

UPCOMING COMMUNITY EVENTS



TITLE
So many great days to celebrate in May! Please join us on the scheduled day's on the calendar from Derby races and mint julips, decorating cupcakes for the nurses, our annual Mother's Day Tea Party, and a fun Carnival for senior citizens day!

Did You Know?



The term mayday is often used as a distress signal for ships and planes. But what does May Day, the celebration on the first day of the month have to do with the well-known phrase for asking for help? Actually the answer is not much! The distress term is a mispronunciation of the French phrase m'aider, which simply means "Come help me!".

MAY OUTINGS

- May 02 - Lunch, Terry's Tea Room
- May 16 - Frazier Creek Brewery
- May 21 - Dinner - Magic Oyster
- May 23 - Flagler Park & Ice Cream
- May 30 - Nail Salon

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



FLOURISH

MAY 2025



WHAT'S INSIDE

Pg 2-3
Social Calendar

Pg 4
Upcoming Events + News

“SPRING IS NATRUE’S WAY OF SAYING, ‘LET’S PARTY!’”

—Comedian Robin Williams

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Around our
Community

Resident Birthdays



Dan R. - May 3

Doug G. - May 12

Jane A. - May 17

Jean D. - May 31

Monthly Gazette

Birthstone - Emerald

Flower - Hawthorn

Plant - Lily of the Valley

What's Lucky?

