

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Around our Community

Alto Stuart

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



3
9:30 **AR** Daily Chronicle
10:30 **AR** Snack / Hydration
11:00 **P** Patio / Fresh Air
12:15 **DR** Lunch
1:00 **AR** Singing Seniors with Rhonda
2:30 **AR** Snack / Coffee Chat
3:00 **AR** Table Games
5:00 **DR** Dinner

10
Grandparents Day
9:30 **AR** Daily Chronicle
10:30 **AR** Snack / Hydration
11:00 **P** Patio / Fresh Air
12:15 **DR** Lunch
1:00 **AR** Singing Seniors with Rhonda
2:30 **AR** Snack / Coffee Chat
3:00 **AR** Table Games
5:00 **DR** Dinner

17
Yom Kippur
9:30 **AR** Daily Chronicle
10:30 **AR** Snack / Hydration
11:00 **P** Patio / Fresh Air
12:15 **DR** Lunch
1:00 **AR** Singing Seniors with Rhonda
2:30 **AR** Snack / Coffee Chat
3:00 **AR** Table Games
5:00 **DR** Dinner

24
9:30 **AR** Daily Chronicle
10:30 **AR** Snack / Hydration
11:00 **P** Patio / Fresh Air
12:15 **DR** Lunch
1:00 **AR** Singing Seniors with Rhonda
2:30 **AR** Snack / Coffee Chat
3:00 **AR** Table Games
5:00 **DR** Dinner

4
Labor Day
9:30 **AR** Daily Chronicle
10:00 **AR** Seated Exercise
10:30 **AR** Snack / Hydration
10:30 **AR** Manicures & Mimosa
12:15 **DR** Lunch
1:30 **F1** Music with Giovanni
2:30 **AR** Coffee Chat
5:00 **DR** Dinner

11
9:30 **AR** Daily Chronicle
10:00 **AR** Seated Exercise
10:30 **AR** Snack / Hydration
10:30 **AR** Manicures & Mimosa
12:15 **DR** Lunch
1:00 **LB** Scenic Drive
2:00 **F1** Music with Lou
3:00 **AR** Coffee Chat
5:00 **DR** Dinner

18
9:30 **AR** Daily Chronicle
10:00 **AR** Seated Exercise
10:30 **AR** Snack / Hydration
10:30 **AR** Manicures & Mimosa
12:15 **DR** Lunch
1:00 **LB** Scenic Drive
2:00 **F1** Music with Paul Hamaty
3:00 **AR** Coffee Chat
5:00 **DR** Dinner

25
9:00 Pet visit/Humane Society
9:30 **AR** Daily Chronicle
10:00 **AR** Seated Exercise
10:30 **AR** Snack / Hydration
10:30 **AR** Manicures & Mimosa
12:15 **DR** Lunch
1:00 **LB** Scenic Drive
2:00 **F1** Music with Mitch
3:00 **AR** Coffee Chat
5:00 **DR** Dinner

5
9:30 **AR** Daily Chronicle
10:00 **AR** Morning Stretch
10:30 **AR** Snack / Hydration
11:30 **P** Patio Time
12:15 **DR** Lunch
1:30 **AR** Bingo
3:00 **AR** Snack / Coffee Chat
3:30 **AR** Sing A-Long
5:00 **DR** Dinner

12
National Chocolate Milkshakes Day
9:30 **AR** Daily Chronicle
10:00 **AR** Morning Stretch
10:30 **AR** Snack / Hydration
11:30 **P** Patio Time
12:15 **DR** Lunch
1:30 **AR** Bingo
3:00 **AR** Snack / Coffee Chat
3:30 **AR** Sing A-Long
5:00 **DR** Dinner

19
9:30 **AR** Daily Chronicle
10:00 **AR** Morning Stretch
10:30 **AR** Snack / Hydration
11:30 **P** Patio Time
12:15 **DR** Lunch
1:30 **AR** Bingo
3:00 **AR** Snack / Coffee Chat
3:30 **AR** Sing A-Long
5:00 **DR** Dinner

