

## UPCOMING COMMUNITY EVENTS



### HAPPY HALLOWEEN

History of Trick - or - Treating. Borrowing from European traditions in the late 1800's, Americans began to dress up in costumes and go house to house asking for food or money, a practice that eventually became today's "trick-or-treat" tradition. Young women believed that on Halloween they could divine the name or appearance of their husband doing tricks with yarn, apple

parings or mirrors. Between 1920 and 1950, the centuries-old practice of trick-or-treating was revived. Trick-or-Treating was a reactively inexpensive way for the community to share and celebrate Halloween.



Autumn, Apples, and colorful foliage that represents the cycle of life that occurs in nature. Leaves changing color and falling from the trees gives the plant a fresh start in the spring, and the nutrients from the decaying leaves are recycled to help grow the next leafy generation.

## OCTOBER OUTINGS

October 5 - Lunch-Two George's

October 11 - Navy Seal Museum & Lunch

October 16 - Dinner outing, Maneros

October 18 - Shopping, local Farm Stand

### Alto Stuart

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



# FLOURISH

OCTOBER 2024

## WHAT'S INSIDE

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Social Calendar

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Upcoming Events + News

*"AUTUMN IS A SECOND SPRING WHEN EVERY LEAF IS A FLOWER"*

—Albert Camus

# October 2024

## Sunday

### Alto Stuart

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

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

## Saturday

**6**  
11:00 **F1** Singing Seniors w/Rhonda  
1:30 **CR** Pokeno  
2:30 **C** Afternoon Social  
3:30 **F1** Faith Family Church

**13**  
11:00 **F1** Singing Seniors w/Rhonda  
1:00 **F1** St. Mary's Communion  
1:30 **CR** Pokeno  
2:30 **C** Afternoon Social

**20**  
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

**27**  
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

**7**  
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

**14**  
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 w/ Lou Imperato  
3:00 **C** Monday Mingle  
4:15 **FC** Strength Training  
6:30 **TH** Evening Movie

**21**  
9:00 **LB** Local Banks  
10:00 **LB** Dollar Tree  
11:00 **C** BP, w/Melissa, Pinnacle HH  
1:00 **LB** Publix  
2:00 **F1** Music w/Panama Matt  
4:15 **FC** Strength Training  
6:30 **TH** Evening Movie

**28**  
9:00 **LB** Local Banks  
10:00 **LB** Walmart  
11:00 **F1** Humane Society Pet Visit  
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

**1**  
10:00 **FC** Morning Stretch  
11:00 **E** Seated Volleyball  
1:30 **CR** Bingo  
3:00 **C** Nail Polish with Kelly  
3:00 **C** Social Hour  
4:15 **FC** Strength Training  
6:30 **TH** Evening Movie

**8**  
10:00 **FC** Morning Stretch  
11:00 **E** Seated Volleyball  
1:30 **CR** Bingo  
3:00 **C** Nail Polish with Kelly  
3:00 **C** Social Hour  
4:15 **FC** Strength Training  
6:30 **TH** Evening Movie

**15**  
10:00 **FC** Morning Stretch  
11:00 **E** Seated Volleyball  
1:30 **CR** Bingo  
3:00 **C** Nail Polish with Kelly  
3:00 **C** Social Hour  
4:15 **FC** Strength Training  
6:30 **TH** Evening Movie

**22**  
10:00 **FC** Morning Stretch  
11:00 **E** Seated Volleyball  
1:30 **CR** Bingo  
3:00 **C** Nail Polish with Kelly  
3:00 **C** Social Hour  
4:15 **FC** Strength Training  
6:30 **TH** Evening Movie

**29**  
10:00 **FC** Morning Stretch  
11:00 **E** Seated Volleyball  
1:30 **CR** Bingo  
3:00 **C** Nail Polish with Kelly  
3:00 **C** Social Hour  
4:15 **FC** Strength Training  
6:30 **TH** Evening Movie

**2**  
Rosh Hashahah  
10:00 **FC** Balance & Exercise  
10:00 **CH** St. Joseph's Church  
10:30 **CR** Alzheimer's Center Talk  
1:30 **CR** Bingo  
3:00 **C** Social Hour

**9**  
10:00 **FC** Balance & Exercise  
10:00 **CH** St. Joseph's Church  
11:00 **CR** Activa HH, Health Talk  
1:30 **CR** Bingo  
3:00 **CR** Ambassador Meeting  
3:00 **C** Social Hour

**16**  
10:00 **FC** Balance & Exercise  
10:00 **CH** St. Joseph's Church  
10:30 **DR** Chef Demo  
1:30 **CR** Bingo  
3:00 **C** Social Hour  
4:30 **LB** Dinner outing - Maneros