Lucky Color - Orange

Lucky Animal - Cat

Lucky Day - Friday

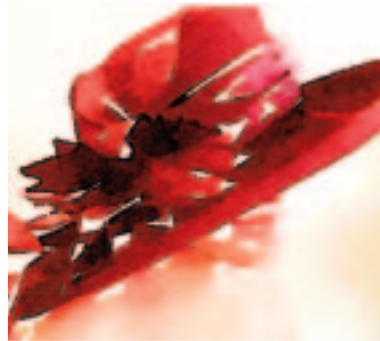
Lucky Plant - Lavendar

LOCATION
KEY

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

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- 4**

11:00 **F1** Alto Stuarts Choir Spring Concert

1:00 **CR** Pokeno

2:30 **C** Afternoon Social

3:30 **F1** Faith Family Church
- 5**

9:00 **LB** Local Banks

10:30 **CR** Resident Council Meeting

1:00 **LB** Publix

2:00 **F1** Music w/ John Ukulele

3:00 **C** Cappuccino Social

4:00 **FC** Strength Training

6:30 **TH** Let's go to the Movies
- 11**

Happy Mother's Day

11:00 **F1** Alto Stuart Choir /Rhonda

1:00 **F1** St. Mary's Communion

1:00 **CR** Pokeno

2:30 **C** Afternoon Social
- 12**

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 Panama Matt

3:00 **C** Cappuccino Social

4:00 **FC** Strength Training

6:30 **TH** Let's go to the Movies
- 18**

10:00 **F1** Chaplain Lynn Snow

11:00 **F1** Alto Stuart Choir w/Rhonda

1:00 **CR** Pokeno

2:30 **C** Afternoon Social

3:30 **F1** Faith Family Church
- 19**

9:00 **LB** Local Banks

10:00 **LB** Jupiter Doughnuts & Coffee

11:00 **L** Monday Morning w/Lorraine

1:00 **LB** Publix

2:00 **F1** Music with Lou Laino

3:00 **C** Cappuccino Social

4:00 **FC** Strength Training

6:30 **TH** Let's go to the Movies
- 25**

11:00 **F1** Alto Stuart Choir w/Rhonda

1:00 **F1** St. Mary's Communion

1:00 **CR** Pokeno

2:30 **C** Afternoon Social
- 26**

Memorial Day

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 Shazykra

3:00 **C** Cappuccino Social

4:00 **FC** Strength Training

6:30 **TH** Let's go to the Movies

- 6**

Nurses Professional Day

10:00 **FC** Fit & Fabulous

11:00 **C** Decorating cupcakes/Nurses

1:00 **CR** Bingo

2:00 **C** Coffee & Cupcakes w/Nurses

2:00 **C** Nails with Kelly

4:00 **FC** Strength Training

6:30 **TH** Let's go to the Movies
- 7**

10:00 **FC** Balance & Exercise

10:00 **CH** St. Joseph's Church

11:00 **TH** Documentary - Night On Earth

1:00 **CR** Bingo

2:00 **C** Afternoon Worship w/Conde

6:30 **TH** The Chosen w/Sandy & Robert
- 13**

10:00 **FC** Fit & Fabulous

11:00 **E** Seated Volleyball

1:00 **CR** Bingo

2:00 **CR** Ambassador Meeting

2:00 **C** Sip & Savor Cafe Coffee

2:00 **C** Nails with Kelly

4:00 **FC** Strength Training

6:30 **TH** Let's go to the Movies
- 14**

Receptionist Day

10:00 **FC** Balance & Exercise

10:00 **CH** St. Joseph's Church

11:00 **TH** Resident Spotlight

1:00 **CR** Bingo

2:00 **C** Afternoon Worship w/Conde

6:30 **TH** The Chosen w/Sandy & Robert
- 20**

Natl Senior Citizens Day

10:00 **FC** Fit & Fabulous

11:00 **C** Carnival Games & Treats

1:00 **CR** Bingo

2:00 **C** Sip & Savor Cafe Coffee

2:00 **C** Nails with Kelly

2:30 **CR** Town Hall with Directors

4:00 **FC** Strength Training

6:30 **TH** Let's go to the Movies
- 27**

10:00 **FC** Fit & Fabulous

11:00 **E** Seated Volleyball

1:00 **CR** Bingo

2:00 **C** Sip & Savor Cafe Coffee

2:00 **C** Nails with Kelly

4:00 **FC** Strength Training

6:30 **TH** Let's go to the Movies

- 8**

10:00 **FC** Toning and Stretching

11:00 **C** Mother's Ocean Day

1:00 **CR** Pokeno

2:00 **L** Library Committee Meeting

3:00 **F1** Music Annette & Don

4:00 **FC** Strength Training

6:30 **TH** Let's go to the Movies
- 15**

National Sliders Day

10:00 **FC** Toning and Stretching

11:00 **C** Travelogue to Hawaii

1:00 **CR** Pokeno

3:00 **F1** Memory Lane Music

4:00 **FC** Strength Training

6:30 **TH** Let's go to the Movies
- 21**

10:00 **FC** Balance & Exercise

10:00 **CH** St. Joseph's Church

10:30 **DR** Chef Demo

1:00 **CR** Bingo

2:00 **C** Afternoon Worship w/Conde

4:30 **LB** Dinner outing - The Magic Oyster

6:30 **TH** The Chosen w/Sandy & Robert
- 28**

10:00 **FC** Balance & Exercise

10:00 **CH** St. Joseph's Church

