

UPCOMING COMMUNITY EVENTS



BEACH / LUAU DAY!

Saturday, August 30th

11:00 AM Learn to Hula w/Stephanie

2:00 PM Sand Art Craft

3:00 PM Sand Box Treasure Hunt

3:30 Luau Happy Hour



OUT TRIPS

Friday August 1st @ 1:00 PM - Hilltop Farm & Creamery

Friday August 8th @ 1:30 PM - Mini Golf

Friday August 15th @ 11:45 AM - Longhorn Steakhouse

Friday August 22nd @ 1:30 PM - Collins Creamery

Friday August 29th @ 11:45 AM - Sakura Garden Restaurant

Evergreen Walk
1000 Cottonwood Ln
South Winsor, CT 06074
(781) 226-2002



FLOURISH

AUGUST 2025



WHAT'S INSIDE

Pg 2-3
Social Calendar

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Upcoming Events + News

“YOU’VE GOT TO FOLLOW THAT DREAM, WHEREVER THAT DREAM WILL LEAD.”

—ELVIS PRESLEY

Sunday

August
31

10:00 **TT** Sunday Mass
10:30 **B** Daily Wordsearch
11:00 **GG** Sunday Stretch
1:30 **GG** Chair Volleyball
2:30 **BP** Patio Conversation
3:30 **TT** Dominoes
6:30 **TT** Movie

3 Watermelon Day

10:00 **TT** Sunday Mass
10:30 **B** Watermelon Wordsearch
11:00 **GG** Sunday Stretch
2:30 **BP** Watermelon on the Patio
3:30 **TT** Sarah's One Up One Down
Card Game
6:30 **TT** Movie

10

10:00 **TT** Sunday Mass
10:30 **GG** Sunday Stretch
11:00 **B** Elvis is in the Building
Search Begins
1:30 **GG** QiGong with Marivic
2:30 **TT** Matinee: Hall Holbrook
Mark Twain Tonight!
6:30 **TT** Movie

17

10:00 **TT** Sunday Mass
10:30 **B** Daily Wordsearch
11:00 **GG** Sunday Stretch
1:30 **GG** QiGong with Marivic
2:30 **TT** Matinee: Charlie Chaplin:
The Circus
6:30 **TT** Movie

24

10:00 **TT** Sunday Mass
10:30 **B** Daily Wordsearch
1:30 **GG** Sunday Stretch
2:30 **BP** Patio Conversation
3:30 **TT** Scrabble
6:30 **TT** Movie

Monday

Evergreen Walk - AL

1000 Cottonwood Ln
South Windsor, CT 06074
(781) 226-2002
www.allegroliving.com/communities/south-windsor-ct

4

10:00 **GG** Get Fit Exercise
10:30 **B** Daily Wordsearch
11:00 **CR** Morning Chat – Independent
11:00 **TT** Family Fued
1:30 **LI** Book Club: Choose Your Own
3:00 **TT** Crossword Challenge
3:30 **IP** Happy Hour on the Patio
6:30 **TT** Movie

11

10:00 **GG** Get Fit Exercise
10:30 **ML** Library Outing
10:30 **B** Daily Wordsearch
11:00 **CR** Morning Chat – Independent
11:00 **TT** Family Fued
1:30 **LI** Cornhole
2:00 **TT** Top 10 Treasures in the
Louvre
3:00 **TT** Crossword Challenge
3:30 **IP** Happy Hour on the Patio

18

10:00 **GG** Get Fit Exercise
10:30 **B** Daily Wordsearch
11:00 **CR** Morning Chat – Independent
11:00 **TT** Family Fued
1:30 **LI** Book Club: Choose Your Own
3:00 **TT** Crossword Challenge
3:30 **IP** Happy Hour on the Patio
6:30 **TT** Movie

25

10:00 **GG** Get Fit Exercise
10:30 **B** Daily Wordsearch
11:00 **CR** Morning Chat – Independent
11:00 **TT** Family Fued
1:30 **LI** Cornhole
2:00 **TT** Wonders of Philippines
3:00 **TT** Crossword Challenge
3:30 **IP** Happy Hour on the Patio
6:30 **TT** Movie

Tuesday

5

10:00 **TT** Mass w/Communion/Rosary
10:30 **GG** Stretch it Out
11:00 **TT** Jeopardy
1:00 **E** Resident Choir Rehearsal
2:00 **TT** Spot the Difference
3:00 **B** Rummikib – Independent
3:00 **TT** Documentary: Bene Brown
6:30 **TT** Movie

12

10:00 **TT** Mass w/Communion/Rosary
10:30 **GG** Stretch it Out
11:00 **TT** Jeopardy
2:00 **TT** Spot the Difference
3:00 **B** Rummikib – Independent
3:00 **TT** Documentary: Audrey
6:30 **TT** Movie

