

## UPCOMING COMMUNITY EVENTS



**HAPPY NEW YEAR!**  
LIFESTYLE PRESENTS  
CHAMPAGNE BAR & NEW YEAR'S  
EVE  
COUNTDOWN CELEBRATION  
DECEMBER 31ST  
ELEGANT APPETIZERS, FESTIVE  
MUSIC  
IT WILL BE A ROCKIN' TIME FOR  
ALL!



TIS THE SEASON  
TO BE JOLLY, MERRY AND BRIGHT  
JOIN US FOR OUR RESIDENT  
HOLIDAY PARTY  
DECEMBER 4TH IN THE BISTRO!  
HAPPY HOLIDAYS TO ALL!

## DON'T MISS THESE EVENTS!

Dec 4th from 3:45 to 5| Resident Holiday Party

December 7th from 3 to 4| HealthPro Discovery with Amy

December 7th from 7:30 to 8:30| Evening Concert & Cordials w/ Clint

December 12th from 3 to 4| Making Gingerbread Houses

December 18th from 4:30 to 5:30| Orchard Christmas Light Trip

December 31st from 3:30 to 4:30| New Year's Rockin Eve Party

### **Allegro At Harrington Park**

200 Old Hook Road  
Harrington Park, NJ 07640  
(201) 899-4440



# FLOURISH

DECEMBER 2023



## WHAT'S INSIDE

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Social Calendar

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Upcoming Events + News

*"WINTER IS NOT A SEASON, IT'S A CELEBRATION."*

— ANAMIKA MISHRA

### Sunday

DECEMBER

- 31** New Year's Eve  
 9:30 **B** Catholic Mass Livestream  
 10:00 **BC** Sunday Worship Service  
 10:00 **T** Communion  
 10:30 **ACT** Qigong  
 11:15 **GR** Wall Scrabble  
 11:45 **T** Art History Lecture  
 1:45 **T** Movie Matinee  
 3:30 **B** New Year's Eve Party  
 7:30 **T** New Year's Eve Movie

**3**

- 9:30 **B** Catholic Mass Livestream  
 10:00 **T** Communion  
 10:30 **ACT** Qigong  
 11:00 **PTH** Sunday Stretch  
 11:15 **GR** Wall Scrabble  
 11:45 **T** Art History Lecture  
 1:45 **T** Movie Matinee  
 2:30 **ACT** Bingo  
 3:30 **PTH** Football Social Hour  
 7:30 **T** Movie Musicals

**10**

- 9:30 **B** Catholic Mass Livestream  
 10:00 **BC** Sunday Worship Service  
 10:00 **T** Communion  
 10:30 **ACT** Tai Chi  
 11:00 **PTH** Sunday Stretch w/Laura  
 11:15 **GR** Wall Scrabble  
 11:45 **T** Art History Lecture  
 1:45 **T** Movie Matinee  
 3:30 **PTH** Football Social Hour  
 7:30 **T** Sunday Night Cinema

**17**

- 9:30 **B** Catholic Mass Livestream  
 10:00 **BC** Sunday Worship Service  
 10:00 **T** Communion  
 10:30 **ACT** Qigong  
 11:00 **PTH** Sunday Stretch w/Laura  
 11:15 **GR** Wall Scrabble  
 11:45 **T** Art History Lecture  
 1:45 **T** Movie Matinee  
 3:30 **PTH** Football Social Hour  
 7:30 **T** Movie Musicals

**24** Christmas Eve

- 9:30 **B** Catholic Mass Livestream  
 10:00 **BC** Sunday Worship Service  
 10:00 **T** Communion  
 10:30 **ACT** Tai Chi  
 11:00 **PTH** Sunday Stretch w/Laura  
 11:15 **GR** Wall Scrabble  
 11:45 **T** Art History Lecture  
 1:45 **T** Movie Matinee  
 3:30 **PTH** Christmas Eve Social Hour  
 7:30 **T** Movie Classics

### Monday

## Allegro At Harrington Park

200 Old Hook Road  
 Harrington Park, NJ 07640  
 (201) 899-4440  
<https://www.allegroliving.com/senior-living-harrington-park.html>

**4**

- 10:00 **L** Current Events  
 10:30 **ACT** Morning Exercise  
 11:30 **T** Ted Talk & Discussion  
 1:00 **BC** Knit Wits Club  
 1:15 **ML** Walking Club  
 2:00 **T** Opera Appreciation w/Joe  
 2:00 **ACT** Trivia with Sam  
 3:15 **ACT** Centering Yoga Class  
 3:30 **B** Resident Holiday Party  
 7:30 **T** Monday Movie Night