11:00 **C** Remember When

1:00 **CR** Bingo

2:00 **C** Afternoon Worship w/Conde

6:30 **TH** The Chosen w/Sandy & Robert

- 9**

Hello Dolly Day

9:00 Hair Salon Open till 3:00

9:45 **LB** Publix

10:00 **FC** Stretch & Flex

11:00 **CR** Word Game

2:00 **CR** Mother's Day Tea Party

6:30 **F2** Friday Night Poker Game
- 16**

9:00 Hair Salon Open till 3:00

9:45 **LB** Publix

10:00 **FC** Stretch & Flex

11:00 **CR** Word Game

1:00 **CR** Bingo

2:00 **C** Let's Get Social

2:00 **LB** Frazier Creek Brewery

6:30 **F2** Friday Night Poker Game
- 22**

10:00 **FC** Toning and Stretching

11:00 **C** Wheel of Fortune

1:00 **CR** Pokeno

2:00 **L** Library Committee Meeting

3:00 **F1** Music with Lou Imperato

4:00 **FC** Strength Training

6:30 **TH** Let's go to the Movies
- 29**

Thanks For The Memories

10:00 **FC** Toning and Stretching

11:00 **C** Celebrating Bobe Hope

1:00 **CR** Pokeno

3:00 **F1** Music with Mike DeAngelis

4:00 **FC** Strength Training

6:30 **TH** Let's go to the Movies

- 2**

Celebrating Fire Fighters

9:00 Hair Salon Open till 3:00

9:45 **LB** Publix

10:00 **FC** Stretch & Flex

11:00 **C** Kentucky Derby TP Race

11:30 **LB** Lunch - Terry's Tea Room

1:00 **CR** Bingo

2:00 **C** Let's Get Social

6:30 **F2** Friday Night Poker Game
- 3**

Kentucky Derby Day

10:00 **CH** Morning Worship w/Conde

11:00 **E** Seated Volleyball

1:00 **CR** Bingo

2:00 **C** Cafe Coffee & Chat

2:00 **C** Afternoon Java

6:30 **TH** Kentucky Derby Gathering
- 10**

10:00 **CH** Morning Worship w/Conde

11:00 **E** Seated Volleyball

1:00 **CR** Bingo

2:00 **C** Afternoon Coffee Social

3:00 **C** Vanilla Cream Floats

6:30 **TH** Let's go to the Movies
- 17**

10:00 **CH** Morning Worship w/Conde

11:00 **E** Seated Volleyball

1:00 **CR** Bingo

2:00 **C** Sip & Savor Cafe Coffee

6:30 **TH** Let's go to the Movies
- 23**

9:00 Hair Salon Open till 3:00

9:45 **LB** Publix

10:00 **FC** Stretch & Flex

11:00 **CR** Word Game

1:00 **CR** Bingo

2:00 **C** Let's Get Social

2:00 **LB** Frazier Creek Brewery

6:30 **F2** Friday Night Poker Game
- 24**

10:00 **CH** Morning Worship w/Conde

11:00 **E** Seated Volleyball

1:00 **CR** Bingo

2:00 **C** Sip & Savor Cafe Coffee

3:00 **C** Banana Splits

6:30 **TH** Let's go to the Movies
- 30**

9:00 Hair Salon Open till 3:00

9:45 **LB** Publix

10:00 **FC** Stretch & Flex

11:00 **CR** Word Game

1:00 **CR** Bingo

2:00 **C** Let's Get Social

2:00 **LB** Flagler Park & Ice Cream

6:30 **F2** Friday Night Poker Game

- 31**

10:00 **CH** Morning Worship w/Conde

11:00 **E** Seated Volleyball

1:00 **CR** Bingo

2:00 **C** Sip & Savor Cafe Coffee

6:30 **TH** Let's go to the Movies

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

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Community

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4

10:30 **AR** Sip & Snack
11:00 **F1** Alto Stuart Choir Spring
Concert
11:30 **P** Fluff & Flowers
2:30 **AR** Table Games
2:30 **P** Serenity & Sunshine
5:00 **DR** Dinner

11

Happy Mother's Day
10:30 **AR** Sip & Snack
11:00 **F1** Alto Stuart Choir w/Rhonda
11:30 **P** Fluff & Flowers
2:30 **AR** Table Games
2:30 **P** Serenity & Sunshine
3:00 **AR** Ice Cream Social
5:00 **DR** Dinner

18

10:30 **AR** Sip & Snack
11:00 **F1** Alto Stuart Choir w/Rhonda
11:30 **P** Fluff & Flowers
2:30 **AR** Table Games
2:30 **P** Serenity & Sunshine
5:00 **DR** Dinner

25

10:30 **AR** Sip & Snack
11:00 **F1** Alto Stuart Choir w/Rhonda
11:30 **P** Fluff & Flowers
1:00 **F1** St. Mary's Church
2:30 **AR** Table Games
2:30 **P** Serenity & Sunshine
5:00 **DR** Dinner

5

9:30 **AR** Rise and Shine
10:00 **AR** Memory Card Games
10:30 **AR** Sip & Snack
11:00 **LB** Scenic Drive
11:30 **P** Fluff & Flowers
2:00 **F1** Music w/John - Ukulele
3:00 **AR** Social Time
5:00 **DR** Dinner

