

## UPCOMING COMMUNITY EVENTS

### Upcoming Dates:

March 4<sup>th</sup> & 18<sup>th</sup> – Choir Rehearsal w/ Richard Wang @ 1:00 PM

March 4<sup>th</sup> – Mardi Gras Celebration – Events All Day

March 4<sup>th</sup> – Open House: Meet the Team @ 3:30 PM – 6:30

March 7<sup>th</sup>, 14<sup>th</sup>, 21, 28<sup>th</sup> – TED Talk and Discussion @ 3:30 PM

March 7<sup>th</sup> – Trip to Artisanal Burger @ 11:30 AM

March 8<sup>th</sup> & 9<sup>th</sup> – Sinatra: All or Nothing Documentary, 2 Part Series @ 2:30 PM

March 14<sup>th</sup> – Trip to Buckland Pizza @ 11:30 AM

March 16<sup>th</sup> – Shamrock Suncatcher's Craft Followed by Shamrock Shakes @ 2:30 PM

March 17<sup>th</sup> – Concert Series – Riverdance: The Show w/ Michael Flatley @ 3:00 PM

March 20<sup>th</sup> – Monthly Birthday Bash & Live Entertainment by T-Bone @ 2:00 PM

March 21<sup>st</sup> – Trip: Carousel Museum Bristol @ 1:00 PM

March 22<sup>nd</sup> – Concert Series: Len Phillips Big Band in Concert @ 2:30 PM

March 31<sup>st</sup> – Live Entertainment by Jose Paulo @ 2:00 PM

MEET THE TEAM MIXER, TUESDAY, MARCH 4<sup>TH</sup> @ 3:30PM – 6:30PM



Lou Lannuccilli

Meet our dynamic team, including our Executive Director, Lou Lannuccilli, and discover what makes Alto truly exceptional. Enjoy light appetizers and refreshments as you mix and mingle. Guided tours will be offered so you can fully experience all that our community has to offer. We can't wait to welcome you!

### Alto Evergreen Walk

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



# FLOURISH

March 2025

## WHAT'S INSIDE

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Social Calendar

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Upcoming Events + News

"May your troubles be less, your blessing be more,  
and nothing but happiness come through your door."

