

## UPCOMING COMMUNITY EVENTS



### NATIONAL ASSISTED LIVING WEEK

Please join us!!! We have a fun filled week of events and activities to honor and appreciate the exceptional caregivers, staff, and Residents as we recognize the role of assisted living in caring for our seniors here at Alto Stuart.

Patriot Day is in memory of the nearly 3000 people who died on September 11, 2001 terrorist attacks in New York's World Trade Center. To honor those



who died, the flag is displayed prominently and flown at half - staff; Americans are also asked to observe a moment of silence beginning at 8:46AM., marking the first plane crash. We honor the memory of those we've lost and hope you'll take some time on this day to remember the many who died on this tragic day.

## SEPTEMBER HAPPENINGS

### OUTINGS EVERY FRIDAY

September 6th - Lunch, Two Georges Dockside Grill

September 13th - Shopping - Burlington

September 18th - Dinner outing, Casa Bella

September 20th - Lunch, Terry's Tea Room

September 27th - Mani - Pedi outing

### Alto Stuart

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



# FLOURISH

SEPTEMBER 2024

## WHAT'S INSIDE

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Social Calendar

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Upcoming Events + News

***"BY ALL THESE LOVELY TOKENS SEPTEMBER DAYS ARE HERE,  
With summer's best of weather and autumn's best of cheer."***

**—Helen Hunt Jackson**

# September 2024

## Sunday

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

**8**  
Grandparents Day  
10:00 **C** Morning 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

**15**  
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

**22**  
First Day of Autumn  
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

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

## Monday

**2**  
Labor Day  
10:00 **LB** Publix  
11:00 **L** Monday Morning w/Lorraine  
1:00 **F1** Music with Shazakara  
2:00 **C** Monday Mingle  
6:30 **TH** Evening Movie

**9**  
Natl Assisted Living Week & Housekeeping Week  
9:00 **LB** Local Banks  
10:30 **C** Tie Dye Shirts  
1:00 **LB** Publix  
2:00 **F1** Music with Lou Laino  
3:00 **C** Monday Mingle  
3:00 **F1** Resident Council  
4:15 **FC** Strength Training  
6:30 **TH** Evening Movie

**16**  
9:00 **LB** Local Banks  
10:00 **LB** Walgreens  
11:00 **L** Monday Morning w/Lorraine  
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

**23**  
9:00 **LB** Local Banks  
10:00 **CVS**  
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

**30**  
9:00 **LB** Local Banks  
10:00 **LB** Dollar Tree  
11:00 **L** Monday Morning w/Lorraine  
1:00 **LB** Publix  
2:00 **F1** Music with Lou Imperato  
3:00 **C** Monday Mingle  
4:15 **FC** Strength Training  
6:30 **TH** Evening Movie

## Tuesday

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

**10**  
10:00 **FC** Morning Stretch  
10:30 **CR** Price Is Right Game w/Jessy TC Hospice  
1:30 **CR** Bingo  
3:00 **C** Coffee & Cookies Social  
3:00 **C** Nail Polish with Kelly  
4:15 **FC** Strength Training  
6:30 **TH** Evening Movie

**17**  
10:00 **FC** Morning Stretch  
11:00 **CR** Flight Simulator w/Kim and Mark  
1:30 **CR** Bingo  
3:00 **C** Coffee & Cookies Social  
3:00 **C** Nail Polish with Kelly  
4:15 **FC** Strength Training  
6:30 **TH** Evening Movie

**24**  
10:00 **FC** Morning Stretch  
11:00 **E** Seated Volleyball  
1:30 **CR** Bingo  
3:00 **C** Coffee & Cookies Social  
3:00 **C** Nail Polish with Kelly  
4:15 **FC** Strength Training  
6:30 **TH** Evening Movie

## Wednesday

**4**  
10:00 **FC** Balance & Exercise  
10:00 **CH** St. Joseph's Church  
10:45 **C** Painting - Balloon Bashing  
1:30 **CR** Bingo  
3:00 **C** Coffee & Cookies Social

**11**  
Patriot Day  
10:00 **FC** Balance & Exercise  
10:00 **CH** St. Joseph's Church  
11:00 **CR** Treasure Coast Wildlife  
1:30 **CR** Bingo  
3:00 **C** Coffee & Cookies Social  
3:00 **C** Remembrance, September 11th

