

## UPCOMING COMMUNITY EVENTS



### HISTORY & FUN FACTS ST. PATRICK

We celebrate St. Patrick's Day to honor the Irish culture and heritage. St. Patrick's Day was originally celebrated in Ireland with religious services and feasts in honor of St. Patrick, one of Ireland's patron saints. Irish soldiers and immigrants brought the holiday to the United States.

The world's oldest and largest St. Patrick's Day parade is in New York City and is world famous dating back to 1762.

New York is home to a high number of people with Irish roots thanks to the arrival of Irish immigrants in the 1700's. Savannah Georgia hosts the second largest St. Patrick's Day parade in the United States. Chicago, Illinois dyes the Chicago River green each year. Portland, Maine participants jump into the Atlantic Ocean at 5:30AM in the Paddy's Plunge.

Don't forget to wear your green! Executive Chef Robert Mauro will prepare the traditional corned beef and cabbage dinner for all to enjoy!

## MARCH HAPPENINGS

### OUTINGS

March 7 - Lunch, South Fork Kitchen

March 14 - TC Mall & Lunch

March 19 - Dinner, Fatinnis Italian Restaurant

March 28 - Lunch, Harry and the Natives

### Alto Stuart

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



# FLOURISH

MARCH 2025

## WHAT'S INSIDE

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Social Calendar

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Upcoming Events + News

*"MARCH BRINGS BREEZES LOUD AND SHRILL, STIRS THE DANCING DAFFODIL"*

—Sara Coleridge

# March 2025

## Sunday

**March 30**

- 11:00 **F1** Singing Seniors w/Rhonda
- 1:00 **CR** Pokeno
- 2:30 **C** Afternoon Social

**2**

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

**9**

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

**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

## Monday

**March 31**

- 9:00 **LB** Local Banks
- 11:00 **L** Monday Morning w/Lorraine
- 1:00 **LB** Publix
- 2:00 **F1** Music w/Panama Matt
- 3:00 **C** Cappuccino Social
- 4:00 **FC** Strength Training
- 6:30 **TH** Evening Movie

**3**

- 9:00 **LB** Local Banks
- 10:30 **CR** Resident Council Meeting
- 1:00 **LB** Publix
- 2:00 **F1** Music w/Mike /De Angelis
- 3:00 **C** Cappuccino Social
- 4:00 **FC** Strength Training
- 6:30 **TH** Evening Movie

**10**

- 9:00 **LB** Local Banks
- 10:00 **LB** CVS
- 11:00 **L** Monday Morning w/Lorraine
- 1:00 **LB** Publix
- 2:00 **F1** Music w/Mike McCarthy
- 3:00 **C** Cappuccino Social
- 4:00 **FC** Strength Training
- 6:30 **TH** Evening Movie

**17**

- Happy St. Patrick's Day
- 9:00 **LB** Local Banks
- 10:00 **LB** Walgreens
- 11:00 **L** Monday Morning w/Lorraine
- 1:00 **LB** Publix
- 2:00 **F1** Music w/Lou Laino
- 3:00 **C** Minty Shamrock Shakes & Truth or Blarney?
- 4:00 **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 **C** Word Game w/Lorraine
- 3:00 **C** Cappuccino Social
- 4:00 **FC** Strength Training
- 6:30 **TH** Evening Movie

## Tuesday

## Wednesday

### Alto Stuart

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**4**

- Million Dollar Pound Cake Day
- 10:00 **FC** Fit & Fabulous
- 11:00 **E** Seated Volleyball
- 12:30 **C** Nails with Kelly
- 1:00 **CR** Bingo
- 2:00 **C** Pound Cake Social
- 4:00 **FC** Strength Training
- 6:30 **TH** Evening Movie

