

UPCOMING COMMUNITY EVENTS



HAPPY NATIONAL SENIOR CITIZENS DAY!

National Senior Citizens Day is celebrated on August 21st to recognize and appreciate the contributions and achievements of the more mature representatives of our nation to society and their families. Older people are valued and to be respected because of their wisdom and experience they have.

President Reagan established the day

when he signed on August 19, 1988, the promulgation of 5847, which appeared on 21 August as National Day of the third age.

We will be celebrating our Alto Stuart Seniors on Wednesday, August 21st at 2:00PM with a Fabulous "1950s Party. 1950s music with Lou Laino and some fun treats.

All are Welcome!

AUGUST HAPPENINGS

EVENTS

We are delighted to announce that our talented Executive Director, Kaitlyn Oteri will be teaching a painting class on Thursday, August 8, 2024 at 10:00am in the cafe. In addition Kaitlyn will host a book club starting on Thursday, August 29, 2024 at 11:00am in the library.

August 2 - Lunch outing - Sushi Yama

August 9 - Lunch outing - Shrimpers Grill

August 16 - TC Mall lunch & shopping, August 23 - Jupiter Lighthouse Museum

Alto Stuart

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



FLOURISH

AUGUST 2024

WHAT'S INSIDE

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Social Calendar

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Upcoming Events + News

"LIVE IN THE SUNSHINE, SWIM THE SEA, DRINK THE WILD AIR'S SALUBRITY"

—RALPH WALDO EMERSON

August 2024

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Around our Community

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4
11:00 **F1** Singing Seniors w/Rhonda
1:30 **CR** Pokeno
2:30 **C** Afternoon Social
3:30 **F1** Faith Family Church

11
10:00 **C** Morning Social w/Pastor Tim
11:00 **F1** Singing Seniors w/Rhonda
1:00 **F1** St. Mary's Communion
1:30 **CR** Pokeno
2:30 **C** Afternoon Social

18
10:00 **F1** Chaplain Lynn Snow
11:00 **F1** Singing Seniors w/Rhonda
1:30 **CR** Pokeno
2:30 **C** Afternoon Social
3:30 **F1** Faith Family Church

25
10:00 **C** Morning Social w/Pastor Jim
11:00 **F1** Singing Seniors w/Rhonda
1:00 **F1** St. Mary's Communion
1:30 **CR** Pokeno
2:30 **C** Afternoon Social

5
9:00 **LB** Local Banks
10:30 **CR** Resident Council
1:00 **LB** Publix
2:00 **F1** Music with Lou Laino
3:00 **C** Monday Mingle
4:00 **FC** Strength Training
6:30 **TH** Evening Movie

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** Monday Mingle
4:00 **FC** Strength Training
6:30 **TH** Evening Movie

19
9:00 **LB** Local Banks
10:00 **LB** Walgreens
11:00 **L** Monday Morning w/Lorraine
12:30 **LB** Mister Softy Ice Cream Truck/ Hosted by Elite Home Health
1:00 **LB** Publix
2:00 **F1** Music with Greg Woods
3:00 **C** Monday Mingle
4:00 **FC** Strength Training

26
Women's Equality 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 Daryl Magill
3:00 **C** Monday Mingle
4:00 **FC** Strength Training
6:30 **TH** Evening Movie

6
10:00 **FC** Morning Stretch
11:00 **FC** Seated Volleyball
1:30 **CR** Bingo
3:00 **C** Coffee & Cookies Social
3:00 **C** Nail Polish with Kelly
4:00 **FC** Strength Training
6:30 **TH** Evening Movie

13
10:00 **FC** Morning Stretch
11:00 **FC** Seated Volleyball
1:30 **CR** Bingo
3:00 **C** Coffee & Cookies Social
3:00 **C** Nail Polish with Kelly
4:00 **FC** Strength Training
6:30 **TH** Evening Movie

20
10:00 **FC** Morning Stretch
11:00 **FC** Seated Volleyball
1:30 **CR** Bingo
3:00 **C** Coffee & Cookies Social
3:00 **C** Nail Polish with Kelly
4:00 **FC** Strength Training
6:30 **TH** Evening Movie

