

UPCOMING COMMUNITY EVENTS



VETERANS DAY

Veterans Day, November 11th honors our military veterans who have served in the armed forces and those killed in the country's wars. The observance originated in 1919 on the first anniversary of the 1918 armistice that ended World War I and was commemorated in 1921 with the burial of an unknown soldier from World War I at Arlington National Cemetery in Arlington Virginia.



Happy Thanksgiving

November is the time to be thankful, a time to remember and embrace those who enrich our lives as we reflect on blessings and gratitude with a thankful heart. Sending you, your family and friends good wishes, peace, love and joy.

NOVEMBER HAPPENINGS

FRIDAY OUTINGS

- November 1 - Lunch - Twin Dragons
- November 8 - Navy Seal Museum & Lunch
- November 15 - Lunch - Berry Fresh
- November 22 - Mani Pedi outing
- November 29 - Shopping - House of Hope

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



FLOURISH

NOVEMBER 2024

WHAT'S INSIDE

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Social Calendar

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Upcoming Events + News

"NOVEMBER IS TIED TOGETHER WITH THE HEARTSTRINGS OF GRATITUDE"

—J.A. MCINTOSH

November 2024

Sunday



Monday



Tuesday



Wednesday

Thursday

Friday

Saturday

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1301 SE Palm Beach Rd
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www.allegroliving.com

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

10
10:00 **C** Moening 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

17
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

24
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

4
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
4:15 **FC** Strength Training
6:30 **TH** Evening Movie

11 Veterans Day
9:00 **LB** Local Banks
10:00 **LB** CVS
1:00 **LB** Publix
2:00 **F1** Honoring our Veterans Ceremony
3:00 **C** Veterans Social
4:15 **FC** Strength Training
6:30 **TH** Evening Movie

18
9:00 **LB** Local Banks
10:00 **LB** Walgreens
11:00 **C** BP, w/Melissa, Pinnacle HH
1:00 **LB** Publix
2:00 **F1** Music with Jodi
3:00 **C** Monday Mingle
4:15 **FC** Strength Training
6:30 **TH** Evening Movie

25
9:00 **LB** Local Banks
10:00 **LB** Dollar Tree
11:00 **F1** Humane Society Pet Visit
1:00 **LB** Publix
2:00 **F1** Music with Panama Matt
3:00 **C** Monday Mingle
4:15 **FC** Strength Training
6:30 **TH** Evening Movie

5 Election Day
10:00 **FC** Fit & Fabulous
11:00 **E** Seated Volleyball
1:30 **CR** Bingo
3:00 **C** Social Hour
3:00 **C** Nails with Kelly
4:15 **FC** Strength Training
6:30 **TH** Evening Movie

12
10:00 **FC** Fit & Fabulous
11:00 **E** Seated Volleyball
1:30 **CR** Bingo
3:00 **C** Social Hour
3:00 **C** Nails with Kelly
4:15 **FC** Strength Training
6:30 **TH** Evening Movie

19
10:00 **FC** Fit & Fabulous
11:00 **C** Crafting w/Ann - Activa HH
1:30 **CR** Bingo
3:00 **C** Social Hour
3:00 **C** Nails with Kelly
4:15 **FC** Strength Training
6:30 **TH** Evening Movie

26 National Cake Day
10:00 **FC** Fit & Fabulous
11:00 **E** Seated Volleyball
1:30 **CR** Bingo
3:00 **C** Social Hour
3:00 **C** Nails with Kelly
4:15 **FC** Strength Training
6:30 **TH** Evening Movie

6
10:00 **FC** Balance & Exercise
10:00 **CH** St. Joseph's Church
11:00 **C** Word Game
1:30 **CR** Bingo
3:00 **C** Social Hour

13
10:00 **FC** Balance & Exercise
10:00 **CH** St. Joseph's Church
11:00 **CR** Wiser Wednesday Games
1:30 **CR** Bingo
3:00 **CR** Ambassador Meeting
3:00 **C** Social Hour

20
10:00 **FC** Balance & Exercise
10:00 **CH** St. Joseph's Church
10:30 **DR** Chef Demo
1:30 **CR** Bingo
3:00 **CR** Town Hall w/Kaitlyn, ED
4:30 **LB** Dinner outing - Fresh Catch

27
10:00 **FC** Balance & Exercise
10:00 **CH** St. Joseph's Church
11:00 **C** Making Apple Cheesecake Truffle
2:00 **F1** Steel Drums w/Adrian
3:00 **C** Social Hour

7
10:00 **FC** Toning and Stretching
10:00 **LB** Fall Fest & Health Fair
1:00 **CR** Pokeno
3:00 **E** Happy Hour w/Nicole Hulett
4:00 **FC** Strength Training
6:30 **TH** Evening Movie

14
10:00 **FC** Toning and Stretching
11:00 **CR** Resident Spotlight Rich A.
1:00 **CR** Pokeno
2:00 **L** Library Committee Meeting
3:00 **E** Happy Hr. The Brothers Band
4:00 **FC** Strength Training
6:30 **TH** Evening Movie