**23**  
10:00 **CH** St. Joseph's Church  
10:00 **FC** Seated Yoga w/Kerry  
11:00 **C** Craft - Halloween Wreaths  
1:30 **CR** Bingo  
3:00 **C** Social Hour

**30**  
10:00 **FC** Balance & Exercise  
10:00 **CH** St. Joseph's Church  
11:00 **C** Making Halloween Treats w/Mary Elite Premier  
1:30 **CR** Bingo  
3:00 **C** Social Hour

**3**  
Allegro at Sea Cruise to Italy  
10:00 **FC** Toning and Stretching  
10:30 **C** Tour of Italy and Pasta  
2:00 **LB** Cruise pictures  
3:00 **F1** Italian Happy Hour with John L.  
6:30 **TH** Evening Movie

**10**  
10:00 **FC** Toning and Stretching  
10:30 **C** Painting with Kaitlyn, ED  
1:00 **CR** Pokeno  
2:00 **L** Library Committee Meeting  
3:00 **F1** Happy Hr. w/Brothers Band  
4:00 **FC** Strength Training  
6:30 **TH** Evening Movie

**17**  
10:00 **FC** Toning and Stretching  
10:45 **CR** Health Matters w/Melissa  
1:00 **CR** Pokeno  
3:00 **F1** Happy Hour w/Daryl Magill  
4:00 **FC** Strength Training  
6:30 **TH** Evening Movie

**24**  
10:00 **FC** Toning and Stretching  
11:00 **F2** Card Games  
11:00 **L** Book Club-Kaitlyn E.D.  
1:00 **CR** Pokeno  
2:00 **L** Library Committee Meeting  
3:00 **E** Resident Birthdays w/Lou Laino  
4:00 **FC** Strength Training  
6:30 **TH** Evening Movie

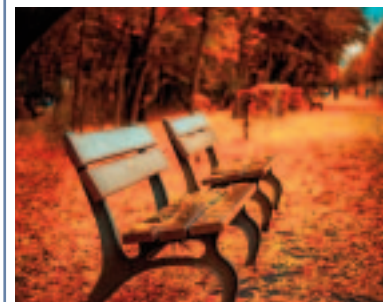
**31**  
Happy Halloween  
10:00 **FC** Toning and Stretching  
1:00 **CR** Pokeno  
3:00 **F1** Halloween Party w/Nicole  
4:00 **FC** Strength Training  
6:30 **TH** Evening Movie

**4**  
World Smile Day  
9:45 **LB** Publix  
10:00 **FC** Stretch & Flex  
11:00 **CR** 9 Letter Word Game  
11:15 **LB** Lunch outing - Two George's  
1:00 **C** Rummikub  
2:00 **CR** Bingo  
3:00 **C** Friday Meet & Greet  
6:30 **F2** Poker Game

**11**  
Yom Kippur  
9:45 **LB** Publix  
10:00 **FC** Stretch & Flex  
11:00 **CR** 9 Letter Word Game  
11:15 **LB** Navy Seal Musuem & Lunch  
1:00 **C** Rummikub  
2:00 **CR** Bingo  
3:00 **C** Friday Meet & Greet

**18**  
9:45 **LB** Publix  
10:00 **FC** Stretch & Flex  
11:00 **CR** 9 Letter Word Game  
1:00 **C** Rummikub  
1:00 **LB** Shopping - Local Farm Stand  
2:00 **CR** Bingo  
3:00 **CR** Town Hall w/Kaitlyn, ED

**25**  
9:45 **LB** Publix  
10:00 **FC** Stretch & Flex  
11:00 **C** Pumpkin Decorating  
1:00 **C** Rummikub  
2:00 **CR** Bingo  
3:00 **C** Friday Meet & Greet



**5**  
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

**12**  
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

**19**  
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

**26**  
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

## Around our Community

### Birthdays

Oct. 1 - Janet W.  
Oct. 5 - Barbara M.  
Oct. 15 - Paula R.  
Oct. 20 - Rich A.  
Oct. 21 - Miriam D.  
Oct. 23 - Julia R.  
Oct. 26 - Suzanne R.

Birthstone- Opal  
Flower - Calendula  
Tree - Maple  
Lucky Color - Yellow  
Lucky Day - Tuesday  
Lucky Animal - Crow



### LOCATION KEY

**FC** Fitness Room- 2nd Fl.  
**E** Ent. Room - 3rd Fl.  
**CR** Comm. Room - 1st Fl.  
**C** Cafe  
**TH** Theater  
**CH** Chapel - 3rd Fl.  
**LB** Lobby  
**F1** Family Room - 1st Fl.  
**F2** Family Room - 2nd Fl.  
**L** Library - 3rd Fl.

