

## UPCOMING COMMUNITY EVENTS

Election time is nearing! The South Windsor Registrar of Voters will be coming to our community to assist in requesting an absentee ballot for the upcoming election. They will be here the first three Tuesdays of October. The first visit is to fill out the applications for absentee ballots; the second visit to fill out ballots and fill out any applications that were missed from the first visit; and a third visit for the last ballots to be filled out.

- Tuesday, October 1<sup>st</sup> @ 9:30AM
- Tuesday, October 8<sup>th</sup> @ 9:30AM
- Tuesday, October 15<sup>th</sup> @ 9:30AM



October 7<sup>th</sup> Make Chocolate Covered Pretzels @ 2:30PM

October 8<sup>th</sup> A Brief History of Art Movement @ 2:00PM

October 11<sup>th</sup> & 25<sup>th</sup> TED Talk & Discussion @ 2:00PM

October 23<sup>rd</sup> Technology Class @ 1:30PM

October 24<sup>th</sup> Trick or Treat Day @ 2:15PM

Invite Grandchildren, Nieces & Nephews

October 29<sup>th</sup> Technology Class @ 2:15PM

## LEADERSHIP TEAM:

We are excited to introduce you to our Alto of Evergreen Walk Team:

Kelly Rydzien – Executive Director

Justin Rydzien – 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

October 2024

## WHAT'S INSIDE

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Social Calendar

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Upcoming Events + News

“Happiness is like a butterfly which, when pursued is always beyond our grasp, but if you will sit down quietly, may alight upon you.”

