

October 2026

Alto Evergreen Walk - Assisted Living



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
10:00 Sunday Mass (TT) 4 10:00 Wellness in Motion (GG) 10:30 Coffee and Word Search Challenge (B) 11:00 Word Within a Word (AR) 2:00 Resident Travel Stories: Adventures Around the World (TT) 3:00 Crossword Challenge (TT) 6:15 Movie: Beaches (TT)	10:00 Get Fit Exercise (GG) 5 10:30 Brain Games: Word Search (B) 11:00 Play Family Feud! (TT) 2:00 Understanding Surrealism Art History 101 (TT) 3:00 Crossword Challenge (TT) 4:00 Trivia on the Patio (IP) 6:15 Movie: On Golden Pond (TT)	10:00 Mass Communion & Rosary (TT) 6 10:00 Stretch and Strengthen (GG) 10:30 Brain Games: Word Search (B) 10:30 South Windsor Registrar of Voters (AR) 1:00 Resident Choir Rehearsal (E) 2:30 Chair Yoga (GG) 3:00 Bingo w/SWHS (AR) 3:00 Rummikub – Independent (B) 4:00 Senior Living Educational Series with Adam (TT) 6:15 Movie: Bird on a Wire (TT)	10:00 Sunrise Stretch (GG) 7 10:30 Brain Games: Word Search (B) 11:00 Card Games and Checkers (AR) 1:30 Jeff the Plant Guy (TT) 3:00 Poker – Independent (CR) 4:00 Wine Down Happy Hour (E) 6:15 Movie: The Graduate (TT)	10:00 Stretch It Out Exercise (GG) 1 10:30 Brain Games: Word Search (B) 11:00 Baking: Make Your Own Trail Mix: Autumn Edition (B) 2:00 Chair Yoga (GG) 2:45 America at 250, DeVane Lecture, Class 14 -Reconstruction: Andrew Johnson vs. the Radical Republicans (TT) 4:00 Calendar Committee (TT) 6:15 Movie: Hitch (TT)	10:00 Move & Thrive Exercise (GG) 2 10:30 Brain Games: Word Search (B) 11:00 Shabbat Gratitude Circle (TT) 1:00 Outing: Explore the New Manchester Public Library (ML) 3:30 Ted Talk & Discussion: Elora Hardy: Magical Houses Made of Bamboo (TT) 4:00 Happy Hour with Karaoke Sing a Long (E) 6:15 BBC Series on Netflix: Call the Midwife (TT)	10:00 Rock ‘n Exercise (GG) 3 10:30 Brain Games: Word Search (B) 11:00 Wonders of Oklahoma The Most Amazing Places in Oklahoma (TT) 2:00 Bingo Extravaganza (TT) 3:00 Connecticut Ghost Stories and Legends: Hale Homestead (TT) 6:15 Movie: Ordinary Angels (TT)
10:00 Sunday Mass (TT) 4 10:00 Wellness in Motion (GG) 10:30 Coffee and Word Search Challenge (B) 11:00 Word Within a Word (AR) 2:00 Resident Travel Stories: Adventures Around the World (TT) 3:00 Crossword Challenge (TT) 6:15 Movie: Beaches (TT)	10:00 Get Fit Exercise (GG) 5 10:30 Brain Games: Word Search (B) 11:00 Play Family Feud! (TT) 2:00 Understanding Surrealism Art History 101 (TT) 3:00 Crossword Challenge (TT) 4:00 Trivia on the Patio (IP) 6:15 Movie: On Golden Pond (TT)	10:00 Mass Communion & Rosary (TT) 6 10:00 Stretch and Strengthen (GG) 10:30 Brain Games: Word Search (B) 10:30 South Windsor Registrar of Voters (AR) 1:00 Resident Choir Rehearsal (E) 2:30 Chair Yoga (GG) 3:00 Bingo w/SWHS (AR) 3:00 Rummikub – Independent (B) 4:00 Senior Living Educational Series with Adam (TT) 6:15 Movie: Bird on a Wire (TT)	10:00 Sunrise Stretch (GG) 7 10:30 Brain Games: Word Search (B) 11:00 Card Games and Checkers (AR) 1:30 Jeff the Plant Guy (TT) 3:00 Poker – Independent (CR) 4:00 Wine Down Happy Hour (E) 6:15 Movie: The Graduate (TT)	AD Alto's New England Harvest Market 11:00 - 2:00 (ML) 10:00 Stretch It Out Exercise (GG) 10:30 Brain Games: Word Search (B) 2:00 Chair Yoga (GG) 2:45 America at 250: A History, DeVane