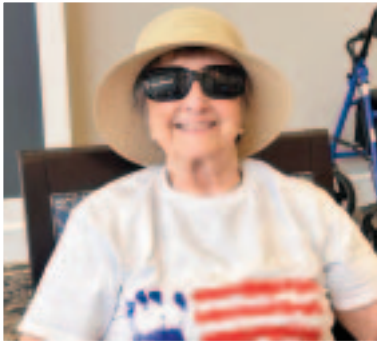
19

10:00 **TT** Mass w/Communion/Rosary
10:30 **GG** Stretch it Out
11:00 **TT** Jeopardy
1:00 **E** Resident Choir Rehearsal
2:00 **TT** Spot the Difference
3:00 **TT** Bingo
3:00 **B** Rummikib – Independent
3:30 **IP** Happy Hour on the Patio
6:30 **TT** Movie

26

10:00 **TT** Mass w/Communion/Rosary
10:30 **GG** Stretch it Out
11:00 **TT** Watercolors w/Paul
2:00 **TT** Resident Council
3:00 **B** Rummikib – Independent
3:00 **TT** Documentary: 2018 Red Sox
4:00 **IP** Happy Hour on the Patio
6:30 **TT** Movie

Wednesday



6

10:00 **GG** Sunrise Stretch
10:30 **B** Daily Wordsearch
10:30 **ML** Stop and Shop / CVS Trip
11:00 **TT** Bottom's Up Card Game
1:30 **TT** Jeff the Plant Guy
3:00 **CR** Poker – Independent
3:00 **IP** Golf on the green
3:45 **TT** Calendar Committee
6:30 **TT** Movie

13

10:00 **GG** Sunrise Stretch
10:30 **B** Daily Wordsearch
11:00 **TT** Family Fued
11:00 **TT** Bottom's Up Card Game
2:00 **E** Music w/Susan & Piers
3:00 **CR** Poker – Independent
3:00 **TT** What's Your Verdict?
3:45 **E** Wine Down Happy Hour
6:30 **TT** Movie

20

10:00 **GG** Sunrise Stretch
10:30 **GG** Health Talk w/Kylie
10:30 **ML** Stop and Shop / CVS Trip
11:00 **TT** Bottom's Up Card Game
1:30 **FP** Art Workshop w/Lorraine
2:00 **CR** Veteran's Group
3:00 **GR** Bowling
3:00 **CR** Poker – Independent
3:45 **E** Wine Down Happy Hour
6:30 **TT** Movie

27

10:00 **GG** Sunrise Stretch
10:30 **B** Daily Wordsearch
11:00 **TT** Bottom's Up Card Game
1:30 **R** Food/Beverage Discussion
2:15 **TT** Canasta Card Game
3:00 **CR** Poker – Independent
3:15 **GR** Travel to the Caribbean
4:00 **E** Wine Down Happy Hour
6:30 **TT** Movie

Thursday



7

10:00 **GG** Stretch It Out Exercise
10:30 **B** Daily Wordsearch
11:00 **B** No Bake Cookies w/Steph
1:30 **ML** Outdoor Walk
3:00 **GR** Set Back Card Game
3:00 **TT** Smithsonian Stories:
From the Vaults
4:00 **IP** Happy Hour on the Patio
5:30 Dance Party with DJ Steph
6:30 **TT** Movie

14

10:00 **GG** Stretch It Out Exercise
10:30 **B** Daily Wordsearch
11:00 **B** Oreo Parfait w/Steph
1:30 **ML** Outdoor Walk
2:00 **TT** Where in the World
3:00 **GR** Set Back Card Game
3:00 **TT** Smithsonian Stories:
From the Vaults
4:00 **IP** Happy Hour on the Patio
6:30 **TT** Movie

21

10:00 **GG** Stretch It Out Exercise
10:30 **B** Daily Wordsearch
11:00 **B** Baking with Nicole
2:00 **E** Birthday Bash w/T-Bone
3:00 **GR** Set Back Card Game
3:00 **TT** Smithsonian Stories:
From the Vaults
4:00 **IP** Happy Hour on the Patio
5:30 Dance Party with DJ Steph
6:30 **TT** Movie

28

10:00 **GG** Stretch It Out Exercise
10:30 **B** Daily Wordsearch
11:00 **B** Baking with Nicole
1:30 **ML** Outdoor Walk
3:00 **GR** Set Back Card Game
3:00 **TT** Smithsonian Stories:
From the Vaults
4:00 **IP** Happy Hour on the Patio
6:30 **TT** Movie

