

UPCOMING COMMUNITY EVENTS



ALLEGRO AT SEA: SPAIN

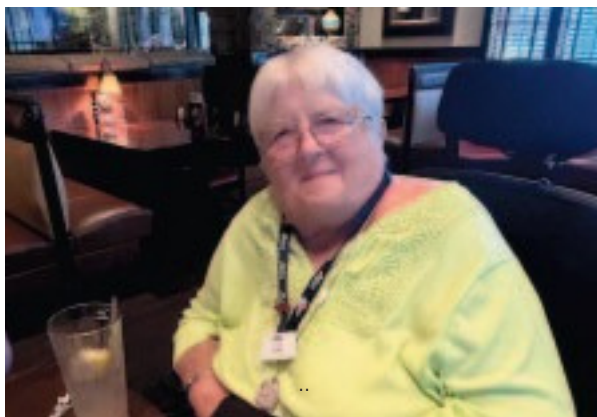
Join us for an unforgettable journey to Spain — without ever leaving the community!

- Savor Churros and Pan con Tomate
- Enjoy the passion of Flamenco Dancing
- Create your own masterpiece with a Spanish Mosaic Craft
- Discover the rich history, food, and culture of Spain in a fun, interactive setting

September 25th - See Calendar for Complete Details

Don't miss this cultural celebration that brings Spain right to your doorstep!

NEWS



NATIONAL ASSISTED LIVING WEEK

Kick off National Assisted Living Week with our Grandparent's Day Ice Cream Social! Sunday, Sept 7 at 2:30 PM. Join us for sweet treats and smiles!

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



FLOURISH

SEPTEMBER 2025



WHAT'S INSIDE

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Social Calendar
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Upcoming Events + News

"THE BIGGEST ADVENTURE YOU CAN TAKE IS TO LIVE THE LIFE OF YOUR DREAMS."

—OPRAH WINFREY



7 Grandparent's Day

10:00 **TT** Sunday Mass
10:30 **B** Daily Wordsearch
11:00 **GG** Sunday Stretch
1:30 **GG** QiGong with Marivic
2:30 **E** Ice Cream Social
3:30 **AR** Craft and Games
6:30 **TT** Movie

14

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

21

10:00 **TT** Sunday Mass
10:30 **B** Daily Wordsearch
11:00 **GG** Sunday Stretch
1:30 **GG** Chair Soccer
2:00 **TT** Best Travel Destinations
2:30 **BP** in the World
3:30 **TT** Patio Conversation
6:30 **TT** Scrabble Movie

28

10:00 **TT** Sunday Mass
10:30 **B** Daily Wordsearch
11:00 **GG** Sunday Stretch
1:30 **GG** Chair Volleyball
2:00 **TT** 25 Greatest Natural
2:30 **BP** Wonders of the World
3:30 **TT** Patio Conversation
6:30 **TT** Dominoes Movie

Monday

1

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

8 Music Monday

10:00 **GG** GetFit Exercise Music
10:30 **B** Themed Wordsearch
11:00 **CR** Morning Chat –
11:00 **TT** Independent Finish the
2:00 **TT** Lyrics Music Trivia
2:30 **TT** Karaoke Sing A Long
3:00 **TT** Crossword Challenge
3:30 **IP** Happy Hour on the Patio
6:30 **TT** Movie

15

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

22

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** VNTY PL8 Game
3:00 **TT** Crossword Challenge
3:30 **IP** Happy Hour by the Fire
6:30 **TT** Movie

29

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** The 25 Most Famous
Paintings in History
3:00 **TT** Crossword Challenge
3:30 **IP** Happy Hour by the Fire
6:30 **TT** Movie

Tuesday

2

10:00 **TT** MassCommunion & Rosary
10:30 **GG** Stretch it Out
10:30 **ML** Library Outing
11:00 **TT** Jeopardy
1:00 **E** Resident Choir Rehearsal
2:00 **GG** Chair Yoga
2:30 **TT** Journey Through Isreal
3:00 **B** Rummikib – Independent
3:45 **IP** Happy Hour on the Patio
6:30 **TT** Movie

9 Treasure Hunt Tuesday

10:00 **TT** Mass Communion & Rosary
10:30 **B** Daily Wordsearch
11:00 **GG** Stretch it Out
2:00 **GG** Chair Yoga
2:30 **TT** Scavenger Hunt
3:00 **B** Rummikib – Independent
3:00 **TT** Treasure Hunt:
5:00 **ML** Drain the Oceans
Resident Choir Concert
w/Dessert Bar

16

10:00 **TT** Mass Communion & Rosary
10:30 **GG** Stretch it Out
11:00 **TH** Fox Rehab Health Talk
2:00 **GG** Chair Yoga
2:30 **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