27
10:00 **FC** Morning Stretch
11:00 **FC** Seated Volleyball
1:30 **CR** Bingo
3:00 **C** Coffee & Cookies Social
3:00 **C** Nail Polish with Kelly
4:00 **FC** Strength Training
6:30 **TH** Evening Movie

7
10:00 **FC** Balance & Exercise
10:00 **CH** St. Joseph's Church
10:30 **CR** Hear Again w/ Besty
1:30 **CR** Bingo
3:00 **C** Coffee & Cookies Social
3:00 **F2** Mahjong

14
10:00 **FC** Balance & Exercise
10:00 **CH** St. Joseph's Church
11:00 **CR** Eye Health w/Rachel, Elite Home Health
1:30 **CR** Bingo
3:00 **CR** Ambassador Meeting
3:00 **C** Coffee & Cookies Social
3:00 **F2** Mahjong
4:30 **LB** Dinner outing - Magic Oyster

21
National Senior Citizens Day
10:00 **CH** St. Joseph's Church
10:00 **FC** Chair Yoga w/Kerry
10:30 **DR** Chef Demo
2:00 **F1** Fabulous 1950's Party
3:00 **C** Coffee & Cookies Social
3:00 **F2** Mahjong

28
10:00 **FC** Balance & Exercise
10:00 **CH** St. Joseph's Church
11:00 **CR** Flight Simulator Demo w/Kim & Mark
1:30 **CR** Bingo
2:30 **C** New Resident Forum
3:00 **F2** Mahjong

1
10:00 **FC** Strength Training
10:30 **CR** Certified Dementia-Trilogy HH
1:00 **CR** Pokeno
3:00 **E** Happy Hr. w/Annette & Don
6:30 **TH** Evening Movie

8
International Cat Day!
10:00 **FC** Strength Training
10:00 **C** Painting Class w/Kaitlyn, ED
11:00 **CR** Word Game
1:00 **CR** Pokeno
2:00 **L** Library Committee Meeting
3:00 **E** Happy Hour w/Lou Imperato
6:30 **TH** Evening Movie

15
Natl Lemon Meringue Pie
10:00 **FC** Strength Training
10:30 **C** D.R. Flower Arrangements
1:00 **CR** Pokeno
3:00 **E** Happy Hour w/Daryl Magill
6:30 **TH** Evening Movie

22
10:00 **FC** Strength Training
11:00 **F2** Card Games
1:00 **CR** Pokeno
2:00 **L** Library Committee Meeting
3:00 **F1** Happy Hour w/Nicole Hulet
6:30 **TH** Evening Movie

29
10:00 **FC** Strength Training
11:00 **CR** Word Game
11:00 **L** Book Club w/ Kaitlyn, E.D.
1:00 **CR** Pokeno
3:00 **E** Happy Hour w/Panama Matt
6:30 **TH** Evening Movie

2
Natl Ice Cream Sandwich Day
9:45 **LB** Publix
10:00 **FC** Stretch & Flex
11:00 **CR** 9 Letter Word Game
11:15 **LB** Lunch outing - Sushi Yama
2:00 **CR** Bingo
3:00 **C** Ice Cream Sandwich Social

9
9:45 **LB** Publix
10:00 **FC** Stretch & Flex
11:00 **CR** 9 Letter Word Game
11:15 **LB** Lunch - Shrimpers Grill
2:00 **CR** Bingo
3:00 **C** Friday Meet & Greet

16
9:45 **LB** Publix
10:00 **FC** Stretch & Flex
11:00 **CR** 9 Letter Word Game
11:15 **LB** Treasure Coast Mall & Lunch
2:00 **CR** Bingo
3:00 **CR** Town Hall w/Kaitlyn, E.D.
3:00 **C** Friday Meet & Greet

23
9:45 **LB** Publix
10:00 **FC** Stretch & Flex
11:00 **CR** 9 Letter Word Game
11:15 **LB** Jupiter Lighthouse & Lunch
2:00 **CR** Bingo
3:00 **C** Friday Meet & Greet

