

UPCOMING COMMUNITY EVENTS



SEASON'S GREETINGS

Happy Holidays from everyone at Alto Stuart. May the holiday season bring happiness and joy to you and your family.

Tis the Season To Be Jolly

Please join us for our annual Christmas Holiday Party

Thursday, December 5, 2024 from 4:00 - 6:00



New Years Eve Party

Tues., December 31, 2024 - 4:00PM

Here's to a bright New Year and a fond farewell to the old.

Here's to the things that are yet to come and the memories that we hold.

DECEMBER OUTINGS

JOIN US!

December 6 - TC Mall Lunch & Shopping

December 12 - Holiday Lights, PSL Botanical Gardens

December 13 - Lunch, Sailors Return

December 27 - Lunch - Benihana

Alto Stuart

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



FLOURISH

DECEMBER 2024

WHAT'S INSIDE

Pg 2-3
Social Calendar

Pg 4
Upcoming Events + News

"HOLLY AND MISTELTOE, CANDLES AND BELLS, I KNOW THE MESSAGE THAT EACH OF YOU TELLS"

—LELAND B. JACOBS

December 2024

Sunday

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

8
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** Matiness Movie

15
10:00 **F1** Chaplain Lynn Snow
11:00 **F1** Singing Seniors Christmas Concert
1:00 **CR** Pokeno
2:30 **C** Afternoon Social
2:30 **TH** Matiness Movie
3:30 **F1** Faith Family Church

22
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** Matiness Movie

29
11:00 **F1** Singing Seniors w/Rhonda
1:00 **CR** Pokeno
2:30 **C** Afternoon Social
2:30 **TH** Matiness Movie

Monday

2
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

9
9:00 **LB** Local Banks
10:00 **LB** Walmart
1:00 **LB** Publix
2:00 **F1** Music with Greg Woods
3:00 **C** Monday Mingle
4:15 **FC** Strength Training
6:30 **TH** Evening Movie

16
9:00 **LB** Local Banks
10:00 **LB** CVS
11:00 **C** BP, w/Melissa, Pinnacle HH
1:00 **LB** Publix
2:00 **F1** Music with Andrea Tesoro
3:00 **C** Monday Mingle
4:15 **FC** Strength Training
6:30 **TH** Evening Movie

23
9:00 **LB** Local Banks
10:00 **Dollar Tree**
11:00 **F1** Humane Society Pet Visit
1:00 **LB** Publix
2:00 **F1** Holiday Music with Lauren
3:00 **C** Monday Mingle
4:15 **FC** Strength Training
6:30 **TH** Evening Movie

30
9:00 **LB** Local Banks
10:00 **Walmart**
1:00 **LB** Publix
2:00 **F1** Music w/Lou Imperato
3:00 **C** Monday Mingle
4:15 **FC** Strength Training
6:30 **TH** Evening Movie

Tuesday

3
10:00 **FC** Fit & Fabulous
10:30 **F1** Pictures with Santa!
1:30 **CR** Bingo
4:15 **FC** Strength Training
6:30 **TH** Evening Movie

10
10:00 **FC** Fit & Fabulous
11:00 **C** Elite Premier HH w/Mary
1:30 **CR** Bingo
2:30 **C** Social Hour
4:15 **FC** Strength Training
6:30 **TH** Evening Movie

17
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

24
10:00 **FC** Fit & Fabulous
11:00 **C** Decorating Christmas Cookies
1:30 **CR** Bingo
2:30 **C** Social Hour
4:15 **FC** Strength Training
6:30 **TH** Evening Movie

31
Happy New Year!
10:00 **FC** Fit & Fabulous
11:00 **C** New Year Eve History & Fun Facts
1:30 **CR** Bingo
4:00 **F1** New Years Eve Cocktail Party w/Lou Laino
6:30 **TH** Evening Movie