Friday

1

10:00 **GG** Friday Exercise Fun
10:30 **B** Daily Wordsearch
11:00 **TT** Gratitude Circle
1:00 **ML** Out Trip: Hilltop Farm &
Creamery
2:00 **TT** Craft with Amy
3:00 **TT** Ted Talk & Discussion
4:00 **IP** Happy Hour on the Patio
6:30 **TT** Movie

8

10:00 **GG** Friday Exercise Fun
10:30 **B** Daily Wordsearch
11:00 **TT** Gratitude Circle
1:30 **ML** Out Trip: Mini Golf!
2:00 **TT** Craft with Amy
3:00 **TT** Ted Talk & Discussion
4:00 **IP** Happy Hour on the Patio
6:30 **TT** Movie

15

10:00 **GG** Friday Exercise Fun
10:30 **B** Daily Wordsearch
11:00 **TT** Gratitude Circle
11:45 **ML** Outing Longhorn Steakhouse
2:00 **TT** Craft with Amy
3:00 **TT** Ted Talk & Discussion
4:00 **IP** Happy Hour on the Patio
6:30 **TT** Movie

22

10:00 **GG** Friday Exercise Fun
10:30 **B** Daily Wordsearch
11:00 **TT** Gratitude Circle
1:30 **ML** Out Trip: Collins Creamery
3:00 **TT** Ted Talk & Discussion
4:00 **IP** Happy Hour on the Patio
6:30 **TT** Movie

29

10:00 **GG** Friday Exercise Fun
10:30 **B** Daily Wordsearch
11:00 **TT** Gratitude Circle
11:45 **ML** Out Trip: Sakura Garden
2:00 **TT** Craft with Amy
3:00 **TT** Ted Talk & Discussion
4:00 **IP** Happy Hour on the Patio
6:30 **TT** Movie

Saturday

2

10:00 **GG** Rock 'n Exercise
10:30 **B** Daily Wordsearch
11:00 **TT** Whiteboard Word Game
2:00 **TT** Bingo Extravaganza
3:00 **TT** Concert: Michael Buble
Live from Rome
6:30 **TT** Movie

9

10:00 **GG** Rock 'n Exercise
10:30 **B** Daily Wordsearch
11:00 **TT** Whiteboard Word Game
2:00 **TT** Karaoke
3:00 **TT** Concert: John Denver
(1982)
6:30 **TT** Movie

16 Elvis Day

10:00 **GG** Rock 'n Exercise
10:30 **B** Elvis Wordsearch
11:00 **TT** Elvis Triva
2:00 **TT** Bingo Extravaganza
3:00 **TT** Concert: Elvis: '68
Comeback Special
6:30 **TT** Movie

23

10:00 **GG** Rock 'n Exercise
10:30 **B** Daily Wordsearch
11:00 **TT** Whiteboard Word Game
2:00 **TT** Karaoke
3:00 **TT** Concert: Englebert
Humberdinck
6:30 **TT** Movie

30 Beach / Luau Day

10:00 **GG** Beach Day Exercise
10:30 **B** Beach Wordsearch
11:00 **TT** Learn to Hula
2:00 **TT** Beach Day Craft - Sand Art
3:00 **TT** Sand Box Treasure Hunt
3:30 **IP** Luau Happy Hour
6:30 **TT** Movie

Happy Birthday!

Residents

Nancy 8/2

Frances 8/2

Dee 8/3

Bob 8/11

Sally 8/24

Larry 8/28

Associates

Evelyn 8/1

Michica 8/3

Josephine 8/8

Edward 8/9

Leslie 8/12

Nick 8/12

Candace 8/14

Sarah 8/17

Carlos 8/18

Joy 8/19

Francesca 8/23

Megan 8/24

David 8/27

LOCATION
KEY

GG Gym
B Bistro
TT Theatre
ML Main Lobby
IP Interior Patio
BP Bistro Patio
CR Club Room
LI Library
E Encore Bar & Lounge
GR Game Room

Sunday

August
31

9:30 **BL** Morning News and Updates
10:00 **FL** Celebration/Eucharist
10:30 **FL** Stretching and flexing
11:00 **FL** Today in History
1:30 **FL** Sensory: Aromatherapy
2:30 **BL** Summer Spritz & Sweets
3:30 **FL** Sensory:Warm Hand Washing
4:00 **BL** Documentary: Golden Pond
5:30 **BL** Sunday: Jazz Music Circle

3 Watermelon Day

9:30 **BL** Morning News and Updates
10:00 **FL** Celebration/Eucharist
10:30 **FL** Stretching and Flexing
11:00 **FL** Today in History
1:30 **SL** Watermelon Arts & Craft
2:30 **BL** **Watermelon: Documentary**
3:00 **FL** Sensory: Aromatherapy
4:00 **BL** Documentary: Golden Pond
5:30 **BL** Sunday: Jazz Music Circle

