

UPCOMING COMMUNITY EVENTS



NATIONAL SENIOR CITIZEN DAY – AUGUST 21ST
Join us in celebrating National Senior Citizen Day on August 21st! We’re kicking off the morning with a delicious pancake breakfast in honor of our incredible residents. It’s a small way to show big appreciation for the wisdom, kindness, and contributions our seniors share with us every day.

OUR GRATITUDE TREE
Stop by the Game Room each Tuesday at 3:00 PM to add a leaf to our new Gratitude Tree! Each week, residents can reflect on something they’re thankful for and leave it on the tree as a reminder of the beauty in everyday life. Let’s grow gratitude together.



NEWS



AUGUST’S SPECIAL GUESTS
This month, we’re welcoming an amazing lineup of guests! Centerwell, Hopewell, SunCrest, King & Wood P.A, SWEAT Therapy, Cate, Leah, Sydney, Cheryl, Dave, Four Oaks, and Good Shepherd Church will be joining us with music, trivia, wellness tips, and more. Be sure to check the calendar so you don’t miss the fun!

Allegro in Tallahassee
4501 West Shannon Lakes
Tallahassee, FL 32309
(850) 273-4579



FLOURISH

AUGUST 2025



WHAT’S INSIDE

Pg 2-3
Social Calendar

Pg 4
Upcoming Events + News

“THE SPIRIT NEVER AGES, IT STAYS FOREVER YOUNG.”

—LAILAH GIFTY AKITA



August 2025

August

31

9:15 **LI** Holy Communion Service
9:30 **C** Chapel Services w/ 40aks
10:00 **L** Jigsaw Challenge
10:00 AR Fusion Fitness
10:45 SU CVS & Walgreens
2:00 **GR** BINGO
3:00 **GR** Resident-Led Monopoly
3:00 L Shop: REI
5:30 **TH** Musical Movie Night
6:00 **GR** Scrabble

3

9:15 **LI** Holy Communion Service
9:30 **C** Chapel Services w/ 40aks
10:00 **L** Jigsaw Challenge
10:00 **AR** Fusion Fitness
10:45 SU CVS & Walgreens
2:00 **GR** BINGO
3:00 **GR** Resident-Led Monopoly
3:00 L Shop: Shoe Station
5:30 **TH** Musical Movie Night
6:00 **GR** Scrabble

10

9:15 **LI** Holy Communion Service
9:30 **C** Chapel Services w/ 40aks
10:00 **L** Jigsaw Challenge
10:00 **AR** Fusion Fitness
10:45 SU CVS & Walgreens
2:00 **GR** BINGO
3:00 **GR** Resident-Led Monopoly
3:00 L Shop: Belk
5:30 **TH** Musical Movie Night
6:00 **GR** Scrabble

17

9:15 **LI** Holy Communion Service
9:30 **C** Chapel Services w/ 40aks
10:00 **L** Jigsaw Challenge
10:00 **AR** Fusion Fitness
10:45 SU CVS & Walgreens
2:00 **GR** BINGO
3:00 **GR** Resident-Led Monopoly
3:00 L Sunday Afternoon Drive
5:30 **TH** Musical Movie Night
6:00 **GR** Scrabble

24

9:15 **LI** Holy Communion Service
9:30 **C** Chapel Services w/ 40aks
10:00 **L** Jigsaw Challenge
10:00 **AR** Fusion Fitness
10:45 SU CVS & Walgreens
2:00 **GR** BINGO
3:00 **GR** Resident-Led Monopoly
3:00 L Shop: Talbots
5:30 **TH** Musical Movie Night
6:00 **GR** Scrabble

Sunday

Monday

Allegro in Tallahassee

4501 West Shannon Lakes
Tallahassee, FL 32309
(850) 273-4579
<https://www.allegroliving.com/tallahassee-fl.html>

4

9:15 SU Shop: Walmart
10:00 **L** Jigsaw Challenge
10:00 **AR** Mindful Yoga w/ Cate
11:00 **AR** Passport to Conversation
1:30 **AR** Corn Hole
2:00 GR Magic BINGO w/ Hopewell
3:00 GR Health Talk w/Suncrest
3:15 **TH** TGC: Blood & Corn
3:30 **AR** Headbandz
6:00 **AR** Color Me Happy

