

UPCOMING COMMUNITY EVENTS



WHAT'S SO SPECIAL ABOUT THE MONTH OF JULY?

July was named in honor of Julius Caesar. Quintilis, which was his birth month was named July when he died. Quintilis means "fifth month" in Latin, which represents where this month originally fell in the Roman calendar. Julius Caesar was a Roman General, Statesman, and Historian who conquered Gaul (what is now part of Italy, France, Belgium, and the

Netherlands), changed the structure of the Roman government into a dictatorship, was assassinated in legendary fashion; and most importantly for our purposes, helped make the calendar what it is today. Caesar is responsible for the year as we know it having 365 days, and for the leap year every four years. Our contemporary calendar is still pretty much the same system Caesar instituted more than 2,000 years ago. July is a festive month. We celebrate the Fourth of July, the day on which the original 13 colonies of the United States declared independence from British rule.

IN THE GOOD 'OL SUMMERTIME

There are many ways to beat the summer heat, but with a sprinkle of mindfulness, you can keep yourself safe and comfortable. Drinking plenty of fluids is crucial in keeping hydrated. Spending time in air-conditioned environments like shopping plazas, restaurants, theatres or any indoor venues make the most sense for your health. Outdoor activities will be scheduled at cooler times of the day to avoid the peak heat hours. Dressing appropriately is also practical for this time of year. Lightweight and light-colored clothing made from breathable cotton or linen will keep you cool and comfortable!. And, keep those social connections going to check with with one another!

Allegro in Boynton Beach

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



FLOURISH

JULY 2025

WHAT'S INSIDE

Pg 2-3
Social Calendar

Pg 4
Upcoming Events + News

FREEDOM IS THE RIGHT TO TELL PEOPLE WHAT THEY DO NOT WANT TO HEAR.

—GEORGE ORWELL

Sunday

Allegro in Boynton Beach

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Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Around our Community

6
10:00 **Bus** Trip to Church Services
10:15 **PAT** Creative Journaling
1:30 **GT** Afternoon Movie
1:30 **PAT** Quirky and Crazy Phrases
2:00 **C** Mahjong/Canasta
3:00 **B** Twenty Questions
4:00 **B** Happy/Social Hour .
7:30 **GT** Documentary-"Our Planet"

7
10:15 **Spa** Balance and Coordination
10:30 **Bus** Pinewood Shopping Ctr
11:00 **C** Word Game Challenge
1:30 **CR** Watercolor Art
3:00 **B** Checkers or Tic-Tac-Toe
4:00 **B** Happy/Social Hour .
7:15 **CR** BINGO at NIGHT
7:30 **GT** Movie- "I'm Still Here"

8
9:30 **A** Walking for Health
10:00 **Bus** Loop Trip
10:00 **CR** Guided Meditation
11:00 **Spa** Exercise with Mary
2:00 **GT** Bingo
3:00 **Monopoly**
4:00 **B** Happy/Social Hour .
7:30 **GT** Movie-"Family Plot"

9
10:00 **GT** Town Hall Meeting
11:15 **Spa** Stretching
11:45 **Bus** Delray Movies
1:30 **P** Water Aerobics
3:00 **GT** "The Science of Happiness"
4:00 **B** Happy/Social Hour .
7:00 **CR** Karaoke
7:30 **GT** Movie-"Field of Dreams"

10
9:30 **B** Good News Stories
10:00 **C** Wordical Challenge
11:00 **Spa** Exercise with Mary
1:30 **CR** Fondue Cooking
3:00 **GT** Music of the 50's.
4:00 **B** New Resident Block Party
4:30 **Bus** Dinner Outing
7:30 **GT** Movie-"Air Force Elite"

11
10:00 **CR** Coffee and Crosswords
11:00 **GT** Tick Tock Dance Party
1:30 **Bus** Banking Day
1:30 **PAT** Coffee Talk
2:00 **Spa** Chair Yoga
3:15 **GT** Shabbat Services
4:00 **B** Happy/Social Hour .
7:30 **GT** "Our Universe"

12
10:00 **CR** Name that Tune
10:30 **Bus** Publix
11:00 **CR** Arts and Crafts
1:30 **B** Word Challenge
2:30 **A** Finish the Lyrics
4:00 **B** Happy/Social Hour .
7:30 **GT** "Our Great Nat'l Parks"

13
10:00 **Bus** Trip to Church Services
10:15 **CR** Flower Arranging
1:30 **GT** Afternoon Movie - Residents' Choice
1:30 **B** YAHTZEE
2:00 **LR** Card Players Meet and Greet
3:00 **CR** Brain Boosters
4:00 **B** Happy/Social Hour .
7:30 **GT** Documentary-"Life in