**11**

- 10:00 **L** Current Events  
 10:30 **ACT** Morning Exercise  
 11:30 **T** Ted Talk & Discussion  
 1:00 **BC** Knit Wits Club  
 1:15 **ML** Walking Club  
 1:30 **T** Weekday Movie Matinee  
 2:00 **ACT** Trivia Challenge  
 3:15 **ACT** Centering Yoga Class  
 3:30 **PTH** Social Hour  
 7:30 **T** Monday Movie Night

**18**

- 10:00 **L** Current Events  
 10:30 **ACT** Morning Exercise  
 11:30 **T** Music Appreciation  
 1:00 **BC** Knit Wits Club  
 1:15 **ML** Walking Club  
 1:30 **T** Weekday Movie Matinee  
 2:00 **ACT** Finish the Phrase  
 3:15 **ACT** Centering Yoga Class  
 3:30 **PTH** Social Hour  
 7:30 **T** Monday Movie Night

**25** Christmas Day

- 10:30 **ACT** Morning Exercise  
 11:30 **T** Ted Talk & Discussion  
 1:00 **BC** Knit Wits Club  
 1:15 **ML** Walking Club  
 1:30 **T** Weekday Movie Matinee  
 2:00 **ACT** Christmas Trivia Game  
 3:00 **PTH** Christmas Social Hour  
 3:00 **PTH** Pumpkin Pie Party  
 3:15 **ACT** Centering Yoga Class  
 7:30 **T** Monday Movie Night

### Tuesday

**5**

- 9:30 **Bus** Post Office & Bank Outing  
 10:30 **ACT** Total Body Movement w/Deb  
 11:30 **ACT** Wall Scrabble  
 1:30 **BC** Tech Tuesday - Help Desk  
 2:00 **ACT** Food Forum  
 2:00 **P** Aquacise w/ Kim  
 2:30 **ACT** Balloon Volleyball  
 3:15 **ACT** Crossword Challenge  
 4:00 **ACT** Sunset Stretch  
 7:30 **T** Movie Night- Resident Pick

**12** Poinsettia Day

- 9:30 **Bus** Post Office & Bank Outing  
 10:30 **ACT** Total Body Movement w/Deb  
 11:30 **T** Lecture w/ Paul White  
 11:30 **GR** Wall Scrabble  
 1:30 **BC** Tech Tuesday - Help Desk  
 2:00 **P** Aquacise w/ Kim  
 2:00 **AS** Poinsettia Craft  
 3:00 **ACT** Crossword Challenge  
 4:00 **ACT** Sunset Stretch  
 7:30 **T** Movie Night- Resident Pick

**19**

- 9:30 **Bus** Post Office & Bank Outing  
 10:30 **ACT** Total Body Movement w/Deb  
 10:30 **T** Ted Talk & Discussion  
 11:30 **GR** Wall Scrabble  
 1:30 **BC** Tech Tuesday - Help Desk  
 2:00 **ACT** Lifestyle Committee  
 2:00 **P** Aquacise w/ Kim  
 3:00 **ACT** Indoor Sports Games  
 4:00 **ACT** Sunset Stretch  
 7:30 **T** Movie Night- Resident Pick

**26** Kwanzaa

- 9:30 **Bus** Post Office & Bank Outing  
 10:30 **ACT** Total Body Movement w/Deb  
 11:30 **AS** Origami Art Class  
 11:30 **ACT** Hot Chocolate Social  
 1:30 **BC** Tech Tuesday - Help Desk  
 2:00 **P** Aquacise w/ Kim  
 2:00 **T** Lecture with Paul R.  
 3:00 **ACT** Holiday Trivia w/ Prizes  
 4:00 **ACT** Sunset Stretch  
 7:30 **T** Movie Night- Resident Pick

### Wednesday



**6**

- 10:30 **ACT** Balance Fitness w/ Tammie  
 11:30 **ACT** Crossword Challenge  
 12:00 **B** Cooking Demo w/ Tim  
 1:15 **ML** Walking Club  
 2:00 **AS** Artist Study & Studio  
 2:00 **T** University Lecture  
 2:00 **GR** Mahjong w/ Stacy  
 2:30 **ACT** Bingo  
 3:30 **PTH** Social Hour  
 7:30 **T** Movie Action

**13**

- 10:30 **ACT** Balance Fitness w/ Tammie  
 10:30 **L** Current Events  
 11:30 **ACT** Crossword Challenge  
 12:00 **B** Cooking Demo w/ Tim  
 1:15 **ML** Walking Club  
 2:00 **T** University Lecture  
 2:00 **GR** Mahjong w/ Stacy  
 2:30 **ACT** Bingo  
 3:30 **PTH** Social Hour  
 7:30 **T** Movie Comedy