10

9:30 **BL** Morning News and Updates
10:00 **FL** Celebration/Eucharist
10:30 **FL** Stretching and Flexing
11:00 **FL** Today in History
1:30 **FL** Sensory: Aromatherapy
2:30 **BL** Summer Spritz & Sweets
4:00 **BL** Documentary: Golden Pond
5:30 **BL** Sunday: Jazz Music Circle

17

9:30 **BL** Morning News and Updates
10:00 **FL** Celebration/Eucharist
10:30 **FL** Stretching and Flexing
11:00 **FL** Today in History
1:30 **FL** Sensory: Aromatherapy
2:30 **BL** Summer Spritz & Sweets
4:00 **BL** Documentary: Golden Pond
5:30 **BL** Sunday: Jazz Music Circle

24

9:30 **BL** Morning News and Updates
10:00 **FL** Celebration/Eucharist
10:30 **FL** Stretching and Flexing
11:00 **FL** Today in History
1:30 **FL** Sensory: Aromatherapy
2:30 **BL** Summer Spritz & Sweets
4:00 **BL** Documentary: Golden Pond
5:30 **BL** Sunday: Jazz Music Circle

Monday

Evergreen Walk - Ensemble

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4

9:30 **FL** Coffee and Conversation
10:00 **FL** Catholic Archdiocese Mass
10:30 **FL** Morning Work Out
11:00 **BL** Whiteboard: Words w/Words
1:30 **FL** Arts and Craft w/ Maureen
2:30 **PG** Mocktail Social Hour
4:00 **BL** Monday Music Memories
5:30 **BL** Clark Gables Series

11

9:30 **FL** Coffee and Conversation
10:00 **FL** Catholic Archdiocese Mass
10:30 **FL** Morning Work Out
11:00 **BL** Whiteboard: Words w/Words
1:30 **FL** Arts and Craft w/ Maureen
2:30 **PG** Mocktail Social Hour
4:00 **BL** Monday Music Memories
5:30 **BL** Clark Gables Series

18

9:30 **FL** Coffee and Conversation
10:00 **FL** Catholic Archdiocese Mass
10:30 **FL** Morning Work Out
11:00 **BL** Whiteboard: Words w/Words
1:30 **FL** Arts and Craft w/ Maureen
2:30 **PG** Mocktail Social Hour
4:00 **BL** Monday Music Memories
5:30 **BL** Clark Gables Series

25

9:30 **FL** Coffee and Conversation
10:00 **FL** Catholic Archdiocese Mass
10:30 **FL** Morning Work Out
11:00 **BL** Whiteboard: Words w/Words
1:30 **FL** Arts and Craft w/ Maureen
2:30 **PG** Mocktail Social Hour
4:00 **BL** Monday Music Memories
5:30 **BL** Clark Gables Series

Tuesday

5

9:30 **FL** Wheel of Fortune
10:00 **BL** Communion:St.Margret Mary
10:30 **BL** This Day in History
11:00 **BL** Flex Exercise w/Maureen
1:30 **SL** **Virtual:Sound Bath Music**
2:30 **B** **Fresh Strawberries Snack**
3:30 **FL** Sensory:Warm Hand Towels
4:00 **BL** Evening Flex w/Maureen
5:30 **BL** Vituial: Sing Along w/Sue

12

9:30 **FL** Wheel of Fortune
10:00 **BL** Communion:St.Margret Mary
10:30 **B** **Baking: Brownies w/Nicole**
11:00 **BL** Flex Exercise w/Maureen
1:30 **SL** Craft Corner: Handprints
2:30 **BL** Indoor Bowling w/Maureen
4:00 **BL** Evening Flex w/Maureen
5:30 **BL** Vituial: Sing Along w/Sue

19

9:30 **FL** Wheel of Fortune
10:00 **BL** Communion:St.Margret Mary
10:30 **SL** **Watercolors Art w/Paul**
11:00 **BL** Flex Exercise w/Maureen
1:30 **B** **Bake: Cookies w/Maureen**
2:30 **BL** This Day in History
4:00 **BL** Evening Flex w/Maureen
5:30 **BL** Vituial: Sing Along w/Sue

26

9:30 **FL** Wheel of Fortune
10:00 **BL** Communion:St.Margret Mary
10:30 **B** **Baking: Lemon Cake**
11:00 **BL** Flex Exercise w/Maureen
1:30 **FL** Fresh Popcorn w/Maureen
2:30 **BL** This Day in History
4:00 **BL** Evening Flex w/Maureen
5:30 **BL** Vituial: Sing Along w/Sue

Wednesday



6

9:30 **BL** Morning News and Updates
10:00 **FL** Daily Mass TV
10:30 **BL** This Day in History
11:00 **BL** Cardio Blast w/Lifestyle
1:30 **PG** **Mini Golf Tournament**
2:00 **PG** Coloring Garden Designs
3:00 **FL** Sensory: Aromatherapy
3:30 **FL** **Sensory:Warm Hand Towels**
4:00 **FL** Midweek Music Circle
5:30 **FL** Virtual Comedy Hour