12

9:30 **AR** Rise and Shine
10:00 **AR** Memory Card Games
10:30 **AR** Sip & Snack
11:00 **LB** Scenic Drive
11:30 **P** Fluff & Flowers
2:00 **F1** Music w/Panama Matt
3:00 **AR** Social Time
5:00 **DR** Dinner

19

9:30 **AR** Rise and Shine
10:00 **AR** Memory Card Games
10:30 **AR** Sip & Snack
11:00 **LB** Scenic Drive
11:30 **P** Fluff & Flowers
2:00 **F1** Music with Lou Laino
3:00 **AR** Social Time
5:00 **DR** Dinner

26

Memorial Day
9:30 **AR** Rise and Shine
10:30 **AR** Sip & Snack
11:00 **C** Memorial Day Gathering
11:30 **AR** Humane Society Pet Visit
2:00 **F1** Music with Shazkaya
3:00 **AR** Social Time
5:00 **DR** Dinner

6

Natl Nurses Day
9:30 **AR** Morning Power Up
10:00 **AR** Our Daily Stretch
10:30 **AR** Sip & Snack
11:00 **AR** Alto Library
1:30 **AR** Nails with Ceila
2:30 **P** Serenity & Sunshine
3:00 **AR** Afternoon Coffee Social
5:00 **DR** Dinner

13

9:30 **AR** Morning Power Up
10:00 **AR** Our Daily Stretch
10:30 **AR** Sip & Snack
11:00 **AR** Alto Library
1:30 **AR** Nails with Ceila
2:30 **P** Serenity & Sunshine
3:00 **AR** Afternoon Coffee Social
5:00 **DR** Dinner

20

Natl Senior Citizens Day
9:30 **AR** Morning Power Up
10:00 **AR** Our Daily Stretch
10:30 **AR** Sip & Snack
11:00 **AR** Carnival Games & Treats
1:30 **AR** Nails with Ceila
2:30 **P** Serenity & Sunshine
3:00 **AR** Afternoon Coffee Social
5:00 **DR** Dinner

27

9:30 **AR** Morning Power Up
10:00 **AR** Our Daily Stretch
10:30 **AR** Sip & Snack
11:00 **AR** Alto Library
1:30 **AR** Nails with Ceila
2:30 **P** Serenity & Sunshine
3:00 **AR** Afternoon Coffee Social
5:00 **DR** Dinner

7

9:30 **AR** Local News & Coffee
10:00 **AR** Senior Zumba
10:30 **AR** Sip & Snack
11:00 **AR** Baking
1:30 **AR** Watercolor Painting
2:30 **P** Serenity & Sunshine
3:00 **AR** Conversations & Coffee
5:00 **DR** Dinner

14

9:30 **AR** Local News & Coffee
10:00 **AR** Senior Zumba
10:30 **AR** Sip & Snack
11:00 **AR** Remember When
1:30 **AR** Seated Beach Volleyball
2:30 **P** Serenity & Sunshine
3:00 **AR** Conversations & Coffee
5:00 **DR** Dinner

21

9:30 **AR** Local News & Coffee
10:00 **AR** Senior Zumba
10:30 **AR** Sip & Snack
11:00 **AR** Baking
1:30 **AR** Relax with Color
2:30 **P** Serenity & Sunshine
3:00 **AR** Conversations & Coffee
5:00 **DR** Dinner

28

9:30 **AR** Local News & Coffee
10:00 **AR** Senior Zumba
10:30 **AR** Sip & Snack
1:30 **AR** Seated Beach Volleyball
2:30 **P** Serenity & Sunshine
3:00 **AR** Conversations & Coffee
5:00 **DR** Dinner

1

9:30 **AR** Morning Boost
10:00 **AR** Circle of Music
11:00 **AR** Sensory & Hand Massages
1:30 **AR** Travel Documentaries
3:00 **E** Music w/Daryl Magill
5:00 **DR** Dinner

8

9:30 **AR** Morning Boost
10:00 **AR** Circle of Music
11:00 **AR** Sensory & Hand Massages
1:30 **AR** Travel to Hawaii
3:00 **E** Music w/Annette & Don
5:00 **DR** Dinner