Lecture, Class 15–The Defeat of Reconstruction, 1870-1877 & Beyond (TT) 4:00 Happy Hour on the Patio (IP) 6:15 Movie: Mclintock (TT)	10:00 Move & Thrive Exercise (GG) 9 10:30 Brain Games: Word Search (B) 11:00 Shabbat Gratitude Circle (TT) 11:45 Restaurant Outing: Oscar's All American Grill (ML) 3:30 Ted Talk & Discussion: Isabella Kirkland The Beauty of Wildlife — and an Artistic Call to Protect It (TT) 4:00 Happy Hour on the Patio (IP) 6:15 BBC Series on Netflix: Call the Midwife (TT)	10:00 Rock ‘n Exercise (GG) 10 10:30 Brain Games: Word Search (B) 11:00 Pictionary: Guess the Drawing! (AR) 2:00 Bingo Extravaganza (TT) 3:00 Connecticut Ghost Stories and Legends: New London's Ledge Light (TT) 6:15 Movie: Jaws (TT)
10:00 Sunday Mass (TT) 11 10:00 Wellness in Motion (GG) 10:30 Coffee and Word Search Challenge (B) 11:00 Word Within a Word (AR) 1:30 Qigong with Marivic (GG) 2:30 Travel: PATAGONIA: The Bottom of the World (TT) 6:15 Movie: Moneyball (TT)	Indigenous Peoples' Day 12 10:00 Get Fit Exercise (GG) 10:30 Brain Games: Word Search (B) 11:00 Categories Word Game (AR) 2:00 Documentary: Famous Last Words of Gloria Steinem (TT) 3:00 Crossword Challenge (TT) 4:00 Name That Tune: 60's, 70's & 80's Edition (TT) 6:15 Movie: 12 Angry Men (TT)	10:00 Mass Communion & Rosary (TT) 13 10:00 Stretch and Strengthen (GG) 10:30 Brain Games: Word Search (B) 10:30 South Windsor Registrar of Voters (AR) 2:00 Chair Yoga (GG) 3:00 Bingo w/SWHS (AR) 3:00 Rummikub – Independent (B) 4:00 Tech Time: Bring a Device! (AR) 6:15 Movie: The Addams Family (TT)	AD Bake Sale to Benefit Alzheimer's Research 12:00 - 6:00 (ML) 14 10:00 Sunrise Stretch (GG) 10:30 Brain Games: Word Search (B) 11:00 Wisdom Exchange Challenge 1:30 Flower Arranging Workshop (AR) 3:00 Bowling w/SWHS (GR) 3:00 Poker – Independent (CR) 4:00 Wine Down Happy Hour (E) 6:15 Movie: You've Got Mail (TT)	10:00 Stretch It Out Exercise (GG) 15 10:30 Brain Games: Word Search (B) 11:00 Baking: Cranberry Orange Muffins (B) 2:00 Chair Yoga (GG) 2:45 America at 250, DeVane, Class 16 - Gilded Age and Aftermath of Reconstruction, South, North, & West (TT) 4:00 Happy Hour on the Patio (IP) 6:15 Movie: The Stepford Wives (TT)	10:00 Move & Thrive Exercise (GG) 16 10:30 Brain Games: Word Search (B) 11:00 Shabbat Gratitude Circle (TT) 1:30 Outing: Fall Foliage Drive (ML) 3:30 Ted Talk: Jerusalem Youth Chorus: An Anthem for Peace and Justice from Israeli and Palestinian Youth (TT) 4:00 Happy Hour on the Patio (IP) 6:15 BBC Series on Netflix: Call the Midwife (TT)	10:00 Rock ‘n Exercise (GG) 17 10:30 Brain Games: Word Search (B) 11:00 Wonders of Kentucky Hidden Spots Locals Keep to Themselves (TT) 2:00 Bingo Extravaganza (TT) 3:00 Connecticut Ghost Stories and Legends: Daniel Benton Homestead (AR) 6:15 Movie: Blue Eyed Girl (TT)