13

10:00 **FL** Daily Mass TV
10:30 **BL** **Outing: Wickam Park Ride**
11:00 **BL** Cardio Blast w/Lifestyle
1:30 **PG** Cornhole Tournament
2:00 **PG** Coloring Garden Designs
2:30 **BL** This Day in History
3:00 **FL** Sensory: Aromatherapy
3:30 **FL** Sensory:Warm Hand Washing
4:00 **FL** Midweek Music Circle
5:30 **FL** Virtual Comedy Hour

20

9:30 **BL** Morning News and Updates
10:00 **FL** Daily Mass TV
10:30 **BL** This Day in History
11:00 **BL** Cardio Blast w/Lifestyle
1:30 **PG** Mini Golf Tournament
2:00 **PG** Coloring Garden Designs
3:00 **FL** Sensory: Aromatherapy
3:30 **FL** Sensory:Warm Hand Washing
4:00 **FL** Midweek Music Circle
5:30 **FL** Virtual Comedy Hour

27

9:30 **BL** Morning News and Updates
10:00 **FL** Daily Mass TV
10:30 **BL** **Outing: Elizabeth Park**
11:00 **BL** Cardio Blast w/Lifestyle
1:30 **PG** **Ping Pong Tournament**
2:00 **PG** Coloring Garden Designs
3:00 **FL** Sensory: Aromatherapy
4:00 **FL** Midweek Music Circle
5:30 **FL** Virtual Comedy Hour

Thursday



7

10:00 **FL** Catholic Archdiocese Mass
10:30 **BL** Wheel of Fortune
11:00 **FL** Tone Up Thursday
1:30 **PG** Pool Noddle Exercise
2:30 **FL** Decoupage: Craft Project
3:00 **BL** **Travelogue: Kansas**
3:30 **FL** Sensory:Warm Hand Towels
4:00 **BL** Evening Flex w/Maureen
5:30 **BL** Ensemble on Broadway

14

10:00 **FL** Catholic Archdiocese Mass
10:30 **BL** Wheel of Fortune
11:00 **FL** Tone Up Thursday
1:30 **PG** Pool Noddle Exercise
2:30 **FL** **Decoupage: Kites Project**
3:00 **FL** Sensory:Warm Hand Washing
3:30 **BL** **Travelogue: Germany**
4:00 **BL** Evening Flex w/Maureen
5:30 **BL** Ensemble on Broadway

21 Senior Citizens Day

10:00 **FL** Catholic Archdiocese Mass
10:30 **BL** Wheel of Fortune
10:30 **FL** **T-Bone Music for Seniors**
1:30 **PG** Pool Noddle Exercise
2:30 **FL** **Seniors:Read Proclamation**
3:00 **FL** Seniors: Sing Along w/Sue
3:30 **BL** **Travelogue: The Great Lake**
4:00 **BL** Evening Flex w/Maureen
5:30 **BL** Ensemble on Broadway

28

10:00 **FL** Catholic Archdiocese Mass
10:30 **BL** Wheel of Fortune
11:00 **FL** Tone Up Thursday
1:30 **PG** Pool Noddle Exercise
2:30 **FL** **Monthly Birthday Party**
3:00 **FL** Sensory:Warm Hand Washing
3:30 **BL** **Travelogue: The Nile**
4:00 **BL** Evening Flex w/Maureen
5:30 **BL** Ensemble on Broadway

Friday

1

9:30 **BL** Coffee and Conversation
10:00 **FL** Celebration of Eucharist
10:30 **FL** Functional Fitness Friday
11:00 **BL** Finish That Line Game
1:30 **PG** Basketball Game
2:30 **PG** Fresh Air Walk on Patio
3:00 **BL** Antiques Road Show
4:00 **BL** Sing Along Songs-Karaoke
5:30 **BL** I Love Lucy Movie Series

8

9:30 **BL** Coffee and Conversation
10:00 **FL** Celebration of Eucharist
10:30 **FL** Functional Fitness Friday
11:00 **BL** Finish That Line Game
1:30 **FL** **Music w/Larry Batter**
2:30 **PG** Fresh Air Walk on Patio
3:00 **BL** Antiques Road Show
3:30 **FL** Sensory:Warm Hand Washing
5:30 **BL** I Love Lucy Movie Series

15

9:30 **BL** Coffee and Conversation
10:00 **FL** Celebration of Eucharist
10:30 **FL** Functional Fitness Friday
11:00 **BL** Expressions Game Cards
1:30 **PG** Basketball Game
2:30 **PG** Fresh Air Walk on Patio
3:00 **BL** Antiques Road Show
3:30 **FL** Sensory:Warm Hand Washing
5:30 **BL** I Love Lucy Movie Series

