

UPCOMING COMMUNITY EVENTS

Join us on November 7th for Allegro at Sea – Journey to Italy. We’ll cruise to Italy’s Tuscany region to enjoy Cappuccino and Biscotti along with a conversation with our very own Italian native, Guglielmo “Bill” Fusco. We’ll travel to the 50 most beautiful spoke in Italy, followed by visiting Italy’s vineyards and having Wint Tasting and Charcuterie. A visit to Italy wouldn’t be complete without a game of Bocce Ball! To end our cruise, we will be having a party in the Encore Bar & Lounge with entertainer, Ashly Cruz. Be sure to join us for this exciting Journey to Italy!



Upcoming Dates:

- November 5th, 12th, 19th @ 2:00PM & 26th @ 3:00PM – Impressionist Art Series
- November 7th – Journey to Italy – All Day
- November 8th, 22nd, 29th – TED Talk & Discussion @ 3:00PM
- November 16th – Concert Series Royal Philharmonic Classis Gala Concert May 2024 @ 2:00PM
- November 21st – Monthly Birthday Bash with T-Bone @ 2:00PM
- November 28th – Happy Thanksgiving

LEADERSHIP TEAM:

- We are excited to introduce you to our Alto of Evergreen Walk Team:
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|---|--|
| Kelly Rydzziel – Executive Director | Justin Rydzziel – Business Office Manager |
| Kate Madigan – Resident Services Director | Peg Contois – Senior Living Advisor |
| Carlos Ortiz – Dining Services Director | Nelson DeJesus – Maintenance Director |
| Stephanie Wearne – Lifestyle Director | Olivia Thomas – Program Director – Ensemble Care |
| Deb Contois – Salon Director | |

Alto Evergreen Walk

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



FLOURISH

November 2024






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Upcoming Events + News

“Life is not measured by the number of breaths we take,
but by the moments that take our breath away.”
— George Carlin