— Irish Proverb



# March 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>2 10:00   Sunday Mass – Independent 10:00   Meditative Coloring 11:00   Sunday Stretch 1:30   QiGong w/Maviric 2:00   UCONN Women’s Basketball vs. Marquette 4:00   Pictionary 6:00   Movie</p>	 <p>3 10:00   Get Fit Exercise 10:30   Wordsearch Challenge 11:00   Morning Chat – Independent 11:00   March Facts 1:30   Cornhole 2:30   White Board Word Game 3:30   Bean Bag Bucket Toss 4:00   March Trivia &amp; Memories 6:00   Movie</p>	 <p><b>Mari Gras 4</b> 10:00   Mass w/Communion &amp; Rosary 10:30   Mardi Gras Wordsearch 11:00   Mardi Gras Exercise <b>1:00   Choir Rehearsal w/Richard</b> 2:00   Mardi Gras Move &amp; Grove Game 3:00   Rummikib – Independent 3:00   Mardi Gras Craft w/SWHS 4:00   Mardi Gras Happy Hour 6:00   Movie</p>	 <p>5 10:00   Sunrise Stretch 10:30   Daily Crossword 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>6 10:00   Stretch It Out Exercise 10:40   Caitlin Book Discussion 1:30   Indoor Walk 2:00   Where in The World w/Sarah 3:00   Junk Drawer Detective 3:00   Set Back Card Game - Independent 4:00   Dick Van Dyke 6:00   Movie</p>	 <p>7 9:45   Warm Up with Wordle 10:00   Friday Exercise Fun 10:30   Wordsearch 11:00   Gratitude Circle <b>1:00   Trip: Artisanal Burger</b> 2:00   Ring Toss 2:30   Craft w/Amy <b>3:30   TED Talk &amp; Discussion: My Philosophy for A Happy Life</b> 6:00   Downtown Abbey Series</p>	<p>1 10:00   Rock ‘n Exercise 10:30   Wordsearch Challenge 11:00   Family Feud 12:00   UCONN Men’s Basketball vs. Providence 2:00   Karaoke Sing-A-Long 3:00   Bingo Extravaganza 4:00   Happy Hour 6:00   Movie</p> <p>8 10:00   Rock n’ Exercise 10:30   Wordsearch Challenge 11:00   Family Feud 1:00   Bingo Extravaganza <b>2:30   Sinatra: All or Nothing at All Documentary – Part 2</b> 6:00   Movie</p>
<p><b>Daylight Saving Time Begins 9</b> 10:00   Sunday Mass – Independent 10:00   Puzzle Time 11:00   Sunday Stretch 1:45   Chair Soccer <b>2:30   Sinatra: All or Nothing at All Documentary – Part 2</b> 6:00   Movie</p>	<p>10 10:00   Get Fit Exercise 10:30   Wordsearch Challenge 11:00   Morning Chat – Independent 1:30   Cornhole 2:30   Travel to New Orleans 3:00   Card &amp; Board Games 4:00   I Love Lucy 6:00   Movie</p>	<p>11 10:00   Mass w/Communion &amp; Rosary 10:30   Sunrise Stretch 11:00   Watercolors w/Paul <b>1:30   Michelangelo Documentary</b> 3:00   Bingo w/SWHS 3:00   Rummikib – Independent 4:00   Name That Tune Tuesday 6:00   Movie</p>	<p>12 10:00   Sunrise Stretch 10:30   Daily Wordsearch 11:00   Baking Club w/Nicole 1:30   Indoor Walking Club 2:00   Finish the Lyrics 3:00   Bowling w/SWHS 3:00   Poker – Independent 4:00   How It’s Made 6:00   Movie</p>	<p>13 10:00   Stretch It Out Exercise 10:40   Caitlin Book Discussion 1:30   Indoor Walk 2:00   \$100,000 Pyramid Game <b>3:00   Health Talk w/Karla</b> 3:00   Set Back Card Game – Independent 4:00   Dick Van Dyke 6:00   Movie</p>	<p>14 10:00   Friday Exercise Fun 10:30   Wordsearch 11:00   Gratitude Circle <b>11:30   Trip: Buckland Pizza</b> 2:00   Pictionary 2:30   Soapmaking w/Steph &amp; Amy <b>3:30   TED Talk &amp; Discussion: Speak So That People Want to Listen</b> 4:00   Drinks by the Fire 6:00   Downtown Abbey</p>	<p>15 10:00   Rock ‘n Exercise 10:30   Wordsearch Challenge 11:00   White Board Word Game 1:00   Bingo Extravaganza 2:00   Movie Matinee: Out of Africa 4:00   Happy Hour 6:00   Movie</p>