30
9:00 **International Friends Day**
9:45 **LB** Publix
10:00 **FC** Stretch & Flex
11:00 **CR** 9 Letter Word Game
1:00 **LB** Mani -Pedi Outing, Stuart
2:00 **CR** Bingo
3:00 **C** Friday Meet & Greet

3
National Watermelon Day
10:00 **F1** First United Methodist Church with Conde
11:00 **E** Seated Volleyball
1:30 **CR** Bingo
3:00 **C** Watermelon Social
6:30 **TH** Evening Movie

10
10:00 **F1** First United Methodist Church with Conde
11:00 **E** Luau Pig Roast
3:00 **C** Coffee & Cookies Social
6:30 **TH** Evening Movie

17
10:00 **F1** First United Methodist Church with Conde
11:00 **E** Seated Volleyball
1:30 **CR** Bingo
3:00 **C** Ice Cream Social
6:30 **TH** Evening Movie

24
10:00 **F1** First United Methodist Church with Conde
11:00 **E** Seated Volleyball
1:30 **CR** Bingo
3:00 **Root Beer Floats**
6:30 **TH** Evening Movie

31
10:00 **F1** First United Methodist Church with Conde
11:00 **E** Seated Volleyball
1:30 **CR** Bingo
3:00 **C** Root Beer Floats Social
6:30 **TH** Evening Movie

Happy Birthday!!

August 2 - Marta A.



August 2 - Blanca V.

August 11 - Charlotte M.

August 12 - Dennie N.

August 15 - Roberta R.

August 24 - Suzanne C.

August 29 - Swealan T.

Monthly Gazette

Flower - Gladiolus

Birthstone - Peridot

Lucky animal - Turtle

Lucky letters - S and G

Lucky day - Thursday

Lucky plant - Hydrangea

LOCATION KEY

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

Sunday

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Saturday

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- 4**
9:30 **AR** News of the day
10:30 **AR** Snack / Hydration
11:00 **F1** Singing Seniors w/Rhonda
2:30 **AR** Table Games
3:30 **P** Afternoon Sunshine
5:00 **DR** Dinner
- 5**
9:30 **AR** News of the day
10:00 **AR** Rise and Shine
10:30 **AR** Snack / Hydration
11:00 **AR** Story Time
2:00 **F1** Music with Lou Laino
3:00 **AR** Cookies & Coffee Chat
3:30 **P** Afternoon Sunshine
5:00 **DR** Dinner
- 11**
9:30 **AR** News of the day
10:30 **AR** Snack / Hydration
11:00 **F1** Singing Seniors w/Rhonda
1:00 **F1** St. Mary's Church
2:30 **AR** Table Games
3:30 **P** Afternoon Sunshine
5:00 **DR** Dinner
- 12**
9:30 **AR** News of the day
10:00 **AR** Rise and Shine
10:30 **AR** Snack / Hydration
11:00 **AR** Story Time
2:00 **F1** Music with Panama Matt
3:00 **AR** Cookies & Coffee Chat
3:30 **P** Afternoon Sunshine
5:00 **DR** Dinner
- 18**
9:30 **AR** News of the day
10:30 **AR** Snack / Hydration
11:00 **F1** Singing Seniors w/Rhonda
2:30 **AR** Table Games
3:30 **P** Afternoon Sunshine
5:00 **DR** Dinner
- 19**
9:30 **AR** News of the day
10:00 **AR** Rise and Shine
10:30 **AR** Snack / Hydration
11:00 **AR** Story Time
12:30 **LB** Mister Softie Ice Cream Truck
2:00 **F1** Music with Greg Woods
3:00 **AR** Cookies & Coffee Chat
3:30 **P** Afternoon Sunshine
5:00 **DR** Dinner
- 25**
9:30 **AR** News of the day
10:30 **AR** Snack / Hydration
11:00 **F1** Singing Seniors w/Rhonda
1:00 **F1** St. Mary's Church
2:30 **AR** Table Games
3:30 **P** Afternoon Sunshine
5:00 **DR** Dinner
- 26**
9:30 **AR** News of the day
10:00 **AR** Rise and Shine
10:30 **AR** Snack / Hydration
11:00 **AR** Story Time
11:30 **AR** Humane Society Pet Visit
2:00 **F1** Music with Daryl Magill
3:00 **AR** Cookies & Coffee Chat
3:30 **P** Afternoon Sunshine
5:00 **DR** Dinner