**18**  
10:00 **FC** Balance & Exercise  
10:00 **CH** St. Joseph's Church  
10:30 **DR** Chef Demo  
1:30 **CR** Bingo  
3:00 **C** Coffee & Cookies Social  
4:30 **LB** Dinner outing - Casa Bella

**25**  
National Cheeseburger Day  
10:00 **FC** Balance & Exercise  
10:00 **CH** St. Joseph's Church  
10:45 **C** Medicare/Retirement w/Nicole  
1:30 **CR** Bingo  
2:30 **C** New Resident Forum  
3:00 **C** Coffee & Cookies Social

## Thursday

**5**  
National Pizza Day  
10:00 **FC** Strength Training  
10:30 **C** Making mini pizzas  
1:00 **CR** Pokeno  
3:00 **F1** Adrian on the Steel Drum  
6:30 **TH** Evening Movie

**12**  
10:00 **FC** Strength Training  
10:30 **C** Hula Hoop Contest - Residents & Employees  
1:00 **CR** Pokeno  
2:00 **L** Library Committee Meeting  
3:00 **E** Happy Hr. w/Nicole Hulett  
6:30 **TH** Evening Movie

**19**  
10:00 **CR** Estate Trust & Elder Law  
1:00 **CR** Pokeno  
3:00 **E** Happy Hour w/Daryl Magill  
6:30 **TH** Evening Movie

**26**  
10:00 **FC** Strength Training  
11:00 **L** Book Club-Kaitlyn E.D.  
1:00 **DR** Chef Robert Cooking Demo  
2:00 **L** Library Committee Meeting  
3:00 **E** Happy Hr. w/Annette & Don  
6:30 **TH** Evening Movie

## Friday

**6**  
9:45 **LB** Publix  
10:00 **FC** Stretch & Flex  
11:00 **CR** 9 Letter Word Game  
11:15 **LB** Two Georges Dockside Grill  
2:00 **CR** Bingo  
3:00 **C** Friday Meet & Greet

**13**  
9:45 **LB** Publix  
10:00 **FC** Stretch & Flex  
11:00 **CR** Diana/Florida Hand Therapy  
1:00 **LB** Shopping - Burlington  
2:00 **CR** Bingo  
3:00 **C** Friday Meet & Greet

**20**  
9:45 **LB** Publix  
10:00 **FC** Stretch & Flex  
11:00 **CR** 9 Letter Word Game  
11:15 **LB** Lunch - Terry's Tea Room  
2:00 **CR** Bingo  
3:00 **CR** Town Hall w/Kaitlyn, E.D.

**27**  
9:45 **LB** Publix  
10:00 **FC** Stretch & Flex  
11:00 **CR** 9 Letter Word Game  
1:00 **LB** Mani -Pedi Outing, Stuart  
2:00 **CR** Bingo  
3:00 **C** Friday Meet & Greet

## Saturday

**7**  
10:00 **F1** First United Methodist Church with Conde  
11:00 **E** Seated Volleyball  
1:30 **CR** Bingo  
3:00 **C** Coffee & Cookies Social  
6:30 **TH** Evening Movie

**14**  
10:00 **F1** First United Methodist Church with Conde  
11:00 **E** Seated Volleyball  
1:30 **CR** Bingo  
3:00 **C** Ice Cream Sundaes  
3:00 **C** Coffee & Cookies Social  
6:30 **TH** Evening Movie

**21**  
10:00 **F1** First United Methodist Church with Conde  
11:00 **E** Seated Volleyball  
1:30 **CR** Bingo  
3:00 **C** Coffee & Cookies Social  
6:30 **TH** Evening Movie

**28**  
9:00 **C** 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  
6:30 **TH** Evening Movie

## Around our Community

### Happy Birthday

September 2nd -Elizabeth C.  
September 7th - Joyce W.  
September 12th - Jack R.  
September 20th - Bert A.  
September 22nd - Laurie K.  
September 23rd - Ken S.

