

## UPCOMING COMMUNITY EVENTS



May the lights of the season warm your heart.

Enjoy the time spent with friends and loved ones during this special time of year.

### SEASON'S BLESSINGS

The holiday season is a perfect time to reflect on our blessing and seek out ways to make life better for those around us.

## ALLEGRO HAPPENINGS

Look in the calendar for the many fun happens in the month of December:

12/2-4 Oaks Christmas Party with music and fellowship, 12/6-Comedy Show by Candy, 12/9-Christmas Card Making, 12/12-Gingerbread Person Decorating, 12/13 Christmas Light Tour, 12/15 Ugly Sweater Showcase, 12/16-Children's Choir from 4 Oaks, 12/20 Christmas Light Tour, 12/22-Grinch Day

**Allegro in Tallahassee**  
4501 West Shannon Lakes  
Tallahassee, FL 32309  
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# FLOURISH

DECEMBER 2023

### WHAT'S INSIDE

**Pg 2-3**  
Social Calendar

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Upcoming Events + News

**"QUOTE"**

**—AUTHOR**

### Sunday

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

### Saturday

**DECEMBER 31** New Years Eve  
 9:15 **LI** Holy Communion Service  
 9:30 **C** Chapel Services w/ Four Oaks Community Church  
 10:00 **SA** Morning Talk & Coffee  
 10:15 **C** Sunday Social  
 12:00 **MR** "Noon" Years Eve  
 2:00 **GR** Bingo  
 3:00 **GR** Scrabble  
 5:30 **TH** Movie Night

**3**  
 9:15 **LI** Holy Communion Service  
 9:30 **C** Chapel Services w/ Four Oaks Community Church  
 10:00 **SA** Morning Talk & Coffee  
 10:15 **C** Sunday Social  
 11:00 **SU** Sunday Outing  
 2:00 **GR** Bingo  
 3:00 **GR** Scrabble  
 5:30 **TH** Movie Night

**10**  
 9:15 **LI** Holy Communion Service  
 9:30 **C** Chapel Services w/ Four Oaks Community Church  
 10:00 **SA** Morning Talk & Coffee  
 10:15 **C** Sunday Social  
 11:00 **SU** Sunday Outing  
 2:00 **GR** Bingo  
 3:00 **GR** Scrabble  
 5:30 **TH** Movie Night

**17**  
 9:15 **LI** Holy Communion Service  
 9:30 **C** Chapel Services w/ Four Oaks Community Church  
 10:00 **SA** Morning Talk & Coffee  
 10:15 **C** Sunday Social  
 11:00 **SU** Sunday Outing  
 2:00 **GR** Bingo  
 3:00 **GR** Scrabble  
 5:30 **TH** Movie Night

**24** Christmas Eve  
 9:15 **LI** Holy Communion Service  
 9:30 **C** Chapel Services w/ Four Oaks Community Church  
 10:00 **SA** Morning Talk & Coffee  
 10:15 **C** Sunday Social  
 11:00 **MR** Christmas Sing ALong  
 2:00 **GR** Bingo  
 3:00 **GR** Scrabble  
 5:30 **TH** Movie Night

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**4**  
 9:30 **SU** Shopping: Target & Publix  
 10:00 **AR** Exercise w/Kim  
 10:00 **SA** Morning Talk & Coffee  
 10:30 **AR** Stretch Yoga Video  
 11:00 **AR** Balloon Volleyball  
 2:00 **GR** Bingo  
 2:00 **L** Goodwill Ugly Sweater Shopping Trip  
 3:00 **AR** Health Talk w/SunCrest  
 3:30 **TH** Lecture Series-Turning

**11**  
 9:30 **SU** Shopping Trip-Wal-Mart  
 10:00 **AR** Exercise w/Kim  
 10:00 **SA** Morning Talk & Coffee  
 10:30 **AR** Stretch Yoga Video  
 11:00 **AR** Balloon Volleyball  
 2:00 **L** Shopping Trip  
 2:00 **GR** Bingo  
 3:30 **TH** Lecture Series-Turning Points in Modern History  
 5:30 **GR** Rummy

**18**  
 9:30 **SU** Shopping: T.J. Maxx & Trader Joe's  
 10:00 **AR** Exercise w/Kim  
 10:00 **SA** Morning Talk & Coffee  
 10:30 **AR** Stretch Yoga Video  
 11:00 **AR** Balloon Volleyball  
 2:00 **L** Shopping Trip  
 2:00 **GR** Bingo  
 3:30 **TH** Lecture Series-Turning Points in Modern History

**25** Christmas  
 10:00 **SA** Morning Talk & Coffee  
 10:00 **AR** Exercise Video  
 10:30 **AR** Stretch Yoga Video  
 5:30 **GR** Rummy