## Sunday

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## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

## Saturday

## Around our Community

**6**

9:30 **AR** News of the day  
10:30 **AR** Snack / Hydration  
11:00 **F1** Singing Seniors w/Rhonda  
2:30 **AR** Table Games  
3:00 **P** Outside Patio Time  
5:00 **DR** Dinner

**13**

9:30 **AR** News of the day  
11:00 **F1** Singing Seniors w/Rhonda  
2:30 **AR** Table Games  
3:30 **P** Outside Patio Time  
5:00 **DR** Dinner

**20**

9:30 **AR** News of the day  
11:00 **F1** Singing Seniors w/Rhonda  
2:30 **AR** Table Games  
3:30 **P** Outside Patio Time  
5:00 **DR** Dinner

**27**

9:30 **AR** News of the day  
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

**7**

9:30 **AR** News of the day  
10:00 **AR** Rise and Shine  
10:30 **AR** Snack / Hydration  
11:00 **AR** Board Games & Puzzles  
2:00 **F1** Music with Lou Imperato  
3:00 **AR** Afternoon Social  
3:30 **P** Outside Patio Time  
5:00 **DR** Dinner

**14**

9:30 **AR** News of the day  
10:00 **AR** Rise and Shine  
11:00 **AR** Board Games & Puzzles  
2:00 **F1** Music w/Lou Imperato  
3:30 **P** Outside Patio Time  
3:30 **P** Afternoon Social  
5:00 **DR** Dinner

**21**

9:30 **AR** News of the day  
10:00 **AR** Rise and Shine  
11:00 **AR** Board Games & Puzzles  
2:00 **F1** Music w/Panama Matt  
3:30 **P** Outside Patio Time  
3:30 **P** Afternoon Social  
5:00 **DR** Dinner

**28**

9:30 **AR** News of the day  
10:00 **AR** Rise and Shine  
11:00 **AR** Board Games & Puzzles  
11:30 **AR** Humane Society Pet Visit  
2:00 **F1** Music w/Greg Woods  
3:30 **P** Outside Patio Time  
3:30 **P** Afternoon Social  
5:00 **DR** Dinner

**1**

9:30 **AR** News of the day  
10:00 **AR** Morning Stretch  
10:30 **AR** Snack / Hydration  
11:00 **AR** Sensory Stimulation  
1:30 **AR** Nail Polish with Ceila  
3:00 **P** Afternoon Coffee Social  
3:30 **P** Outside Patio Time  
5:00 **DR** Dinner

**8**

9:30 **AR** News of the day  
10:00 **AR** Morning Stretch  
10:30 **AR** Snack / Hydration  
11:00 **AR** Sensory Stimulation  
1:30 **AR** Nail Polish with Ceila  
3:00 **P** Afternoon Coffee Social  
3:30 **P** Outside Patio Time  
5:00 **DR** Dinner

**15**

9:30 **AR** News of the day  
10:00 **AR** Morning Stretch  
11:00 **AR** Sensory Stimulation  
1:30 **AR** Nail Polish with Ceila  
3:00 **P** Afternoon Coffee Social  
3:30 **P** Outside Patio Time  
5:00 **DR** Dinner

**22**

9:30 **AR** News of the day  
10:00 **AR** Morning Stretch  
11:00 **AR** Sensory Stimulation  
1:30 **AR** Nail Polish with Ceila  
3:00 **P** Afternoon Coffee Social  
3:30 **P** Outside Patio Time  
5:00 **DR** Dinner

**29**

9:30 **AR** News of the day  
10:00 **AR** Morning Stretch  
11:00 **AR** Sensory Stimulation  
1:30 **AR** Nail Polish with Ceila  
3:00 **P** Afternoon Coffee Social  
3:30 **P** Outside Patio Time  
5:00 **DR** Dinner

**2**

9:30 **AR** News of the day  
10:00 **AR** Senior Zumba  
10:30 **AR** Snack / Hydration  
11:00 **AR** Baking  
1:30 **AR** Art Therapy  
3:00 **AR** Coffee & Conversation  
3:30 **P** Outside Patio Time  
5:00 **DR** Dinner

**9**

9:30 **AR** News of the day  
10:00 **AR** Senior Zumba  
10:30 **AR** Snack / Hydration  
11:00 **AR** Remember When  
1:30 **AR** Art Therapy  
3:00 **AR** Cookies & Coffee Chat  
3:30 **P** Outside Patio Time  
5:00 **DR** Dinner

**16**

9:30 **AR** News of the day  
10:00 **AR** Seated Yoga w/Kerry  
11:00 **AR** Baking  
1:30 **AR** Art Therapy  
3:00 **AR** Cookies & Coffee Chat  
3:30 **P** Outside Patio Time  
5:00 **DR** Dinner