**20**

- 10:30 **ACT** Balance Fitness w/ Tammie  
 10:30 **L** Current Events  
 11:30 **ACT** Crossword Challenge  
 12:00 **B** Cooking Demo w/ Tim  
 1:15 **ML** Walking Club  
 2:00 **T** University Lecture  
 2:00 **GR** Mahjong w/ Stacy  
 2:30 **ACT** Bingo  
 3:30 **B** Monthly Birthday Bash!  
 7:30 **T** Movie Action

**27**

- 10:30 **ACT** Balance Fitness w/ Tammie  
 11:30 **ACT** Crossword Challenge  
 11:30 **ACT** Welcome Allegro Newcomers  
 12:00 **B** Cooking Demo w/ Tim  
 1:15 **ML** Walking Club  
 2:00 **T** University Lecture  
 2:00 **GR** Mahjong w/ Stacy  
 2:30 **ACT** Bingo  
 3:30 **PTH** Social Hour  
 7:30 **T** Movie Comedy

### Thursday

**7** Chanukah Begins

- 10:00 **P** Aquacise Class w/ Kim  
 10:30 **ACT** Gentle Yoga w/ Jen  
 11:30 **T** About Pearl Harbor  
 12:00 **Bus** Shopping & Lunch Outing  
 2:00 **GR** Rummikub Club  
 2:00 **AS** Jewelry Making  
 3:00 **ACT** HealthPro Discovery w/ Amy  
 4:00 **ACT** Mind-Body Exercise  
 7:30 **PTH** Evening Concert

**14**

- 10:00 **P** Aquacise Class w/ Kim  
 10:30 **ACT** Gentle Yoga w/ Jen  
 10:30 **T** Short Film & Discussion  
 11:00 **Bus** Casino Trip  
 11:30 **ACT** Brain Games  
 2:00 **GR** Rummikub Club  
 2:00 **ACT** Reminiscing Group  
 2:30 **PTH** Holiday Harpist Show  
 4:00 **ACT** Mind-Body Exercise  
 7:30 **T** Documentary Film

**21** Winter Solstice

- 10:00 **P** Aquacise Class w/ Kim  
 10:30 **ACT** Gentle Yoga w/ Jen  
 10:30 **T** Short Film & Discussion  
 11:30 **GR** Wall Scrabble  
 12:00 **Bus** Shopping & Lunch Outing  
 2:00 **GR** Rummikub Club  
 2:30 **ACT** AL Resident Council  
 3:00 **T** Ted Talk & Discussion  
 4:00 **ACT** Mind-Body Exercise  
 7:30 **T** Movie Musicals

**28**

- 10:00 **P** Aquacise Class w/ Kim  
 10:30 **ACT** Gentle Yoga w/ Jen  
 11:30 **ACT** Wall Scrabble  
 12:00 **Bus** Shopping & Lunch Outing  
 2:00 **GR** Rummikub Club  
 2:30 **PTH** Holiday Dessert Social  
 3:00 **T** Ted Talk & Discussion  
 4:00 **ACT** Mind-Body Exercise  
 7:30 **T** Movie Musicals

### Friday

**1** Hello December!

- 10:30 **ACT** Strength & Fitness  
 11:30 **T** The Good Book Club  
 1:30 **PTH** Holiday Tree Decorating  
 2:00 **GR** Canasta Club w/ Lisa  
 2:30 **L** Writer's Group  
 2:30 **ACT** Bingo Bash  
 3:15 **ACT** Yoga with Mimi  
 4:00 **PTH** Social Hour  
 5:00 **ACT** Shabbat  
 7:30 **T** Movie Night - New Release

**8**

- 10:30 **ACT** Strength & Fitness  
 11:30 **ACT** Word Games  
 1:15 **ML** Walking Club  
 1:30 **PTH** Sing A Long with Friends  
 2:00 **GR** Canasta Club w/ Lisa  
 2:30 **L** Writer's Group  
 2:30 **ACT** Bingo Bash  
 3:30 **PTH** Meet New Residents Social  
 5:00 **ACT** Shabbat  
 7:30 **T** Movie Night - New Release

**15**

- 10:30 **ACT** Strength & Fitness  
 11:30 **T** Jeopardy Challenge  
 1:30 **PTH** Sing-A-Long with Friends  
 2:00 **GR** Canasta Club w/ Lisa  
 2:30 **L** Writer's Group  
 2:30 **ACT** Bingo Bash  
 3:15 **ML** Yoga with Mimi  
 3:30 **PTH** Social Hour  
 5:00 **ACT** Shabbat  
 7:30 **T** Movie Night - New Release