**5**  
 10:00 **AR** In person Chair Yoga  
 10:00 **SA** Morning Talk & Coffee  
 11:00 **AR** Ageless Grace w/Marghi  
 12:00 **MR** Lunch Music by Gail  
 1:30 **TH** Matinee Movie w/popcorn!  
 3:30 **MR** Chat w/Laurie Jordan  
 4:45 **DH** Dinner Music w/Cory Johnson  
 5:30 **GR** Scrabble

**12** Gingerbread Day  
 10:00 **AR** In person Chair Yoga  
 10:00 **SA** Morning Talk & Coffee  
 11:00 **AR** Music Therapy w/ Leah  
 2:00 **C** Town Hall Meeting  
 3:15 **AR** Gingerbread person Decorating  
 4:45 **MR** Dinner Music w/Leah  
 5:30 **GR** Scrabble

**19** Be Strong Therapy  
 10:00 **AR** In person Chair Yoga  
 10:00 **SA** Morning Talk & Coffee  
 11:00 **AR** Ageless Grace w/Marghi  
 1:15 **AR** Dealing with Leg Swelling w/Be Strong Therapy  
 1:30 **TH** Matinee Movie w/popcorn!  
 3:30 **MR** Chat w/Laurie Jordan  
 4:30 **MR** Dinner Music w/Gail  
 5:30 **GR** Scrabble

**26**  
 10:00 **AR** In person Chair Yoga  
 10:00 **SA** Morning Talk & Coffee  
 11:00 **AR** Music Therapy w/ Leah  
 1:30 **TH** Matinee Movie w/popcorn!  
 3:30 **MR** Chat w/Laurie Jordan  
 4:00 **MR** Dinner Music w/Gail  
 5:30 **GR** Scrabble

**6** Comedy By Candy  
 10:00 **AR** Stretch & Movement w/ SunCrest  
 10:00 **SA** Morning Talk & Coffee  
 10:30 **AR** Stretch Yoga Video  
 10:30 **CR** Book Club-Nightingale  
 11:00 **AR** Mind & Melody w/Amelia  
 2:00 **GR** Bingo  
 3:30 **HC** Comedian Candy Happy Hour  
 5:30 **GR** Poker

**13**  
 10:00 **AR** Stretch & Movement w/ SunCrest  
 10:30 **AR** Stretch Yoga Video  
 10:30 **CR** Book Club-The Nightingale  
 11:00 **AR** Balloon Volley Ball  
 11:30 **PD** Birthday Month Private Lunch  
 2:00 **GR** Bingo  
 3:30 **HC** Happy Hour  
 6:00 **SU** Christmas Light Tour

**20** Sangria Day  
 10:00 **AR** Stretch & Movement w/ SunCrest  
 10:00 **SA** Morning Talk & Coffee  
 10:30 **AR** Stretch Yoga Video  
 10:30 **CR** Book Club-The Nightingale  
 11:00 **GR** Balloon Volley Ball  
 2:00 **GR** Bingo  
 3:30 **HC** Happy Hour  
 5:30 **GR** Poker  
 6:00 **SU** Christmas Light Tour

**27**  
 10:00 **AR** Stretch & Movement w/ SunCrest  
 10:00 **SA** Morning Talk & Coffee  
 10:30 **AR** Stretch Yoga Video  
 10:30 **CR** Book Club-The Nightingale  
 11:00 **GR** Balloon Volley Ball  
 2:00 **GR** Bingo  
 3:30 **HC** Happy Hour  
 5:30 **GR** Poker

**7**  
 10:00 **AR** In person Chair Yoga  
 10:00 **SA** Morning Talk & Coffee  
 11:00 **AR** Corn Hole  
 12:00 **DH** Piano Music by Louise  
 2:00 **AR** Women's Bible Study  
 3:00 **GR** UNO Card Game  
 3:30 **GR** Beer & Billiards  
 5:30 **TH** Movie Night

**14**  
 10:00 **AR** In person Chair Yoga  
 10:00 **SA** Morning Talk & Coffee  
 11:00 **AR** Corn Hole  
 12:00 **DH** Piano Music by Louise  
 2:00 **AR** Women's Bible Study  
 3:00 **GR** UNO Card Game  
 3:30 **GR** Beer & Billiards  
 5:30 **TH** Movie Night

**21**  
 10:00 **AR** In person Chair Yoga  
 10:00 **SA** Morning Talk & Coffee  
 11:00 **AR** Corn Hole  
 12:00 **DH** Piano Music by Louise  
 2:00 **AR** Women's Bible Study  
 3:00 **GR** UNO Card Game  
 3:30 **GR** Beer & Billiards  
 5:30 **TH** Movie Night