**11**

- 10:00 **FC** Fit & Fabulous
- 11:00 **E** Seated Volleyball
- 12:30 **C** Nails with Kelly
- 1:00 **CR** Bingo
- 2:00 **C** Cafe Coffee & Chat
- 4:00 **FC** Strength Training
- 6:30 **TH** Evening Movie

**18**

- 10:00 **FC** Fit & Fabulous
- 11:00 **E** Seated Volleyball
- 12:30 **C** Nails with Kelly
- 1:00 **CR** Bingo
- 2:00 **C** Cafe Coffee & Chat
- 4:00 **FC** Strength Training
- 6:30 **TH** Evening Movie

**25**

- 10:00 **FC** Fit & Fabulous
- 11:00 **E** Seated Volleyball
- 12:30 **C** Nails with Kelly
- 1:00 **CR** Bingo
- 2:00 **C** Cafe Coffee & Chat
- 4:00 **FC** Strength Training
- 6:30 **TH** Evening Movie

**5**

- Ash Wednesday
- 10:00 **FC** Balance & Exercise
- 10:00 **CH** St. Joseph's Church
- 11:00 **TH** Theater - Documentary
- 1:00 **CR** Bingo
- 2:00 **C** Cafe Coffee & Chat

**12**

- 10:00 **FC** Balance & Exercise
- 10:00 **CH** St. Joseph's Church
- 11:00 **TH** Resident Spotlight
- 12:00 **DR** Ambassador Lunch
- 1:00 **CR** Bingo
- 2:00 **F1** Hobe Sound Bible College Music

**19**

- 10:00 **FC** Balance & Exercise
- 10:00 **CH** St. Joseph's Church
- 10:30 **DR** Chef Demo
- 1:00 **CR** Bingo
- 2:00 **C** Cafe Coffee & Chat
- 3:00 **CR** Town Hall w/Kaitlyn, E.D.
- 4:30 **LB** Dinner outing - Fantini's Italian

**26**

- 10:00 **FC** Balance & Exercise
- 10:00 **CH** St. Joseph's Church
- 11:00 **C** Crafting
- 11:00 **TH** Travelogue
- 1:00 **CR** Bingo
- 2:00 **C** Cafe Coffee & Chat

## Thursday

## Friday

## Saturday



**6**

- 10:00 **FC** Toning and Stretching
- 11:00 **C** Cognitive Worksheets
- 1:00 **CR** Pokeno
- 3:00 **F1** Music & Mingle w/Daryl Magill
- 4:00 **FC** Strength Training
- 6:30 **TH** Evening Movie

**13**

- 10:00 **FC** Toning and Stretching
- 11:00 **C** St. Patrick's Craft
- 1:00 **CR** Pokeno
- 2:00 **L** Library Committee Meeting
- 3:00 **F1** St. Patrick's Hour w/Brothers Band
- 4:00 **FC** Strength Training
- 6:30 **TH** Evening Movie

**20**

- 10:00 **FC** Toning and Stretching
- 11:00 **C** Toilet Paper Derby Race
- 1:00 **CR** Pokeno
- 3:00 **F1** Music & Mingle w/Lou Imperato
- 4:00 **FC** Strength Training
- 6:30 **TH** Evening Movie

**27**

- 10:00 **FC** Toning and Stretching
- 11:00 **C** Healthy Discussions w/Rachel, Elite HH
- 1:00 **CR** Pokeno
- 2:00 **L** Library Committee Meeting
- 3:00 **F1** March Resident Birthdays w/Sophisticats
- 4:00 **FC** Strength Training
- 6:30 **TH** Evening Movie

**7**

- 9:45 **LB** Publix
- 10:00 **FC** Stretch & Flex
- 11:00 **CR** Word Game
- 11:30 **LB** Lunch outing - South Fork Kitchen
- 1:00 **CR** Bingo
- 2:00 **F1** Jodi & "The Tappers"
- 6:30 **F2** Friday Poker Night