22

9:30 **BL** Coffee and Conversation
10:00 **FL** Celebration of Eucharist
10:30 **FL** Functional Fitness Friday
11:00 **BL** Expressions Game Cards
1:30 **PG** Basketball Game
2:30 **PG** Fresh Air Walk on Patio
3:00 **BL** Antiques Road Show
3:30 **FL** Sensory:Warm Hand Washing
5:30 **BL** I Love Lucy Movie Series

29

9:30 **BL** Coffee and Conversation
10:00 **FL** Celebration of Eucharist
10:30 **FL** Functional Fitness Friday
11:00 **BL** Expressions Game Cards
1:30 **PG** Basketball Game
2:30 **PG** Fresh Air Walk on Patio
3:00 **BL** Antiques Road Show
3:30 **FL** Sensory:Warm Hand Washing
5:30 **BL** I Love Lucy Movie Series

Saturday

2

9:30 **BL** Morning News and Updates
10:00 **FL** Holy Mass – On Air
10:30 **FL** Strength Saturdays
11:00 **FL** Wheel of Fortune
1:30 **PG** Music & Movement
2:00 **FL** **Adult Coloring Book Day**
3:30 **FL** Sensory: Warm Hand Wash
4:00 **FL** Exploration Stations
5:30 **RA** Weekend Reminiscing

9

9:30 **BL** Morning News and Updates
10:00 **FL** Holy Mass – On Air
10:30 **FL** Strength Saturdays
11:00 **FL** Wheel of Fortune
1:30 **PG** Music & Movement
2:00 **FL** Water Painted Flowers Art
3:30 **FL** Sensory: Warm Hand Wash
4:00 **FL** Exploration Stations
5:30 **RA** Weekend Reminiscing

16

9:30 **BL** Morning News and Updates
10:00 **FL** Holy Mass – On Air
10:30 **FL** Strength Saturdays
11:00 **FL** Wheel of Fortune
1:30 **PG** Music & Movement
2:00 **FL** Water Painted Flowers Art
3:30 **FL** Sensory: Warm Hand Wash
4:00 **FL** Exploration Stations
5:30 **RA** Weekend Reminiscing

23

9:30 **BL** Morning News and Updates
10:00 **FL** Holy Mass – On Air
10:30 **FL** Strength Saturdays
11:00 **FL** Wheel of Fortune
1:30 **PG** Music & Movement
2:00 **FL** Water Painted Flowers Art
3:30 **FL** Sensory: Warm Hand Wash
4:00 **FL** Exploration Stations
5:30 **RA** Weekend Reminiscing

30 National Beach Day

9:30 **BL** Morning News and Updates
10:00 **FL** Holy Mass – On Air
10:30 **FL** Strength Saturdays
11:00 **FL** **All About: Luau History**
1:30 **PG** Music & Movement
2:00 **FL** Beach Day Craft: Sunshine
3:00 **BL** Sensory: Warm Hand Wash
3:30 **FL** **Virtual: The Beach Boys**
4:00 **FL** Exploration Stations
5:30 **RA** Walking on Sunshine Songs

Around our Community

AUGUST BIRTHDAY'S

Karl S 8/13

Happy Birthday to residents,
families and staff celebrating
this month!

August's Birthstone:
"PERIDOT"

August is a stargazing
month!

August's flowers: Gladiolus &
Poppy.

The gladiolus symbolizes:
strength of character,
sincerity, and generosity.

The poppy symbolizes
imagination.

LOCATION KEY

BL Back Living Room
FL Front Living Room
PG Patio Garden
RA Restaurant Area
SL Side Living Room
B Bistro