- 6**
9:30 **AR** News of the day
10:00 **AR** Morning Stretch
10:30 **AR** Snack / Hydration
11:00 **E** Seated Volleyball
1:30 **AR** Nail Polish with Ceila
3:00 **AR** Cookies & Coffee Chat
3:30 **P** Afternoon Sunshine
5:00 **DR** Dinner
- 7**
9:30 **AR** News of the day
10:00 **AR** Chair Yoga w/Kerry
10:30 **CR** Hear Again w/Betsy
11:00 **AR** Baking
1:30 **AR** Painting & Crafts
3:00 **AR** Cookies & Coffee Chat
3:30 **P** Afternoon Sunshine
5:00 **DR** Dinner
- 13**
9:30 **AR** News of the day
10:00 **AR** Morning Stretch
10:30 **AR** Snack / Hydration
11:00 **E** Seated Volleyball
1:30 **AR** Nail Polish with Ceila
3:00 **AR** Cookies & Coffee Chat
3:30 **P** Afternoon Sunshine
5:00 **DR** Dinner
- 20**
9:30 **AR** News of the day
10:00 **AR** Morning Stretch
10:30 **AR** Snack / Hydration
11:00 **E** Seated Volleyball
1:30 **AR** Nail Polish with Ceila
3:00 **AR** Cookies & Coffee Chat
3:30 **P** Afternoon Sunshine
5:00 **DR** Dinner
- 27**
9:30 **AR** News of the day
10:00 **AR** Morning Stretch
10:30 **AR** Snack / Hydration
11:00 **E** Seated Volleyball
1:30 **AR** Nail Polish with Ceila
3:00 **AR** Cookies & Coffee Chat
3:30 **P** Afternoon Sunshine
5:00 **DR** Dinner

- 8**
9:30 **AR** News of the day
10:00 **AR** Circle of Music
10:30 **AR** Snack / Hydration
11:00 **AR** Lavender Hand Massages
1:30 **P** Let's Go for a Walk
3:00 **E** Happy Hr. w/Lou Imperato
5:00 **DR** Dinner
- 14**
9:30 **AR** News of the day
10:00 **AR** Senior Zumba
10:30 **AR** Snack / Hydration
11:00 **CR** Eye Health w/Elite HH
1:30 **AR** Painting & Crafts
3:00 **AR** Cookies & Coffee Chat
3:30 **P** Afternoon Sunshine
5:00 **DR** Dinner
- 21**
National Senior Citizens Day
9:30 **AR** News of the day
10:00 **AR** Senior Zumba
10:30 **AR** Snack / Hydration
11:00 **AR** Baking
2:00 **AR** Fabulous "50s Party"
3:00 **AR** Cookies & Coffee Chat
3:30 **P** Afternoon Sunshine
5:00 **DR** Dinner
- 28**
9:30 **AR** News of the day
10:00 **AR** Senior Zumba
10:30 **AR** Snack / Hydration
11:00 **AR** Flight Demo w/Kim & Mark
1:30 **AR** Painting & Crafts
3:00 **AR** Cookies & Coffee Chat
3:30 **P** Afternoon Sunshine
5:00 **DR** Dinner