26
9:30 **AR** Daily Chronicle
10:00 **AR** Morning Stretch
10:30 **AR** Snack / Hydration
11:30 **P** Patio Time
12:15 **DR** Lunch
1:30 **AR** Bingo
3:00 **AR** Snack / Coffee Chat
3:30 **AR** Sing A-Long
5:00 **DR** Dinner

6
9:30 **AR** Daily Chronicle
10:00 **AR** Senior Zumba
10:30 **AR** Snack / Hydration
11:00 **AR** Baking
11:00 **AR** Reminisce
12:15 **DR** Lunch
1:30 **AR** Art with a Twist
2:00 **AR** Table Games
3:00 **AR** Coffee / Chat
5:00 **DR** Dinner

13
9:30 **AR** Daily Chronicle
10:00 **AR** Senior Zumba
10:30 **AR** Snack / Hydration
11:00 **AR** Baking
11:00 **AR** Reminisce
12:15 **DR** Lunch
1:30 **AR** Art with a Twist
2:00 **AR** Table Games
3:00 **AR** Coffee / Chat
5:00 **DR** Dinner

20
9:30 **AR** Daily Chronicle
10:00 **AR** Senior Zumba
10:30 **AR** Snack / Hydration
11:00 **AR** Baking
11:00 **AR** Reminisce
12:15 **DR** Lunch
1:30 **AR** Art with a Twist
2:00 **AR** Table Games
3:00 **AR** Coffee / Chat
5:00 **DR** Dinner

27
9:30 **AR** Daily Chronicle
10:00 **AR** Senior Zumba
10:30 **AR** Snack / Hydration
11:00 **AR** Baking
11:00 **AR** Reminisce
12:15 **DR** Lunch
1:30 **AR** Art with a Twist
2:00 **AR** Table Games
3:00 **AR** Coffee / Chat
5:00 **DR** Dinner

7
9:30 **AR** Daily Chronicle
10:00 **AR** Drum Circle
10:30 **AR** Snack / Hydration
11:00 **AR** Music / Sing-Along
12:15 **DR** Lunch
1:30 **AR** Table Games
2:00 **AR** Snack / Coffee Chat
3:00 **E** Happy Hour & Music w/Daryl Magill
5:00 **DR** Dinner

14
9:30 **AR** Daily Chronicle
10:00 **AR** Drum Circle
10:30 **AR** Snack / Hydration
11:00 **AR** Music / Sing-Along
12:15 **DR** Lunch
1:30 **AR** Table Games
2:00 **AR** Snack / Coffee Chat
3:00 **E** Carnival Happy Hour
5:00 **DR** Dinner

21
9:30 **AR** Daily Chronicle
10:00 **AR** Drum Circle
10:30 **AR** Snack / Hydration
11:00 **AR** Music / Sing-Along
12:15 **DR** Lunch
1:30 **AR** Table Games
2:00 **AR** Snack / Coffee Chat
3:00 **E** Happy Hour w/Nicole Hulet
5:00 **DR** Dinner

28
9:30 **AR** Daily Chronicle
10:00 **AR** Drum Circle
10:30 **AR** Snack / Hydration
11:00 **AR** Music / Sing-Along
12:15 **DR** Lunch
1:30 **AR** Table Games
2:00 **AR** Snack / Coffee Chat
3:00 **E** Happy Hour w/Giovanni
5:00 **DR** Dinner

1
9:30 **AR** Daily Chronicle
10:00 **AR** Scarf Fitness
10:30 **AR** Snack / Hydration
11:00 **AR** Trivia / Music
12:15 **DR** Lunch
1:30 **AR** Bingo
2:00 **P** Patio Time
3:00 **AR** Coffee Chat
5:00 **DR** Dinner