11

9:15 L Shop: Target or Publix
10:00 **L** Jigsaw Challenge
10:00 **AR** Mindful Yoga w/ Cate
11:00 **AR** Passport to Conversation
1:30 **AR** Corn Hole
2:00 GR Hairdo BINGO w/Hopewell
3:00 GR Nurse Chat w/ Ashley
3:15 **TH** TGC: Hunter-Gatherers
3:30 **AR** Headbandz
6:00 **AR** Color Me Happy

18

9:15 SU Shop: Walmart
10:00 **L** Jigsaw Challenge
10:00 **AR** Mindful Yoga w/ Cate
11:00 AR Bag Toss w/ Centerwell
1:30 **AR** Corn Hole
2:00 GR Barking BINGO w/ Hopewell
3:00 GR Hopewell History Trivia!
3:15 **TH** TGC: Art & Architecture
3:30 **AR** Headbandz
6:00 **AR** Color Me Happy

25

9:15 L Shop: Target or Publix
10:00 **L** Jigsaw Challenge
10:00 **AR** Mindful Yoga w/ Cate
11:00 **AR** Passport to Conversation
1:30 **AR** Corn Hole
2:00 GR Recipe BINGO w/ Hopewell
3:15 **TH** TGC: Comparative Armies
3:30 **AR** Headbandz
6:00 **AR** Color Me Happy

Tuesday

5

9:00 **GR** Do You Remember?
10:00 **L** Jigsaw Challenge
10:00 **AR** SWEAT Therapy
11:00 **AR** Music Therapy w/ Leah
12:00 **MR** Lunch Music w/ Gail
1:30 **TH** Resident Pick w/ Popcorn!
2:00 **GR** Phone & Tech Assistance
3:00 GR Gratitude Tree
3:30 GR Activity Chat w/Rebecca
5:30 **TH** Opera Hour

12

9:00 **GR** Do You Remember?
10:00 **L** Jigsaw Challenge
10:00 **AR** SWEAT Therapy
11:00 **AR** Music Therapy w/ Leah
1:30 **TH** Resident Pick w/ Popcorn!
2:00 C Town Hall Meeting
2:00 **GR** Phone & Tech Assistance
3:00 **GR** Gratitude Tree
5:30 **TH** Opera Hour

19

9:00 **GR** Do You Remember?
10:00 **L** Jigsaw Challenge
10:00 **AR** SWEAT Therapy
11:00 **AR** Music Therapy w/ Leah
1:30 **TH** Resident Pick w/ Popcorn!
2:00 **GR** Phone & Tech Assistance
3:00 **GR** Gratitude Tree
4:30 **MR** Dinner Music w/ Gail
5:30 **TH** Opera Hour

26

9:00 **GR** Do You Remember?
10:00 **L** Jigsaw Challenge
10:00 **AR** SWEAT Therapy
11:00 **AR** Music Therapy w/ Leah
1:30 **TH** Resident Pick w/ Popcorn!
2:00 **GR** Phone & Tech Assistance
3:00 GR Resident Welcome Party
3:00 **GR** Gratitude Tree
4:00 **MR** Dinner Music w/ Gail
5:30 **TH** Opera Hour

Wednesday



6

9:00 **CY** Gardening Club
10:00 **L** Jigsaw Challenge
10:00 **AR** “Chair-lates”
11:00 **AR** Bell Choir w/ Cheryl
11:30 **AR** Destination: Leaderboard
1:00 **AR** Crochet/Knitting Club
2:00 **GR** BINGO
2:15 **AR** Putting Practice
3:30 LL Wine Down & Protect
5:30 GR Trivial Pursuit

13

9:00 **CY** Gardening Club
10:00 **L** Jigsaw Challenge
10:00 **AR** “Chair-lates”
11:00 **AR** Bell Choir w/ Cheryl
11:30 **AR** Destination: Leaderboard
1:00 **AR** Crochet/Knitting Club
2:00 **GR** BINGO
2:15 **AR** Putting Practice
3:30 **LL** Wine Down Wednesday
5:30 **GR** Trivial Pursuit