— Nathaniel Hawthorne

# October 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Alto Evergreen Walk</b></p> <p>1000 Cottonwood Lane South Windsor CT 06074 (860) 288 - 1699 <a href="http://www.AltoEvergreenWalk.com">www.AltoEvergreenWalk.com</a></p>		<p><b>Nat'l Homemade Cookies Day 1</b> 9:30   South Windsor Registrar 10:00   Mass w/ Communion &amp; Rosary 10:30   Daily Wordsearch 11:00   Stretch w/ Steph 1:00   Choir Rehearsal w/ Richard 2:00   Scrabble 3:00   Bake Cookies 3:30   Rummikib – Independent 3:45   Short Story and Discussion 6:00   Movie</p>	<p><b>Rosh Hashanah Begins 2</b> 9:40   This Day in History 10:00   Sunrise Stretch 10:40   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><b>3</b> 9:40   This Day in History 10:00   Stretch It Out Exercise 10:40   Wordsearch 1:30   Walk to Stay Fit 2:00   Family Feud &amp; Jeopardy 3:00   Set Back Card Game – Independent 3:00   Bocce Ball 4:00   Fireside Chat 6:00   Movie</p>	<p><b>4</b> 9:40   This Day in History 10:00   Friday Exercise Fun 10:30   Daily Wordsearch 11:00   Crossword Challenge 1:30   Ladderball 2:00   Matinee w/ Popcorn "Titanic" 4:00   Drinks by the Fire 6:00   Movie</p>	<p><b>5</b> 9:40   This Day in History 10:00   Saturday Exercise 10:30   Crossword Challenge 11:00   Daily Wordsearch 1:00   Bingo Extravaganza 2:00   Puzzle Time 2:30   Entertainment – River Valley Duo 3:30   Whiteboard Word Games 6:00   Movie</p>
<p><b>6</b> 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   Trivia Challenge 6:00   Movie</p>	<p><b>Nat'l Chocolate Covered Pretzel Day 7</b> 9:40   This Day in History 10:00   Get Fit Exercise 10:30   Wordsearch Challenge 11:00   Current Events – Independent 11:00   October Facts 1:30   Cornhole <b>2:30   Make Chocolate Covered Pretzels</b> 3:30   Rummy Card Game 4:00   October Trivia &amp; Memories 6:00   Movie</p>	<p><b>8</b> 9:30   South Windsor Registrar 10:00   Mass w/ Communion &amp; Rosary 10:30   Daily Wordsearch 11:00   Watercolors w/ Paul 1:30   Stretch w/ Steph <b>2:00   A Brief History of Art Movements</b> 2:45   Word Wheel Game 3:00   Rummikib – Independent 3:30   Golf in a Box 4:00   Name That Tune Tuesday 6:00   Movie</p>	<p><b>9</b> 9:40   This Day in History 10:00   Sunrise Stretch 10:30   Coffee and Wordsearch 10:30   Crossword Challenge 1:30   Cornhole 2:15   Poetry Writing 3:00   Bowling Competition 3:00   Poker – Independent 4:00   ABC 123 Word Game 6:00   Movie</p>	<p><b>10</b> 9:40   This Day in History 10:00   Stretch It Out Exercise 10:40   Wordsearch 10:40   Book Reading w/Caitlin 1:30   Walk to Stay Fit 2:00   10 Clue What Is It Game <b>3:00   Health Talk w/ Karla</b> 3:00   Set Back Card Game – Independent 4:00   Fireside Chat 6:00   Movie</p>	<p><b>Yom Kippur Begins 11</b> 9:40   This Day in History 10:00   Friday Exercise Fun 10:30   Daily Wordsearch <b>11:30   Northwest Park Windsor Picnic</b> 2:00   TED Talk &amp; Discussion 3:00   Cornhole 3:45   Drinks by the Fire 6:00   Movie</p>	<p><b>Nat'l I Love Yarn Day 12</b> 9:40   This Day in History 10:00   Rock n' Exercise 10:30   Wordsearch Challenge 11:00   Family Feud 1:00   Bingo Extravaganza 2:00   Dot to Dot Yarn Craft 3:00   Fireside Chat 4:00   Whiteboard Word Games 6:00   Movie</p>
<p><b>Breast Cancer Awareness Day 13</b> <b>Wear PINK</b> 9:40   This Day in History 10:00   Sunday Mass – Independent 10:00   Puzzle Time 11:00   Sunday Stretch w/ Sarah 1:30   Noodle Volleyball 2:00   Movie Matinee w/ Popcorn 4:00   Trivia Challenge 6:00   Movie</p>	<p><b>Columbus Day 14</b> 9:40   This Day in History 10:00   Get Fit Exercise 10:30   Wordsearch Challenge 11:00   Current Events – Independent 11:00   Daily Crossword 1:30   Cornhole 2:30   Balloon Burst 3:00   Family Feud 3:30   Fireside Chat 6:00   Movie</p>	<p><b>15</b> 9:30   South Windsor Registrar 10:00   Mass w/ Communion &amp; Rosary 10:30   Daily Wordsearch 11:00   Stretch w/ Steph 1:00   Choir Rehearsal w/ Richard 2:00   Scrabble 3:00   Ladderball 3:00   Rummikib – Independent 3:45   Short Story and Discussion 6:00   Movie</p>	<p><b>Sukkot Begins 