10:00 Sunday Mass (TT) 18 10:00 Wellness in Motion (GG) 10:30 Coffee and Word Search Challenge (B) 11:00 Whiteboard Boggle (AR) 1:30 Qigong with Marivic (GG) 2:30 Sunday Matinee: Parrish (TT) 6:15 Movie: The Flintstones (TT)	10:00 Get Fit Exercise (GG) 19 10:30 Brain Games: Word Search (B) 11:00 Jeopardy Challenge (TT) 2:00 The Great Debate (AR) 3:00 Crossword Challenge (TT) 4:00 Trivia on the Patio (IP) 6:15 Movie: 9 to 5 (TT)	10:00 Mass Communion & Rosary (TT) 20 10:00 Stretch and Strengthen (GG) 10:30 Brain Games: Word Search (B) 11:00 October Cranium Crunches (TT) 1:00 Resident Choir Rehearsal (E) 2:30 Chair Yoga (GG) 3:00 Bingo w/SWHS (AR) 3:00 Rummikub – Independent (B) 4:00 Cornhole (AR) 6:15 Movie: Sister Act (TT)	10:00 Sunrise Stretch (GG) 21 10:30 Health Talk with Kylie (GG) 11:00 Brain Games: Word Search (B) 2:00 The Faithful: The Women of the Bible (TT) 2:00 Veteran's Group (CR) 3:00 Bowling w/SWHS (GR) 3:00 Poker – Independent (CR) 6:15 Movie: Sister Act 2: Back in the Habit (TT)	10:00 Stretch It Out Exercise (GG) 22 10:30 Brain Games: Word Search (B) 11:00 Baking: Apple Pie in a Jar (B) 1:30 Chair Yoga (GG) 2:00 America at 250: A History, DeVane Lecture, Class 17 - A Violent Reunion (TT) 3:00 Oktoberfest with Entertainment by Ashly Cruz (E) 6:15 Movie: Eat Pray Love (TT)	10:00 Move & Thrive Exercise (GG) 23 10:30 Brain Games: Word Search (B) 11:00 Shabbat Gratitude Circle (TT) 2:00 Fall Crafting with Stephanie (AR) 3:30 Ted Talk: Rosanne Haggerty: A new vision for ending homelessness in the US (TT) 4:00 Happy Hour on the Patio (IP) 6:15 BBC Series on Netflix: Call the Midwife (TT)	10:00 Rock ‘n Exercise (GG) 24 10:30 Brain Games: Word Search (B) 11:00 Wonders of Vermont The Most Amazing Places in Vermont (TT) 2:00 Bingo Extravaganza (TT) 3:30 Connecticut Ghost Stories and Legends: The Bradley Playhouse (AR) 6:15 Movie: Ghost (TT)
10:00 Sunday Mass (TT) 25 10:00 Wellness in Motion (GG) 10:30 Coffee and Word Search Challenge (B) 11:00 Jeopardy Challenge (TT) 2:00 Chair Volleyball (GG) 3:00 The History of Cider — How an Apple Drink Almost Disappeared (TT) 3:30 Crossword Challenge (TT) 6:15 Movie: Hocus Pocus (TT)	10:00 Get Fit Exercise (GG) 26 10:30 Brain Games: Word Search (B) 11:00 Wonders of Iowa The Most Amazing Places In Iowa (TT) 2:00 Would You Rather: Life Edition (TT) 3:00 Crossword Challenge (TT) 4:00 Trivia at the Fire Pit (IP) 6:15 Movie: Six Days Seven Nights (TT)	10:00 Mass Communion & Rosary (TT) 27 10:00 Stretch and Strengthen (GG) 10:30 Brain Games: Word Search (B) 11:00 Watercolors with Paul (AR) 1:30 Chair Yoga (GG) 2:00 Resident Council (TT) 3:00 Bingo w/SWHS (AR) 3:00 Rummikub – Independent (B) 4:00 Tech Time: Bring a Device! (AR) 6:15 Movie: Straight Talk (TT)	10:00 Sunrise Stretch (GG) 28 10:30 Brain Games: Word Search (B) 10:30 Oil Painting Workshop with Brianna (AR) 1:30 Food/Beverage Discussion (R) 3:00 Bowling w/SWHS (GR) 3:00 Poker – Independent (CR) 4:00 Wine Down Happy Hour (E) 4:30 Trunk or Treat (BP) 6:15 Movie: Casper (TT)	10:00 Stretch It Out Exercise (GG) 29 10:30 Brain Games: Word Search (B) 11:00 Hartford Symphony Orchestra String Quartet (E) 2:00 Chair Yoga (GG) 2:45 America at 250: A History, DeVane Lecture, Class 18 – Melting Pot or Guarded Gate (TT) 4:00 Happy Hour on the Patio (IP) 6:15 Movie: All of Me (TT)	10:00 Move & Thrive Exercise (GG) 30 10:30 Brain Games: Word Search (B) 11:00 Shabbat Gratitude Circle (TT) 2:00 Move & Groove: Band Exercise (GG) 3:00 Documentary: Garbo: Where Did You Go? (TT) 6:15 BBC Series on Netflix: Call the Midwife (TT)	Halloween 31 10:00 Rock ‘n Exercise (GG) 10:30 Brain Games: Word Search (B) 11:00 Halloween Whiteboard Word Games (AR) 2:00 Bingo Extravaganza (TT) 3:00 Norman Rockwell Documentary (TT) 6:15 Movie: Ghostbusters (TT)

