzles  
11:00 **LB** Scenic Drive  
2:00 **F1** Music with Shazkya  
3:00 **AR** Monday Meet - up  
3:30 **P** Outside Patio Time  
5:00 **DR** Dinner

**13**  
9:30 **AR** Rise and Shine  
10:30 **AR** Hydration & Snack  
11:00 **AR** Board Games & Puzzles  
11:00 **LB** Scenic Drive  
2:00 **F1** Music with Lauren  
3:00 **AR** Monday Meet - up  
3:30 **P** Outside Patio Time  
5:00 **DR** Dinner

**20**  
9:30 **AR** Rise and Shine  
10:30 **AR** Hydration & Snack  
11:00 **AR** Board Games & Puzzles  
11:00 **LB** Scenic Drive  
2:00 **F1** Music with Lou Laino  
3:00 **AR** Monday Meet - up  
3:30 **P** Outside Patio Time  
5:00 **DR** Dinner

**27**  
9:30 **AR** Rise and Shine  
10:30 **AR** Hydration & Snack  
11:00 **AR** Board Games & Puzzles  
11:00 **LB** Scenic Drive  
11:30 **AR** Humane Society Pet Visit  
2:00 **F1** Music with Panama Matt  
3:00 **AR** Monday Meet - up  
3:30 **P** Outside Patio Time  
5:00 **DR** Dinner

## Tuesday

**7**  
9:30 **AR** Daily News  
10:00 **AR** Our Daily Stretch  
10:30 **AR** Hydration & Snack  
11:00 **AR** Sensory Activity  
1:30 **AR** Nails with Ceila  
3:00 **AR** Afternoon Coffee Social  
3:30 **P** Outside Patio Time  
5:00 **DR** Dinner

**14**  
9:30 **AR** Daily News  
10:00 **AR** Our Daily Stretch  
10:30 **AR** Hydration & Snack  
11:00 **AR** Sensory Activity  
1:30 **AR** Nails with Ceila  
3:00 **AR** Afternoon Coffee Social  
3:30 **P** Outside Patio Time  
5:00 **DR** Dinner

**21**  
9:30 **AR** Daily News  
10:00 **AR** Our Daily Stretch  
10:30 **AR** Hydration & Snack  
11:00 **AR** Sensory Activity  
1:30 **AR** Nails with Ceila  
3:00 **AR** Afternoon Coffee Social  
3:30 **P** Outside Patio Time  
5:00 **DR** Dinner

**28**  
9:30 **AR** Daily News  
10:00 **AR** Our Daily Stretch  
10:30 **AR** Hydration & Snack  
11:00 **AR** Sensory Activity  
1:30 **AR** Nails with Ceila  
3:00 **AR** Afternoon Coffee Social  
3:30 **P** Outside Patio Time  
5:00 **DR** Dinner

## Wednesday

**1**  
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 **AR** Conversations & Coffee  
3:30 **P** Outside Patio Time  
5:00 **DR** Dinner

**8**  
9:30 **AR** Inspiring Mornings  
10:00 **AR** Senior Zumba  
10:30 **AR** Hydration & Snack  
11:00 **AR** Remember When  
1:30 **AR** Acrylic Painting  
3:00 **AR** Conversations & Coffee  
3:30 **P** Outside Patio Time  
5:00 **DR** Dinner

**15**  
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

**22**  
9:30 **AR** Inspiring Mornings  
10:00 **AR** Senior Zumba  
10:30 **AR** Hydration & Snack  
11:00 **AR** Seated Volleyball  
3:00 **AR** Conversations & Coffee  
3:30 **P** Outside Patio Time  
5:00 **DR** Dinner

**29**  
9:30 **AR** Inspiring Mornings  
10:00 **AR** Senior Zumba  
10:30 **AR** Hydration & Snack  
11:00 **AR** Relaxing with coloring  
3:00 **AR** Conversations & Coffee  
3:30 **P** Outside Patio Time  
5:00 **DR** Dinner

## Thursday

**2**  
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** World Documentaries  
3:00 **E** Happy Hour w/Daryl Magill  
5:00 **DR** Dinner

**9**  
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** World Documentaries  
3:00 **F1** Happy Hr. w/Brothers Band  
5:00 **DR** Dinner

**16**  
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** World Documentaries  
3:00 **E** Happy Hour w/John Lobasco  
5:00 **DR** Dinner

**23**  
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** World Documentaries  
3:00 **E** Happy Hour w/Lou Imperato  
5:00 **DR** Dinner

**30**  
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** World Documentaries  
3:00 **E** Happy Hour w/Mike DeAngelis  
5:00 **DR** Dinner

## Friday

**3**  
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

**10**  
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

**17**  
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

**24**  
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

**31**  
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

## Saturday

**4**  
9:30 **AR** Mindful Mornings  
10:00 **AR** Morning Fitness  
10:30 **AR** Hydration & Snack  
11:00 **AR** First Methodist Church  
11:30 **P** Fresh Air & Sunshine  
1:30 **AR** Bingo  
3:00 **AR** Afternoon Social  
5:00 **DR** Dinner

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

**18**  
9:30 **AR** Mindful Mornings  
10:00 **AR** Morning Fitness  
10:30 **AR** Hydration & Snack  
11:00 **AR** First Methodist Church  
11:30 **P** Fresh Air & Sunshine  
1:30 **AR** Bingo  
5:00 **DR** Dinner

**25**  
9:30 **AR** Mindful Mornings  
10:00 **AR** Morning Fitness  
10:30 **AR** Hydration & Snack  
11:00 **AR** First Methodist Church  
11:30 **P** Fresh Air & Sunshine  
1:30 **AR** Bingo  
2:30 **AR** Root Beer Floats  
5:00 **DR** Dinner



## Around our Community

### Monthly Gazette

Plant - Aloe Vera  
Flower - Carnation  
Birthstone - Garnett

What's Lucky in January?

Lucky Color: Pink  
Lucky Animal: Porcupine  
Lucky Letter: S  
Lucky Day: Tuesday  
Lucky Plant: Pine



### LOCATION KEY

**AR** Activity Room  
**P** Outside Patio  
**DR** Dining Room  
**E** Entertainment Rm.  
**F1** Family Room  
**LB** Lobby