16</b> 9:40   This Day in History 10:00   Sunrise Stretch 10:30   Coffee and Wordsearch 10:30   Crossword Challenge 1:30   Ladderball 2:00   Apple Snack Craft 3:00   Bowling Competition 3:00   Poker – Independent 4:00   Whiteboard Word Games 6:00   Movie</p>	<p><b>17</b> 9:40   This Day in History 10:00   Stretch It Out Exercise 10:30   Wordsearch 10:40   Book Reading w/Caitlin 1:30   Walk to Stay Fit <b>2:00   Tom Varhol – Monthly Birthday Bash</b> 3:00   Set Back Card Game – Independent 4:00   Fireside Chat 6:00   Movie</p>	<p><b>18</b> 9:40   This Day in History 10:00   Friday Exercise Fun 10:30   Reborns w/ Reasons <b>1:00   Foliage and Scarecrow Outing</b> 2:00   Pokeno 3:00   Tom Varhol – 3:45   Drinks by the Fire 4:30   Virtual Shabbat – Independent 6:00   Movie</p>	<p><b>19</b> 9:40   This Day in History 10:00   Rock n' Exercise 10:30   Crossword Challenge 1:00   Bingo Extravaganza 2:00   Concert Series: Andrea Boccelli – "Under the Dessert Sky" (2006) 4:00   Words Within a Word Challenge 6:00   Movie</p>
<p><b>20</b> 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 <b>2:30   Pumpkin Balloon Craft w/ Sarah</b> 3:30   Bocce Ball 6:00   Movie</p>	<p><b>21</b> 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   Fall Coloring 3:30   Fireside Chat 4:00   Joggin' Your Noggin 6:00   Movie</p>	<p><b>22</b> 9:40   This Day in History 10:00   Mass w/ Communion &amp; Rosary 10:30   Daily Wordsearch 11:00   Watercolors w/ Paul 1:30   Stretch w/ Steph 2:00   Resident Council Meeting 3:00   Rummikub - Independent 3:30   Golf in a Box 4:00   Travel – Going Batty in Borneo 6:00   Movie</p>	<p><b>23</b> 9:40   This Day in History 10:00   Sunrise Stretch 10:30   Coffee and Wordsearch 10:30   Crossword Challenge 1:30   Technology Class <b>2:15   Mini Pumpkin Painting</b> 3:00   Bowling Competition 3:00   Poker – Independent 4:00   Wacky Wednesday Trivia 6:00   Movie</p>	<p><b>Simchat Torah Begins 24</b> 9:40   This Day in History 10:00   Stretch It Out Exercise 10:30   Wordsearch Challenge 11:00   Family Feud 1:30   Walk to Stay Fit 2:00   Air Dry Clay Craft 3:00   Bocce Ball 3:00   Set Back Card Game – Independent 4:00   Fireside Chat 6:00   Movie</p>	<p><b>25</b> 9:40   This Day in History 10:00   Friday Exercise Fun 10:30   Daily Wordsearch <b>11:30   Wood N' Tap Restaurant Outing</b> 2:00   TED Talk &amp; Discussion 3:00   Cornhole 3:45   Drinks by the Fire 4:30   Virtual Shabbat – Independent 6:00   Movie</p>	<p><b>Nat'l Trick or Treat Day 26</b> 9:40   This Day in History 10:00   Saturday Exercise 10:30   Daily Wordsearch 1:00   Bingo Extravaganza <b>2:15   Family Trick or Treat Day</b> 3:15   Sponge Stamp Craft 4:00   Whiteboard Word Games 6:00   Movie</p>
<p><b>27</b> 9:40   This Day in History 10:00   Sunday Mass – Independent 10:00   Meditative Coloring 11:00   Sunday Stretch w/ Sarah 1:30   Noodle Volleyball 2:00   Mazes and Puzzle Pages 3:00   Sunday Craft w/ Sarah 4:00   Trivia Challenge 6:00   Movie</p>	<p><b>28</b> 9:40   This Day in History 10:00   Get Fit Exercise 10:30   Wordsearch Challenge 11:00   Family Feud 11:00   Current Events – Independent 1:30   Cornhole 2:30   Fall Coloring 3:30   Fireside Chat 6:00   Movie</p>	<p><b>29</b> 9:40   This Day in History 10:00   Mass w/ Communion &amp; Rosary 10:30   Daily Wordsearch 11:00   Stretch w/ Steph 1:30   Bocce Ball 2:15   Technology Class 3:00   Rummikib – Independent 3:15   Short Story and Discussion 6:00   Movie</p>	<p><b>30</b> 9:40   This Day in History 10:00   Sunrise Stretch 10:30   Oil Painting w/ Brianna 1:30   Food and Beverage Committee <b>2:15   History of Salem Witch Trials</b> 3:00   Poker – Independent 3:00   Bowling Competition <b>4:00   Witches' Brew Happy Hour</b> 6:00   Movie</p>	<p><b>Halloween 31</b> 9:40   This Day in History 10:00   Stretch It Out Exercise 10:30   Crossword Challenge 1:30   Spooky Tales by the Fire 2:00   Ladies Spooky Tea Party 2:00   Men's Spooky Chat 3:00   Set Back Card Game – Independent 3:00   Halloween Treats <b>4:00   Monster Mash Social Time</b> 6:00   Movie</p>		