Happy Birthday!

Residents:

Theresa H. – 7th
Lina S. – 10th
Joann L. – 13th
Marilyn S. – 25th
Ginevera B. – 29th
Bill F. – 29th

Associates:

Brian P. – 25th
Annie N. – 31st

Locations

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

October 2026

Alto Evergreen Walk - Ensemble



Senior Living by Allegro

Happy Birthday!



Locations

BL = Back Living Room

EK = Ensemble Kitchen

FL = Fireside Living Room

SL = Fireside Living Room

PG = Patio Garden

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
10:00 Eucharist (BL) 10:30 Sunday Flexing Courtyard Walk (PG) 11:00 Let's Taco Bout It: Fun Discussion Group (BL) 12:30 Sunday Word Find Puzzles (BL) 1:30 Detective Day: Dick Tracy Mystery (SL) 2:30 Sip & Chat Social (EK) 3:00 Nature Walk Exploration Adventure (PG) 4:00 Senior Hymns Sing-Along (FL) 5:30 Hallmark Drama Mini-Series: Beauty and the Beast (BL) 4	10:00 Meditation Mass (BL) 10:30 Tai Chi Movements (FL) 11:00 The Guessing Game: A Mystery Challenge (BL) 12:30 History On This Day (BL) 1:30 Jumbo Words Challenge (FL) 2:00 Ensemble Walking Group (PG) 2:30 Oktoberfest Mocktails (FL) 3:30 Group Singing Session (PG) 4:00 Ensemble Choir Practice (BL) 6:00 Deal or No Deal: Senior Living Game Show Experience (BL) 5	10:00 Communion (BL) 10:30 Fitness - Strength & Stretch (PG) 11:00 Word Search Game (BL) 12:30 Beanbag Bucket Toss Game (PG) 1:30 Group Discussion: You Be The Judge (FL) 2:30 Live Entertainment with Ashly Cruz (FL) 3:30 Warm Hand Towel Spa (BL) 4:00 Ensemble Band and Sing-Along (BL) 6:00 Wheel of Fortune (BL) 6	10:00 Daily Mass (BL) 10:30 Exercise Countdown: Fun Fitness Challenge for Seniors (FL) 11:00 The Guessing Game: A Mystery Challenge (BL) 1:30 Spooky Bake Shop: Fluffy Angel Food Cake Day (FL) 2:00 Coffee & Chat: A Social Gathering (EK) 3:00 Ensemble Courtyard Fitness (BL) 3:30 Warm Hand Towel Spa (BL) 4:00 Midweek: Ensemble Music Group (BL) 6:00 Deal or No Deal: Senior Living Game Show Experience (BL) 7	AD Alto's New England Harvest Market (ML) 10:00 Mass & Meditation (BL) 10:45 Storytelling with Nicole "The Key" (BL) 11:00 Tone Up Thursday (FL) 12:30 Jumbo Word Game (BL) 1:30 Halloween Monster Munch Trail Mix (FL) 2:00 Snack & Chat: Social (BL) 3:30 Warm Hand Towel Spa (BL) 4:00 Garden Sensory: Explore Nature's Sights and Scents (PG) 6:00 Wheel of Fortune (BL) 8	10:00 Eucharist (BL) 10:30 Energizing Friday with Exercise (BL) 11:00 The Daily Chronicles & Word Game (BL) 12:30 Virtual: Music Trivia Questions (PG) 1:30 Quisi Nature Cards and Discussion (FL) 2:30 Snacks, Chat & Art Music (BL) 3:00 Cornhole Practice Exercise (PG) 4:00 Classics Sing-Along and Music Trivia (BL) 6:00 Deal or No Deal: Senior Living Game Show Experience (BL) 9	10:00 Mass & Meditation (BL) 10:30 Kick off Saturday Workout (BL) 11:00 The Guessing Game: A Mystery Challenge (BL) 12:30 Ensemble Puzzle Game (BL) 1:30 Discovery Art Program: Explore Your Creative Side (FL) 3:00 Fireside Book Club: "A Man Called Ove" with Sofia (FL) 4:00 Courtyard Sightseeing Stroll and Nature Observation (PG) 6:00 Wheel of Fortune (BL) 10
10:00 Eucharist (BL) 10:45 Gentle Yoga with Masila (BL) 11:00 Discussion Flip Cards (BL) 12:30 Sunday Word Find Puzzles (BL) 1:30 Universal Music Day: 1960 pop Music (SL) 2:30 Sip & Chat Social (EK) 3:00 Nature Walk Exploration Adventure (PG) 4:00 Senior Hymns Sing-Along (FL) 5:30 Hallmark Drama Mini-Series: Beauty and the Beast (BL) 11	Indigenous Peoples' Day 10:00 Meditation Mass (BL) 10:30 Tai Chi Movements (FL) 11:00 The Guessing Game: A Mystery Challenge (BL) 12:30 Shine On Day: "You Are the Sunshine of My Life" (BL) 1:30 Jumbo Words Challenge (FL) 2:00 Ensemble Walking Group (PG) 2:30 Accent Care Agency: Touched by An Angel: Book & Reflection (FL) 3:30 Reminisce: American Bandstand Day 1952 (FL) 4:00 Ensemble Choir Practice (BL) 6:00 Deal or No Deal: Senior Living Game Show Experience (BL) 12	10:00 Communion (BL) 10:30 Fitness - Strength & Stretch (PG) 11:00 Word Search Game (BL) 12:30 Beanbag Bucket Toss Game (PG) 1:30 Group Discussion: You Be The Judge (FL) 2:30 Sip & Chat Social (EK) 3:30 Warm Hand Towel Spa (BL) 4:00 Ensemble Band and Sing-Along (BL) 6:00 Wheel of Fortune (BL) 13	AD Alzheimer's: The Sweetest Bake Sale Day (ML) 10:00 Daily Mass (BL) 10:30 Scenic Autumn Leaf Peeping Drive (ML) 11:00 The Guessing Game: A Mystery Challenge (BL) 1:30 Bake Shop: Alzheimer's Fundraiser Day (ML) 2:00 Apple Cider & Chat: A Social Gathering (EK) 3:00 Ensemble Courtyard Fitness (BL) 3:30 Warm Hand Towel Spa (BL) 4:00 Midweek: Ensemble Music Group (BL) 6:00 Deal or No Deal: Senior Living Game Show Experience (BL) 14	10:00 Mass & Meditation (BL) 10:30 Resident's Storytelling (FL) 11:00 Tone Up Thursday (FL) 12:30 Jumbo Word Game (BL) 1:30 Advocacy Discussion: Blind Americans Equality Day (FL) 2:00 Snack & Chat: Social (BL) 3:30 Warm Hand Towel Spa (BL) 4:00 Garden Sensory: Explore Nature's Sights and Scents (PG) 6:00 Wheel of Fortune (BL) 15	10:00 Eucharist (BL) 10:30 Energizing Friday with Exercise (BL) 11:00 The Daily Chronicles & Word Game (BL) 1:30 Quisi Nature Cards and Discussion (FL) 2:30 Snacks, Chat & Art Music (BL) 3:00 Cornhole Practice Exercise (PG) 4:00 Classics Sing-Along and Music Trivia (BL) 6:00 Deal or No Deal: Senior Living Game Show Experience (BL) 16	10:00 Mass & Meditation (BL) 10:30 Kick off Saturday Workout (BL) 11:00 The Guessing Game: A Mystery Challenge (BL) 12:30 Ensemble Puzzle Game (BL) 1:30 Discovery Art Program: Explore Your Creative Side (FL) 3:00 Fireside Book Club: "A Man Called Ove" with Sofia (FL) 3:30 Exploring Activity Connection on iPad (FL) 4:00 Courtyard Sightseeing Stroll and Nature Observation (PG) 6:00 Wheel of Fortune (BL) 17
10:00 Eucharist (BL) 10:45 Gentle Yoga with Masila (BL) 11:15 Discussion Flip Cards (BL) 12:30 Sunday Word Find Puzzles (BL) 1:30 Virtual Travelog: Exploring the Wonders of Alaska (SL) 2:30 Sip & Chat Social (EK) 3:00 Nature Walk Exploration Adventure (PG) 4:00 Senior Hymns Sing-Along (FL) 5:30 Hallmark Drama Mini-Series: Beauty and the Beast (BL) 18	10:00 Meditation Mass (BL) 10:30 Tai Chi Movements (FL) 11:00 The Guessing Game: A Mystery Challenge (BL) 12:30 History On This Day (BL) 1:30 Jumbo Words Challenge (FL) 2:00 Ensemble Walking Group (PG) 2:30 One on One Conversations: Life Stories & Meaningful Connections (FL) 3:30 Group Singing Session (PG) 4:00 Ensemble Choir Practice (BL) 6:00 Deal or No Deal: Senior Living Game Show Experience (BL) 19	10:00 Communion (BL) 10:30 Watercolor Art with Paul (SL) 11:00 Word Search Game (BL) 12:30 Beanbag Bucket Toss Game (PG) 1:30 Group Discussion: You Be The Judge (FL) 2:30 Fitness - Strength & Stretch (PG) 3:30 Warm Hand Towel Spa (BL) 4:00 Musical Ensemble Band: "The Monster Mash" (BL) 6:00 Wheel of Fortune (BL) 20	10:00 Daily Mass (BL) 10:30 Activity Connection Exercise: Countdown (FL) 11:00 The Guessing Game: A Mystery Challenge (BL) 1:30 Sound Bath Meditation with Tim (FL) 2:00 Coffee & Chat: A Social Gathering (EK) 3:00 Ensemble Courtyard Fitness (BL) 3:30 Warm Hand Towel Spa (BL) 4:00 Midweek: Ensemble Music Group (BL) 5:00 Alzheimer's & Dementia Support (PD) 6:00 Deal or No Deal: Senior Living Game Show Experience (BL) 21	10:00 Mass & Meditation (BL) 10:30 Resident's Storytelling (FL) 11:00 