23

10:00 **TT** Mass Communion & Rosary
10:30 **GG** Stretch it Out
11:00 **TT** Watercolors w/Paul
2:00 **TT** Resident Council
3:00 **TT** Bingo
3:00 **B** Rummikib – Independent
3:30 **IP** Happy Hour by the Fire
6:30 **TT** Movie

30

10:00 **TT** Mass Communion & Rosary
10:30 **B** Daily Wordsearch
10:30 **GG** Stretch it Out
11:00 **TT** Jeopardy
2:00 **GG** Chair Yoga
2:30 **TT** Spot the Difference
3:00 **TT** Bingo
3:00 **B** Rummikib – Independent
3:30 **IP** Happy Hour by the Fire
6:30 **TT** Movie

Wednesday

3

10:00 **GG** Sunrise Stretch
10:30 **B** Daily Wordsearch
10:30 **ML** Stop & Shop/CVStrip
11:00 **TT** Bottom's UpCardGame
1:30 **TT** Jeff the PlantGuy
3:00 **GR** Bowling
3:00 **CR** Poker – Independent
3:45 **TT** Calendar Committee
6:30 **TT** Movie

10 Wild West Wednesday

10:00 **GG** Sunrise Stretch
10:30 **B** Wild West Wordsearch
11:00 **TT** Bottom's Up Card Game
1:30 **TT** Bonanza
2:30 **TT** Cowboy Hat Card Toss Game
3:00 **GR** Bowling
3:00 **CR** Poker – Independent
3:45 **E** Saloon Happy Hour
6:30 **TT** Movie

17

10:00 **GG** Sunrise Stretch
10:30 **GG** Health Talk w/Kylie
10:30 **ML** Stop & Shop/CVStrip
11:00 **TT** Bottom's Up Card Game
2:00 **CR** Veteran's Group
2:00 **TH** Discussion About All
Generations
3:00 **CR** Poker – Independent
3:00 **TT** Guided Meditation
3:45 **E** Wine Down HappyHour

24

10:00 **GG** Sunrise Stretch Oil
10:30 **AR** Paintingw/Briana Bottom's
11:00 **TT** Up Card Game
1:30 **R** Food/BeverageDiscussion
2:00 **TT** Before or After 1950
2:30 **AR** Game Word Within a
3:00 **CR** Word Poker –
3:00 **TT** Independent Guided
3:45 **E** Meditation
6:30 **TT** WineDownHappyHour
Movie

Thursday

4

10:00 **GG** Stretch It Out Exercise
10:30 **BB** Daily Wordsearch
11:00 **TT** Ellen's Chocolate
1:30 **GG** Oatmeal Chews
2:30 **GR** Family Fued
3:00 **TT** Chair Yoga
3:00 **IP** Set Back Card Game
4:00 **E** Wonders of Spain
5:30 Happy Hour on the Patio
Dance Party with DJ Steph

11 Throwback Thursday

10:00 **GG** Stretch It Out Exercise
10:30 **B** Decades Wordsearch
10:30 **B** Joann's 7 Layer Bars
11:00 **ML** Outdoor Walk
1:30 **E** Entertainment w/Ashly Cruz
2:00 **GR** Set Back Card Game
3:00 **TT** Retro Trivia
3:00 **IP** Happy Hour on the Patio
3:45 **TT** Movie
6:30

18

10:00 **GG** Stretch It Out Exercise
10:30 **B** Daily Wordsearch
11:00 **PD** Baking: Personal Pizzas
1:30 **ML** Outdoor Walk
2:30 **GG** Chair Yoga
3:00 **GR** Set Back Card Game
4:00 **IP** Happy Hour on the Patio
5:30 **E** Dance Party with DJ Steph
6:30 **TT** Movie

25 Allegro at Sea: Spain

10:00 **GG** Exercise through Spain
10:30 **B** Churros and Wordsearch
11:00 **B** Pan Con Tomate w/Nicole
1:30 **TT** History of Spain
2:00 **E** Flamenco Music and Dancing
3:00 **GR** Set Back Card Game
3:00 **AR** Spain:Mosaic History/Craft
4:00 **IP** Sangria Happy Hour
6:30 **TT** Movie

Friday

5

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

12 French Friday

10:00 **GG** Friday Exercise Fun
10:30 **B** Paris Wordsearch
10:30 **TT** Gratitude Circle Crepes
11:00 **TT** with Amy and Steph
1:30 **TT** Movie:An American in
2:00 **IP** Paris Paris Happy Hour
4:00 **TT** Movie
6:30

19

10:00 **GG** Friday Exercise Fun
10:30 **B** Daily Wordsearch
11:00 **TT** Gratitude Circle
12:45 **ML** Out Trip: Movies
2:00 **TT** Craft with Amy
3:00 **TT** Ted Talk & Discussion
4:00 **IP** Happy Hour on the Patio
6:30 **TT** Movie