**22**

- 10:30 **ACT** Strength & Fitness  
 11:30 **L** Reader's Rendezvous  
 1:15 **ML** Walking Club  
 2:00 **GR** Canasta Club w/ Lisa  
 2:30 **L** Writer's Group  
 2:30 **ACT** Bingo Bash  
 3:15 **ACT** Yoga with Mimi  
 3:30 **PTH** Social Hour  
 5:00 **ACT** Shabbat  
 7:30 **T** Movie Night - New Release

**29**

- 10:30 **Bus** Shopping Shuttle  
 10:30 **ACT** Strength & Fitness  
 11:30 **T** Team Jeopardy Challenge  
 1:15 **ML** Walking Club  
 2:00 **GR** Canasta Club w/ Lisa  
 2:30 **L** Writer's Group  
 2:30 **ACT** Bingo Bash  
 3:15 **ACT** Yoga with Mimi  
 5:00 **ACT** Shabbat  
 7:30 **T** Movie Night - New Release

### Saturday

**2**

- 9:30 **Bus** AM Shopping Shuttle  
 10:00 **BC** Shabbat -Virtual Service  
 10:30 **ACT** Yoga Flow with Lifestyle  
 11:30 **ACT** Crossword Challenge  
 1:30 **Bus** PM Shopping Shuttle  
 1:45 **T** Saturday Matinee  
 1:45 **ACT** Line Dancing  
 2:30 **ACT** Bingo Fun  
 3:30 **PTH** Social Hour  
 7:30 **T** Movie Classics

**9**

- 9:30 **Bus** AM Shopping Shuttle  
 10:00 **P** Aquacise w/ Kim  
 10:00 **BC** Shabbat -Virtual Service  
 10:30 **ACT** Yoga Flow with Lifestyle  
 11:30 **AS** Christmas Card Making  
 1:45 **T** Saturday Matinee  
 1:45 **ACT** Line Dancing  
 2:30 **GH** Bingo  
 3:30 **PTH** Social Hour  
 7:30 **T** Virtual Theater

**16**

- 9:30 **Bus** AM Shopping Shuttle  
 10:00 **BC** Shabbat -Virtual Service  
 10:30 **ACT** Yoga Flow with Lifestyle  
 11:30 **ACT** Crossword Challenge  
 1:30 **Bus** PM Shopping Shuttle  
 1:45 **T** Saturday Matinee  
 1:45 **ACT** Line Dancing  
 2:30 **ACT** Bingo Fun  
 3:30 **PTH** Social Hour  
 7:30 **T** Movie Classics

**23**

- 9:30 **Bus** AM Shopping Shuttle  
 10:00 **P** Aquacise w/ Kim  
 10:00 **BC** Shabbat -Virtual Service  
 10:30 **ACT** Yoga Flow with Lifestyle  
 11:30 **ACT** Finish the Lines  
 1:45 **T** Saturday Matinee  
 1:45 **ACT** Line Dancing  
 2:30 **ACT** Bingo Fun  
 3:30 **PTH** Social Hour  
 7:30 **T** Virtual Concert

**30**

- 9:30 **Bus** AM Shopping Shuttle  
 10:00 **BC** Shabbat -Virtual Service  
 10:30 **ACT** Yoga Flow with Lifestyle  
 11:30 **ACT** Crossword Challenge  
 1:45 **T** Saturday Matinee  
 1:45 **ACT** Line Dancing  
 3:30 **PTH** Holiday Social Hour  
 7:30 **T** Saturday Night Cinema

### Happy Holidays!

Monthly Happenings in December

- Bingo's Birthday Month  
 Gingerbread Month  
 Fruitcake Month

Weekly Happenings

- Yoga with Mimi- Mondays & Fridays @ 3:15pm

Special Days in December

- Chanukah- Dec. 7th  
 Pearl Harbor Day- Dec. 7th  
 Poinsettia Day- Dec. 12th  
 Caroling Day- Dec. 20th  
 Christmas Day & National Pumpkin Pie Day- Dec. 25th  
 Kwanzaa- Dec. 26th  
 New Year's Eve- Dec. 31st

*\*All Activities are Subject to Change\**

## LOCATION KEY

- ACT** Activity Room  
**T** Theater  
**PTH** Penthouse Pub  
**GR** Game Room  
**L** Library  
**Bus** Bus Trip  
**BC** Business Center  
**B** Bistro  
**ML** Meet in Lobby  
**P** Pool