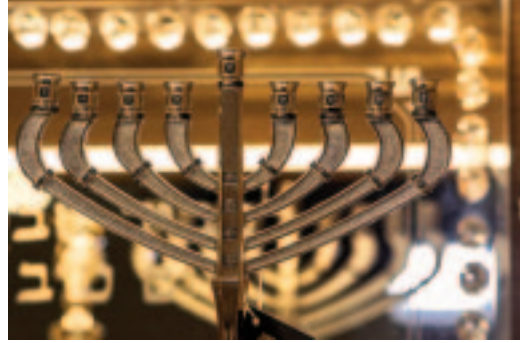


UPCOMING COMMUNITY EVENTS



THE WONDER OF THE HOLIDAY SEASON

The holidays are great in so many ways. It ranges from spending time with family and friends, to those people with whom we are surrounded by at Allegro. We know that cherishing the little things and having gratitude, can lead to greater overall well-being. Focusing on self care, especially during the holiday season is so important. Eating

healthy, taking long walks, going in the pool, reading inspiring books, will keep you positive and upbeat. While these things are important, we need to take stock of what is really important this season. Being grateful is strongly and consistently associated with greater happiness. It helps us feel more positive emotions, relish good experiences, improve health and above all build strong relationships.

This is truly the best gift we could receive this season! Wishing all of you a wonderfully happy and healthy holiday season. May we all celebrate the New Year together in peace and harmony.

INTERESTING FACTS ABOUT THE HOLIDAYS

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

It takes about 15 years to grow the average Christmas tree.

Santa Claus is based on a real person, St. Nikolas of Myra. He is the patron saint of banking, and orphans.

The word Chanukah means "dedication".

Chanukah dishes are always fried.

Harry Truman was the 1st President to celebrate Chanukah at the White House.

Allegro in Boynton Beach

11450 Hagen Road
Boynton Beach, FL 33437
(561) 536-3859



FLOURISH

DECEMBER 2023

WHAT'S INSIDE

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Social Calendar

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Upcoming Events + News

"CHEERS TO A NEW YEAR AND ANOTHER CHANCE FOR US TO GET IT RIGHT."

—OPRAH WINFREY

Sunday

- DECEMBER 31** New Year's Eve
 9:00 **A** Wake up and Walk with us!
 10:00 **Bus** Trip to Church Services
 11:00 **B** Knitting Club
 1:30 **GT** Afternoon Movie
 2:00 **CR** Musical Nostalgia
 3:00 **CR** Finish the Lines
 3:00 **DR** Special New Year's Eve entertainment with Garth
 4:00 **B** Happy Hour cocktails and hors d'oeuvres
- 3**
 9:00 **A** Wake up and Walk with us!
 10:00 **Bus** Trip to Church Services
 11:00 **B** Knitting Club
 1:30 **GT** Afternoon Movie
 2:00 **CR** Musical Nostalgia
 3:00 **CR** Finish the Lines
 4:00 **B** Happy Hour cocktails and hors d'oeuvres
 7:30 **GT** Evening Movie-listings in the movie book
- 10**
 9:00 **A** Wake up and Walk with us!
 10:00 **Bus** Trip to Church Services
 11:00 **B** Knitting Club
 1:30 **GT** Afternoon Movie
 2:00 **CR** Musical Nostalgia
 3:00 **CR** Finish the Lines
 4:00 **B** Happy Hour cocktails and hors d'oeuvres
 4:00 **A** Lighting the Chanukah Menorah
- 17**
 9:00 **A** Wake up and Walk with us!
 10:00 **Bus** Trip to Church Services
 10:00 **CR** Nutritionn A-Z
 11:00 **B** Knitting Club
 1:30 **GT** Afternoon Movie
 2:00 **CR** Musical Nostalgia
 3:00 **CR** Finish the Lines
 4:00 **B** Happy Hour cocktails and hors d'oeuvres
 7:30 **GT** Evening Movie-listings in
- 24**
 9:00 **A** Wake up and Walk with us!
 10:00 **Bus** Trip to Church Services
 10:00 **PAT** Name that Tune
 11:00 **B** Knitting Club
 1:30 **GT** Afternoon Movie
 2:00 **CR** Musical Nostalgia
 3:00 **CR** Finish the Lines
 4:00 **B** Happy Hour cocktails and hors d'oeuvres
 7:30 **GT** Evening Movie-listings in