Wednesday

4
10:00 **FC** Balance & Exercise
10:00 **CH** St. Joseph's Church
11:00 **C** Basics of the Iphone/Smart Phone
1:30 **CR** Bingo
3:00 **C** Social Hour

11
10:00 **FC** Balance & Exercise
10:00 **CH** St. Joseph's Church
11:00 **C** Elite HH w/Rachel Painting Ornaments & Treats
1:30 **CR** Bingo
2:30 **C** Social Hour
3:00 **CR** Ambassador Meeting

18
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, ED
5:00 **LB** Scenic Christmas Lights Drive
5:00 **LB** Scenic Christmas Lights Drive

25
Merry Christmas Hanukkah Begins
10:00 **FC** Balance & Exercise
11:00 **C** Christmas Morning Gathering /The Meaning of the Candy Cane
1:30 **CR** Christmas Bingo
2:30 **C** Social Hour



Thursday

5
10:00 **FC** Toning and Stretching
1:00 **CR** Pokeno
4:00 **FC** Strength Training
4:00 **F1** Resident & Family Christmas Party w/Nicole
6:30 **TH** Evening Movie

12
10:00 **FC** Toning and Stretching
11:00 **F1** Reflection Ensemble
1:00 **CR** Pokeno
2:00 **L** Library Committee Meeting
3:00 **E** Happy Hour/Brothers Band
4:00 **FC** Strength Training
5:00 **LB** Holiday Lights / PSL Gardens \$5.00 Donation
6:30 **TH** Evening Movie

19
10:00 **FC** Toning and Stretching
11:00 **C** Health Matters w/Melissa
1:00 **CR** Pokeno
3:00 **E** Happy Hour w/Daryl Magill
4:00 **FC** Strength Training
6:30 **TH** Evening Movie

26
10:00 **FC** Toning and Stretching
11:00 **F2** Card Games
11:00 **CR** Brain Matters
1:00 **CR** Pokeno
2:00 **L** Library Committee Meeting
3:00 **E** Happy Hour w/
4:00 **FC** Strength Training
6:30 **TH** Evening Movie



Friday

6
9:45 **LB** Publix
10:00 **FC** Stretch & Flex
11:00 **CR** Word Game
11:30 **LB** TC Mall Lunch & Shopping
1:00 **C** Rummikub
2:00 **CR** Bingo
3:00 **F1** Music Concert w/Shazkya & Students

13
9:45 **LB** Publix
10:00 **FC** Stretch & Flex
11:00 **CR** Word Game
11:30 **LB** Lunch outing - Sailors Return
1:00 **C** Rummikub
2:00 **F1** Tree of Life, TC Hospice
3:00 **C** TC Hospice Social & Dessert

20
9:45 **LB** Publix
10:00 **FC** Stretch & Flex
11:00 **CR** Word Game
1:00 **C** Rummikub
2:00 **F1** Jodi & The Christmas Tappers

27
9:45 **LB** Publix
10:00 **FC** Stretch & Flex
11:00 **CR** Word Game
11:30 **LB** Benihana
1:00 **C** Rummikub
2:00 **CR** Bingo
3:00 **C** Friday Meet & Greet

Alto Stuart

1301 SE Palm Beach Rd
Stuart, FL 34994
(772) 463-7133
www.allegroliving.com

Saturday

7
Pearl Harbor Day
10:00 **F1** First United Methodist Church with Conde
11:00 **E** Seated Volleyball
12:30 **C** Nails with Kelly
1:30 **CR** Bingo
3:00 **C** Social Hour
6:30 **TH** Evening Movie

14
10:00 **F1** First United Methodist Church with Conde
11:00 **E** Seated Volleyball
12:30 **C** Nails with Kelly
1:30 **CR** Bingo
3:00 **F1** Martin County HS Holiday Music
6:30 **TH** Evening Movie

21
Winter Begins
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** Hot Chocolate Social
6:30 **TH** Evening Movie

28
9:00 **Coffee & Cookies Social**
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



December 29 - Deborah K.

December 29 - Carol S.