Tone Up Thursday (FL) 12:30 Jumbo Word Game (BL) 1:30 One on One Conversations: Life Stories & Meaningful Connections (FL) 2:00 Snack & Chat: Social (BL) 2:30 Spooktacular Birthday Bash (FL) 3:30 Warm Hand Towel Spa (BL) 4:00 Garden Sensory: Explore Nature's Sights and Scents (PG) 6:00 Wheel of Fortune (BL) 22	10:00 Eucharist (BL) 10:30 Energizing Friday with Exercise (BL) 11:00 The Daily Chronicles & Word Game (BL) 12:30 Virtual: Music Trivia Questions (PG) 1:30 Quisi Nature Cards and Discussion (FL) 2:30 Snacks, Chat & Art Music (BL) 3:00 Cornhole Practice Exercise (PG) 4:00 Classics Sing-Along and Music Trivia (BL) 6:00 World Series: Baseball Trivia (BL) 23	10:00 Mass & Meditation (BL) 10:30 Kick off Saturday Workout (BL) 11:00 The Guessing Game: A Mystery Challenge (BL) 12:30 Ensemble Puzzle Game (BL) 1:30 Discovery Art Program: Explore Your Creative Side (FL) 3:00 Fireside Book Club: "A Man Called Ove" with Sofia (FL) 3:30 Exploring Activity Connection on iPad (FL) 4:00 Courtyard Sightseeing Stroll and Nature Observation (PG) 6:00 Wheel of Fortune (BL) 24
10:00 Eucharist (BL) 11:15 Discussion Flip Cards (BL) 12:30 Sunday Word Find Puzzles (BL) 1:30 Today's History (SL) 3:00 Nature Walk Exploration Adventure (PG) 4:00 Senior Hymns Sing-Along (FL) 5:30 Hallmark Drama Mini-Series: Beauty and the Beast (BL) 25	AD National Pumpkin Day (BL) 10:00 Meditation Mass (BL) 10:30 Brighton Agency: Halloween Pumpkin Painting with Kwaku (FL) 11:00 The Guessing Game: A Mystery Challenge (BL) 1:30 Jumbo Words Challenge (FL) 2:00 Ensemble Walking Group (PG) 2:30 Accent Care Agency: "It's The Great Pumpkin, Charlie Brown" (Book) (FL) 3:30 Play An Instrument & Sing Along (PG) 4:00 Ensemble Choir Practice (BL) 6:00 Deal or No Deal: Senior Living Game Show Experience (BL) 26	10:00 Communion (BL) 10:30 Fresh Air Walk (PG) 11:00 Word Search Game (BL) 12:30 Beanbag Bucket Toss Game (PG) 1:30 Group Discussion: You Be The Judge (FL) 2:30 Fitness - Strength & Stretch (PG) 3:30 Warm Hand Towel Spa (BL) 4:00 Ensemble Band and Sing-Along (BL) 6:00 Wheel of Fortune (BL) 27	10:00 Daily Mass (BL) 10:30 Halloween Show with Jen Disapio (FL) 11:00 The Guessing Game: A Mystery Challenge (BL) 1:30 Bake Shop: Pumpkin Spice Cake (FL) 2:00 Coffee & Chat: A Social Gathering (EK) 3:00 Ensemble Courtyard Fitness (BL) 3:30 Pet Visit: Tails of Joy with Jeff & Rosie (BL) 4:00 Fascinating History: Tchaikovsky's Last Symphony: A Journey Through 1893 (BL) 6:00 Deal or No Deal: Senior Living Game Show Experience (BL) 28	10:00 Mass & Meditation (BL) 10:30 Resident's Storytelling (FL) 11:00 Tone Up Thursday (FL) 12:30 Jumbo Word Game (BL) 1:30 Halloween: 1692 The Shocking History and Legacy of the Salem Witch Trials (FL) 2:00 Snack & Chat: Social (BL) 3:30 Warm Hand Towel Spa (BL) 4:00 Garden Sensory: Explore Nature's Sights and Scents (PG) 6:00 Wheel of Fortune (BL) 29	10:00 Eucharist (BL) 10:30 Energizing Friday with Exercise (BL) 11:00 The Daily Chronicles & Word Game (BL) 12:30 Virtual: Music Trivia Questions (PG) 1:30 Quisi Nature Cards and Discussion (FL) 2:30 Snacks, Chat & Art Music (BL) 3:00 Cornhole Practice Exercise (PG) 4:00 Classics Sing-Along and Music Trivia (BL) 6:00 Deal or No Deal: Senior Living Game Show Experience (BL) 30	Halloween 10:00 Mass & Meditation (BL) 10:30 Kick off Saturday Workout (BL) 11:00 The Guessing Game: A Mystery Challenge (BL) 12:30 Ensemble Puzzle Game (BL) 1:30 Discovery Art Program: Explore Your Creative Side (FL) 3:00 Fireside Book Club: "A Man Called Ove" with Sofia (FL) 4:00 Courtyard Sightseeing Stroll and Nature Observation (PG) 6:00 Wheel of Fortune (BL) 31