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
August 31 10:00 TH Live Stream Mass 10:30 LR Mindful Coloring 11:00 LR Sunday Stretch 1:00 LR School Days Reminiscence 2:00 PG Garden Club 3:00 LR This or That? 4:00 TH The Carol Burnett Show 6:00 TH Movie	Evergreen Walk-Interlude 1000 Cottonwood Ln South Windsor, CT 06074 (781) 226-2002 www.allegroliving.com/communities/south-windsor-ct Interlude				1 10:00 TH Friday Exercise Fun 10:30 LR Trivial Pursuit 11:00 TH Music Appreciation 1:00 LR That's a Match! 2:00 RA Summertime Tea Party 3:00 LR Bean Bag Toss 4:00 TH Family Feud 6:00 TH The Dick Van Dyke Show	2 10:00 TH Rock 'n Exercise 10:30 LR Word Search Challenge 11:00 LR Jeopardy 1:00 TH Movie Matinee 2:00 LR Karaoke 3:00 LR Bingo Extravaganza 4:00 RA Happy Hour 6:00 TH "John Denver: Live in Sydney" (1977)
3 Watermelon Day 10:00 TH Live Stream Mass 10:30 LR Mindful Coloring 11:00 LR Sunday Stretch 1:00 LR Watermelon Day Craft 2:00 PG Garden Club 3:00 LR Stories of Friendship 4:00 TH The Carol Burnett Show 6:00 TH Movie	4 10:00 TH Get Fit Exercise 10:30 LR Word Search Challenge 11:00 LR Current Events 1:00 LR Painting to Music 2:00 LR Getting to Know Me Card Game 3:00 LR Bowling 4:00 TH Virtual Vacation: Iceland 6:00 TH Classic TV Game Shows	5 10:00 TH Sunrise Stretch 10:30 LR Art By Numbers 11:00 LR This Day In History 1:00 LR Space Day Science Experiment 2:00 LR Bingo Fun for All 3:00 LR Ladder Ball 4:00 TH Through the Years Conversation: My Favorite Things	6 10:00 TH Chair Yoga 10:30 LR Word Puzzles & Searches 11:00 LR Art History Discussion: Pop Art 1:30 ML Out Trip: Donuts in the Park 3:00 LR Ukulele Music with Bridget 4:00 TH I Love Lucy 6:00 TH Biography: Martha Stewart	7 Lighthouse Day 10:00 TH Stretch It Out Exercise 10:30 TH Book Discussion 1:00 LR Triple Toss Challenge 2:00 LR Lighthouse Day Craft 3:00 LR Volleyball 4:00 TH Ted Talk 6:00 TH Movie	8 10:00 TH Friday Exercise Fun 10:30 LR Musical Balloon Burst Game 11:00 TH Music Appreciation 1:00 LR Ready, Set, Puzzle 2:00 RA Summertime Tea Party 3:00 LR Bean Bag Toss 4:00 TH Family Feud 6:00 TH The Dick Van Dyke Show	9 10:00 TH Rock 'n Exercise 10:30 LR Word Search Challenge 11:00 LR Jeopardy 1:00 TH Movie Matinee 2:00 LR Elvis Week Karaoke 3:00 LR Bingo Extravaganza 4:00 RA Happy Hour 6:00 TH "Frank Sinatra: Live in Italy" (1987)
10 10:00 TH Live Stream Mass 10:30 LR Mindful Coloring 11:00 LR Sunday Stretch 1:30 GG Qigong with Marivic 2:30 PG Sunshine & Songs 3:00 FL Hand Care & Relaxation 4:00 TH The Carol Burnett Show 6:00 TH Movie	11 Play in the Sand Day 10:00 TH Get Fit Exercise 10:30 LR Drum Circle with Maggie 11:00 LR Current Events 1:00 LR Sensory Sand 2:00 LR August A-Z 3:00 LR Bowling 4:00 TH Virtual Vacation: The Swiss Alps 6:00 TH Classic TV Game Shows	12 10:00 TH Sunrise Stretch 10:30 LR Watercolors with Paul 1:00 LR Vinyl Record Day: Top Hits of the 50s 2:00 LR Bingo Fun for All 3:00 LR Ladder Ball 4:00 TH Through the Years Conversation: 6:00 TH Music Movie	13 10:00 TH Chair Yoga 10:30 LR Word Puzzles & Searches 11:00 B Baking Club: Root Beer Floats 1:00 LR Paint Swatch Craft 2:00 E Entertainment: Susan & Piers 3:00 LR Ukulele Music with Bridget 4:00 TH Radio Shows 6:00 TH Biography: ABBA	14 10:00 TH Stretch It Out Exercise 10:30 TH Book Discussion 1:00 LR Triple Toss Challenge 2:00 LR Scattergories 3:00 LR Volleyball 4:00 TH Ted Talk 6:00 TH Movie	15 10:00 TH Friday Exercise Fun 10:30 LR Trivial Pursuit 11:00 TH Reborns with Reasons 1:00 LR That's a Match! 2:00 RA Summertime Tea Party 3:00 LR Jenga 3:00 LR Bean Bag Toss 4:00 TH Family Feud 6:00 TH The Dick Van Dyke Show	16 10:00 TH Rock 'n Exercise 10:30 LR Word Search Challenge 11:00 LR Jeopardy 1:00 TH Movie Matinee 2:00 LR Karaoke 3:00 LR Bingo Extravaganza 4:00 RA Happy Hour 6:00 TH "Julie Andrews and Carol Burnett at Carnegie Hall" (1962)