15

9:30 **AR** Morning Boost
10:00 **AR** Circle of Music
11:00 **AR** Sensory & Hand Massages
1:30 **AR** Nature Documentary
3:00 **E** Music w/Memory Lane
5:00 **DR** Dinner

22

9:30 **AR** Morning Boost
10:00 **AR** Circle of Music
11:00 **AR** Sensory & Hand Massages
1:30 **AR** Travel to Italy
3:00 **E** Music w/Lou Imperato
5:00 **DR** Dinner

29

Thanks For The Memories
9:30 **AR** Morning Boost
10:00 **AR** Circle of Music
11:00 **AR** Sensory & Hand Massages
1:30 **AR** Documentary - Bob Hope
3:00 **F1** Music w/Mike DeAngelis
5:00 **DR** Dinner

2

Hello Dolly Day
9:30 **AR** Let's Get Started
10:00 **AR** Flex & Stretch
10:30 **AR** Movie - Sip & Snack
1:30 **AR** Bingo
2:30 **P** Serenity & Sunshine
3:00 **AR** Social Time
5:00 **DR** Dinner

9

9:30 **AR** Let's Get Started
10:00 **AR** Flex & Stretch
10:30 **AR** Movie - Sip & Snack
1:30 **AR** Bingo
2:30 **P** Serenity & Sunshine
3:00 **AR** Social Time
5:00 **DR** Dinner

16

9:30 **AR** Let's Get Started
10:00 **AR** Flex & Stretch
10:30 **AR** Movie - Sip & Snack
1:30 **AR** Bingo
2:30 **P** Serenity & Sunshine
3:00 **AR** Social Time
5:00 **DR** Dinner

23

9:30 **AR** Let's Get Started
10:00 **AR** Flex & Stretch
10:30 **AR** Movie - Sip & Snack
1:30 **AR** Bingo
2:30 **P** Serenity & Sunshine
3:00 **AR** Social Time
5:00 **DR** Dinner

30

9:30 **AR** Let's Get Started
10:00 **AR** Flex & Stretch
10:30 **AR** Movie - Sip & Snack
1:30 **AR** Bingo
2:30 **P** Serenity & Sunshine
3:00 **AR** Social Time
5:00 **DR** Dinner

3

Kentucky Derby Day
9:30 **AR** Mindful Mornings
10:00 **CH** Worship w/Rev. Conde
11:00 **E** Seated Volleyball
1:00 **AR** Bingo
2:00 **AR** Snack & Socialize
3:00 **P** Patio Time
5:00 **DR** Dinner

10

9:30 **AR** Mindful Mornings
10:00 **CH** Worship w/Rev. Conde
11:00 **E** Seated Volleyball
1:00 **AR** Bingo
2:00 **AR** Snack & Socialize
2:30 **AR** Ice Cream Social
3:00 **P** Patio Time
5:00 **DR** Dinner

17

9:30 **AR** Mindful Mornings
10:00 **CH** Worship w/Rev. Conde
11:00 **E** Seated Volleyball
1:00 **AR** Bingo
2:00 **AR** Snack & Socialize
2:30 Social Hour
3:00 **P** Patio Time
5:00 **DR** Dinner

24

9:30 **AR** Mindful Mornings
10:00 **CH** Worship w/Rev. Conde
11:00 **E** Seated Volleyball
1:00 **AR** Bingo
2:00 **AR** Snack & Socialize
2:30 **AR** Banana Split Social
3:00 **P** Patio Time
5:00 **DR** Dinner

31

9:30 **AR** Mindful Mornings
10:00 **CH** Worship w/Rev. Conde
11:00 **E** Seated Volleyball
1:00 **AR** Bingo
2:00 **AR** Snack & Socialize
3:00 **P** Patio Time
5:00 **DR** Dinner

Happy Birthday



Monthly Gazette

Birthstone - Emerald

Flower - Hawthorn

Plant - Lily of the Valley

What's Lucky in May?

Lucky Color - Orange

Lucky Animal - Cat

Lucky Letters - N and W

Lucky Day - Friday

Lucky Plant - Lavendar

LOCATION
KEY

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