26

10:00 **GG** Friday ExerciseFun
10:30 **B** Daily Wordsearch
11:00 **TT** Gratitude Circle
11:30 **ML** Out Trip:
2:00 **TT** Maine Fish Market
3:00 **TT** Craft with Amy
4:00 **IP** Ted Talk & Discussion
6:30 **TT** Happy Hour by the Fire
Movie



Saturday

6

10:00 **GG** Rock 'n Exercise
10:30 **B** Daily Wordsearch
11:00 **TT** Family Fued
2:00 **TT** Karaoke Sing A Long
3:00 **TT** Tchaikovsky:Symphony No.6
4:00 **IP** Happy Hour on the Patio
6:30 **TT** Movie

13 Star Gazing Saturday

10:00 **GG** Rock 'n Exercise
10:30 **B** Galaxy Wordsearch
11:00 **TT** Common Star
2:00 **IP** Patterns in the Night
3:00 **TT** Sky Campfire Songs &
6:30 **TT** Stories Matinee:
Parent Trap and
Smores Movie

20

10:00 **GG** Rock 'n Exercise
10:30 **B** Daily Wordsearch
11:00 **TT** Family Fued
2:00 **TT** Karaoke Sing A Long
3:00 **TT** John Williams and Steven
6:30 **TT** Spielberg Orchestra Live
Movie

27

10:00 **GG** Rock 'n Exercise
10:30 **B** Daily Wordsearch
11:00 **TT** Jeopardy
2:00 **TT** Bingo Extravaganza
3:00 **TT** Glenn Miller - A Moonlight
6:30 **TT** Serenade 1984
Movie



Happy Birthday!

Residents

JaneT.9/8

LorraineF.9/17

Ann D.9/27

Associates

Elizabeth R. 9/1

Jennifer C. 9/4

Bridget G. 9/4

Cynthia C. 9/5

Jenefa P. 9/10

Delaney W. 9/11

Juliana G 9/14

Lydia M. 9/18

Lilian B. 9/23

Hillary B. 9/24

Sergio H. 9/26

Derra J. 9/27

LOCATION KEY

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

Evergreen Walk - AL

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

Sunday



Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Around our Community

Welcome September

9/1 “LaborDaymeans grilling outside!”-KatieLee

National AssistedLiving Week: “AgelessAdventure” 9/7/-9/13

Celebrating Grandparent’s Day Photos9/7

Remembering 9/11

Happy BirthdaySusan,P 9/21

Allegro AtSea“Virtual Destanation Spain” 9/25

LOCATION KEY

- BL Back Living Room
- PG Patio Garden
- FL Front Living Room
- SL Side Living Room
- EK Ensemble Kitchen
- FP Front Parking Lot
- KA Kitchen Area

7 Grandparent’s Day

9:30 **BL** MorningNews &Updates
10:00 **BL** Celebration/Eucharist
10:30 **BL** Stretching & Flexing
11:00 **PG** Patio Spy GardenSensory
1:30 **FL** Grandparent’s Day Téa
2:30 **BL** History Of Grandparents
3:30 **FL** Reminiscing Photo Board
5:30 **BL** Sunday: Jazz Music Circle

14

9:30 **BL** Morning News & Updates
10:00 **BL** Celebration/Eucharist
10:30 **BL** Stretching & Flexing Patio
11:00 **PG** Spy GardenSensory
1:30 **FL** Sensory: Aromatherapy
2:00 **SL** Table Top Bowling Game
2:30 **BL** Summer Spritz &Sweets I
3:30 **PG** Spy Sensory Walk Virtual
4:00 **BL** Broadway Music
5:30 **BL** Sunday: Jazz Music Circle

21

9:30 **BL** Morning News & Updates
10:00 **BL** Celebration/Eucharist
10:30 **BL** Stretching & Flexing Patio
11:00 **PG** Spy GardenSensory
1:30 **FL** Sensory: Aromatherapy
2:00 **SL** Table Top BowlingGame
2:30 **BL** Summer Spritz &Sweets I
3:30 **PG** Spy Sensory Walk Virtual
4:00 **BL** BroadwayMusic Sunday:
5:30 **BL** Jazz MusicCircle

28

9:30 **BL** Morning News & Updates
10:00 **BL** Celebration/Eucharist
10:30 **BL** Stretching & Flexing Patio
11:00 **PG** Spy GardenSensory
1:30 **FL** Sensory: Aromatherapy
2:00 **SL** Table Top Bowling Game
2:30 **BL** Summer Spritz & Sweets I
3:30 **PG** Spy Sensory Walk Virtual
4:00 **BL** BroadwayMusic Sunday:
5:30 **BL** Jazz Music Circle

1 Labor Day

9:30 **BL** Coffee & Conversation
10:00 **BL** Catholic ArchdioceseMass
10:30 **PG** Patio Morning Walk
11:00 **BL** Whiteboard: Words w/Words
1:30 **FL** Labor Day Arts and Craft
2:00 **SL** Velcro Tabletop Game
2:30 **BL** Mocktail Social Hour
3:30 **FL** Sensory: Warm HandTowels
4:00 **FL** Monday Music Memories
5:30 **BL** History:Blue Butterflies