October 2026

Alto Evergreen Walk - Interlude



Senior Living by Allegro

Happy Birthday!

Douglas P. - 27th



Locations

- AR = Activity Room
- BL = Back Living Room
- B = Bistro
- E = Encore Bar & Lounge
- FL = Front Living Room
- IP = Interior Patio
- KA = Kitchen Area
- ML = Main Lobby
- OT = Out Trip
- TT = Theatre

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
   				10:00am Stretch It Out Exercise (BL) 10:30am Game Show Frenzy! (FL) 12:15pm Concert Palooza: Tina Turner (FL) 1:15pm Fall Patio Putt-Off (IP) 2:15pm The Snack Shack (KA) 3:00pm John Williams & Steven Spielberg Orchestra Live (FL) 6:00pm Historical Film (TT)	10:00am Friday Exercise Fun (BL) 10:30am Whiteboard Wordsearch (TT) 11:00am Jeopardy! (TT) 1:15pm Name that Sound (FL) 2:00pm Snack & Sing Along (RA) 3:00pm Chair Volleyball (BL) 6:00pm Comedy Movie (TT)	10:00am Rock ‘n Exercise (TT) 10:30am Family Feud Game (TT) 1:00pm Bingo Extravaganza (LR) 2:00pm Snack & Chat (RA) 3:00pm Travelogue: Czech Republic (FL) 6:00pm Concert Film (TT)
10:00am Live Stream Mass (TT) 10:30am Rise & Reach Exercise (LR) 11:00am Whiteboard Wordsearch (LR) 1:15pm Spot The Difference! (FL) 2:15pm Snack & Chat (KA) 3:00pm Bucket Ball (BL) 3:45pm The America's Narrated By Tom Hanks 6:00pm Romantic Comedy (TT)	10:00am Morning Movement 10:45am Patio Chat (PG) 12:15pm The Virtual Concert Hall: Michael Jackson & The Jacksons (FL) 1:15pm Game Show Frenzy! (FL) 2:15pm Snack & Sing Along (KA) 3:00pm Cornhole (LR) 4:00pm Virtual Tour: France (LR) 6:00pm Hollywood Classic Movie (TT)	10:00am Sunrise Stretch (TT) 10:30am Community Tree (BL) 1:00pm Resident Choir Rehaersal (E) 2:00pm Bingo Fun for All (LR) 3:00pm Ladder Ball (LR) 4:00pm The America's Narrated By Tom Hanks (TT) 6:00pm Movie Musical (TT)	10:00am Chair Yoga (TT) 10:30am Craft Club: Fall Stained Glass Suncatchers (BL) 1:15pm Whiteboard Wordsearch (TT) 2:00pm Snack & Sing Along (KA) 3:00pm Bowling w/ SWHS (LR) 4:00pm The Hidden Lives Of Pets (FL) 6:00pm Biographical Picture (TT)	10:00am Stretch It Out Exercise (BL) 11:00am Alto's New England Harvest Market (ML) 12:15pm Concert Palooza: Billy Joel (FL) 1:15pm Community Crossword (FL) 2:00pm Connecticut Ghost Stories and Legends: Hale Homestead (FL) 3:00pm Bucket Ball (TT) 3:45pm Earthstorm: Tornado (FL) 6:00pm Historical Film (TT)	10:00am Friday Exercise Fun (TT) 10:30am Family Feud! (FL) 11:00am Jeopardy! (TT) 1:15pm Category Game (BL) 2:00pm Chair Volleyball (BL) 3:00pm Midday Matinee: Our Barbara (FL) 6:00pm Comedy Movie (TT)	10:00am Rock ‘n Exercise (TT) 10:30am Whiteboard Word Games (TT) 1:00pm Bingo Extravaganza (LR) 2:00pm Outdoor Walk (RA) 3:00pm Golf Putting (LR) 6:00pm Concert Film (TT)
10:00am Live Stream Mass (TT) 10:30am Rise & Reach Exercise (LR) 11:00am Trivial Pursuit (LR) 1:15pm Visit with Charlie the Therapy Dog (FL) 1:30pm Qigong with Marivic (GG) 2:15pm Snack & Chat (LR) 3:00pm Outdoor Walk 3:45pm The America's Narrated By Tom Hanks (FL) 6:00pm Romantic Comedy (TT)	10:00am Morning Movement 10:45am Patio Chat (PG) 12:15pm The Virtual Concert Hall: The Highwaymen (FL) 1:15pm Trivial Pursuit (FL) 2:15pm Snack & Sing Along (KA) 3:00pm Cornhole (LR) 4:00pm Virtual Tour: Italy (LR) 6:00pm Hollywood Classic Movie (TT)	10:00am Sunrise Stretch (TT) 10:30am Watercolors with Paul (BL) 1:15pm Spot The Difference! (FL) 2:00pm Bingo Fun for All (LR) 3:00pm Table Roll Game (LR) 3:30pm The Heart Of New England: The U.S. East Coast (FL) 6:00pm Movie Musical (TT)	10:00am Chair Yoga (TT) 10:30am Craft Club: Guided Autumn Tree Painting (B) 1:15pm Wheel Of Fortune (TT) 2:00pm Snack & Chat (KA) 3:00pm Bowling w/ SWHS (LR) 4:00pm The Hidden Lives Of Pets (FL) 6:00pm Biographical Picture (TT)	10:00am Stretch It Out Exercise (BL) 10:30am Jeopardy! (FL) 12:15pm Concert Palooza: Elvis Presley (FL) 1:15pm Wordsearch Wizards (FL) 2:00pm Autumn Campfire (IP) 3:00pm Hoop Shootout (TT) 3:45pm Earthstorm: Volcano (FL) 6:00pm Historical Film (TT)	10:00am Friday Exercise Fun (TT) 11:00am Jeopardy! (TT) 1:15pm Name that Sound (FL) 2:00pm Snack & Sing Along (RA) 3:00pm Football Frenzy (BL) 3:45pm The Jackson 5: Full Documentary (FL) 6:00pm Comedy Movie (TT)	10:00am Rock ‘n Exercise (TT) 10:30am Community Crossword (TT) 1:00pm Bingo Extravaganza (LR) 2:00pm Snack & Chat (RA) 3:00pm Fall Patio Putt-Off (IP) 3:45pm Inside Elvis Presley's Wild Vegas Years (FL) 6:00pm Concert Film (TT)