Monday

Allegro in Boynton Beach

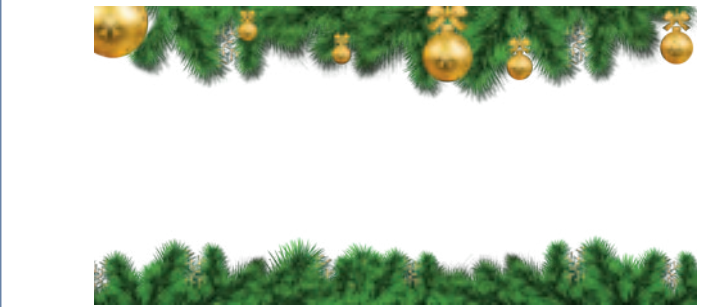
11450 Hagen Road
 Boynton Beach, FL 33437
 (561) 536-3859
<https://www.allegroliving.com/boynton-beach-fl.html>

- 4**
 9:00 **A** Wake up and Walk with us!
 10:00 **P** Mermaid Swim
 10:00 **CR** Creative Collaging with Stacy
 11:00 **CR** Word Wall
 11:30 **Bus** Lunch Outing to 3G's
 1:30 **MC** Men's Club Gathering
 2:00 **P** Water Aerobics
 4:00 **B** Happy Hour cocktails and hors d'oeuvres
- 11**
 9:00 **A** Wake up and Walk with us!
 10:00 **P** Mermaid Swim
 10:00 **CR** Bird House Decoupage
 10:00 **CR** Nutrition A-Z
 11:00 **CR** Word Wall
 1:00 **Bus** Trip to Delray Playhouse (for those who signed up)
 1:30 **MC** Men's Club Gathering
 2:00 **B** Superstitions and Old Wives Tales
- 18**
 9:00 **A** Wake up and Walk with us!
 10:00 **CR** News and Views
 10:30 **Bus** Plaza at Delray Shopping Trip
 11:00 **CR** Word Wall
 1:30 **MC** Men's Club Gathering
 2:00 **P** Water Aerobics
 4:00 **B** Happy Hour cocktails and hors d'oeuvres
 7:30 **CR** Bingo at night!
- 25** Christmas Day
 9:00 **A** Wake up and Walk with us!
 10:00 **CR** News and Views
 11:00 **CR** Word Wall
 2:00 **B** Finishing the Words
 4:00 **B** Happy Hour cocktails and hors d'oeuvres
 7:30 **GT** Evening Movie-listings in the movie book

Tuesday

- 5**
 9:00 **A** Wake up and Walk with us!
 10:00 **Bus** "Loop" trip around town
 10:00 **CR** Nutrition A-Z
 11:00 **C** You Be the Judge
 11:00 **CR** Exercise with Mary
 2:00 **GT** Bingo
 4:00 **B** Happy Hour cocktails and hors d'oeuvres
 7:30 **GT** Evening Movie-listings in the movie book
- 12**
 9:00 **A** Wake up and Walk with us!
 10:00 **Bus** "Loop" trip around town
 10:00 **C** Making Smoothies with Barbara
 11:00 **C** You Be the Judge
 11:00 **CR** Exercise with Mary
 2:00 **GT** Bingo
 4:00 **B** Happy Hour cocktails and hors d'oeuvres
 4:00 **A** Lighting the Chanukah
- 19**
 9:00 **A** Wake up and Walk with us!
 10:00 **Bus** "Loop" trip around town
 10:00 **C** Trivial Pursuit Trivia
 11:00 **C** You Be the Judge
 11:00 **CR** Exercise with Mary
 2:00 **GT** Bingo
 4:00 **B** Happy Hour cocktails and hors d'oeuvres
 7:30 **GT** Evening Movie-listings in the movie book
- 26**
 9:00 **A** Wake up and Walk with us!
 10:00 **C** Trivia
 10:00 **Bus** "Loop" trip around town
 10:00 **CR** Nutrition A-Z
 11:00 **C** You Be the Judge
 11:00 **CR** Exercise with Mary
 2:00 **GT** Bingo
 4:00 **B** Happy Hour cocktails and hors d'oeuvres
 7:30 **GT** Evening Movie-listings in