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<p><b>Alto Evergreen Walk</b> 1000 Cottonwood Lane South Windsor CT 06074 (860) 288 - 1699 <a href="http://www.AltoEvergreenWalk.com">www.AltoEvergreenWalk.com</a></p>		<p>1 9:30   Price Is Right 10:00   Morning Mass 10:30   Baking Group 1:30   Afternoon Exercise 2:30   Homemade Snack 3:00   Craft Corner 3:30   Tuesday Travels 4:00   Oldies but Goodies 6:00   I Love Lucy</p>	<p>2 9:30   Wheel of Fortune 10:00   Morning Mass 10:00   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>3 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>4 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>5 9:30   New News! 10:00   Morning Mass 10:30   Sunrise Stretches 11:00   Hydration Station 1:30   Patio Games 2:30   Afternoon Snack 3:00   Sensory Station 3:30   Travel to Rhode Island 4:00   Karaoke Zone 5:30   Movie Night</p>
<p>6 9:30   New News! 10:00   Morning Mass 10:30   Sunday Stretches 11:00   Match It Up 1:30   Chair Volleyball 2:30   Sunday Sundaes 3:00   Walking Club 3:30   Sunset Travels 4:00   Singing w/ Susie Q 5:30   "Alice in Wonderland"</p>	<p>7 9:30   Family Feud 10:00   Morning Mass 10:30   Moving and Grooving 11:00   Famous Faces 1:30   Cornhole Tournament 2:30   Afternoon Snack 3:00   Monday Mocktails 3:30   Road Trip Scenes 4:00   Symphony Tunes 5:30   Dick Van Dyke Show</p>	<p>8 9:30   Price Is Right 10:00   Morning Mass 10:30   Baking Group 1:30   Afternoon Exercise 2:30   Homemade Snack 3:00   Craft Corner 3:30   Tuesday Travels 4:00   Oldies but Goodies 6:00   I Love Lucy</p>	<p>9 9:30   Wheel of Fortune 10:00   Morning Mass 10:00   Midweek Stretch 11:00   Bingo <b>1:30   Pumpkin Patch Trip</b> 2:30   Afternoon Snack 3:00   Music Circle 3:30   Exploring Landmarks 4:00   Music Memory 5:30   Midweek Movie</p>	<p>10 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 <b>3:00   Pumpkin Painting</b> 4:00   Dance Party 4:00   Throwback Tunes 5:30   Bonanza</p>	<p>11 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>12 9:30   New News! 10:00   Morning Mass 10:30   Sunrise Stretches 11:00   Hydration Station 1:30   Patio Games 2:30   Afternoon Snack 3:00   Sensory Station 3:30   Travel to Vermont 4:00   Karaoke Zone 5:30   Movie Night</p>
<p>13 9:30   New News! 10:00   Morning Mass 10:30   Sunday Stretches 11:00   Match It Up 1:30   Chair Volleyball 2:00   Music with Cameron 3:00   Walking Club 3:30   Timeless Travel 4:00   Singing w/ Susie Q 5:30   Movie Night</p>	<p>14 9:30   Family Feud 10:00   Morning Mass 10:30   Moving and Grooving <b>11:00   Columbus Day Trivia</b> 1:30   Cornhole Tournament 2:30   Afternoon Snack 3:00   Monday Mocktails 3:30   Road Trip Scenes 4:00   Symphony Tunes 5:30   Dick Van Dyke Show</p>	<p>15 9:30   Price Is Right 10:00   Morning Mass 10:30   Walk It Out <b>11:00   Watercolors Class</b> 1:30   Afternoon Exercise 2:30   Homemade Snack 3:00   Craft Corner 3:30   Tuesday Travels 4:00   Oldies but Goodies 6:00   I Love Lucy</p>	<p>16 