10:00am Live Stream Mass (TT) 10:30am Rise & Reach Exercise (LR) 11:00am Community Crossword (LR) 1:30pm Qigong with Marivic (GG) 2:15pm Mugs & Melodies (KA) 3:00pm Outdoor Adventure 3:45pm The America's Narrated By Tom Hanks (FL) 6:00pm Romantic Comedy (TT)	10:00am Morning Movement (FL) 10:45am Patio Chat (PG) 12:15pm The Virtual Concert Hall: James Taylor (FL) 1:15pm Whiteboard Wizards (FL) 2:00pm The Snack Shack: Fall Edition (KA) 2:15pm Snack & Sing Along (KA) 3:00pm Cornhole (LR) 4:00pm Virtual Tour: Greece (LR) 6:00pm Hollywood Classic Movie (TT)	10:00am Sunrise Stretch (TT) 11:00am Art By Numbers: Fall Into Color (LR) 1:00pm Resident Choir Rehearsal (E) 2:00pm Fall Baking: Apple Turnovers (B) 3:00pm Bingo Fun for All (LR) 4:00pm "Lucky Dog" (TT) 6:00pm Movie Musical (TT)	10:00am Gym Workout (GG) 10:30am Health Talk with Kylie (GG) 1:00pm Fall Foliage Adventure (OT) 3:00pm Bowling w/ SWHS (LR) 4:00pm The Hidden Lives Of Pets (FL) 6:00pm Biographical Picture (TT)	10:00am Stretch It Out Exercise (BL) 10:30am Senior Science: Lava Light Creations (BL) 12:15pm Concert Palooza: Celine Dion (FL) 1:15pm Music Jeopardy (FL) 2:00pm Connecticut Ghost Stories and Legends: New London's Ledge Light (FL) 3:00pm Oktoberfest with Entertainment by Ashly Cruz (E) 3:45pm Earthstorm: Earthquake (FL) 6:00pm Historical Film (TT)	10:00am Friday Exercise Fun (TT) 10:30am Jeopardy! (TT) 1:15pm Fall Sensory Mystery (BL) 2:00pm Snack & Sing Along (RA) 3:00pm Chair Volleyball (BL) 3:45pm The Rise & Fall Of NYC (FL) 6:00pm Comedy Movie (TT)	10:00am Rock ‘n Exercise (TT) 11:00am Game Show Frenzy! (TT) 1:00pm Bingo Extravaganza (LR) 2:00pm Chit Chats & Chips (RA) 3:00pm Golf Putting (LR) 4:00pm America: The Birth Of A Nation (FL) 6:00pm Concert Film (TT)
10:00am Live Stream Mass (TT) 10:30am Rise & Reach Exercise (LR) 11:00am Sensory Mystery (LR) 1:15pm Visit with Charlie the Therapy Dog (FL) 2:15pm Mugs & Melodies (LR) 3:00pm Ladder Ball (BL) 3:45pm The America's Narrated By Tom Hanks (FL) 6:00pm Romantic Comedy (TT)	10:00am Morning Movement (BL) 10:45am Patio Chat (PG) 12:15pm The Virtual Concert Hall: Simon & Garfunkel (FL) 1:15pm Spot The Difference! (FL) 2:15pm Chit Chats & Chips (KA) 2:15pm Snack & Sing Along (KA) 3:00pm Cornhole (LR) 4:00pm Virtual Tour: Germany (LR) 6:00pm Hollywood Classic Movie (TT)	10:00am Sunrise Stretch (BL) 10:30am Family Feud! (LR) 1:15pm Whiteboard Word Games 2:00pm Bingo Fun for All (LR) 3:00pm Cornhole (LR) 3:30pm Autumn - A Symphony Of Survival (TT) 6:00pm Movie Musical (TT)	10:00am Chair Yoga (TT) 10:30am Oil Painting Workshop with Brianna (TT) 1:15pm Finish the Lyrics (TT) 2:00pm Sing, Snack & Socialize (KA) 3:00pm Bowling w/ SWHS (LR) 4:00pm The Hidden Lives Of Pets (FL) 6:00pm Biographical Picture (TT)	10:00am Stretch It Out Exercise (BL) 10:30am Game Show Frenzy! (FL) 11:00am Hartford Symphony Orchestra String Quartet (E) 12:15pm Comedy Hour: America's Funniest Home Videos (FL) 1:15pm Cranium Crunches (FL) 2:00pm The Snack Shack: Milkshake Making (KA) 3:00pm Keep It Up! (TT) 3:45pm Earthstorm: Hurricane (FL) 6:00pm Historical Film (TT)	10:00am Friday Exercise Fun (TT) 10:30am Music Jeopardy! (TT) 1:15pm Fall In Color (BL) 2:00pm Snack & Sing Along (RA) 3:00pm Football Frenzy (BL) 3:45pm The Hidden History of New England (FL) 6:00pm Comedy Movie (TT)	10:00am Rock ‘n Exercise (TT) 10:30am Halloween Trivia (FL) 1:00pm Bingo Extravaganza (LR) 2:00pm Spooky Snack Shack (KA) 3:00pm Putt Putt Palooza (IP) 4:00pm History Of Halloween (FL) 6:00pm Concert Film (TT)