The Monthly Gazette

Tree - Pine

Flower - Holly

Birthstone - Turquoise

What's Lucky

Lucky Color: Green

Lucky Animal: Coyote

Lucky Letters: L and M

Lucky Day: Wednesday

Lucky Plant: Narccissus

LOCATION KEY

- F1** Family Room
- CR** Comm. Room
- C** Cafe
- TH** Theater
- LB** Lobby
- FC** Fitness Center
- CH** Chapel - 3rd Floor
- E** Ent. Room
- L** Library
- DR** Dining Room

December 2024

Sunday

1

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

8

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

15

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

22

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

29

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

Monday

2

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

9

9:30 **AR** Rise and Shine
10:30 **AR** Hydration & Snack
11:00 **AR** Board Games & Puzzles
2:00 **LB** Scenic Dive
2:00 **F1** Music w/Greg Woods
3:00 **AR** Monday Meet - up
3:30 **P** Outside Patio Time
5:00 **DR** Dinner

16

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

23

9:30 **AR** Rise and Shine
10:30 **AR** Hydration & Snack
11:00 **AR** Board Games & Puzzles
11:30 **AR** Humane Society Pet Visit
2:00 **LB** Scenic Dive
2:00 **F1** Christmas Music w/Lauren
3:00 **AR** Monday Meet - up
3:30 **P** Outside Patio Time
5:00 **DR** Dinner

30

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

Tuesday

3

9:30 **AR** Daily News
10:00 **AR** Our Daily Stretch
11:00 **F1** Pictures with Santa!
1:30 **AR** Nails with Ceila
3:00 **AR** Afternoon Coffee Social
3:30 **P** Outside Patio Time
5:00 **DR** Dinner

10

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

17

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

24

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

31

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

4

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

11

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

18

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

25

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

Thursday

5

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** Nature Documentaries
4:00 **F1** Resident & Family Christmas Party
5:00 **DR** Dinner

12

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** Nature Documentaries
3:00 **E** Happy Hr. w/Brothers Band
5:00 **DR** Dinner

19

9:30 **AR** Daily News
10:00 **AR** Circle of Music
10:30 **AR** Hydration & Snack
11:00 **F1** Reflection Ensemble
1:30 **AR** Nature Documentaries
3:00 **E** Happy Hour w/Daryl Magill
5:00 **DR** Dinner

26

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** Nature Documentaries
3:00 **E** Happy Hr. w/Annette & Don
5:00 **DR** Dinner

Friday

6

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 **F1** Shazkya & her Students Music
3:30 **P** Outside Patio Time
5:00 **DR** Dinner

13

9:30 **AR** Inspiring Mornings
10:00 **AR** Morning Stretch
10:30 **AR** Melissa, Pinnacle HH
10:30 **AR** Hydration & Snack
11:00 **AR** Singing Seniors
2:00 **F1** Tree of Life, TC Hospice
3:00 **AR** Social Time
3:30 **P** Outside Patio Time
5:00 **DR** Dinner

20

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

27

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

7

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** Social Hour
5:00 **DR** Dinner

14

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 **F1** Martin County HS Music
5:00 **DR** Dinner

21

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** Social Hour
5:00 **DR** Dinner

28

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

TITLE

Holiday and misteltoe,



candles and bells, I know the message that each of you tells.

[The Monthly Gazette](#)

Tree - Pine

Flower - Holly

Birthstone - Turquoise

What's Lucky

Lucky Color: Green

Lucky Animal: Coyote

Lucky Letters: L and M

Lucky Day: Wednesday

Lucky Plant: Narcissus

LOCATION KEY

- AR** Activity Room
- F1** Family Room - 1st Floor
- P** Outside Patio
- DR** Dining Room
- LB** Lobby
- E** Ent. Room - 3rd Floor
- C** Cafe



Alto Stuart

1301 SE Palm Beach Rd
Stuart, FL 34994
(772) 463-7133
www.allegroliving.com