21
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

28 Happy Thanksgiving
9:00 **C** Macy's Thanksgiving Day Parade
10:00 **FC** Toning and Stretching
11:00 **C** Thanksgiving Blessings
1:00 **CR** Pokeno
2:00 **C** Thanksgiving Trivia
3:00 **L** Library Committee Meeting
4:00 **FC** Strength Training
6:30 **TH** Evening Movie

1 All Saints Day
9:45 **LB** Publix
10:00 **FC** Stretch & Flex
11:00 **CR** 9 Letter Word Game
11:15 **LB** Lunch - Twin Dragons
1:00 **C** Rummikub
2:00 **CR** Bingo
3:00 **C** Friday Meet & Greet

8
9:45 **LB** Publix
10:00 **FC** Stretch & Flex
11:00 **CR** 9 Letter Word Game
11:00 **LB** Navy Seal Museum & Lunch
1:00 **C** Rummikub
2:00 **CR** Bingo
3:00 **C** Friday Meet & Greet

15
9:45 **LB** Publix
10:00 **FC** Stretch & Flex
11:00 **CR** 9 Letter Word Game
11:15 **LB** Lunch outing - Berry Fresh
1:00 **C** Rummikub
2:00 **CR** Bingo
3:00 **C** Friday Meet & Greet

22
9:45 **LB** Publix
10:00 **FC** Stretch & Flex
11:00 **CR** 9 Letter Word Game
1:00 **C** Rummikub
1:00 **LB** Mani - Pedi outing
2:00 **CR** Bingo
3:00 **C** Friday Meet & Greet

29
9:45 **LB** Publix
10:00 **FC** Stretch & Flex
11:00 **CR** 9 Letter Word Game
1:00 **C** Rummikub
1:00 **LB** Shopping -House of Hope
2:00 **CR** Bingo
3:00 **C** Friday Meet & Greet

2
10:00 **C** Brain Teasers
11:00 **E** Seated Volleyball
1:30 **CR** Bingo
3:00 **C** Social Hour
6:30 **TH** Evening Movie

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

16
10:00 **F1** First United Methodist Church with Conde
11:00 **E** Seated Volleyball
1:30 **CR** Bingo
3:00 **C** Social Hour
6:30 **TH** Evening Movie

23
9:00 Coffee & Cookies Social
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
3:00 **C** Social Hour
6:30 **TH** Evening Movie

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

Around our Community

Happy Birthday



November 6 - Jeffrey S.

November 11 - Robert S.

November 13 - Jeffrey K.

November 22 - Cecilia G.

November 25 - Emily J.

Monthly Gazette

Birthstone - Yellow Topaz

Flower - Chrysanthemum

Tree - Cedar

Lucky Color - Teal

LOCATION KEY

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

Sunday



Monday



Tuesday



Wednesday

Thursday

Friday

Saturday

Around our Community

3
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

10
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

17
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

24
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

4
9:30 **AR** Rise and Shine
10:30 **AR** Hydration & Snack
11:00 **AR** Board Games & Puzzles
2:00 **F1** Music with Lou Laino
3:00 **AR** Monday Meet - up
3:30 **P** Outside Patio Time
5:00 **DR** Dinner

11
9:30 **AR** Rise and Shine
10:30 **AR** Hydration & Snack
11:00 **AR** Board Games & Puzzles
2:00 **F1** Honoring our Veterans Ceremony
3:00 **C** Veterans Gathering
3:30 **P** Outside Patio Time
5:00 **DR** Dinner

18
9:30 **AR** Rise and Shine
10:30 **AR** Hydration & Snack
11:00 **AR** Board Games & Puzzles
2:00 **F1** Music with Jodi
3:00 **AR** Monday Meet - up
3:30 **P** Outside Patio Time
5:00 **DR** Dinner

25
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 **F1** Music with Panama Matt
3:00 **AR** Monday Meet - up
3:30 **P** Outside Patio Time
5:00 **DR** Dinner

5
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

12
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

19
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

26
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

6
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

13
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

20
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

27
9:30 **AR** Inspiring Mornings
10:00 **AR** Senior Zumba
10:30 **AR** Hydration & Snack
11:00 **AR** Remember When
2:00 **F1** Adrian/Steel Drums
3:00 **AR** Conversations & Coffee
3:30 **P** Outside Patio Time
5:00 **DR** Dinner

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7
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 Hour w/ Nicole Hullet
5:00 **DR** Dinner

14
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. Brothers Band
5:00 **DR** Dinner

21
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 Hour w/Daryl Magill
5:00 **DR** Dinner

28
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 Hour with
5:00 **DR** Dinner

1
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

8
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
1:30 **AR** Bingo
3:00 **AR** Social Time
3:30 **P** Outside Patio Time
5:00 **DR** Dinner

15
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

22
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

29
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

2
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

9
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

16
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

23
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

30
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

Special Days

November 1 - All Saints' Day
November 5 - Election Day
November 9 - World Freedom Day
November 11 - Veterans Day
November 26 - National Cake Day
November 28 - Thanksgiving Day

Monthly Gazette

Tree - Cedar
Birthstone - Yellow Topaz
Lucky Color - Teal
Lucky Animal - Panther
Lucky Letters - T and B
Lucky Day - Friday
Lucky Plant - Aster

LOCATION KEY

AR Activity Room
P Outside Patio
DR Dining Room
F1 Family Room
E Ent. Room
C Cafe