

DECEMBER 2023

Around our Community

Sunday

DECEMBER 31

9:30 AR Today's History
 10:30 Patio Time
 10:30 AR Snack / Hydration
 11:00 F1 Singing Seniors w/Rhonda
 12:15 DR Lunch
 1:30 AR Bingo
 2:30 AR Snack / Coffee Chat
 3:00 AR Table Games
 5:00 DR Dinner

3

9:30 AR Today's History
 10:30 Patio Time
 10:30 AR Snack / Hydration
 11:00 F1 Singing Seniors w/Rhonda
 12:15 DR Lunch
 1:30 AR Bingo
 2:30 AR Snack / Coffee Chat
 3:00 AR Table Games
 5:00 DR Dinner

10

9:30 AR Today's History
 10:30 Patio Time
 10:30 AR Snack / Hydration
 11:00 F1 Singing Seniors w/Rhonda
 12:15 DR Lunch
 1:30 AR Bingo
 2:30 AR Snack / Coffee Chat
 3:00 AR Table Games
 5:00 DR Dinner

17

9:30 AR Today's History
 10:30 Patio Time
 10:30 AR Snack / Hydration
 11:00 F1 Singing Seniors w/Rhonda
 12:15 DR Lunch
 1:30 AR Bingo
 2:30 AR Snack / Coffee Chat
 3:00 AR Table Games
 5:00 DR Dinner

24

9:30 AR Today's History
 10:30 Patio Time
 10:30 AR Snack / Hydration
 11:00 F1 Singing Seniors w/Rhonda
 12:15 DR Lunch
 1:30 AR Bingo
 2:30 AR Snack / Coffee Chat
 3:00 AR Table Games
 5:00 DR Dinner

Monday

Alto Stuart

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

4

9:30 AR Today's History
 10:00 AR Seated Exercise
 10:30 AR Snack / Hydration
 11:00 AR Manicures & Mimosa
 12:15 DR Lunch
 1:00 LB Scenic Drive
 2:00 F1 Music with Jodi
 3:00 AR Cookies & Coffee Chat
 5:00 DR Dinner

11

9:30 AR Today's History
 10:00 AR Seated Exercise
 10:30 AR Snack / Hydration
 11:00 AR Manicures & Mimosa
 12:15 DR Lunch
 1:00 LB Scenic Drive
 2:00 F1 Music with Andrea Tesoro
 3:00 AR Cookies & Coffee Chat
 5:00 DR Dinner

18

9:30 AR Today's History
 10:00 AR Seated Exercise
 10:30 AR Snack / Hydration
 11:00 AR Manicures & Mimosa
 12:15 DR Lunch
 1:00 LB Scenic Drive
 2:00 F1 Music with Jodi
 3:00 AR Cookies & Coffee Chat
 5:00 DR Dinner

25

9:30 AR Today's History
 10:00 AR Seated Exercise
 10:30 AR Snack / Hydration
 11:00 AR Manicures & Mimosa
 12:15 DR Lunch
 1:00 LB Scenic Drive
 2:00 F1 Christmas Day Parade
 3:00 AR Cookies & Coffee Chat
 5:00 DR Dinner

Tuesday

5

9:30 AR Today's History
 10:00 AR Morning Stretch
 10:30 AR Snack / Hydration
 11:00 P Fresh Air
 12:15 DR Lunch
 1:30 AR Bingo
 2:00 TH Matinee Movie
 3:00 AR Cookies & Coffee Chat
 5:00 DR Dinner

12 Christmas Party

9:30 AR Today's History
 10:00 AR Morning Stretch
 10:30 AR Snack / Hydration
 11:00 P Fresh Air
 12:15 DR Lunch
 1:30 AR Bingo
 3:00 AR Cookies & Coffee Chat
 5:00 DR Dinner

19

9:00 Movie Theater
 9:30 AR Today's History
 10:00 AR Morning Stretch
 10:30 AR Snack / Hydration
 11:00 P Fresh Air
 12:15 DR Lunch
 1:30 AR Bingo
 2:00 TH Rockettes Christmas Show
 3:00 AR Cookies & Coffee Chat
 5:00 DR Dinner

26

9:30 AR Today's History
 10:00 AR Morning Stretch
 10:30 AR Snack / Hydration
 11:00 P Fresh Air
 12:15 DR Lunch
 1:30 AR Bingo
 3:00 AR Cookies & Coffee Chat
 5:00 DR Dinner