<p>16 10:00   Sunday Mass – Independent 10:00   Meditative Coloring 11:00   Sunday Stretch 1:30   QiGong w/Maviric 2:30   Shamrock Suncatcher Craft 3:30   Shamrock Shakes &amp; History Behind St. Patrick’s Day 6:00   Movie</p>	<p><b>St. Patrick’s Day 17</b> 10:00   Get Fit Exercise 10:30   Wordsearch Challenge 11:00   Travel to Ireland 11:00   Morning Chat – Independent 1:30   Golfi in A Box 2:00   St. Patrick’s Day Craft <b>3:00   Bonus Concert Series: Riverdance The Show w/Michael Flatley (1995)</b></p>	<p><b>March Madness Begins! 18</b> 10:00   Mass w/Communion &amp; Rosary 10:30   Sunset Stretch <b>11:00   Health Talk w/Fox Rehab</b> <b>1:00   Choir Rehearsal w/Richard</b> <b>2:00   Rene Magritte Documentary</b> 3:00   Bingo w/SWHS 4:00   Ladderball 6:00   Movie</p>	<p>19 10:00   Sunrise Stretch 10:30   Baking Club w/Nicole <b>11:00   Enhabit Health Talk w/Kylie</b> 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</p>	<p><b>First Day of Spring 20</b> 10:00   Stretch It Out Exercise 10:40   Caitlin Book Discussion <b>2:00   Monthly Birthday Celebration w/T-Bone</b> 3:00   Set Back Card Game – Independent 3:00   Mad Libs 4:00   Dick Van Dyke 6:00   Movie</p>	<p>21 10:00   Friday Exercise Fun 11:00   Gratitude Circle <b>11:00   Trip: Carousel Museum – Bristol</b> 2:00   White Board Word Game 2:30   Craft w/Amy <b>3:30   TED Talk &amp; Discussion: Unique Love Between Humans &amp; Dogs</b> 4:00   Drinks by the Fire</p>	<p>22 10:00   Saturday Exercise 10:30   Wordsearch Challenge 11:00   White Board Boggle 1:30   Bingo Extravaganza <b>2:30   Len Phillips Big Band LIVE w/Georgina Jackson &amp; Matt Ford</b> 4:00   Happy Hour 6:00   Movie</p>
<p>23 10:00   Sunday Mass – Independent 11:00   Travel to Colorado 11:00   Sunday Stretch 1:30   Mad Libs 3:00   Chair Volleyball 3:15   Who Am I 4:00   Happy Hour 6:00   Movie</p>	<p>24 10:00   Get Fit Exercise 10:30   Wordsearch Challenge 11:00   Travel to Scotland 11:00   Current Events – Independent 1:30   Cornhole 2:30   Meditative Coloring 3:30   Scrabble 4:00   I Love Lucy 6:00   Movie</p>	<p>25 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>26 10:00   Sunrise Stretch 10:30   Oil Painting w/Briana 11:00   Baking Club w/Nicole 1:30   Food &amp; Beverage Discussion 2:00   Crossword Challenge 3:00   Bowling w/SWHS 3:00   Poker – Independent 4:00   How It’s Made 6:00   Movie</p>	<p>27 10:00   Stretch It Out Exercise 10:40   Caitlin Book Discussion <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   Karaoke 4:00   Dick Van Dyke 6:00   Movie</p>	<p><b>National Something on A Stick Day 28</b> 10:00   Friday Exercise Fun 10:30   Wordsearch 11:00   Gratitude Circle <b>1:30   Trip: Movie (TBD)</b> 2:00   Headbandz <b>3:30   TED Talk &amp; Discussion: The Mind of a Master Procrastinator</b> 4:00   Make Fruit Kabobs Happy Hour</p>	<p>29 10:00   Rock ‘n Exercise 10:30   Wordsearch Challenge 11:00   White Board Word Game 1:00   Bingo Extravaganza 2:30   Movie Matinee: The Shack 6:00   Movie</p>
<p>30 10:00   Sunday Mass – Independent 10:00   Puzzle Time 11:00   Sunday Stretch 1:30   Indoor Walk 2:00   White Board Word Game 2:30   Rick Steves: The Best of the Alps 3:00   Card Games 6:00   Movie</p>	<p>31 10:00   Get Fit Exercise 10:30   Wordsearch Challenge 11:00   Wonders of Thailand 11:00   Current Events – Independent 1:30   Cornhole 2:00   Entertainment w/Jose Paulo 3:00   Dominoes 4:00   I Love Lucy 6:00   Movie</p>		<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>			