14
9:30 **CY** Nature Hike and Bird Watching
10:15 **Spa** Balance and Coordination
11:00 **C** Word Game Challenge
1:30 **CR** Beaded Jewelry Workshop
3:00 **Mandala Art**
4:00 **B** Happy/Social Hour .
4:15 **LR** Finish The Phrase
7:15 **CR** BINGO at NIGHT
7:30 **GT** Movie-"Call Me Kate"

15
10:00 **Bus** Loop Trip
10:00 **CR** Guided Meditation
11:00 **Spa** Exercise with Mary
2:00 **GT** Bingo
3:00 **Spa** Charades and Laughs
4:00 **B** Happy/Social Hour .
7:30 **MC** Game Night
7:30 **GT** Documentary-"Rita Moreno"

16
10:00 **GT** Food Committee Meeting
11:00 **GT** Activity Committee Meeting
11:00 **CR** Painting with Charlene
11:15 **Spa** Stretching
11:45 **Bus** Delray Movies
1:30 **P** Water Aerobics
2:30 **B** Entertainment with Heart and Soul
4:00 **B** Happy/Social Hour
7:00 **CR** Name That Tune

17
10:00 **C** Wordical Challenge
10:30 **GT** Ed Lamont-Lecture
11:00 **Spa** Exercise with Mary
11:30 **Bus** Tea-Licious Tea House
1:30 **B** Book of Unusual Knowledge
3:00 **CR** Caregiver Support Group
4:00 **B** Happy/Social Hour .
7:30 **GT** "Diana" The Musical

18
9:30 **A** Walk for Health
10:00 **CR** Coffee and Crosswords
11:00 **C** Billiards
1:00 **C** Wordical
1:30 **Bus** Banking Day
2:00 **Spa** Chair Yoga
3:15 **GT** Shabbat Services
4:00 **B** Happy/Social Hour .
7:30 **GT** Movie-"CATS"

19
9:30 **CR** Name that Tune
10:30 **Bus** Publix
10:30 **GT** Lecture with Harry Getzov
1:30 **B** Word Challenge
3:00 **CR** Arts and Crafts
4:00 **B** Happy/Social Hour .
7:30 **GT** Movie-"Yes Day"

20
10:00 **Bus** Trip to Church Services
10:15 **PAT** Battle of the Brains
1:30 **GT** Afternoon Movie - Residents' Choice
2:00 **CR** Musical Nostalgia-Summertime Hits
3:00 **PAT** Reminiscing Past Summers
4:00 **B** Happy/Social Hour .
7:30 **GT** Movie "My All American"

21
10:15 **Spa** Balance and Coordination
11:00 **C** Word Game Challenge
1:30 **CR** Multi-Media Art
3:00 **CR** Puzzle Party
4:00 **B** Happy/Social Hour .
7:15 **CR** BINGO at NIGHT
7:30 **GT** Movie "The Long Game"

22
10:00 **Bus** Loop Trip
10:00 **CR** Guided Meditation
11:00 **Spa** Exercise with Mary
2:00 **GT** Bingo
3:00 **B** Music Quiz
4:00 **B** Happy/Social Hour .
7:30 **MC** Game Night
7:30 **GT** Movie "Instant Family"

23
10:00 **Coffee Talk**
11:15 **Spa** Stretching
11:45 **Bus** Delray Movies
1:30 **P** Water Aerobics
2:30 **PG** Putting Challenge
4:00 **B** New Resident Block Party
7:00 **CR** Pictionary
7:30 **GT** Movie "A Widow's Game"

24
Allegro's 10th Anniversary Celebration
10:00 **C** Wordical Challenge
11:00 **Spa** Exercise with Mary
1:30 **C** Checkers and Dominoes
2:00 **A** Anniversary Celebration
4:00 **B** Happy/Social Hour .
7:30 **GT** Movie "Your Place or Mine"

25
10:00 **CR** Coffee and Crosswords
11:00 **PAT** Finishing the Words
1:00 **Multi-Media Art**
1:30 **Bus** Banking Day
2:00 **Spa** Chair Yoga
3:15 **GT** Shabbat Services
4:00 **B** Happy/Social Hour .
7:30 **GT** Movie "The Hill"