November 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Alto Evergreen Walk</p> <p>1000 Cottonwood Lane South Windsor CT 06074 (860) 288 - 1699 www.AltoEvergreenWalk.com</p>					<p>National Jersey Friday 1 Wear Your Favorite Team Jersey 9:40 This Day in History 10:00 Friday Exercise Fun 10:30 Wordsearch 11:00 Crossword Challenge 1:00 Out Trip 2:00 Movie Matinee 4:00 Drinks by the Fire 6:00 Movie</p>	<p>2 10:00 Saturday Exercise 10:30 Wordsearch 11:00 Crossword Challenge 1:00 Bingo Extravaganza 2:00 Puzzle Time 3:00 Travel – Venice, Florence, Rome 4:00 Happy Hour 6:00 Movie</p>
<p>Daylight Saving Time Ends 3 9:40 This Day in History 10:00 Sunday Mass – Independent 10:00 Meditative Coloring 11:00 Sunday Stretch w/ Sarah 1:30 QiGong w/ Marivik 2:30 Sunday Craft w/ Sarah 3:30 Bocce Ball 4:00 Pictionary 6:00 Movie</p>	<p>4 9:40 This Day in History 10:00 Get Fit Exercise 10:30 Wordsearch Challenge 11:00 Current Events – Independent 11:00 November Facts 1:30 Cornhole 2:30 Word Wheel 3:30 Drum Circle w/ Maggie 4:00 November Trivia & Memories 6:00 Movie</p>	<p>National Donut Day / Election Day 5 10:00 Mass w/ Communion & Rosary 10:30 Daily Wordsearch w/ Donuts 11:00 Stretch w/ Steph 1:00 Choir Rehearsal w/ Richard 2:00 Impressionist Era Art History 3:00 Rummikib – Independent 3:30 Make Memory Boards 3:45 Short Story and Discussion 6:00 Movie</p>	<p>6 9:40 This Day in History 10:00 Flu & COVID Vaccine Clinic 10:30 Wordsearch Challenge 11:00 Calendar Committee 1:30 Jeff the Plant Guy 3:00 Bowling Competition 3:00 Poker – Independent 4:00 Get to Know Your Neighbor 6:00 Movie</p>	<p>Allegro at Sea Journey to Italy 7 9:40 Welcome to Italy – Fun Facts 10:00 Exercise through Rome 10:30 Cappuccino & Biscotti Bar w/ Wordsearch & Chat w/ Bill 1:30 Travel: 50 Most Beautiful Villages in Italy 2:30 Charcuterie Cups & Wine Tasting 3:30 Bocce Ball 4:00 Ashly Cruz – Cruise through Italy Party 6:00 Movie – Bicycle Thieves</p>	<p>8 9:40 This Day in History 10:00 Friday Exercise Fun 10:30 Wordsearch 11:00 Gratitude Circle 11:30 Out Trip – Maggie McFly's Restaurant 2:00 Cornhole 3:00 TED Talk & Discussion 4:00 Drinks by the Fire 6:00 Movie</p>	<p>9 10:00 Rock n' Exercise 10:30 Wordsearch Challenge 11:00 Family Feud 1:00 Bingo Extravaganza 2:00 Words Within a Word Challenge 3:00 Fireside Chat 4:00 Happy Hour 6:00 Movie</p>
<p>10 9:40 This Day in History 10:00 Sunday Mass – Independent 10:00 Puzzle Time 11:00 Sunday Stretch 1:30 Noodle Volleyball 2:00 Movie Matinee w/ Popcorn 4:00 Whiteboard Word Games 6:00 Movie</p>	<p>Veterans Day 11 9:40 This Day in History 10:00 Get Fit Exercise 10:30 Wordsearch Challenge 11:00 Current Events – Independent 1:30 Cornhole 2:30 Veterans Day Discussion 3:00 Patriotic Sing Along 3:30 Fireside Chat 6:00 Movie</p>	<p>Nat'l Chicken Soup for the Soul Day 12 10:00 Mass w/ Communion & Rosary 10:30 Daily Wordsearch 11:00 Watercolors w/ Paul 1:30 Stretch w/ Steph 2:00 Impressionist Art – Claude Monet 2:45 Chicken Soup for the Soul Discussion 3:00 Rummikib – Independent 3:30 Golf in a Box 4:00 Name That Tune Tuesday 6:00 Movie</p>	<p>13 9:40 This Day in History 10:00 Sunrise Stretch 10:30 Coffee w/ the Mayor 10:30 Crossword Challenge 1:30 Cornhole 2:15 Poetry Discovering Haiku 3:00 Bowling 3:00 Poker – Independent 4:00 ABC 123 Word Game 6:00 Movie</p>	<p>14 9:40 This Day in History 10:00 Stretch It Out Exercise 10:30 Wordsearch 