# March 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>			<b>March 2025</b>			<p>1            9:30   New News!            10:00   Morning Mass            10:30   Ball Toss            11:00   Cranium Crunches            1:00   UCONN vs. Seton Hall            2:30   Peanut Butter Daze            3:30   Travel to Minnesota            4:00   Walking Club            5:30   Movie</p>	
<p>2            9:30   New News!            10:00   Morning Mass            10:30   Sunday Stretch            11:00   Today in History            1:30   Coloring Creatives            2:30   UCONN vs. Marquette            3:30   Virtual Vacations            4:00   Walking Club            5:00   Movie</p>	<p>3            9:30   Price Is Right            10:00   Morning Mass            10:30   Exercise Class            11:00   Finish the Phrase  <b>1:30   Read Across America</b>            2:30   Coffee and Bingo            3:30   Road Trip Scenes            4:00   Oldies but Goodies            5:00   Classic TV</p>	<p><b>Mardi Gras 4</b>            9:30   Family Feud            10:00   Morning Mass            10:30   Baking Group  <b>1:30   Mardi Gras Party</b>            2:30   MYO Mask            3:30   Travel Through NOLA            4:00   Jazz Tunes            5:00   Movie</p>	<p>5            9:30   Deal or No Deal            10:00   Morning Mass            10:30   Bucket Pong/Aromatherapy            11:00   Memory Match/Hand Massage            1:30   Chair Soccer            2:30   Tea and Trivia/Music Therapy            3:30   Exploring Landmarks/Sensory Bin            4:00   Walking Club            5:00   Classic TV</p>	<p>6            9:30   Wheel of Fortune            10:00   Morning Mass            10:30   Chair Volleyball/Nature Scene            11:00   Guess the Tune/Rainforest Sound            1:30   Craft Corner/Tactile "Garden"            2:30   Oreo Tasting            3:30   Whiteboard Games/Sensory Bin            4:00   Throwback Tunes            5:00   Movie</p>	<p>7            9:30   Let's Make a Deal            10:00   Morning Mass            10:30   Chair Yoga            11:00   History of Pancakes            1:30   Putt Putt            2:30   Refreshments and Trivia            3:00   Ensemble Travelers            4:00   Karaoke            5:30   Classic TV</p>	<p>8            9:30   New News!            10:00   Morning Mass            10:30   Ball Toss            11:00   Cranium Crunches            1:30   Afternoon Stretch            2:30   Water Painting            3:30   Travel to Oregon            4:00   Walking Club            5:30   Movie</p>	
<p>9            9:30   New News!            10:00   Morning Mass            10:30   Sunday Stretch            11:00   Daylight Savings Facts            1:30   Coloring Creatives            2:30   Meatball Tasting            3:30   Sunset Travel            4:00   Walking Club            5:00   Movie</p>	<p>10            9:30   Price Is Right            10:00   Morning Mass            10:30   Exercise Class            11:00   Finish the Phrase            1:30   Cornhole Tournament            2:30   Create and Bingo            3:30   Road Trip Scenes            4:00   Oldies but Goodies            5:00   Classic TV</p>	<p>11            9:30   Family Feud            10:00   Morning Mass            10:30   Baking Group/Music Movement            1:30   Ladder Ball/Button Sorting            2:30   Puzzle Mania/Sand Bin            3:00   50 State Explorers            4:00   Jazz Tunes            5:00   Movie</p>	<p>12            9:30   Deal or No Deal            10:00   Morning Mass            10:30   Bucket Pong/Aromatherapy  <b>11:00   Lunch Trip</b>            1:30   Chair Soccer/Sound Bowl            2:30   Tea and Trivia/Warm Hand Towel            3:30   Exploring Landmarks/Textile Textures            4:00   Walking Club            5:00   Classic TV</p>	<p>13            9:30   Wheel of Fortune            10:00   Morning Mass            10:30   Chair Volleyball/Music Circle            11:00   Guess the Tune/Sensory Station            1:30   Craft Corner/Sensory Garden            2:30   Coffee and Chat            3:30   Whiteboard Games/Safari Sound            4:00   Throwback Tunes            5:00   Movie</p>	<p>14            9:30   Let's Make a Deal            10:00   Morning Mass            10:30   Chair Yoga            11:00   Pi Day Facts &amp; Trivia            1:30   Putt Putt            2:30   Potato Chips Tasting            3:30   Ensemble Travelers            4:00   Karaoke            5:00   Classic TV</p>	<p>15            9:30   New News!            10:00   Morning Mass            10:30   Ball Toss            11:00   Cranium Crunches            1:30   Stretch It Out            2:30   70's Trivia            3:30   Travel to Kansas            4:00   Walking Club            5:30   Movie</p>	