Wednesday



6

9:30 AR Today's History
 10:00 AR Senior Zumba
 10:30 AR Snack / Hydration
 12:15 DR Lunch
 1:30 AR Art with a Twist
 2:00 AR Table Games
 3:00 AR Cookies & Coffee Chat
 5:00 DR Dinner

13

9:30 AR Today's History
 10:00 AR Senior Zumba
 10:30 AR Snack / Hydration
 12:15 DR Lunch
 1:30 AR Art with a Twist
 2:00 AR Table Games
 3:00 AR Cookies & Coffee Chat
 5:00 DR Dinner

20

9:30 AR Today's History
 10:00 AR Senior Zumba
 10:30 AR Snack / Hydration
 11:00 AR Baking
 12:15 DR Lunch
 1:30 AR Art with a Twist
 2:00 AR Table Games
 3:00 AR Cookies & Coffee Chat
 5:00 DR Dinner

27

9:30 AR Today's History
 10:00 AR Senior Zumba
 10:30 AR Snack / Hydration
 12:15 DR Lunch
 12:45 DR Resident Birthdays w/Vitas
 1:30 AR Art with a Twist
 2:00 AR Table Games
 3:00 AR Cookies & Coffee Chat
 5:00 DR Dinner

Thursday



7

9:30 AR Today's History
 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 Afternoon Hydration
 3:00 E Happy Hour & Music w/ Daryl Magill
 5:00 DR Dinner

14

9:30 AR Today's History
 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 Afternoon Hydration
 3:00 E Happy Hour & Music w/Lou Imperato
 5:00 DR Dinner

21

9:30 AR Today's History
 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 Afternoon Hydration
 3:00 E Happy Hour & Music w/ Nicole Hulett
 5:00 DR Dinner

28

9:30 AR Today's History
 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 Afternoon Hydration
 3:00 E Happy Hour & Music w/ Lou Laino
 5:00 DR Dinner

Friday

1

9:30 AR Today's History
 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 Cookies & Coffee Chat
 5:00 DR Dinner

8

9:30 AR Today's History
 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 Cookies & Coffee Chat
 5:00 DR Dinner

15

9:30 AR Today's History
 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 Cookies & Coffee Chat
 5:00 DR Dinner

22

9:30 AR Today's History
 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 Cookies & Coffee Chat
 5:00 DR Dinner

29

9:30 AR Today's History
 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 Cookies & Coffee Chat
 5:00 DR Dinner

Saturday

2

9:30 AR Today's History
 10:00 AR Morning Fitness
 10:30 AR First Methodist Church
 10:30 AR Snack / Hydration
 11:30 P Patio Time
 12:15 DR Lunch
 1:30 AR Bingo
 2:00 AR Card Games
 3:00 AR Coffee Social
 3:00 AR Cookie & Coffee Social

9

9:30 AR Today's History
 10:00 AR Morning Fitness
 10:30 AR First Methodist Church
 10:30 AR Snack / Hydration
 11:30 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 Today's History
 10:00 AR Morning Fitness
 10:30 AR First Methodist Church
 10:30 AR Snack / Hydration
 11:30 P Patio Time
 12:15 DR Lunch
 1:30 AR Bingo
 2:00 AR Card Games
 3:00 AR Coffee Social
 3:00 AR Coffee Social

23

9:30 AR Today's History
 10:00 AR Morning Fitness
 10:30 AR First Methodist Church
 10:30 AR Snack / Hydration
 11:30 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 Today's History
 10:00 AR Morning Fitness
 10:30 AR First Methodist Church
 10:30 AR Snack / Hydration
 11:30 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

December Birthdays

Happy Birthday!

Charles C. - Dec. 23

Jean P. - Dec. 26

Bonnie B. - Dec. 28

December Fun Facts

Gemstone: Blue Zircon

Flower: Poinsettia

Dog: Collie

Scent: Amaretto Coffee

Christmas Tree have been sold in the U.S. since 1850.

It takes 15 years to grow the average Christmas Tree.

3 Billion Christmas cards are sent in the U.S. each year.

LOCATION KEY

- AR** Activity Room
- DR** Dining Room
- P** Outside Patio
- F1** Family Room - 1st Floor
- LB** Lobby
- TH** Theater
- E** Ent. Room - 3rd Floor