26
10:00 **CR** Name that Tune
10:00 **A** Jewelry Show
10:30 **Bus** Publix
11:00 **CR** Arts and Crafts
1:30 **B** Word Challenge
2:30 **A** Bonified Therapy Dogs
3:00 **B** "Pour" Decision Trivia
4:00 **B** Happy/Social Hour .
7:30 **GT** Movie "Rudy"

27
10:00 **Bus** Trip to Church Services
10:15 **PAT** Travel Trivia
1:30 **GT** Afternoon Movie - Residents' Choice
2:00 **CR** Musical Nostalgia of the 40's
3:00 **CR** Brain Boosters
4:00 **B** Happy/Social Hour .
7:30 **GT** Movie "The Theory of Everything"

28
10:15 **Spa** Balance and Coordination
11:00 **C** Word Game Challenge
1:30 **CR** Ice-Cream Social
3:00 **Zumba for Fun!**
4:00 **B** Happy/Social Hour .
7:15 **CR** BINGO at NIGHT
7:30 **GT** Movie "Martha"

29
10:00 **Bus** Loop Trip
10:00 **CR** Guided Meditation
11:00 **Spa** Exercise with Mary
2:00 **GT** Bingo
3:00 **Food Likes and Dislikes**
4:00 **B** Happy/Social Hour .
7:30 **MC** Game Night
7:30 **GT** Movie "Inside the Mind of a Cat"

30
10:00 **B** Coffee and Conversation
11:00 **DR** Resident Council Meeting
11:15 **Spa** Stretching
11:45 **Bus** Delray Movies
1:30 **P** Water Aerobics
2:30 **B** Entertainment with Garth
4:00 **B** Happy/Social Hour .
7:00 **CR** Mad Libs
7:30 **GT** Movie "The Royal Treatment"

31
10:00 **C** Wordical Challenge
11:00 **Spa** Exercise with Mary
12:00 **DR** July Birthday Luncheon
1:30 **B** Positive Affirmations
3:00 **Nutrition and Healthy Eating**
4:00 **B** Happy/Social Hour .
4:15 **Bus** Dinner Outing
7:30 **GT** Movie "Nyad"



HAPPY BIRTHDAY!

JOAN SINKIN - 7/12
MICKEY ENTIN- 7/21

ENTERTAINERS:

JAYCEE DRIESEN - 7/02
HEART AND SOUL- 7/16
GARTH -7/30



LOCATION KEY

- Bus** Bus Trip
- CR** Community Room
- Spa** Spa
- B** Bistro
- GT** Grand Theatre
- MC** Man Cave
- A** Atrium
- P** Pool
- PAT** Patio
- C** Card Room

Sunday

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Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Around our Community

- 6**
9:15 **LR** Morning Stretch & Relaxation
10:15 **AR** Table Games
11:15 **LR** Family Feud
1:15 **AR** Bowling
2:15 **CY** Virtual Tour of Arizona
3:15 **AR** Finish The Phrase
4:15 **AR** Movie Trivia
6:15 **LR** Musical-Couousel

- 13**
9:15 **LR** Morning Stretch & Breathing Exercises
10:15 **AR** Canvas Water Colors
11:15 **AR** Table Games
1:15 **AR** Relaxing Music
2:15 **AR** Painting Ceramics
3:15 **LR** Finish the Phrase
4:15 **AR** Pictionary
6:15 **LR** Musical-Rock a Bye Baby

- 20**
9:15 **LR** Morning Stretch & Relaxation
11:15 **PAT** Music on The Patio
1:15 **AR** Virtual Tour of Amsterdam
2:15 **AR** Affirmation Stones
3:15 **LR** Family Feud
4:15 **AR** Music of the 60's
6:15 **LR** Musical-The Music Man

- 27**
9:15 **LR** Morning Stretch & Breathing Exercises
10:15 **LR** Reminisce Hour
11:15 **LR** Slapstick Comedy
1:15 **AR** Painting Stones
2:15 **LR** Karaoke
3:15 **LR** Finish the Phrase
4:15 **AR** Making Paper Flowers
6:15 **LR** Musical-ShowBoat

- 7**
9:15 **LR** Upbeat Chair Aerobics
10:15 **LR** Word Wall
11:15 **AR** Say What you See
1:15 **LR** Guess the Place or Person
2:15 **LR** Table Games
3:15 **AR** Music Trivia
4:15 **LR** 3 Word game
6:15 **LR** MovieYou

- 14**
9:15 **LR** Gentle Yoga
10:15 **LR** Fill in the Blanks
11:30**Bus Trip** Lunch Outing
1:15 **LR** Guess the Place or Person
2:15 **AR** Corn Hole
3:15 **AR** Spa Time
4:15 **LR** Finish The Phrase
6:15 **LR** Movie-Lincoln Lawyer