<p>16            9:30   New News!            10:00   Morning Mass            10:30   Sunday Stretch            11:00   Panda Facts and Trivia            1:30   Coloring Creatives            2:30   Afternoon Snack            3:30   Virtual Vacations            4:00   Walking Club            5:00   Movie</p>	<p><b>St. Patrick's Day 17</b>            9:30   Price Is Right            10:00   Morning Mass            10:30   Shake Your Shamrocks            11:00   Shamrock Craft  <b>1:30   St. Patrick's Day Party</b>  <b>2:30   Shamrocks Shakes</b>            3:30   Pot of Gold Scavenger Hunt            4:00   Tales of the Irish            5:00   Classic TV</p>	<p>18            9:30   Family Feud            10:00   Morning Mass            10:30   Watercolors with Paul/            Music Therapy  <b>1:30   Sound Meditation with Tim</b>            2:30   Lacy Oatmeal Cookie Day            3:30   50 State Explores/Nature Scene            4:00   Jazz Tunes            5:00   Movie</p>	<p>19            9:30   Deal or No Deal            10:00   Morning Mass            10:30   Bucket Pong            11:00   Memory Match            1:30   Scenic Drive            2:30   Tea and Trivia            3:30   Exploring Landmarks            4:00   Walking Club            5:00   Classic TV</p>	<p>20            9:30   Wheel of Fortune            10:00   Morning Mass  <b>10:30   Live Music w/T-Bone</b>            1:30   Create Your Own Flower            2:30   Coffee and Chat            3:30   Spring Trivia            4:00   Throwback Tunes            5:00   Movie</p>	<p>21            9:30   Let's Make a Deal            10:00   Morning Mass            10:30   Reborn Babies w/Jaime            1:30   Putt Putt            2:30   Refreshments and Trivia            3:30   Ensemble Travelers            4:00   Karaoke            5:00   Classic TV</p>	<p>22            9:30   New News!            10:00   Morning Mass            10:30   Ball Toss            11:00   Cranium Crunches            1:30   Afternoon Stretch            2:30   Whiteboard Games            3:30   Travel to West Virginia            4:00   Walking Club            5:30   Movie</p>	
<p>23            9:30   New News!            10:00   Morning Mass            10:30   Sunday Stretch            11:00   Today in History            1:30   March Madness            2:30   Chips and Dips Tasting            3:30   Sunset Travels            4:00   Walking Club            5:00   Movie</p>	<p>24            9:30   Price Is Right            10:00   Morning Mass            10:30   Exercise Class            11:00   Finish the Phrase            1:30   Cornhole Tournament            2:30   Mocktail Tasting            3:30   Road Trip Scenes            4:00   Oldies but Goodies            5:00   Classic TV</p>	<p>25            9:30   Family Feud            10:00   Morning Mass            10:30   Baking Group            1:30   Ladder Ball/Aromatherapy            2:30   Puzzle Mania/Sound Bowl            3:30   50 State Explorers/Nature Scene            4:00   Jazz Tunes            5:00   Movie</p>	<p>26            9:30   Deal or No Deal            10:00   Coffee in The Park            11:00   Bucket Pong/Light Stretch            1:30   Chair Soccer/Texture Bin            2:30   Tea and Trivia/Warm Hand Towel            3:30   Exploring Landmarks/            Music Therapy            4:00   Walking Club            5:00   Classic TV</p>	<p>27            9:30   Wheel of Fortune            10:00   Morning Mass            10:30   Chair Volleyball/Light Stretch            11:00   Guess the Tune/Memory Lane            1:30   Craft Corner/Texture Books            2:30   Coffee and Chat/Instruments            3:30   Whiteboard Games/            Sensory Garden            4:00   Throwback Tunes            5:00   Movie</p>	<p>28            9:30   Let's Make a Deal            10:00   Morning Mass            10:30   Chair Yoga            11:00   Spelling Bee            1:30   Putt Putt            2:30   Refreshments and Trivia            3:30   Ensemble Travelers            4:00   Karaoke            5:00   Classic TV</p>	<p>29            9:30   New News!            10:00   Morning Mass            10:30   Ball Toss            11:00   Cranium Crunches            1:30   Stretch It Out            2:30   Water Painting            3:30   Travel to Nevada            4:00   Walking Club            5:30   Movie</p>	
<p>30            9:30   New News!            10:00   Morning Mass            10:30   Sunday Stretch            11:00   Today in History            1:30   March Madness            2:30   Afternoon Snack            3:30   Virtual Vacations            4:00   Walking Club            5:00   Movie</p>	<p>31            9:30   Price Is Right            10:00   Morning Mass            10:30   Exercise Class            11:00   Finish the Phrase            1:30   Cornhole Tournament            3:30   Road Trip Scenes            4:00   Oldies but Goodies            5:00   Classic TV</p>	<b>March 2025</b>					