10:30 Crossword Challenge 1:30 Walk to Stay Fit 2:00 Ladie's Tea Party 2:00 Men's Club 3:00 Health Talk w/ Karla 3:00 Set Back Card Game – Independent 4:00 Fireside Chat 6:00 Movie</p>	<p>15 9:40 This Day in History 10:00 Friday Exercise Fun 10:30 Reborns w/ Reasons 1:00 Out Trip – Revolutions Bowling 2:00 Movie Matinee 4:00 Drinks by the Fire 6:00 Movie</p>	<p>16 10:00 Rock n' Exercise 10:30 Crossword Challenge 11:00 Family Feud 1:00 Bingo Extravaganza 2:00 Concert Series Royal Philharmonic Classic Gala Concert May 2024 4:00 Happy Hour 6:00 Movie</p>
<p>17 9:40 This Day in History 10:00 Sunday Mass – Independent 10:00 Meditative Coloring 11:00 Sunday Stretch w/ Sarah 1:30 QiGong w/ Marivik 2:30 Thanksgiving Craft w/ Sarah 3:30 Ladderball 4:00 Trivia Challenge 6:00 Movie</p>	<p>18 9:40 This Day in History 10:00 Get Fit Exercise 10:30 Wordsearch Challenge 11:00 Current Events – Independent 1:30 Cornhole 2:30 Meditative Coloring 3:30 Pokeno 4:00 Joggin' Your Noggin 6:00 Movie</p>	<p>19 10:00 Mass w/ Communion & Rosary 10:30 Daily Wordsearch 11:00 Stretch w/ Steph 1:00 Choir Rehearsal w/ Richard 2:00 Impressionist Art – Pierre August Renoir 3:00 Rummikib – Independent 3:30 Short Story and Discussion 6:00 Movie</p>	<p>20 9:40 This Day in History 10:00 Sunrise Stretch 10:30 Coffee & Wordsearch 11:00 Enhabit Health Talk w/ Kylie 1:30 Bucket Pong 2:00 Veteran's Club 2:15 Balloon Burst 3:00 Bowling 3:00 Poker – Independent 4:00 Whiteboard Word Games 6:00 Movie</p>	<p>21 9:40 This Day in History 10:00 Stretch It Out Exercise 10:30 Crossword Challenge 10:30 Wordsearch 1:30 Walk to Stay Fit 2:00 T-Bone – Monthly Birthday Bash 3:00 Pokeno 3:00 Set Back Card Game – Independent 4:00 Fireside Chat 6:00 Movie</p>	<p>22 9:40 This Day in History 10:00 Friday Exercise Fun 10:30 Wordsearch 11:30 Hibachi Grill Buffet Restaurant 2:00 Golf in a Box 3:00 TED Talk & Discussion 4:00 Drinks by the Fire 6:00 Movie</p>	<p>23 10:00 Saturday Exercise 10:30 Wordsearch 1:00 Bingo Extravaganza 2:00 Word Wheel 3:00 Skip Bo Card Game 4:00 Happy Hour 6:00 Movie</p>
<p>24 9:40 This Day in History 10:00 Sunday Mass – Independent 10:00 Meditative Coloring 11:00 Sunday Stretch 2:00 Pokeno 3:00 Crafting w/ Stephanie 4:00 Thanksgiving Trivia 6:00 Movie</p>	<p>25 9:40 This Day in History 10:00 Get Fit Exercise 10:30 Wordsearch Challenge 11:00 Current Events – Independent 1:30 Cornhole 2:30 Scrabble 3:30 Finish the Phrase 4:00 ABC 123 Word Game 6:00 Movie</p>	<p>26 9:40 This Day in History 10:00 Mass w/ Communion & Rosary 10:30 Daily Wordsearch 11:00 Watercolors w/ Paul 1:30 Stretch w/ Steph 2:00 Resident Council Meeting 3:00 Impressionist Art - Painting 3:00 Rummikib – Independent 3:45 A Look Back at Macy's Balloons 6:00 Movie</p>	<p>27 9:40 This Day in History 10:00 Sunrise Stretch 10:30 Oil Painting w/ Brianna 10:30 Wordsearch 1:30 Tech Class 2:15 Poetry Discussion & Reading 3:00 Poker – Independent 4:00 Wacky Wednesday Trivia 6:00 Movie</p>	<p>Thanksgiving Day 28 9:00 Macy's Day Parade 11:00 Thanksgiving Lunch 1:00 Matinee – Holidate 6:00 Movie – First Daughter</p>	<p>29 9:40 This Day in History 10:00 Friday Exercise Fun 10:30 Wordsearch 11:00 Gratitude Circle 2:00 Cornhole 3:00 TED Talk & Discussion 4:00 Drinks by the Fire 6:00 Movie</p>	<p>30 10:00 Saturday Exercise 10:30 Wordsearch 1:00 Bingo Extravaganza 2:00 Ladderball 3:00 Domines 4:00 Happy Hour 6:00 Movie</p>