Wednesday



- 6**
 9:00 **A** Wake up and Walk with us!
 10:00 **P** The Music of Broadway with Elissa
 11:00 **C** Play Scrabble
 11:00 **Bus** Trip to the Library
 11:45 **Bus** Delray Movies
 2:30 **DR** Laurie Stillman-Variety Show
 4:00 **B** Happy Hour cocktails and hors d'oeuvres
- 13**
 9:00 **A** Wake up and Walk with us!
 10:00 **GT** Town Hall Meeting
 11:00 **CR** Painting with Charlene
 11:30 **Bus** Lunch Outing to Henry's
 11:45 **Bus** Delray Movies
 4:00 **B** Happy Hour cocktails and hors d'oeuvres
 4:00 **A** Lighting the Chanukah Menorah
 7:30 **GT** Evening Movie-listings in
- 20**
 9:00 **A** Wake up and Walk with us!
 9:00 Trip to the Library
 10:00 **B** Food Committee Meeting
 10:00 **P** Mermen Swim
 10:00 **CR** Nutrition A-Z
 11:00 **GT** Activities Committee Meeting
 11:45 **Bus** Delray Movies
 2:30 **DR** Entertainment with Don Stansfield
- 27** Kwanzaa Begins
 9:00 **A** Wake up and Walk with us!
 10:00 **B** News and Views
 11:00 **CR** Painting with Charlene
 11:00 **GT** Resident Council Meeting
 11:45 **Bus** Delray Movies
 2:30 **B** Entertainment with Jaycee
 4:00 **B** Happy Hour cocktails and hors d'oeuvres
 7:30 **GT** Evening Movie-listings in the movie book

Thursday

- 7** Pearl Harbor Day
 9:00 **A** Wake up and Walk with us!
 10:00 **C** Pearl Harbor Trivia
 10:30 **C** Learning Mah-Jongg
 11:00 **Spa** Exercise with Mary
 2:00 **GT** Bingo Madness
 4:00 **B** Happy Hour cocktails and hors d'oeuvres
 4:00 **B** Lighting The Candles - First Night of Chanukah
 7:30 **GT** Evening Movie-listings in
- 14**
 9:00 **A** Wake up and Walk with us!
 10:00 **CR** Nutritionn A-Z
 10:30 **C** Learning Mah-Jongg
 10:30 **GT** Ed Lamont - Speaker
 11:00 **Spa** Exercise with Mary
 2:00 **GT** Bingo Madness
 4:00 **B** Happy Hour cocktails and hors d'oeuvres
 4:00 **A** Lighting the Chanukah Menorah
- 21** First Day of Winter
 9:00 **A** Wake up and Walk with us!
 10:00 **B** Rummikub
 10:30 **C** Learning Mah-Jongg
 11:00 **Spa** Exercise with Mary
 2:00 **GT** Bingo Madness
 4:00 **B** Happy Hour cocktails and hors d'oeuvres
 7:30 **GT** Evening Movie-listings in the movie book
- 28**
 9:00 **A** Wake up and Walk with us!
 10:00 **B** Rummikub
 10:30 **C** Learning Mah-Jongg
 11:00 **Spa** Exercise with Mary
 2:00 **GT** Bingo Madness
 4:00 **B** Happy Hour cocktails and hors d'oeuvres
 7:30 **GT** Evening Movie-listings in the movie book