- 1**
9:30 **AR** News of the day
10:00 **AR** Circle of Music
10:30 **AR** Snack / Hydration
11:00 **AR** Lavender Hand Massages
1:30 **P** Let's Go for a Walk
3:00 **E** Happy H. w/Annette & Don
5:00 **DR** Dinner
- 9**
9:30 **AR** News of the day
10:00 **AR** Morning Stretch
10:30 **AR** Snack / Hydration
11:00 **AR** Music Therapy
1:30 **AR** Bingo
2:30 **AR** Ice Cream Sandwich Social
3:30 **P** Afternoon Sunshine
5:00 **DR** Dinner
- 15**
National Lemon Meringue Pie
9:30 **AR** News of the day
10:00 **AR** Circle of Music
10:30 **AR** Snack / Hydration
11:00 **AR** Lavender Hand Massages
1:30 **P** Let's Go for a Walk
3:00 **E** Happy Hour w/Daryl Magill
5:00 **DR** Dinner
- 22**
9:30 **AR** News of the day
10:00 **AR** Circle of Music
10:30 **AR** Snack / Hydration
11:00 **AR** Lavender Hand Massages
1:30 **P** Let's Go for a Walk
3:00 **E** Happy Hour w/Nicole Hulett
5:00 **DR** Dinner
- 29**
9:30 **AR** News of the day
10:00 **AR** Circle of Music
10:30 **AR** Snack / Hydration
11:00 **AR** Lavender Hand Massages
1:30 **P** Let's Go for a Walk
3:00 **E** Happy Hour w/ Panama Matt
5:00 **DR** Dinner

- 2**
National Ice Cream Sandwich Day
9:30 **AR** News of the day
10:00 **AR** Morning Stretch
10:30 **AR** Snack / Hydration
11:00 **AR** Music Therapy
1:30 **AR** Bingo
2:30 **AR** Ice Cream Sandwich Social
3:30 **P** Afternoon Sunshine
5:00 **DR** Dinner
- 10**
9:30 **AR** News of the day
10:00 **AR** Morning Fitness
10:30 **AR** Snack / Hydration
11:00 **AR** First Methodist Church
11:30 **P** Patio Time
1:30 **AR** Bingo
2:00 **AR** Cookie & Coffee Chat
5:00 **DR** Dinner
- 16**
9:30 **AR** News of the day
10:00 **AR** Morning Stretch
10:30 **AR** Snack / Hydration
11:00 **AR** Music Therapy
1:30 **AR** Bingo
2:30 **AR** Cookies & Coffee Chat
3:30 **P** Afternoon Sunshine
5:00 **DR** Dinner
- 23**
9:30 **AR** News of the day
10:00 **AR** Morning Stretch
10:30 **AR** Snack / Hydration
11:00 **AR** Music Therapy
1:30 **AR** Bingo
2:30 **AR** Cookies & Coffee Chat
3:30 **P** Afternoon Sunshine
5:00 **DR** Dinner
- 30**
International Friends Day
9:30 **AR** News of the day
10:00 **AR** Morning Stretch
10:30 **AR** Snack / Hydration
11:00 **AR** Music Therapy
1:30 **AR** Bingo
2:30 **AR** Cookies & Coffee Chat
3:30 **P** Afternoon Sunshine
5:00 **DR** Dinner

- 3**
National Watermelon Day
9:30 **AR** News of the day
10:00 **AR** Morning Fitness
10:30 **AR** Snack / Hydration
11:00 **AR** First Methodist Church
11:30 **P** Patio Time
1:30 **AR** Bingo
2:00 **AR** Watermelon Social
5:00 **DR** Dinner
- 17**
9:30 **AR** News of the day
10:00 **AR** Morning Fitness
10:30 **AR** Snack / Hydration
11:00 **AR** First Methodist Church
11:30 **P** Patio Time
1:30 **AR** Bingo
2:00 **AR** Cookie & Coffee Chat
5:00 **DR** Dinner
- 24**
9:30 **AR** News of the day
10:00 **AR** Morning Fitness
10:30 **AR** Snack / Hydration
11:00 **AR** First Methodist Church
11:30 **P** Patio Time
1:30 **AR** Bingo
2:00 **AR** Cookie & Coffee Chat
5:00 **DR** Dinner
- 31**
9:30 **AR** News of the day
10:00 **AR** Morning Fitness
10:30 **AR** Snack / Hydration
11:00 **AR** First Methodist Church
11:30 **P** Patio Time
1:30 **AR** Bingo
2:00 **AR** Cookie & Coffee Chat
5:00 **DR** Dinner

1950's



August's Here
"The brilliant poppy
flaunts her head
Amongst the ripening grain
And adds her voice to
swell the song
That August's here again."
Flower - Gladiolus
Birthstone - Peridot
What's Lucky in August?
Lucky animal: Turtle
Lucky Plant: Hydrangea

LOCATION KEY

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