

UPCOMING COMMUNITY EVENTS

WELCOME AUTUMN

Autumn is generally regarded as the end of the growing season. In the autumn season, the daylight grows shorter, and animals prepare for the long, cold months ahead. The temperature starts becoming cooler during autumn. Leaves on the trees will turn beautiful shades of yellow, orange, red and brown.

Fun Facts About Autumn

You can catch birds on their migration south.

You can spot a harvest moon.

It's cobbler season.

Pumpkin carving is at its peak.

Apples really can keep the doctor away.



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

Alto
Senior Living by Allegro

FLOURISH

SEPTEMBER 2023

WHAT'S INSIDE

Pg 2-3
Social Calendar

Pg 4
Upcoming Events + News

*'SELF AWARENESS AND SELF - LOVE MATTER.
WHO WE ARE IS HOW WE LEAD.'*

—BRENE BROWN

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Around our Community

Alto Stuart

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www.allegroliving.com



September 11 Memorial

- 3**
9:00 **C** Coffee Chat & News
10:30 **CR** Pokeno
1:00 **F1** Singing Seniors w/Rhonda
3:00 **C** Coffee Social
3:30 **F1** Faith Family Church
4:00 **C** Wordsearch, Games

- 10**
Grandparents Day
9:00 **C** Coffee Chat & News
10:30 **CR** Pokeno
1:00 **F1** Singing Seniors w/Rhonda
3:00 **C** Coffee Social
3:30 **F1** Faith Family Church
4:00 **C** Wordsearch, Games

- 17**
9:00 **C** Coffee Chat & News
10:30 **CR** Pokeno
1:00 **F1** Broadway
Sing-a-long-Rhonda
3:00 **C** Coffee Social
3:30 **F1** Faith Family Church
4:00 **C** Wordsearch, Games

- 24**
Yom Kippur
9:00 **C** Coffee Chat & News
10:30 **CR** Pokeno
1:00 **F1** Singing Seniors w/Rhonda
3:00 **C** Coffee Social
3:30 **F1** Faith Family Church
4:00 **C** Wordsearch, Games

- 4**
Labor Day
9:00 **C** Coffee Chat & News
10:00 **C** Labor Day History & Fun
11:00 **CR** Morning Reflection
1:30 **F1** Music with Giovanni
2:30 **C** Labor Day dessert
4:00 **C** Wordsearch, Games

- 11**
Patriot Day of Service & Remembrance
9:00 **C** Coffee Chat & News
9:00 **LB** Local Banks
10:00 **LB** CVS
10:30 **CR** Resident Council
1:00 **LB** Publix
2:00 **F1** Music with Lou
3:00 **C** Cookies & Coffee Social
4:00 **C** Wordsearch, Games

- 18**
9:00 **C** Coffee Chat & News
9:00 **LB** Local Banks
10:00 **LB** Walgreens
10:30 **C** Baking Vanilla Bundt Cake
1:00 **LB** Publix
2:00 **F1** Music with Paul
3:00 **C** Cookies & Coffee Social
4:00 **C** Wordsearch, Games

- 25**
9:00 **C** Coffee Chat & News
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 Mitch
3:00 **C** Cookies & Coffee Social
4:00 **C** Wordsearch, Games

- 5**
9:00 **C** Coffee Chat & News
10:00 **FC** Morning Stretch
11:00 **E** Seated Volleyball
1:00 **E** Bingo
2:00 **C** Cookies & Coffee Social
4:00 **C** Wordsearch, Games

- 12**
National Chocolate Milkshake Day
9:00 **C** Coffee Chat & News
10:00 **FC** Morning Stretch
11:00 **E** Seated Volleyball
1:00 **E** Bingo
2:00 **C** Chocolate Milkshake Social
4:00 **C** Wordsearch, Games

- 19**
9:00 **C** Coffee Chat & News
10:00 **FC** Morning Stretch
11:00 **E** Seated Volleyball
1:00 **E** Bingo
2:00 **C** Cookies & Coffee Social
4:00 **C** Wordsearch, Games

- 26**
9:00 **C** Coffee Chat & News
10:00 **FC** Morning Stretch
11:00 **E** Seated Volleyball
1:00 **E** Bingo
2:00 **C** Cookies & Coffee Social
4:00 **C** Wordsearch, Games

- 6**
9:00 **C** Coffee Chat & News
10:00 **FC** Balance & Exercise
11:00 **C** Sing-a-long
1:00 **E** Bingo
2:00 **C** Cookies & Coffee Social
4:00 **C** Wordsearch, Games

- 13**
9:00 **C** Coffee Chat & News
10:00 **FC** Balance & Exercise
11:00 Resident Spotlight - Lori Schopper
1:00 **E** Bingo
2:00 **C** Cookies & Coffee Social
4:00 **C** Wordsearch, Games

- 20**
9:00 **C** Coffee Chat & News
10:00 **FC** Balance & Exercise
11:00 **C** Crafting
1:00 **E** Bingo
2:00 **C** Cookies & Coffee Social
4:00 **C** Wordsearch, Games