Friday

- 1**
 9:00 **A** Wake up and Walk with us!
 10:00 **CR** Giant Crossword Puzzles
 10:00 **LR** Book Club Meeting
 11:00 **CR** Learning a language with Risa
 1:30 **Bus** Banking Day
 2:00 **CR** Coffee Talk-Wind Down Friday
 3:30 **GT** Shabbat Services
 4:00 **B** Happy Hour cocktails and hors d'oeuvres
- 8** First Day of Chanukah
 9:00 **A** Wake up and Walk with us!
 10:00 **CR** Giant Crossword Puzzles
 10:00 **CR** Nutritionn A-Z
 11:00 **CR** Making Latkas with Barbara
 1:30 **Bus** Banking Day
 2:00 **CR** Coffee Talk-Wind Down Friday
 3:30 **GT** Shabbat Services
 4:00 **B** Happy Hour cocktails and hors d'oeuvres
- 15**
 9:00 **A** Wake up and Walk with us!
 10:00 **CR** Giant Crossword Puzzles
 11:00 **CR** Learning a language with Risa
 1:30 **Bus** Banking Day
 2:00 **CR** Coffee Talk-Wind Down Friday
 3:30 **GT** Shabbat Services
 4:00 **B** Happy Hour cocktails and hors d'oeuvres
- 22**
 9:00 **A** Wake up and Walk with us!
 11:00 **CR** Learning a language with Risa
 1:30 **Bus** Banking Day
 2:00 **CR** Coffee Talk-Wind Down Friday
 3:30 **GT** Shabbat Services
 4:00 **B** Happy Hour cocktails and hors d'oeuvres
 7:30 **GT** Evening Movie-listings in
- 29**
 9:00 **A** Wake up and Walk with us!
 10:00 **CR** Nutrition A-Z
 11:00 **CR** Learning a language with Risa
 1:30 **Bus** Banking Day
 2:00 **CR** Coffee Talk-Wind Down Friday
 3:30 **GT** Shabbat Services
 4:00 **B** Happy Hour cocktails and hors d'oeuvres

Saturday

- 2**
 9:00 **A** Wake up and Walk with us!
 10:30 **Bus** Publix
 10:30 **CR** Holiday Arts and Crafts with Josephine and Deena
 11:00 **CR** Word Wall
 1:30 **GT** Afternoon Movie
 2:00 **CR** Name That Tune
 4:00 **B** Happy Hour cocktails and hors d'oeuvres
 7:30 **GT** Evening Movie-listings in
- 9**
 10:00 **DR** SPECIAL EVENT-BAT-MITZVAH CELEBRATION!
 10:30 **Bus** Publix
 1:30 **GT** Afternoon Movie
 3:30 **CR** Word Wall
 4:00 **B** Happy Hour cocktails and hors d'oeuvres
 4:00 **A** Lighting the Chanukah Menorah
 7:30 **GT** Evening Movie-listings in
- 16**
 10:30 **Bus** Publix
 10:30 **GT** Harry Getzov - Speaker
 11:00 **CR** Word Wall
 11:00 **A** "The Collective Boutique" Holiday Shopping Event!
 1:30 **GT** Afternoon Movie
 3:30 **DR** HOLIDAY SHOW WITH JAMES PERKOWSKI
 4:00 **B** Happy Hour cocktails and hors d'oeuvres
- 23**
 10:00 **CR** Nutrition A-Z
 10:30 **Bus** Publix
 10:30 **CR** Holiday Arts and Crafts with Josephine and Deena
 11:00 **CR** Word Wall
 1:00 **A** Bonified Therapy Dogs
 1:30 **GT** Afternoon Movie
 2:00 **CR** You Be the Judge
 4:00 **B** Happy Hour cocktails and hors d'oeuvres
- 30**
 10:30 **Bus** Publix
 11:00 **CR** Word Wall
 1:30 **GT** Afternoon Movie
 1:30 **CR** Mind Joggers
 3:30 **CR** You Be the Judge
 4:00 **B** Happy Hour cocktails and hors d'oeuvres
 7:30 **GT** Evening Movie-listings in the movie book

HAPPY BIRTHDAY!

- FRANK URY - 12/03
 EILEEN GLIBOFF - 12/22
 MARTIN KLAFTER - 12/22
 AARON RUBIN - 12/24
 LINDA COHEN - 12/28

SAGITTARIUS natives are loyal, smart, assertive, and have a compassionate personality. They are one-of-a-kind, talented and have impeccable discernment!

CAPRICORN on the other hand, focuses on work and career matters. This brings the acknowledgement and dedication you have been seeking for all your hard work. You will receive respect and status among friends and co-workers!

LOCATION KEY

- A** Atrium
- CR** Community Room
- LR** Living Room
- Bus** Bus Trip
- GT** Grand Theatre
- B** Bistro
- P** Pool
- MC** Man Cave
- C** Card Room
- DR** Dining Room