20

9:00 **CY** Gardening Club
10:00 **AR** “Chair-lates”
11:00 **AR** Bell Choir w/ Cheryl
11:30 AR August Birthday Lunch
1:00 **AR** Crochet/Knitting Club
1:00 MR Live Music w/ Dave Carty
2:00 **GR** BINGO
2:15 **AR** Putting Practice
3:30 **LR** Wine Down Wednesday
5:30 **GR** Trivial Pursuit

27

9:00 **CY** Gardening Club
10:00 **L** Jigsaw Challenge
10:00 **AR** “Chair-lates”
11:00 **AR** Bell Choir w/ Cheryl
11:30 **AR** Destination: Leaderboard
1:00 **AR** Crochet/Knitting Club
2:00 **GR** BINGO
2:15 **AR** Putting Practice
3:30 **LL** Wine Down Wednesday
5:30 **GR** Trivial Pursuit

Thursday



7

9:00 **AR** Morning Brain Boost
9:30 **AR** Blood Pressure Check
10:00 **L** Jigsaw Challenge
10:00 **AR** Wisdom Yoga w/ Cate
11:00 **AR** Corn Hole
12:00 **MR** Piano Music by Louise
1:30 **AR** Dear Diary Club/ Pen Pal
2:00 **GR** Women’s Bible Study
3:30 **AR** Sip & Sing Karaoke
5:30 **GR** Connected Living Workshop

14

9:00 **AR** Morning Brain Boost
9:30 **AR** Blood Pressure Check
10:00 **L** Jigsaw Challenge
10:00 **AR** Wisdom Yoga w/ Cate
11:00 **AR** Corn Hole
12:00 **MR** Piano Music by Louise
1:30 **AR** Dear Diary Club/ Pen Pal
2:00 **GR** Women’s Bible Study
3:30 **AR** Sip & Sing Karaoke
5:30 **GR** Connected Living Workshop

21 Nat’l Senior Citizen Day

8:45 AR Pancake Breakfast
9:30 **AR** Blood Pressure Check
10:00 **L** Jigsaw Challenge
10:00 **AR** Wisdom Yoga w/ Cate
11:00 **AR** Corn Hole
12:00 **MR** Piano Music by Louise
1:30 **AR** Dear Diary Club/ Pen Pal
2:00 **GR** Women’s Bible Study
3:30 **AR** Sip & Sing Karaoke
4:00 MR Family Night: Dog Days

28 Pen Pal Mail-out Day!

9:00 **AR** Morning Brain Boost
9:30 **AR** Blood Pressure Check
10:00 **L** Jigsaw Challenge
10:00 **AR** Wisdom Yoga w/ Cate
11:00 **AR** Corn Hole
12:00 **MR** Piano Music by Louise
1:30 AR Dear Diary Club/Mailing
2:00 **GR** Women’s Bible Study
3:30 GR Ambassador Meeting
3:30 **AR** Sip & Sing Karaoke

Friday

1

9:00 **GR** Men’s Bible Study (40aks)
10:00 **L** Jigsaw Challenge
10:00 **AR** Silver Strength(SunCrest)
11:00 L Lunch: Lemon & Thyme
1:30 **AR** Allegro in Motion
2:15 **TH** Allegro Wheel of Fortune
3:30 **HC** Heritage Club Happy Hour
5:30 GR Pinochle
6:00 **TH** Movie:The Hangover

8

9:00 **GR** Men’s Bible Study (40aks)
10:00 **L** Jigsaw Challenge
10:00 **AR** Silver Strength(SunCrest)
11:00 L Lunch: Osaka
1:30 **AR** Allegro in Motion
2:15 **TH** Allegro Wheel of Fortune
3:30 **HC** Heritage Club Happy Hour
5:30 **GR** Pinochle
6:00 **TH** Movie: On Golden Pond