- 27**
9:00 **C** Coffee Chat & News
10:00 **FC** Balance & Exercise
11:00 **C** Crossword Game
1:00 **E** Bingo
2:00 **C** Cookies & Coffee Social
4:00 **C** Wordsearch, Games

- 7**
9:00 **C** Coffee Chat & News
10:00 **FC** Sit & Stretch
11:00 **CR** Word Games & Trivia
1:00 **CR** Pokeno
3:00 **E** Happy Hour & Music w/Daryl
4:00 **C** Wordsearch, Games

- 14**
Nat'l. Assisted Living Week
9:00 **C** Coffee Chat & News
10:00 **FC** Sit & Stretch
11:00 **CR** Word Games & Trivia
1:00 **CR** Pokeno
3:00 **E** Carnival Happy Hour
4:00 **C** Wordsearch, Games

- 21**
9:00 **C** Coffee Chat & News
10:00 **FC** Sit & Stretch
11:00 **CR** Word Games & Trivia
1:00 **CR** Pokeno
3:00 **E** Happy Hour w/Nicole Hulett
4:00 **C** Wordsearch, Games

- 28**
9:00 **C** Coffee Chat & News
10:00 **FC** Sit & Stretch
11:00 **CR** Word Games & Trivia
1:00 **CR** Pokeno
3:00 **E** Happy Hour with Giovanni
4:00 **C** Wordsearch, Games

- 1**
9:00 **C** Coffee Chat & News
9:45 **LB** Publix
10:00 **FC** Stretch & Flex
11:00 **L** Circle of Friends
1:00 **E** Seated Volleyball
2:00 **C** Cookies & Coffee Social
2:00 **TH** Friday Matinee
4:00 **C** Wordsearch, Games

- 8**
9:00 **C** Coffee Chat & News
9:45 **LB** Publix
10:00 **FC** Stretch & Flex
11:00 **L** Circle of Friends
1:00 **E** Seated Volleyball
2:00 **C** Cookies & Coffee Social
2:00 **TH** Friday Matinee
4:00 **C** Wordsearch, Games

- 15**
Rosh Hashana Begins
9:00 **C** Coffee Chat & News
9:45 **LB** Publix
10:00 **FC** Stretch & Flex
11:00 **L** Circle of Friends
1:00 **E** Seated Volleyball
2:00 **C** Cookies & Coffee Social
2:00 **TH** Friday Matinee
4:00 **C** Wordsearch, Games

- 22**
First Day of Autumn
9:00 **C** Coffee Chat & News
9:45 **LB** Publix
10:00 **FC** Stretch & Flex
11:00 **L** Circle of Friends
1:00 **E** Seated Volleyball
2:00 **TH** Friday Matinee
2:00 **C** Apple Cake Social
4:00 **C** Wordsearch, Games

- 29**
Strawberry Cream Pie Day
9:00 **C** Coffee Chat & News
9:45 **LB** Publix
10:00 **FC** Stretch & Flex
11:00 **L** Circle of Friends
1:00 **E** Seated Volleyball
2:00 **TH** Friday Matinee
2:00 **C** Strawberry Cream Pie Social
4:00 **C** Wordsearch, Games

- 2**
9:00 **C** Coffee Chat & News
10:00 **F1** First United Methodist Church with Conde
11:00 **CR** Word Game
1:00 **E** Bingo
2:00 **C** Cookies & Coffee Social
4:00 **C** Wordsearch, Games

- 9**
9:00 **C** Coffee Chat & News
10:00 **F1** First United Methodist Church with Conde
11:00 **CR** Word Game
1:00 **E** Bingo
2:00 **C** Ice Cream Social
4:00 **C** Wordsearch, Games

- 16**
9:00 **C** Coffee Chat & News
10:00 **F1** First United Methodist Church with Conde
11:00 **CR** Word Game
1:00 **E** Bingo
2:00 **C** Cookies & Coffee Social
4:00 **C** Wordsearch, Games

- 23**
9:00 **C** Coffee Chat & News
10:00 **F1** First United Methodist Church with Conde
11:00 **CR** Word Game
1:00 **E** Bingo
2:00 **C** Root Beer Floats Social
4:00 **C** Wordsearch, Games

- 30**
9:00 **C** Coffee Chat & News
10:00 **F1** First United Methodist Church with Conde
11:00 **CR** Word Game
1:00 **E** Bingo
2:00 **C** Cookies & Coffee Social
4:00 **C** Wordsearch, Games

Happy Birthday

- Sept. 2 - E. Cavaliere
Sept. 7 - Joyce Williams
Sept. 8 - Richard Sutrich
Sept. 9 - Alden Peck
Sept. 12 - Jack Roden
Sept. 20 - Bert Altman
Sept. 22 - Lauri Kinslow

Daily Events:

- 1:00pm Documentary
2:00pm Matinee Movie
3:00pm Walking Club
6:30pm Evening Movie

***Please note:

- Bingo - New Time
Tues. & Wed. Sat. 1:00pm

Doctor Appts:

- Tues., wed., Thurs.

LOCATION KEY

- C** Cafe
LB Lobby
FC Fitness Center
L Library
E Ent. Room
TH Theater
F1 Family Room
CR Community Room