8 Music Monday

9:30 **BL** Coffee & Conversation
10:00 **BL** Catholic ArchdioceseMass
10:30 **PG** Patio Morning Walk
11:00 **BL** Whiteboard: Words
1:30 **FL** w/Words Livestream:
2:00 **SL** AgelessMusic Velcro
2:30 **BL** Tabletop Game Mocktail
3:30 **FL** Social Hour
4:00 **FL** Sensory: WarmHandTowels
5:30 **BL** Monday Music Memories
5:30 **BL** Docs Prehistoric Turtles

15

9:30 **BL** Coffee & Conversation
10:00 **BL** Catholic Archdiocese Mass
10:30 **PG** Patio Morning Walk
11:00 **BL** Whiteboard: Words w/Words
1:30 **FL** Autumn Artsand Craft Velcro
2:00 **SL** Tabletop Game Mocktail
2:30 **BL** Social Hour
3:30 **FL** Sensory: Warm Hand Towels
4:00 **FL** Monday Music Memories
5:30 **BL** History: VanGogh

22 First Day of Autumn

9:30 **BL** Coffee & Conversation
10:00 **BL** Catholic ArchdioceseMass
10:30 **PG** Patio Morning Walk
11:00 **BL** Whiteboard:Words w/Words
1:30 **FL** Autumn Arts CraftProject
2:00 **SL** Velcro Tabletop Game
2:30 **BL** Mocktail Social Hour
3:30 **FL** Sensory: Warm HandTowels
4:00 **FL** Monday Music Memories
5:30 **BL** History: JFK

29

9:30 **BL** Coffee & Conversation
10:00 **BL** Catholic ArchdioceseMass
10:30 **PG** Patio Morning Walk
11:00 **BL** Whiteboard:Wordsw/Words
1:30 **FL** Autumn Arts CraftProject
2:00 **SL** Velcro Tabletop Game
2:30 **BL** Mocktail Social Hour
3:30 **FL** Sensory: Warm HandTowels
4:00 **FL** Monday Music Memories
5:30 **BL** History: Marilyn Monroe

2

9:30 **BL** Wheel Of Fortune
10:00 **BL** Communion & Eucharist
10:30 **EK** Healthy Trail Mix
11:00 **BL** Stretching Exercise Patio
1:30 **PG** Birds & Sounds Beach Ball
2:30 **BL** & Noodle Game Sensory:
3:30 **FL** Warm Hand Towels Chair
4:00 **BL** Exercise Virtual: Sing
5:30 **BL** Along w/Sue

Treasure Hunt Tuesday

9:30 **BL** Wheel Of Fortune
10:00 **BL** Communion & Eucharist
10:30 **BL** Virtual: Sing Along w/Sue
11:00 **SL** KitKat Bar TreasureHunt
1:30 **PG** Patio Birds & Sounds
2:30 **BL** Laughter Exercise w/Pansy
3:30 **FL** Sensory: Warm
4:00 **BL** HandTowels
5:30 **BL** Treasure Hunt ThemeMusic
5:30 **EK** Treasure Island Movie

16

9:30 **BL** Wheel Of Fortune
10:00 **BL** Communion & Eucharist
10:30 **SL** Watercolors Art /w Paul
11:00 **KA** Baking: A Spice Cake Patio
1:30 **PG** Birds&Sounds
2:30 **BL** Entertainment w/Cruz
3:30 **FL** Sensory:WarmHandTowels
4:00 **BL** Chair Exercise
5:30 **BL** Virtual: Sing Along w/Sue

23

9:30 **BL** Wheel Of Fortune
10:00 **BL** Communion & Eucharist
10:30 **EK** Bake: A Strawberry Cake
11:00 **BL** Welcome New Residents
1:30 **PG** Patio Birds & Sounds Patio
2:30 **PG** Beach Ball Game Sensory:
3:30 **FL** Warm Hand Towels
4:00 **BL** Chair Exercise
5:30 **BL** Virtual: Sing Along w/Sue

30

9:30 **BL** Wheel Of Fortune
10:00 **BL** Communion & Eucharist
10:30 **EK** Bake: Cornbread w/Nicole
11:00 **BL** This Day in History
1:30 **PG** Patio Birds & Sounds
2:30 **PG** Patio Beach Ball Game
3:30 **FL** Sensory: Warm Hand
4:00 **BL** Towels Chair Exercise
5:30 **BL** Virtual: Sing Along w/Sue