- 21**
9:15 **LR** Upbeat Chair Aerobics
10:15 **LR** Word Wall
1:15 **LR** Guess the Place or Person
2:15 **LR** Puzzle Time
3:15 **AR** Music Trivia
4:15 **LR** Reminisce-Travel, Where Have You Been
6:15 **LR** Movie-Couples Retreat

- 28**
9:15 **LR** Gentle Yoga
10:15 **LR** Fill in the Blanks
11:30 **Bus** Lunch Outing
1:15 **LR** Guess the Place or Person
2:15 **LR** Corn Hole
3:15 **AR** Decoupage
4:15 **LR** Movie Trivia
6:15 **LR** TV Show-Perry Mason

- 1**
9:15 **AR** Chair Yoga
10:15 **AR** Crafting 101
11:15 **AR** Guess the Name or Place
1:15 **AR** Finish the Phrase
2:15 **AR** Exercise with Ashley
3:15 **LR** Floating Fitness
4:15 **LR** Sing Along to the 50's Music
6:15 **LR** Movie-Dept Q

- 8**
9:15 **LR** 50's Workout
10:15 **LR** Table Games
11:15 **LR** Brain Teaser
1:15 **AR** Finish the Phrase
1:30**Bus Trip** Dunkin Donuts
2:15 **AR** Exercise with Ashley
3:15 **AR** Game of Rummy Q
4:15 **LR** Karaoke
6:15 **LR** Movie-Secrets We Keep

- 15**
9:15 **LR** Tai Chi
10:15 **LR** Classic Sitcom-Golden Girls
11:15 **AR** Guess the Name or Place
1:15 **AR** Finish the Phrase
2:15 **AR** Exercise with Ashley
3:15 **DR** Snacktivity
4:15 **LR** Sing Along to the 50's Music
6:15 **LR** Movie-Exterritorial

- 22**
9:15 **LR** 50's Workout
10:15 **LR** Word Search
11:15 **AR** Karaoke
1:15 **AR** Finish the Phrase
2:15 **AR** Exercise with Ashley
3:15 **AR** Game of Rummy Q
4:15 **AR** Acrylic Painting
6:15 **LR** Movie-Heartland

- 29**
10:00 **AR** Little Hugs
11:15 **AR** Guess the Name or Place
1:15 **AR** Finish the Phrase
2:15 **AR** Exercise with Ashley
3:15 **LR** Reminiscence-Your Occupation
4:15 **LR** Sing Along to the 50's Music
6:15 **LR** Movie-Suits LA

- 2**
9:15 **AR** Breathing And Relaxation
10:15 **AR** Painting With Charlene
11:15 **AR** Table Games
1:15 **AR** Chair Basketball
2:15 **LR** Toss and Talk Attitude Ball
3:30 **LR** Entertainment
4:30 **LR** Music Trivia
6:15 **LR** Movie-Off Track 2

- 9**
9:15 **AR** Tai Chi
10:15 **AR** Table Games
11:15 **LR** Memory Games
1:15 **AR** Deal or No Deal
2:15 **CY** Remember When
3:15 **LR** Music & Rhythms with instruments
4:15 **LR** Chair Basketball
6:15 **LR** Movie-I Still Believe

- 16 Nat'l Hot Dog Day**
9:15 **AR** Breathing And Relaxation
10:15 **AR** Painting With Charlene
11:15 **LR** Back in the Day "1970"
1:15 **AR** Horse Shoes
2:15 **DR** Snacktivity
3:15 **AR** Puzzle Time
4:15 **LR** Alphabet Twist
6:15 **LR** Movie-Gracie & Frankie

- 23 Nat'l Vanilla Ice Cream**
9:15 **AR** Tai Chi
10:15 **AR** Checkers and Dominoes
11:15 **AR** Emoji Pictionary
1:15 **AR** Music Trivia
2:15 **DR** Snacktivity
3:15 **LR** Music & Rhythms with instruments
4:15 **AR** Summer Time Trivia
6:15 **LR** Movie-It Ends With Us

- 30**
9:15 **AR** Breathing And Relaxation
10:15 **AR** Painting With Charlene
1:15 **AR** Word Search
2:15 **CY** Take a Stoll in the Court Yard
3:30 **LR** Entertainment
6:15 **LR** Movie-Thank You, Next