15

9:00 **GR** Men’s Bible Study (40aks)
10:00 **L** Jigsaw Challenge
10:00 **AR** Silver Strength(SunCrest)
11:00 L Lunch: Cafe de Martin
1:30 **AR** Allegro in Motion
2:15 **TH** Allegro Wheel of Fortune
3:30 **HC** Heritage Club Happy Hour
5:30 **GR** Pinochle
6:00 **TH** Creature o/t Black Lagoon

22

9:00 **GR** Men’s Bible Study (40aks)
10:00 **L** Jigsaw Challenge
10:00 **AR** Silver Strength(SunCrest)
11:00 L Lunch: Longhorn
1:30 **AR** Allegro in Motion
2:15 **TH** Allegro Wheel of Fortune
3:30 **HC** Heritage Club Happy Hour
3:30 HC Neighborly Happy Hour
5:30 **GR** Pinochle
6:00 **TH** Movie: Gone with the Wind

29

9:00 **GR** Men’s Bible Study (40aks)
10:00 **L** Jigsaw Challenge
10:00 **AR** Silver Strength(SunCrest)
11:00 L Lunch: Red Elephant
1:30 **AR** Allegro in Motion
2:15 **TH** Allegro Wheel of Fortune
3:30 **HC** Heritage Club Happy Hour
5:30 **GR** Pinochle
6:00 **TH** Movie: Hulk

Saturday

2

9:00 **AR** Walk & Talk Club
10:00 **L** Jigsaw Challenge
10:00 **GR** Beginners: Hand & Foot
10:00 AR Seated HIIT Lite
11:00 **GR** Skip-Bo: Solitaire Cards
1:00 **GR** Word Association Train
2:00 **GR** BINGO
3:30 **AR** Craft: Salt Painting
5:30 GR Gin-Rummy

9

9:00 **AR** Walk & Talk Club
10:00 **L** Jigsaw Challenge
10:00 **GR** Beginners: Hand & Foot
10:00 **AR** Seated HIIT Lite
11:00 **GR** Skip-Bo: Solitaire Cards
1:00 **GR** Word Association Train
2:00 **GR** BINGO
3:30 **AR** Craft: DIY Postcards
5:30 **GR** Gin-Rummy

16

9:00 **AR** Walk & Talk Club
10:00 **L** Jigsaw Challenge
10:00 **GR** Beginners: Hand & Foot
10:00 **AR** Seated HIIT Lite
11:00 **GR** Skip-Bo: Solitaire Cards
1:00 **GR** Word Association Train
2:00 **GR** BINGO
3:30 AR Canvas Painting w/ Sydney
5:30 **GR** Gin-Rummy

23

9:00 **AR** Walk & Talk Club
10:00 **L** Jigsaw Challenge
10:00 **GR** Beginners: Hand & Foot
10:00 **AR** Seated HIIT Lite
11:00 **GR** Skip-Bo: Solitaire Cards
1:00 **GR** Word Association Train
2:00 **GR** BINGO
3:30 **AR** Craft: Paint-A-Pot
5:30 **GR** Gin-Rummy

30

9:00 **AR** Walk & Talk Club
10:00 **L** Jigsaw Challenge
10:00 **GR** Beginners: Hand & Foot
10:00 **AR** Seated HIIT Lite
11:00 **GR** Skip-Bo: Solitaire Cards
1:00 **GR** Word Association Train
2:00 **GR** BINGO
3:30 **AR** Craft: 3D Tissue Art
5:30 **GR** Gin-Rummy

Around our Community

TITLE

Happy birthday to our wonderful August birthday residents:

Willie H. (8/4)

Lark D. (8/13)

Ronnie J. (8/18)

Gwen C. (8/20)

Odene G. (8/21)

Richard W. (8/21)

Mary G. (8/25)

Joel W. (8/28)

Bob A. (8/31)

We can't wait to celebrate with you at our special birthday lunch!

Please note that August 31st is in the top left corner of this month's calendar.

Please note that all events on the calendar are subject to change.

LOCATION KEY

- GR** Game Room
- L** Lobby
- AR** Activity Room
- TH** Theatre
- HC** Heritage Club
- LI** Library
- C** Chapel
- SU** Sign Up
- MR** Magnolia Room
- CY** Courtyard