3

9:30 **BL** Morning News & Updates
10:00 **BL** Daily Mass TV
10:30 **BL** Short Stories: BookClub
11:00 **BL** Cardio Blast Exercise
1:30 **PG** Cornhole Tournament
2:00 **FL** Short Stories w/ Amy
3:00 **FL** Aroma: Sight & Sound
3:30 **FL** I Spy Game w/Amy
4:00 **FL** Midweek Music Circle
5:30 **FL** Virtual Comedy Hour

10 Wild West Wednesday

9:30 **BL** Morning News&Updates
10:00 **BL** Daily MassTV Outing:
10:30 **FP** NorthWestPark Cardio
11:00 **BL** BlastExercise Western
1:30 **PG** CowboyHatCraft Western
2:00 **FL** Storyw/Amy Aroma:
3:00 **FL** Sight&Sound Western
4:00 **FL** MusicCircle Virtual
5:30 **FL** ComedyHour

17

9:30 **BL** Morning News &
10:00 **BL** Updates Daily Mass TV
10:30 **BL** Short Stories: BookClub
11:00 **BL** Cardio Blast Exercise
1:30 **PG** Cornhole Tournament
2:30 **FL** Short Stories w/Amy
3:00 **FL** Aroma: Sight & Sound
4:00 **FL** Midweek Music Circle
5:30 **FL** Virtual Comedy Hour

24

9:30 **BL** Morning News & Updates
10:00 **BL** Daily Mass TV
10:30 **BL** Outing: Dairy QueenTrip
11:00 **BL** Cardio Blast Exercise
1:30 **PG** Cornhole Tournament
2:00 **FL** Short Stories w/ Amy
3:00 **FL** Aroma: Sight & Sound
4:00 **FL** Midweek Music Circle
5:30 **FL** Virtual Comedy Hour

Evergreen Walk - Ensemble

1000 Cottonwood Ln South Winsor,CT06074

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4

9:30 **BL** Tea& CoffeeConversation
10:00 **BL** Catholic Archdiocese Mass
10:30 **BL** Wheel Of Fortune Tone Up
11:00 **FL** Thursday Entertainment w/
1:30 **FL** Blaze The Matching Shapes
2:30 **FL** Game The Rock ‘n’ Roll Age
3:30 **BL** Guest The Musical
4:00 **BL** Thursday’s Football Night
5:30 **BL**

11 Throwback Thursday

9:30 **BL** Tea& CoffeeConversation
10:00 **BL** Catholic Archdiocese
10:30 **BL** Mass Wheel Of Fortune
11:00 **FL** Tone Up Thursday Pool
1:30 **PG** Noddle Exercise The
2:30 **FL** Matching Shapes Game
3:30 **BL** The Timeline of Flying
4:00 **BL** Guest The Musical
5:30 **BL** Thursday’s Football Night

18

9:30 **BL** Tea & Coffee Conversation
10:00 **BL** Catholic Archdiocese Mass
10:30 **BL** Wheel Of Fortune
11:00 **FL** Tone Up Thursday
1:30 **PG** Pool Noddle Exercise
2:30 **FL** The Matching Shapes Game
3:30 **BL** Life In Hollywood
4:00 **BL** Guest The Musical
5:30 **BL** Thursday’s Football Night

25 Allegro at Sea Spain

9:30 **BL** Spanish TeaConversation
10:00 **BL** Catholic ArchdioceseMass
10:30 **BL** Spanish Wheel offortune
11:00 **FL** Salsa Exercise ToneUp
1:30 **SL** Destination: Spain Monthly
2:00 **FL** BirthdayParty
2:30 **FL** The Matching Shapes Game
3:30 **BL** Golden Age of Spain Guest
4:00 **BL** The Musical
5:30 **BL** Spanish Football Night

5

9:30 **BL** Coffee& Conversation
10:00 **BL** Celebration/ Of Eucharist
10:30 **BL** Functional Fitness Friday
11:00 **BL** Expressions Game Cards
1:30 **FL** Basketball Game
2:30 **PG** Fresh Air Walk on Patio
3:00 **BL** Old-Fashioned Artifacts
5:30 **BL** Vintage Movie Marathon

12 French “Fry” Day

9:30 **BL** Coffee& Conversation
10:00 **BL** Celebration/ Of Eucharist
10:30 **BL** Functional Fitness Friday
11:00 **BL** Expressions Game Cards
1:30 **FL** Basketball Game
2:30 **PG** Snacks: French “Fry” Tops
3:00 **BL** Old-Fashioned Artifacts
5:30 **BL** Fried Green Tomatoes Film

19

9:30 **BL** Coffee & Conversation
10:00 **BL** Celebration/ Of Eucharist
10:30 **BL** Reborn Babies Visit
11:00 **BL** Expressions Game Cards
1:30 **FL** Basketball Game
2:30 **PG** Fresh AirWalkonPatio
3:00 **BL** Old-Fashioned Artifacts
5:30 **BL** Vintage Movie Marathon