**14**

- 9:45 **LB** Publix
- 10:00 **FC** Stretch & Flex
- 11:00 **CR** Word Game
- 11:30 **LB** TC Mall & Lunch
- 1:00 **CR** Bingo
- 2:00 **C** Friday Meet & Greet
- 6:30 **F2** Friday Poker Night

**21**

- 9:45 **LB** Publix
- 10:00 **FC** Stretch & Flex
- 11:00 **CR** Word Game
- 1:00 **CR** Bingo
- 2:00 **C** Afternoon Tea Party
- 6:30 **F2** Friday Poker Night

**28**

- 9:45 **LB** Publix
- 10:00 **FC** Stretch & Flex
- 11:00 **CR** Word Game
- 11:30 **LB** Lunch - Harry and the Natives
- 1:00 **CR** Bingo
- 6:30 **F2** Friday Poker Night

**1**

- 10:00 **CH** Morning Worship w/Conde
- 11:00 **E** Seated Volleyball
- 1:30 **CR** Bingo
- 2:30 **C** Social Hour
- 6:30 **TH** Evening Movie

**8**

- 10:00 **CH** Morning Worship w/Conde
- 11:00 **E** Seated Volleyball
- 1:00 **CR** Bingo
- 2:00 **C** Cafe Coffee & Chat
- 3:00 **C** Ice Cream Social
- 6:30 **TH** Evening Movie

**15**

- 10:00 **CH** Morning Worship w/Conde
- 11:00 **E** Seated Volleyball
- 1:00 **CR** Bingo
- 2:00 **C** Cafe Coffee & Chat
- 6:30 **TH** Evening Movie

**22**

- 10:00 **CH** Morning Worship w/Conde
- 11:00 **E** Seated Volleyball
- 1:00 **CR** Bingo
- 2:00 **C** Cafe Coffee & Chat
- 3:00 **C** Rainbow Sherbert Social
- 6:30 **TH** Evening Movie

**29**

- 10:00 **CH** Morning Worship w/Conde
- 11:00 **E** Seated Volleyball
- 1:00 **CR** Bingo
- 2:00 **C** Cafe Coffee & Chat
- 6:30 **TH** Evening Movie

## Around our Community

### HAPPY BIRTHDAY



- March 5 - Jodi F.
- March 7 - Paula W.
- March 7 - Stephanie K.
- March 10 - JJ B.
- March 13 - Don M.
- March 13 - Mary S.
- March 22 - Marta C.

### LOCATION KEY

- CH** Chapel
- E** Ent. Room
- CR** Community Room
- C** Cafe
- TH** Theater
- F1** Family Room
- LB** Lobby
- FC** Fitness Center
- F2** Family Room
- L** Library

# March 2025

## Sunday

**March 30**

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

**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

**9**

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

**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

**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

## Monday

**March 31**

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

**3**

9:30 **AR** Rise and Shine  
10:00 **AR** Memory Card Games  
10:30 **AR** Hydration & Snack  
11:00 **LB** Scenic Drive  
2:00 **F1** Music w/Mike Deangelis  
3:00 **AR** Monday Meet - up  
3:30 **P** Outside Patio Time  
5:00 **DR** Dinner

**10**

9:30 **AR** Rise and Shine  
10:00 **AR** Memory Card Games  
10:30 **AR** Hydration & Snack  
11:00 **LB** Scenic Drive  
2:00 **F1** Music w/Mike McCarthy  
3:00 **AR** Monday Meet - up  
3:30 **P** Outside Patio Time  
5:00 **DR** Dinner

**17**

9:30 **AR** Rise and Shine  
10:00 **AR** Memory Card Games  
10:30 **AR** Hydration & Snack  
11:00 **LB** Lunch - Indian RiverPark  
2:00 **F1** Music w/Lou Laino  
3:00 **AR** Minty Shamrock Shakes  
3:30 **P** Outside Patio Time  
5:00 **DR** Dinner