17 10:00 TH Live Stream Mass 10:30 LR Mindful Coloring 11:00 LR Sunday Stretch 1:30 GG Qigong with Marivic 2:30 PG Garden Club 3:00 LR 1,000 Things About Me 4:00 TH The Carol Burnett Show 6:00 TH Movie	18 10:00 TH Get Fit Exercise 10:30 LR Word Search Challenge 11:00 LR Current Events 1:00 LR Painting to Music 2:00 LR The Last Word Game 3:00 LR Bowling 4:00 TH Virtual Vacation: Rome 6:00 TH Classic TV Game Shows	19 10:00 TH Sunrise Stretch 10:30 LR Art By Numbers 11:00 LR This Day In History 1:00 LR Famous Pictures Throughout History 2:00 LR Bingo Fun for All 3:00 LR Ladder Ball 4:00 TH Through the Years Conversation: Extracurriculars	20 10:00 TH Chair Yoga 10:30 LR Word Puzzles & Searches 11:00 LR Health Talk with Kylie 1:30 ML Out Trip: Scenic Drive & Ice Cream 3:00 LR Ukulele Music with Bridget 4:00 TH I Love Lucy 6:00 TH Biography: Quincy Jones	21 10:00 TH Stretch It Out Exercise 10:30 TH Book Discussion 1:00 LR Triple Toss Challenge 2:00 E August Birthday Celebration with T-Bone 3:00 LR Volleyball 4:00 TH Ted Talk 6:00 TH Movie	22 10:00 TH Friday Exercise Fun 10:30 LR Musical Balloon Burst Game 11:00 TH Music Appreciation 1:00 LR Ready, Set, Puzzle 2:00 RA Summertime Tea Party 3:00 LR Bean Bag Toss 4:00 TH Family Feud 4:00 LR Uno! Card Game 6:00 TH The Dick Van Dyke Show	23 10:00 TH Rock 'n Exercise 10:30 LR Word Search Challenge 11:00 LR Jeopardy 1:00 TH Movie Matinee 2:00 LR Karaoke 3:00 LR Bingo Extravaganza 4:00 RA Happy Hour 6:00 TH "Dolly Parton: Live and Well" (2002)
24 10:00 TH Live Stream Mass 10:30 LR Mindful Coloring 11:00 LR Sunday Stretch 1:00 LR Watercolor Bookmark Craft 2:00 PG Sunshine & Songs 3:00 FL Hand Care & Relaxation 4:00 TH The Carol Burnett Show 6:00 TH Movie	25 10:00 TH Get Fit Exercise 10:30 LR Word Search Challenge 11:00 LR Current Events 1:00 LR Listen and Draw 2:00 LR Name 5 Game 3:00 LR Bowling 4:00 TH Virtual Vacation: Egypt 6:00 TH Classic TV Game Shows	26 National Dog Day 10:00 TH Sunrise Stretch 10:30 LR Art By Numbers 11:00 LR This Day In History 1:00 LR Making Tie Fleece Blankets: Animal Donation 2:00 LR Bingo Fun for All 3:00 LR Ladder Ball 4:00 TH Through the Years Conversation: Pets 6:00 TH Movie	27 10:00 TH Chair Yoga 10:30 LR Word Puzzles & Searches 11:00 B Baking Club: Ice Cream Sandwiches 1:00 LR Paint Your Own Frame 2:00 LR Table Tennis 3:00 LR Ukulele Music with Bridget 4:00 TH Radio Shows 6:00 TH Biography: Nina Simone	28 10:00 TH Stretch It Out Exercise 10:30 TH Book Discussion 1:00 LR Triple Toss Challenge 2:00 LR All About Me Bingo 3:00 LR Volleyball 4:00 TH Ted Talk 6:00 TH Movie	29 10:00 TH Friday Exercise Fun 10:30 LR Trivial Pursuit 11:00 TH Music Appreciation 1:00 LR That's a Match! 2:00 RA Summertime Tea Party 3:00 LR Jenga 3:00 LR Bean Bag Toss 4:00 TH Family Feud 6:00 TH The Dick Van Dyke Show	30 Beach Day 10:00 TH Rock 'n Exercise 10:30 LR Word Search Challenge 11:00 LR Jeopardy 1:00 TH Movie Matinee 2:00 LR Beach Day Celebration 3:00 LR Bingo Extravaganza 4:00 RA Happy Hour 6:00 TH "Andy Williams: Live from The Moon River Theatre" (1994).

Around our Community

Happy August!
Special Days this Month:
8/3: Watermelon Day
8/7: Lighthouse Day
8/11: Play in the Sand Day
8/26: National Dog Day
8/30: Beach Day
"Summer means happy times and good sunshine." - Brian Wilson

LOCATION KEY	
TH	Theater Area
LR	Living Room
RA	Restaurant Area
PG	Patio Garden
ML	Main Lobby
GG	Gym
FL	Front Living Room
B	Bistro
E	Encore Bar & Lounge