November 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Alto Evergreen Walk 1000 Cottonwood Lane South Windsor CT 06074 (860) 288 - 1699 www.AltoEvergreenWalk.com</p>					<p>1 9:30 Let's Make a Deal 10:00 Morning Mass 10:30 Morning Movement 11:00 Refresh and Relax 1:30 Live Music w/ Larry Batter 2:30 Afternoon Snack 3:00 Movie Matinee 5:30 Orchestra Live</p>	<p>2 9:30 New News! 10:00 Morning Mass 10:30 Sunrise Stretches 11:00 Mix and Match 1:30 Connect Four 2:30 Afternoon Snack 3:00 Sensory Station 3:30 Travel to Ohio 4:00 Karaoke Zone 5:30 Movie Night</p>
<p>3 9:30 New News! 10:00 Morning Mass 10:30 Sunday Stretches 11:00 Match It Up 1:30 Chair Volleyball 2:00 Daylight Savings Facts 3:00 Walking Club 3:30 Sunset Travels 4:00 Singing w/ Susie Q 5:30 A Night at The Movies</p>	<p>4 9:30 Family Feud 10:00 Morning Mass 10:30 Moving and Grooving 11:00 Famous Faces 1:30 Cornhole Tournament 2:30 Candy Count 3:00 Monday Mocktails 3:30 Road Trip Scenes 4:00 Symphony Tunes 5:30 Dick Van Dyke Show</p>	<p>5 9:30 Price Is Right 10:00 Morning Mass 10:30 Baking Group (Donuts) 1:30 Afternoon Exercise 2:30 Donut Decorating 3:00 Craft Corner 4:00 Oldies but Goodies 6:00 I Love Lucy</p>	<p>6 10:00 Morning Mass 10:30 Midweek Stretch 11:00 Bingo 1:30 Bowling Trip 1:30 Great British Bake Off 3:00 Music Circle 3:30 Exploring Landmarks 4:00 Music Memory 5:30 Midweek Movie</p>	<p>Allegro at Sea: Italy 7 10:00 Morning Mass 10:30 Running to Italy 11:00 Coffee and Facts 1:30 Roman Gladiators 2:30 Italian Wine Trail 3:00 Italy Trivia 3:30 Travel to Italy 4:00 Italian Tunes 5:30 Bonanza</p>	<p>8 9:30 Let's Make a Deal 10:00 Morning Mass 10:30 Morning Movement 11:00 Refresh and Relax 1:30 Putt Putt 2:30 Afternoon Snack 3:00 Movie Matinee 5:30 Orchestra Live</p>	<p>9 9:30 New News! 10:00 Morning Mass 10:30 Sunrise Stretches 11:00 Bean Bag Toss 1:30 Color Corner 2:30 Afternoon Snack 3:00 Sensory Station 3:30 Travel to Louisiana 4:00 Karaoke Zone 5:30 Movie Night</p>
<p>10 9:30 New News! 10:00 Morning Mass 10:30 Sunday Stretches 11:00 Match It Up 1:30 Chair Volleyball 2:00 Who Am I? 3:00 Walking Club 3:30 Sunset Travel 4:00 Singing w/ Susie Q 5:30 A Night at The Movies</p>	<p>Veterans Day 11 9:30 Family Feud 10:00 Morning Mass 10:30 Moving and Grooving 11:00 Veterans Day History 1:30 Letters to Our Troops 2:30 Ice Cream Sundae's 3:00 Veterans Day Video 5:30 Dick Van Dyke Show</p>	<p>12 9:30 Price Is Right 10:00 Morning Mass 10:30 Baking Group (Caramel Apple Grapes) 1:30 Sound Meditation 2:30 Balloon Burst 3:00 Craft Corner 4:00 Oldies but Goodies 6:00 I Love Lucy</p>	<p>13 9:30 Wheel of Fortune 10:00 Morning Mass 10:30 Midweek Stretch 11:00 Bingo 11:30 Lunch Trip 1:30 Bean Bag Toss 3:00 Music Circle 3:30 Exploring Landmarks 4:00 Music Memory 5:30 Midweek Movie</p>	<p>14 9:30 Deal or No Deal 10:00 Morning Mass 10:30 Chair Yoga 11:00 Cup Pong 1:30 Ring Toss 2:30 Afternoon Snack 3:00 Hand Massages 3:30 Timeless Traveler 4:00 Throwback Tunes 5:30 Bonanza</p>	<p>15 9:30 Let's Make a Deal 10:00 Morning Mass 10:30 Morning Movement 11:00 Refresh and Relax 1:30 Putt Putt 2:30 Afternoon Snack 3:00 Movie Matinee 5:30 Orchestra Live</p>	<p>16 9:30 New News! 10:00 Morning Mass 10:30 Sunrise Stretches 11:00 Balloon Burst 1:30 Noodle Swat 2:30 Afternoon Snack 3:00 Sensory Station 3:30 Travel to Indiana 4:00 Karaoke Zone 5:30 Movie Night</p>