**24**

9:30 **AR** Rise and Shine  
10:00 **AR** Memory Card Games  
10:30 **AR** Hydration & Snack  
11:00 **LB** Scenic Drive  
11:30 **AR** Humane Society Pet Visit  
2:00 **AR** Rhythm & Music  
3:00 **AR** Monday Meet - up  
3:30 **P** Outside Patio Time  
5:00 **DR** Dinner

## Tuesday

## Wednesday

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**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 **AR** Afternoon Coffee Social  
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 **AR** Conversations & Coffee  
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** Seated Beach Volleyball  
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**

9:30 **AR** Inspiring Mornings  
10:00 **AR** Senior Zumba  
10:30 **AR** Hydration & Snack  
1:30 **AR** Seated Beach Volleyball  
3:00 **AR** Conversations & Coffee  
3:30 **P** Outside Patio Time  
5:00 **DR** Dinner

## Thursday

## Friday

## Saturday



**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** Travel Documentaries  
3:00 **E** Music w/Daryl Magill  
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 **AR** Travel Documentaries  
3:00 **E** Music w/The Brothers Band  
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** Travel Documentaries  
3:00 **E** Music w/Lou Imperato  
5:00 **DR** Dinner

**27**

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** Travel Documentaries  
3:00 **E** Music w/Sophisticats  
5:00 **DR** Dinner

**7**

9:30 **AR** Inspiring Mornings  
10:00 **AR** Morning Stretch  
10:30 **AR** Hydration & Snack  
11:00 **AR** Alto Movie Theater  
2:00 **F1** Jodi & The Tappers  
3:00 **AR** Social Time  
3:30 **P** Outside Patio Time  
5:00 **DR** Dinner

**14**

9:30 **AR** Inspiring Mornings  
10:00 **AR** Morning Stretch  
10:30 **AR** Hydration & Snack  
11:00 **AR** Alto Movie Theater  
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** Alto Movie Theater  
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** Alto Movie Theater  
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 **E** Seated Beach Volleyball  
1:00 **AR** Bingo  
2:00 **P** Patio Time  
2:30 **AR** Afternoon Social  
5:00 **DR** Dinner

**8**

9:30 **AR** Mindful Mornings  
10:00 **AR** Morning Fitness  
10:30 **AR** Hydration & Snack  
11:00 **E** Seated Beach Volleyball  
1:00 **AR** Bingo  
2:00 **P** Patio Time  
2:30 **AR** Ice Cream Social  
2:30 **AR** Afternoon Social  
5:00 **DR** Dinner

**15**

9:30 **AR** Mindful Mornings  
10:00 **AR** Morning Fitness  
10:30 **AR** Hydration & Snack  
11:00 **E** Seated Beach Volleyball  
1:00 **AR** Bingo  
2:00 **P** Patio Time  
2:30 **AR** Ice Cream Social  
2:30 **AR** Afternoon Social  
5:00 **DR** Dinner

**22**

9:30 **AR** Mindful Mornings  
10:00 **AR** Morning Fitness  
10:30 **AR** Hydration & Snack  
11:00 **E** Seated Beach Volleyball  
1:00 **AR** Bingo  
2:00 **P** Patio Time  
2:30 **AR** Afternoon Social  
5:00 **DR** Dinner

**29**

9:30 **AR** Mindful Mornings  
10:00 **AR** Morning Fitness  
10:30 **AR** Hydration & Snack  
11:00 **E** Seated Beach Volleyball  
1:00 **AR** Bingo  
2:00 **P** Patio Time  
2:30 **AR** Afternoon Social  
5:00 **DR** Dinner

## Around our Community

### TITLE

March 1 - Charlotte S.



March 10 - Cheryl L.

March 19 - Cassandra S.

### Special Days

Ash Wednesday - March 5

Daylight Saving Time - March 9

St. Patrick's Day - March 17

Doctors Day - March 30

## LOCATION KEY

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