26

9:30 **BL** Coffee & Conversation
10:00 **BL** Celebration/ Of Eucharist
10:30 **BL** Functional Fitness Friday
11:00 **BL** Expressions Game Cards
1:30 **FL** Basketball Game
2:30 **PG** Fresh Air Walk on Patio
3:00 **BL** Old-Fashioned Artifacts
5:30 **BL** Vintage Movie Marathon

6

9:30 **BL** Morning News & Updates
10:00 **BL** Holy Mass – On Air
10:30 **BL** Strength Saturdays
11:00 **BL** Wheel Of Fortune
1:30 **BL** Ensemble I Spy Game
2:00 **FL** Painted Fish Art Sensory:
3:30 **FL** Warm Hand Wash
4:00 **BL** Exploration Stations
5:30 **BL** Weekend: The Lucy Show

13 Star Gazing Saturday

9:30 **BL** Morning News&Updates
10:00 **BL** Holy Mass – OnAir
10:30 **BL** Strength Saturdays
11:00 **BL** Wheel Of Fortune
1:30 **BL** Ensemble I SpyGame
2:00 **FL** Abstract PaintedGalaxy
3:30 **FL** Sensory: WarmHandWash
4:00 **BL** Ageless SpaceExploration
5:30 **BL** Lucy BecomesanAstronaut

20

9:30 **BL** Morning News & Updates
10:00 **BL** Holy Mass – On Air
10:30 **BL** Strength Saturdays
11:00 **BL** Wheel Of Fortune
1:30 **BL** Ensemble I Spy Game
2:00 **FL** Adult Abstract Art
3:30 **FL** Sensory: Warm Hand
4:00 **BL** Wash Exploration
5:30 **BL** Stations Weekend: The Lucy show

27

9:30 **BL** Morning News & Updates
10:00 **BL** Holy Mass – On Air
10:30 **BL** Strength Saturdays
11:00 **BL** Wheel Of Fortune
1:30 **BL** Ensemble I Spy Game
2:00 **FL** Adult Abstract Art
3:30 **FL** Sensory: Warm Hand
4:00 **BL** Wash Exploration
5:30 **BL** Stations Weekend: The Lucy show



September 2025

Sunday



7 Grandparents' Day

10:00 **TH** Live Stream Mass Mindful
10:30 **LR** Coloring Sunday Stretch
11:00 **LR** Qigong with Marivic
1:30 **GG** Grandparents' Day Tea
2:15 **RA** Party Hand
3:00 **FL** Care&Relaxation Sunday
4:00 **TH** SitDown: Billy Crystal
6:00 **TH** Mo v ie

14

10:00 **TH** Live Stream Mass
10:30 **LR** Mindful Coloring
11:00 **LR** Sunday Stretch
1:30 **GG** Qigong with Marivic
2:15 **PG** Garden Craft:
Pressed Flower Art
3:00 **LR** Making Sensory
4:00 **TH** Dough Sunday Sit
Down: Ina Garten
6:00 **TH** Mo v ie

21

10:00 **TH** Live Stream Mass
10:30 **LR** Mindful Coloring
11:00 **LR** Sunday Stretch
1:00 **LR** Musical Puzzle: Elvis'
Greatest Hits
2:00 **PG** Sunshine & Songs
3:00 **FL** Hand Care & Relaxation
4:00 **TH** Sunday Sit Down: Hugh
Grant Mo v ie

6:00 **TH**

28

10:00 **TH** Live Stream Mass Mindful
10:30 **LR** Coloring Sunday Stretch
11:00 **LR** Musical Puzzle: '50's
1:00 **LR** Pumpkin Monogram Craft
2:00 **PG** Scent Matching
3:00 **LR** Sunday
4:00 **TH** Sit Down: Reba McEntire
6:00 **TH** Movie

Monday

1

10:00 **TH** Monday Meditation
10:30 **LR** Crossword Puzzle
11:00 **LR** Challenge History of
1:00 **LR** Labor Day Song Recall:
2:00 **LR** Silver Screen Tempo &
Texture: Bumblebee
3:00 **LR** Bowling Virtual Tour:
4:00 **TH** Ancient Rome "Wheel of
6:00 **TH** Fortune"

8 Music Monday

10:00 **TH** Music & Movement
10:30 **LR** Musician Word Search
11:00 **LR** Musical Jeopardy Song
1:00 **LR** Recall: Country Hits
2:00 **LR** Tempo & Texture: Mood
Squares Bowling
3:00 **LR** Virtual Tour: Ancient
4:00 **TH** Greece "Match Game"

6:00 **TH**

15

10:00 **TH** Monday Meditation I
10:30 **LR** Spy Puzzles Current
11:00 **LR** Events Song Recall:
1:00 **LR** Motown Tempo &
2:00 **LR** Texture:
Collaborative
3:00 **LR** Painting Bowling
4:00 **TH** Virtual Tour: Ancient
Italy "The Price is
6:00 **TH** Right"