**23**

9:30 **AR** News of the day  
10:00 **AR** Senior Zumba  
11:00 **AR** Remember When  
1:30 **AR** Halloween Craft  
3:00 **AR** Cookies & Coffee Chat  
3:30 **P** Outside Patio Time  
5:00 **DR** Dinner

**30**

9:30 **AR** News of the day  
10:00 **AR** Senior Zumba  
11:00 **C** Making Halloween Treats  
1:30 **AR** Art Therapy  
3:00 **AR** Cookies & Coffee Chat  
3:30 **P** Outside Patio Time  
5:00 **DR** Dinner

**3**

Alto's Cruise to Italy  
9:30 **AR** News of the day  
10:00 **AR** Circle of Music  
10:30 **AR** Snack / Hydration  
11:00 **C** Tour of Italy & Pasta  
2:00 **F1** All Aboard Cruise Pictures  
3:00 **F1** Italian Happy Hr. w/John L.  
5:00 **DR** Dinner

**10**

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 **F1** Happy Hr. w/Brothers Band  
5:00 **DR** Dinner

**17**

9:30 **AR** News of the day  
10:00 **AR** Circle of Music  
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

**24**

9:30 **AR** News of the day  
10:00 **AR** Circle of Music  
11:00 **AR** Lavender Hand Massages  
1:30 **P** Let's Go for a Walk  
3:00 **E** Happy Hour w/Lou Laino  
5:00 **DR** Dinner

**31**

Happy Halloween  
9:30 **AR** News of the day  
10:00 **AR** Circle of Music  
11:00 **AR** Lavender Hand Massages  
1:30 **P** Let's Go for a Walk  
3:00 **F1** Halloween Happy Hr. w/Nicole  
5:00 **DR** Dinner

**4**

World Smile Day  
Happy Birthday Marie H.  
9:30 **AR** News of the day  
10:00 **AR** Morning Stretch  
10:30 **AR** Snack / Hydration  
11:00 **AR** Music & Sing-a-long  
1:30 **AR** Bingo  
2:30 **AR** Social Time  
3:00 **P** Outside Patio Time  
5:00 **DR** Dinner

**11**

9:30 **AR** News of the day  
10:00 **AR** Morning Stretch  
10:30 **AR** Melissa, Pinnacle HH  
11:00 **AR** Music & Sing-a-long  
1:30 **AR** Bingo  
2:30 **AR** Social Time  
3:30 **P** Outside Patio Time  
5:00 **DR** Dinner

**18**

9:30 **AR** News of the day  
10:00 **AR** Morning Stretch  
11:00 **AR** Music & Sing-a-long  
1:30 **AR** Bingo  
2:30 **AR** Social Time  
3:30 **P** Outside Patio Time  
5:00 **DR** Dinner

**25**

9:30 **AR** News of the day  
10:00 **AR** Morning Stretch  
11:00 **AR** Decorating Pumpkins  
1:30 **AR** Bingo  
2:30 **AR** Social Time  
3:30 **P** Outside Patio Time  
5:00 **DR** Dinner

**5**

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** Fresh Air & Sunshine  
1:30 **AR** Bingo  
2:30 **AR** Cookie & Coffee Chat  
5:00 **DR** Dinner

**12**

9:30 **AR** News of the day  
10:00 **AR** Morning Fitness  
11:00 **AR** First Methodist Church  
11:30 **P** Fresh Air & Sunshine  
1:30 **AR** Bingo  
2:30 **AR** Cookie & Coffee Chat  
5:00 **DR** Dinner

**19**

9:30 **AR** News of the day  
10:00 **AR** Morning Fitness  
11:00 **AR** First Methodist Church  
11:30 **P** Fresh Air & Sunshine  
1:30 **AR** Bingo  
2:30 **AR** Cookie & Coffee Chat  
5:00 **DR** Dinner

**26**

9:30 **AR** News of the day  
10:00 **AR** Morning Fitness  
11:00 **AR** First Methodist Church  
11:30 **P** Fresh Air & Sunshine  
1:30 **AR** Bingo  
2:30 **AR** Cookie & Coffee Chat  
5:00 **DR** Dinner

### The Monthly Gazette

Rosh Hashana October 2-4  
World Smile Day October 4  
Yom Kippur October 9  
World Pasta Day October 16  
Halloween October 31

Tree of the Month - Maple  
Flower - Calendula  
Birthstone - Opal

### What's Lucky in October?

Lucky Color: Yellow  
Lucky Animal: Crow  
Lucky Letters: W and E  
Lucky Day: Tuesday  
Lucky Plant: Squash

## LOCATION KEY

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