**28** Card Playing Day  
 10:00 **AR** In person Chair Yoga  
 10:00 **SA** Morning Talk & Coffee  
 11:00 **AR** Corn Hole  
 12:00 **DH** Piano Music by Louise  
 2:00 **AR** Women's Bible Study  
 3:00 **GR** UNO Card Game  
 3:30 **GR** Beer & Billiards  
 5:30 **TH** Movie Night

**1**  
 9:00 **LI** Men's Bible Study  
 10:00 **AR** Exercise w/Kim  
 10:00 **SA** Morning Talk & Coffee  
 10:30 **CR** Book Club-The Nightingale  
 10:30 **CR** Wellness Check w/Ashley  
 11:00 **SU** Lunch Outing  
 2:00 **GR** Bridge Club  
 3:30 **HC** T.G.I.F. Happy Hour  
 5:30 **GR** Chess & Checkers

**8**  
 9:00 **LI** Men's Bible Study  
 10:00 **AR** Exercise w/Kim  
 10:00 **SA** Morning Talk & Coffee  
 10:30 **CR** Book Club-The Nightingale  
 1:30 **SU** Decorate Ugly Christmas Sweater  
 2:00 **GR** Bridge Club  
 3:30 **HC** T.G.I.F. Happy Hour  
 5:30 **GR** Chess & Checkers

**15** Ugly Sweater Day  
 9:00 **LI** Men's Bible Study  
 10:00 **AR** Exercise w/Kim  
 10:00 **SA** Morning Talk & Coffee  
 10:30 **CR** Book Club-The Nightingale  
 11:00 **SU** Lunch Outing  
 2:00 **GR** Bridge Club  
 3:30 **HC** Ugly Sweater Showcase Happy Hour  
 5:30 **GR** Chess & Checkers

**22** Grinch Day  
 9:00 **LI** Men's Bible Study  
 10:00 **AR** Exercise w/Kim  
 10:00 **SA** Morning Talk & Coffee  
 10:30 **CR** Book Club-The Nightingale  
 11:00 **SU** Lunch Outing  
 2:00 **GR** Bridge Club  
 3:30 **HC** T.G.I.F. Happy Hour  
 5:30 **GR** Chess & Checkers

**29**  
 9:00 **LI** Men's Bible Study  
 10:00 **AR** Exercise w/Kim  
 10:00 **SA** Morning Talk & Coffee  
 10:30 **CR** Book Club-The Nightingale  
 11:00 **SU** Lunch Outing  
 2:00 **GR** Bridge Club  
 3:30 **HC** T.G.I.F. Happy Hour  
 5:30 **GR** Chess & Checkers

**2** 4 Oaks Christmas Party  
 10:00 **SA** Morning Talk & Coffee  
 11:00 **AR** 4 Oaks Church Christmas Party!  
 2:00 **GR** Bingo  
 3:30 **AR** Crafts  
 5:30 **GR** Evening Games w/ Friends

**9** Christmas Card Day  
 10:00 **AR** Exercise w/Bethany  
 10:00 **SA** Morning Talk & Coffee  
 10:30 **AR** Yoga & Stretching  
 11:00 **AR** Christmas Card Making  
 2:00 **GR** Bingo  
 3:15 **AR** Crafts-Painting w/Sydney  
 5:30 **GR** Evening Games w/ Friends

**16** Children's Choir  
 10:00 **AR** Exercise w/Bethany  
 10:00 **SA** Morning Talk & Coffee  
 10:30 **AR** Yoga & Stretching  
 11:00 **AR** Children's Choir Sing Along  
 2:00 **GR** Bingo  
 3:30 **AR** Crafts  
 5:30 **GR** Evening Games w/ Friends

**23**  
 10:00 **AR** Exercise w/Bethany  
 10:00 **SA** Morning Talk & Coffee  
 10:30 **AR** Yoga & Stretching  
 11:00 **AR** Word Search Challenge  
 2:00 **GR** Bingo  
 3:30 **AR** Crafts  
 5:30 **GR** Evening Games w/ Friends

**30**  
 10:00 **AR** Exercise w/Bethany  
 10:00 **SA** Morning Talk & Coffee  
 10:30 **AR** Yoga & Stretching  
 11:00 **AR** Word Search Challenge  
 2:00 **GR** Bingo  
 3:30 **AR** Crafts  
 5:30 **GR** Evening Games w/ Friends

### TITLE

Happy Birthdays!!

Jan McComas 12/17

Barbara Cunningham 12/17

Brenda Bish 12/19

Eveleyn Sewll 12/20

Teman Gandy 12/20

\*Activities are subject to change

### LOCATION KEY

- LI** Library
- AR** Activity Room
- SA** SA
- CR** Camellia Room
- SU** Sign Up
- GR** Game Room
- HC** Heritage Club
- C** Chapel
- TH** Theatre
- L** Lobby