9:30   Wheel of Fortune 10:00   Zentangles with Amy 10:30   Morning Mass <b>11:00   Lunch Trip</b> 1:30   Midweek Stretch 2:30   Afternoon Snack 3:00   Music Circle 3:30   Exploring Landmarks 4:00   Music Memory 5:30   Midweek Movie</p>	<p>17 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>18 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>19 9:30   New News! 10:00   Morning Mass 10:30   Sunrise Stretches 11:00   Hydration Station 1:30   Patio Games 2:30   Afternoon Snack 3:00   Sensory Station 3:30   Travel to Kentucky 5:30   Movie Night</p>
<p>20 9:30   New News! 10:00   Morning Mass 10:30   Sunday Stretches 11:00   Match It Up 1:30   Chair Volleyball 2:30   Sunday Sundaes 3:00   Walking Club 3:30   Timeless Travel 4:00   Singing w/ Susie Q 5:30   Movie Night</p>	<p>21 9:30   Family Feud 10:00   Morning Mass 10:30   Moving and Grooving 11:00   Name that Reptile <b>1:30   Bobbing for Apples</b> <b>2:30   Pumpkin Cheesecake Day</b> 3:00   Monday Mocktails 3:30   Road Trip Scenes 4:00   Symphony Tunes 5:30   "Back to the Future"</p>	<p>22 9:30   Price Is Right 10:00   Morning Mass 10:30   Baking Group 1:30   Afternoon Exercise 2:30   Homemade Snack 3:00   Craft Corner 3:30   Tuesday Travels 4:00   Oldies but Goodies 6:00   I Love Lucy</p>	<p>23 9:30   Wheel of Fortune <b>10:00   Coffee at the Park</b> 10:30   Midweek Stretch 11:00   Bingo 1:30   Calm Coloring 2:30   Afternoon Snack 3:00   Music Circle 3:30   Exploring Landmarks 4:00   Music Memory 5:30   Midweek Movie</p>	<p>24 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 6:00   Throwback Television 4:00   Throwback Tunes 5:30   Bonanza</p>	<p>25 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>26 9:30   New News! 10:00   Morning Mass 10:30   Sunrise Stretches 11:00   Hydration Station 1:30   Patio Games <b>2:15   Family Trick or Treat</b> 3:00   Sensory Station 3:30   Travel to Tennessee 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 2:30   Sunday Sundaes 3:00   Walking Club 3:30   Timeless Travel 4:00   Singing w/ Susie Q 5:30   Movie Night</p>	<p>28 9:30   Family Feud 10:00   Morning Mass 10:30   Moving and Grooving 11:00   Who Am I? 1:30   Cornhole Tournament 2:30   Afternoon Snack <b>3:00   Card Making</b> 3:30   Road Trip Scenes 4:00   Symphony Tunes 5:30   Dick Van Dyke Show</p>	<p>29 9:30   Price Is Right 10:00   Morning Mass 10:30   Baking Group 1:30   Afternoon Exercise 2:30   Homemade Snack 3:00   Craft Corner 3:30   Tuesday Travels 4:00   Oldies but Goodies 6:00   I Love Lucy</p>	<p>30 9:30   Wheel of Fortune 10:00   Morning Mass 10:00   Midweek Stretch 11:00   Bingo <b>1:30   Scarecrow Drive</b> 2:30   Afternoon Snack 3:00   Music Circle 3:30   Exploring Landmarks 4:00   Music Memory 5:30   Midweek Movie</p>	<p>31 9:30   Deal or No Deal 10:00   Morning Mass 10:30   Chair Yoga <b>11:00   Magic Show</b> 1:30   Candy Boags 2:30   Afternoon Snack 3:00   Photo Booth 3:30   Haunted Houses <b>4:00   Monster Mash</b> 5:30   "Hocus Pocus"</p>		