### Monthly Gazette

Tree - Willow  
Flower - Aster  
Birthstone - Sapphire

### What's Lucky in September?

Lucky Color: Yellow  
Lucky Animal: Dolphin  
Lucky Day: Wednesday  
Lucky Plant: Corn

## LOCATION KEY

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

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# September 2024

## Sunday

**1**

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

**8**

Grandparents Day  
9:30 **AR** News of the day  
10:00 **C** Morning Social w/Pastor Tim  
10:30 **AR** Snack / Hydration  
11:00 **F1** Singing Seniors w/Rhonda  
2:30 **AR** Table Games  
3:30 **P** Afternoon Sunshine  
5:00 **DR** Dinner

**15**

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

**22**

First Day of Autumn  
9:30 **AR** News of the day  
10:30 **AR** Snack / Hydration  
11:00 **F1** Singing Seniors w/Rhonda  
1:00 **F1** St. Mary's Church  
2:30 **AR** Table Games  
3:30 **P** Afternoon Sunshine  
5:00 **DR** Dinner

**29**

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

## Monday

**2**

Labor Day  
9:30 **AR** News of the day  
10:00 **AR** Rise and Shine  
10:30 **AR** Snack / Hydration  
11:00 **AR** Story Time  
1:00 **F1** Music with Shazkya  
2:00 **AR** Cookies & Coffee Chat  
3:30 **P** Afternoon Sunshine  
5:00 **DR** Dinner

**9**

National Assisted Living Week & Housekeeping Week  
9:30 **AR** News of the day  
10:00 **AR** Rise and Shine  
10:30 **AR** Snack / Hydration  
11:00 **AR** Story Time  
2:00 **F1** Music with Lou Laino  
3:00 **AR** Cookies & Coffee Chat  
3:30 **P** Afternoon Sunshine  
5:00 **DR** Dinner

**16**

9:30 **AR** News of the day  
10:00 **AR** Rise and Shine  
10:30 **AR** Snack / Hydration  
11:00 **AR** Story Time  
2:00 **F1** Music with Panama Matt  
3:00 **AR** Cookies & Coffee Chat  
3:30 **P** Afternoon Sunshine  
5:00 **DR** Dinner

**23**

Happy Birthday Ken S.  
9:30 **AR** News of the day  
10:00 **AR** Rise and Shine  
10:30 **AR** Snack / Hydration  
11:00 **AR** Story Time  
11:30 **AR** Humane Society Pet Visit  
2:00 **F1** Music with Greg Woods  
3:00 **AR** Cookies & Coffee Chat  
3:30 **P** Afternoon Sunshine  
5:00 **DR** Dinner

**30**

9:30 **AR** News of the day  
10:00 **AR** Rise and Shine  
10:30 **AR** Snack / Hydration  
11:00 **AR** Story Time  
2:00 **F1** Music with Lou Imperato  
3:00 **AR** Cookies & Coffee Chat  
3:30 **P** Afternoon Sunshine  
5:00 **DR** Dinner

## Tuesday

**3**

9:30 **AR** News of the day  
10:00 **AR** Morning Stretch  
10:30 **AR** Snack / Hydration  
11:00 **E** Seated Volleyball  
1:30 **AR** Nail Polish with Ceila  
3:00 **AR** Cookies & Coffee Chat  
3:30 **P** Afternoon Sunshine  
5:00 **DR** Dinner

**10**

9:30 **AR** News of the day  
10:00 **AR** Morning Stretch  
10:30 **AR** Snack / Hydration  
10:30 **AR** Music Therapy  
1:30 **AR** Nail Polish with Ceila  
3:00 **AR** Cookies & Coffee Chat  
3:30 **P** Afternoon Sunshine  
5:00 **DR** Dinner

**17**

9:30 **AR** News of the day  
10:00 **AR** Morning Stretch  
10:30 **AR** Snack / Hydration  
11:00 **E** Seated Volleyball  
1:30 **AR** Nail Polish with Ceila  
3:00 **AR** Cookies & Coffee Chat  
3:30 **P** Afternoon Sunshine  
5:00 **DR** Dinner

**24**

9:30 **AR** News of the day  
10:00 **AR** Morning Stretch  
10:30 **AR** Snack / Hydration  
11:00 **E** Seated Volleyball  
1:30 **AR** Nail Polish with Ceila  
3:00 **AR** Cookies & Coffee Chat  
3:30 **P** Afternoon Sunshine  
5:00 **DR** Dinner