22

10:00 **TH** Monday Meditation
10:30 **LR** Odd Word Out
11:00 **LR** Current Events
1:00 **LR** Song Recall: Animals
2:00 **LR** Tempo & Texture: Stamp
to the Beat
3:00 **LR** Bowling
4:00 **TH** Virtual Tour: Ancient
Egypt
6:00 **TH** "Password"

29

10:00 **TH** Monday Meditation
10:30 **LR** Story Blanks
11:00 **LR** Current Events
1:00 **LR** Song Recall: '60's
2:00 **LR** Tempo & Texture:
Drumsticks
3:00 **LR** Bowling
4:00 **TH** Virtual Tour: Ancient
Turkey
6:00 **TH** "Celebrity Squares"

Tuesday

2

10:00 **TH** Sunrise Stretch
10:30 **LR** Art By Numbers:
"Sunflowers"
11:00 **LR** This Day In History
1:00 **E** Resident Choir
2:00 **LR** Rehearsal Bingo Fun for
3:00 **LR** All Ladder Ball Golden
4:00 **TH** Memories: Concerts
6:00 **TH** Movie

9 Treasure Hunt Tuesday

10:00 **TH** Sunrise Stretch
10:30 **LR** Watercolors with Paul
1:00 **LR** Treasure Chest Craft
2:00 **LR** Pirate Bingo Pirate Ship
3:00 **LR** Pin Game Golden
4:00 **TH** Memories: Dances
5:00 **ML** Resident Choir Concert
6:00 **TH** Movie: "Swiss Family
Robinson"

16

10:00 **TH** Sunrise Stretch
10:30 **LR** Art By Number:
"American Gothic"
11:00 **LR** This Day In History
1:00 **LR** Ukulele Music with
2:00 **LR** Bridget Bingo
3:00 **LR** Fun for All Ladder Ball
4:00 **TH** Golden Memories:
Inspirations
6:00 **TH** Mo v ie

23

10:00 **TH** Sunrise Stretch
10:30 **LR** Art By Numbers: "Girl With
a Pearl Earring"
11:00 **LR** This Day In History
1:00 **LR** Ukulele Music with Bridget
2:00 **LR** Bingo Fun for All
3:00 **LR** Ladder Ball
4:00 **TH** Golden Memories: Talents
6:00 **TH** Mo v ie

30

10:00 **TH** Sunrise Stretch
10:30 **LR** Art By Numbers: "Mona
Lisa"
1:00 **LR** This Day In History
2:00 **LR** Ukulele Music with Bridget
3:00 **LR** Bingo Fun for All
4:00 **LR** Ladder Ball
6:00 **TH** Golden Memories: Art
TH Movie

Wednesday

3

10:00 **TH** Chair Yoga
10:30 **LR** Guess the Word
11:00 **LR** Baking Club: Jello
Parfaits
1:30 **ML** Out Trip: Scenic Drive
with Dunkin'
3:00 **LR** Hoop Toss
4:00 **TH** Radio Shows: "My
Favorite Husband"
6:00 **TH** "Diana: In Her Own
Words"

10 Wild West Wednesday

10:00 **TH** Chair Yoga
10:30 **LR** Country Word Puzzles
11:00 **LR** Baking Club: Oreo Dirt
Cake
1:00 **LR** Country Music Hall of
2:00 **LR** Fame: Virtual Tour
3:00 **LR** Design a Cowboy Boot
4:00 **TH** Lasso Toss
6:00 **TH** Radio Shows:
"Gunsmoke" "Willie
Nelson & Family"

17

10:00 **TH** Chair Yoga
10:30 **LR** Scattergories Out Trip:
11:30 **ML** Olive Garden Baking
2:00 **LR** Club: Protein Balls Hoop
3:00 **LR** Toss Radio Shows: "The
4:00 **TH** Lone Ranger" "The
6:00 **TH** Radical Stardom of
Clara Bow"

24

10:00 **TH** Chair Yoga
10:30 **LR** Classic Clues Word Game
11:00 **LR** Baking Club: Parfaits
1:00 **LR** Album Spotlight: "Rumours"
2:00 **LR** Living Room Fall Decor
3:00 **LR** Hoop Toss
4:00 **TH** Radio Shows: "The
Adventures of Superman"
6:00 **TH** "Stevie Nicks: Wild at
Heart"

Evergreen Walk - Interlude

1000 Cottonwood Ln

South Windsor, CT 06074

(781) 226-2002

www.allegroliving.com/communities/south-windsor-ct

Interlude

Thursday

4

10:00 **TH** Stretch It Out Exercise
10:30 **LR** Mandala Coloring
11:00 **LR** Book Discussion
1:00 **LR** Finish the Lyric: Songs
From Our Childhood
2:00 **LR** Animal Mosaics
3:00 **LR** Volleyball
4:00 **TH** Ted Talk: The Museum
of Four in the Morning
6:00 **TH** Mo v ie