<p>17 9:30 New News! 10:00 Morning Mass 10:30 Sunday Stretches 11:00 Match It Up 1:30 Chair Volleyball 2:00 Finish the Lyrics 3:00 Walking Club 3:30 Sunset Travel 4:00 Singing w/ Susie Q 5:30 A Night at The Movies</p>	<p>18 9:30 Family Feud 10:00 Morning Mass 10:30 Moving and Grooving 11:00 Famous Faces 1:30 Cornhole Tournament 3:00 Monday Mocktails 3:30 Road Trip Scenes 4:00 Symphony Tunes 5:30 Dick Van Dyke Show</p>	<p>19 9:30 Price Is Right 10:00 Morning Mass 10:30 Walk It out 11:00 Watercolor Class 1:30 Afternoon Exercise 2:30 List It Word Game 3:00 Craft Corner 4:00 Oldies but Goodies 6:00 I Love Lucy</p>	<p>20 9:30 Wheel of Fortune 10:00 Morning Mass 10:30 Midweek Stretch 11:00 Bingo 1:30 Scenic Drive 2:30 Afternoon Snack 3:00 Music Circle 3:30 Exploring Landmarks 4:00 Music Memory 5:30 Midweek Movie</p>	<p>21 9:30 Deal or No Deal 10:00 Morning Mass 10:30 Chair Yoga 11:00 Cup Pong 1:30 Ring Toss 2:30 Afternoon Snack 3:00 Hand Massages 3:30 Timeless Traveler 4:00 Throwback Tunes 5:30 Bonanza</p>	<p>22 9:30 Let's Make a Deal 10:00 Morning Mass 10:30 Morning Movement 11:00 Refresh and Relax 1:30 Putt Putt 2:30 Afternoon Snack 3:00 Movie Matinee 5:30 Orchestra Live</p>	<p>23 9:30 New News! 10:00 Morning Mass 10:30 Sunrise Stretches 11:00 Wordle 1:30 Chair Soccer 2:30 Afternoon Snack 3:00 Sensory Station 3:30 Travel to Ireland 4:00 Karaoke Zone 5:30 Movie Night</p>
<p>27 9:30 New News! 10:00 Morning Mass 10:30 Sunday Stretches 11:00 Match It Up 1:30 Chair Volleyball 2:00 Who, What, Where 3:00 Walking Club 3:30 Sunset Travels 4:00 Singing w/ Susie Q 5:30 A Night at The Movies</p>	<p>25 9:30 Family Feud 10:00 Morning Mass 10:30 Moving and Grooving 11:00 Famous Faces 1:30 Cornhole Tournament 2:30 M-Y-O Parfait 3:00 Monday Mocktails 3:30 Road Trip Scenes 4:00 Symphony Tunes 5:30 Dick Van Dyke Show</p>	<p>26 9:30 Price Is Right 10:00 Morning Mass 10:30 Baking Group (Pumpkin Bread) 1:30 Afternoon Exercise 2:30 Word Wheel 3:00 Turkey Craft 4:00 Oldies but Goodies 6:00 I Love Lucy</p>	<p>27 9:30 Wheel of Fortune 10:00 Morning Mass 10:00 Midweek Stretch 10:30 Coffee at The Park 1:30 "I Am Thankful For" 2:30 Afternoon Snack 3:00 Music Circle 3:30 Exploring Landmarks 4:00 Music Memory 5:30 Midweek Movie</p>	<p>Thanksgiving Day 28 9:30 Deal or No Deal 10:00 Morning Mass 10:30 Macy's Day Parade 11:30 Thanksgiving Lunch 1:30 Afternoon Matinee 4:00 Throwback Tunes</p>	<p>29 9:30 Let's Make a Deal 10:00 Morning Mass 10:30 Morning Movement 11:00 Refresh and Relax 1:30 Putt Putt 2:30 Afternoon Snack 3:00 Movie Matinee 5:30 Orchestra Live</p>	<p>30 9:30 New News! 10:00 Morning Mass 10:30 Sunrise Stretches 11:00 List It 1:30 Word in A Word 2:30 Afternoon Snack 3:00 Sensory Station 3:30 Travel to Mississippi 4:00 Karaoke Zone 5:30 Movie Night</p>