## Wednesday

**4**

9:30 **AR** News of the day  
10:00 **AR** Senior Zumba  
10:30 **AR** Snack / Hydration  
11:00 **AR** Baking  
1:30 **AR** Painting & Crafts  
3:00 **AR** Cookies & Coffee Chat  
3:30 **P** Afternoon Sunshine  
5:00 **DR** Dinner

**11**

9:30 **AR** News of the day  
10:00 **AR** Senior Zumba  
11:00 **F1** TC Wild Life Visit  
1:30 **AR** Painting & Crafts  
3:00 **C** Remembrance Sept. 11th  
3:30 **P** Afternoon Sunshine  
5:00 **DR** Dinner

**18**

9:30 **AR** News of the day  
10:00 **AR** Senior Zumba  
10:30 **DR** Chef Demo  
1:30 **AR** Painting & Crafts  
3:00 **AR** Cookies & Coffee Chat  
3:30 **P** Afternoon Sunshine  
5:00 **DR** Dinner

**25**

9:30 **AR** News of the day  
10:00 **AR** Senior Zumba  
10:30 **AR** Snack / Hydration  
11:00 **AR** Baking  
1:30 **AR** Painting & Crafts  
3:00 **AR** Cookies & Coffee Chat  
3:30 **P** Afternoon Sunshine  
5:00 **DR** Dinner

## Thursday

**5**

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** Adrian on the Steel Drum  
5:00 **DR** Dinner

**12**

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 **E** Happy Hr. w/Nicole Hulett  
5:00 **DR** Dinner

**19**

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 **E** Happy Hour w/Daryl Magill  
5:00 **DR** Dinner

**26**

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

## Friday

**6**

9:30 **AR** News of the day  
10:00 **AR** Morning Stretch  
10:30 **AR** Snack / Hydration  
11:00 **AR** Music Therapy  
1:30 **AR** Bingo  
2:30 **AR** Cookies & Coffee Chat  
3:30 **P** Afternoon Sunshine  
5:00 **DR** Dinner

**13**

9:30 **AR** News of the day  
10:00 **AR** Morning Stretch  
10:30 **AR** Snack / Hydration  
11:00 **AR** Music Therapy  
1:30 **AR** Bingo  
2:30 **AR** Cookies & Coffee Chat  
3:30 **P** Afternoon Sunshine  
5:00 **DR** Dinner

**20**

9:30 **AR** News of the day  
10:00 **AR** Morning Stretch  
10:30 **AR** Snack / Hydration  
11:00 **AR** Music Therapy  
1:30 **AR** Bingo  
2:30 **AR** Cookies & Coffee Chat  
3:30 **P** Afternoon Sunshine  
5:00 **DR** Dinner

**27**

9:30 **AR** News of the day  
10:00 **AR** Morning Stretch  
10:30 **AR** Snack / Hydration  
11:00 **AR** Music Therapy  
1:30 **AR** Bingo  
2:30 **AR** Cookies & Coffee Chat  
3:30 **P** Afternoon Sunshine  
5:00 **DR** Dinner

## Saturday

**7**

Happy Birthday Joyce W.  
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** Patio Time  
1:30 **AR** Bingo  
2:30 **AR** Cookie & Coffee Chat  
5:00 **DR** Dinner

**14**

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** Patio Time  
1:30 **AR** Bingo  
2:30 **AR** Ice Cream Sundaes  
5:00 **DR** Dinner

**21**

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** Patio Time  
1:30 **AR** Bingo  
2:30 **AR** Cookie & Coffee Chat  
5:00 **DR** Dinner

**28**

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** Patio Time  
1:30 **AR** Bingo  
2:30 **AR** Root Beer Floats Social  
5:00 **DR** Dinner

## Around our Community

### Monthly Gazette

Tree: Willow

Flower: Aster

Birthstone: Sapphire

What's Lucky?

Lucky Color: Yellow

Lucky Animal: Dolphin

Lucky Letters: K and S

Lucky Day: Wednesday

Lucky Plant: Corn

Happy Birthday!

Joyce W - September 7th

Ken S. - September 23



### LOCATION KEY

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

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