8
9:30 **AR** Daily Chronicle
10:00 **AR** Scarf Fitness
10:30 **AR** Snack / Hydration
11:00 **AR** Trivia / Music
12:15 **DR** Lunch
1:30 **AR** Bingo
2:00 **P** Patio Time
3:00 **AR** Coffee Chat
5:00 **DR** Dinner

15
Rosh Hashana Begins
9:30 **AR** Daily Chronicle
10:00 **AR** Scarf Fitness
10:30 **AR** Snack / Hydration
11:00 **AR** Trivia / Music
12:15 **DR** Lunch
1:30 **AR** Bingo
2:00 **P** Patio Time
3:00 **AR** Coffee Chat
5:00 **DR** Dinner

22
9:30 **AR** Daily Chronicle
10:00 **AR** Scarf Fitness
10:30 **AR** Snack / Hydration
11:00 **AR** Trivia / Music
12:15 **DR** Lunch
1:30 **AR** Bingo
2:00 **P** Patio Time
3:00 **AR** Coffee Chat
5:00 **DR** Dinner

29
National Strawberry Cream Pie Day
9:30 **AR** Daily Chronicle
10:00 **AR** Scarf Fitness
10:30 **AR** Snack / Hydration
11:00 **AR** Trivia / Music
12:15 **DR** Lunch
1:30 **AR** Bingo
2:00 **P** Patio Time
3:00 **AR** Coffee Chat

2
9:30 **AR** Daily Chronicle
10:00 **AR** Morning Fitness
10:30 **AR** Snack / Hydration
10:30 **AR** First Methodist Church
11:00 **P** Patio Time
12:15 **DR** Lunch
1:30 **AR** Bingo
2:00 **AR** Card Games
3:00 **AR** Coffee Social
5:00 **DR** Dinner

9
9:30 **AR** Daily Chronicle
10:00 **AR** Morning Fitness
10:30 **AR** Snack / Hydration
10:30 **AR** First Methodist Church
11:00 **P** Patio Time
12:15 **DR** Lunch
1:30 **AR** Bingo
2:00 **AR** Card Games
3:00 **AR** Coffee Social
5:00 **DR** Dinner

16
9:30 **AR** Daily Chronicle
10:00 **AR** Morning Fitness
10:30 **AR** Snack / Hydration
10:30 **AR** First Methodist Church
11:00 **P** Patio Time
12:15 **DR** Lunch
1:30 **AR** Bingo
2:00 **AR** Card Games
3:00 **AR** Coffee Social
5:00 **DR** Dinner

23
9:30 **AR** Daily Chronicle
10:00 **AR** Morning Fitness
10:30 **AR** Snack / Hydration
10:30 **AR** First Methodist Church
11:00 **P** Patio Time
12:15 **DR** Lunch
1:30 **AR** Bingo
2:00 **AR** Card Games
3:00 **AR** Coffee Social
5:00 **DR** Dinner

30
9:30 **AR** Daily Chronicle
10:00 **AR** Morning Fitness
10:30 **AR** Snack / Hydration
10:30 **AR** First Methodist Church
11:00 **P** Patio Time
12:15 **DR** Lunch
1:30 **AR** Bingo
2:00 **AR** Card Games
3:00 **AR** Coffee Social
5:00 **DR** Dinner

Welcome Autumn



Autumn is the season of mists and mellow fruitfulness.

In this season leaves change their color to yellow and orange.

As This Season Starts to end plants start to shed their leaves and flowers.

The views this time of year are magical.

“Autumn leaves are symbols of peace, love, and hope”.

LOCATION KEY

AR Activity Room
DR Dining Room
P Outside Patio
F1 Family Room
E Ent Room
LB Lobby

9:30 **AR** Daily Chronicle
10:00 **AR** Morning Fitness
10:30 **AR** Snack / Hydration
10:30 **AR** First Methodist Church
11:00 **P** Patio Time
12:15 **DR** Lunch
1:30 **AR** Bingo
2:00 **AR** Card Games
3:00 **AR** Coffee Social
5:00 **DR** Dinner