11 Throwback Thursday

10:00 **TH** Stretch It Out Exercise
10:30 **LR** Inspirational Quote
Coloring Book
11:00 **LR** Discussion Craft a
1:00 **LR** Memory Box
2:00 **E** Entertainment: Ashley
3:00 **LR** Cruz Volleyball
4:00 **TH** Ted Talk: Living Beyond
Limits
6:00 **TH** Movie: "Up"

18

10:00 **TH** Stretch It Out Exercise
10:30 **LR** Velvet Art Design
11:00 **LR** Book Discussion
1:00 **LR** Guess the TV Show Theme
2:00 **LR** Postcard Creations
3:00 **LR** Volleyball
4:00 **LR** Ted Talk: The Three A's of
TH Awesome
6:00 **TH** Movie

25 Allegro at Sea: Spain

10:00 **TH** Spain Walking Tour
10:30 **LR** Spain Monument Coloring
11:00 **LR** Spanish Short Stories
1:00 **LR** Picasso Art Project
2:00 **E** Flamenco Music and Dancing
3:00 **LR** La Roja Hover Soccer
4:00 **TH** Ted Talk: A Brief History
of Spanish
6:00 **TH** Movie: "Ferdinand"

Friday

5

10:00 **TH** Friday Exercise Fun
10:30 **LR** Roll & Recall
11:00 **LR** Ready, Set, Puzzle
1:00 **TH** Hear & Now: Simon and
2:00 Garfunkel
3:00 **RA** End of Summer Tea Party
4:00 **LR** Bean Bag Toss
6:00 **TH** Family Feud
TH "I Love Lucy"

12 French Friday

10:00 **TH** Friday Exercise Fun
10:30 **LR** French Trivia
11:00 **LR** Ready, Set, Puzzle
1:00 **TH** Hear & Now: Carpenters
2:00 **LR** France Match Game
3:00 **RA** Parisian Tea Party
4:00 **LR** Bean Bag Toss
6:00 **TH** Family Feud
TH "The Dick Van Dyke Show"

19

10:00 **TH** Friday Exercise Fun
10:30 **LR** Pictionary
11:00 **LR** Ready, Set, Puzzle
1:00 **TH** Hear & Now: Sonny and Cher
2:00 **RA** Autumn Tea Party
3:00 **LR** Bean Bag Toss
4:00 **TH** Family Feud
6:00 **TH** "The Carol Burnett Show"

26

10:00 **TH** Friday Exercise Fun
10:30 **LR** Trivial Pursuit
11:00 **LR** Ready, Set, Puzzle
1:00 **TH** Hear & Now: The
Righteous Brothers
2:00 **RA** Autumn Tea Party
3:00 **LR** Bean Bag Toss
4:00 **TH** Family Feud
6:00 **TH** "Bonanza"



Saturday

6

10:00 **TH** Rock 'n Exercise
10:30 **LR** Word Search
11:00 **LR** Challenge Jeopardy
1:00 **TH** Movie Matinee
2:00 **LR** Karaoke Bingo
3:00 **LR** Extravaganza Happy
4:00 **RA** Hour "Chicago in
6:00 **TH** Concert" (1993)

13 Stargazing Saturday

10:00 **TH** Rock 'n Exercise
10:30 **LR** Astronomy Word Search
11:00 **LR** Solar System Jeopardy
1:00 **TH** Matinee: "Rocket Man"
2:00 **LR** (1997) Karaoke: Songs
3:00 **LR** About Stars Outer Space
4:00 **RA** Bingo Happy Hour "Earth,
6:00 **TH** Wind & Fire: Live" (2016)

20

10:00 **TH** Rock 'n Exercise
10:30 **LR** Word Search
11:00 **LR** Challenge Jeopardy
1:00 **TH** Movie Matinee
2:00 **LR** Karaoke Bingo
3:00 **LR** Extravaganza Happy
4:00 **RA** Hour "Diana Ross &
6:00 **TH** The Supremes: Live"
(1968)

27

10:00 **TH** Rock 'n Exercise Word
10:30 **LR** Search Challenge
11:00 **LR** Jeopardy Movie
1:00 **TH** Matinee Karaoke Bingo
2:00 **LR** Extravaganza Happy
3:00 **LR** Hour "Paul McCartney
4:00 **RA** & The Wings:
6:00 **TH** Rockshow" (1980)



Around our Community

September Highlights

National Assisted Living
Week: 9/7-9/13

Celebrating "Ageless
Adventure" with a different
theme each day!

Allegro at Sea: 9/25

We are traveling to Spain!

"By all these lovely tokens,
September days are here.
With summer's best of
weather and autumn's best
of cheer."

-Helen Hunt Jackson

LOCATION KEY

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