- 3**
9:15 **LR** Gentle Stretching
10:15 **LR** Say What You See
11:15 **LR** Little Hugs
1:15 **LR** Corn Hole
2:00 **DR** Baking Cookies Together
2:15 **LR** Unscramble the Word
3:15 **AR** Bingo Bonanza
4:15 **LR** Movie Trivia
6:15 **LR** Movie-Married at First Sight

- 10**
9:15 **LR** Walk Around the Grounds
10:15 **LR** The Price is Right
11:15 **AR** Little Hugs
1:15 **LR** Bowling
2:15 **LR** Alphabet Soup
3:15 **AR** Entertainment
4:15 **AR** Name 5
6:15 **LR** Movie-Set It Up

- 17**
9:15 **LR** Gentle Stretching
10:15 **AR** Collaborative Collage (Beautiful Fashion)
11:15 **LR** Little Hugs
1:15 **PG** Music Guessing Game
2:15 **LR** Unscramble the Word
3:15 **AR** Bingo Bonanza
4:15 **AR** Mandala Coloring
6:15 **LR** Movie-One Day

- 24 10 Year Anniversary**
9:15 **LR** Walk Around the Grounds
10:15 **LR** The Price is Right
11:15 **LR** Little Hugs
1:15 **LR** Bowling
2:15 **LR** Unscramble the Word
3:15 **AR** Bingo Bonanza
4:15 **AR** Let's Talk
6:15 **LR** Movie-Dilemma

- 31**
9:15 **LR** Gentle Stretching
11:15 **LR** What Did it Cost
1:15 **LR** Charades
2:15 **LR** Unscramble the Word
3:15 **AR** Bingo Bonanza
4:15 **LR** Let's talk
6:15 **LR** Movie-Comedy Schitts Creek

- 4 Independence Day**
10:15 **LR** Matching Objects
11:00 **PAT** Crossword Puzzle
1:15 **AR** Reminiscing About Your 4th of Julys
2:15 **LR** Movie-Independence Day
3:15 **LR** Shabbat
3:15 **AR** Bowling
4:15 **AR** 4th of July Bingo
7:00 **LR** The Boston Pops

- 11**
9:15 **LR** Meditation
10:15 **LR** Crats-Making Paper Flowers
11:00 **PAT** Crossword Puzzle
1:15 **AR** Corn Hole
2:15 **AR** Crafts-Picture Frames
3:15 **LR** Shabbat
4:15 **LR** Cardio Drumming
6:15 **LR** Movie-The Heart Knows

- 18**
10:15 **LR** Matching Objects
11:00 **PAT** Crossword Puzzle
1:15 **AR** DIY Beach Themed Bird Houses
2:15 **LR** Balloon Toss
3:15 **LR** Shabbat
3:15 **AR** Clay Sculptures
4:15 **AR** Old Sitcoms
6:15 **LR** Movie-Rear Window

- 25**
9:15 **LR** Meditation
10:15 **LR** Matching Objects
11:00 **PAT** Crossword Puzzle
1:15 **AR** Corn Hole
2:15 **LR** Alphabet Soup
3:15 **LR** Shabbat
4:15 **AR** Dice Game-Getting to Know You
6:15 **LR** Movie-Lincoln Lawyer



Independence Day

- 5**
9:15 **LR** Upbeat Chair Aerobics
11:15 **AR** Painting with Water Colors
1:15 **LR** Karaoke
2:15 **LR** 3 Word Game
3:15 **LR** Floating Fitness
4:15 **AR** Family Feud
6:15 **LR** Comedian-Mike Birbiglia, Oldman & The Pool

- 12**
9:15 **CY** Chair Yoga
10:15 **LR** Are We Smarter Than a Fifth Grader
11:15 **LR** Family Feud
1:15 **LR** Tell Us Something Interesting About Yourself
2:15 **LR** Karaoke
3:15 **LR** Chair Basketball
4:15 **LR** Word Wall
6:15 **LR** Comedian-Leanne Morgan

- 19**
9:15 **LR** Upbeat Chair Aerobics
10:15 **AR** Water Colors
11:15 **AR** Say What You See
2:15 **LR** Game Time-Memory Games
3:15 **AR** Corn Hole
4:15 **AR** Family Feud
6:15 **LR** Comedian-Mike Birbiglia The New One

- 26**
9:15 **CY** Chair Yoga
10:15 **AR** Music Trivia
11:15 **LR** Remember When Trivia
1:15 **LR** Reminiscence Hour
2:15 **LR** Therapy Dogs
3:15 **AR** Dice Game-Getting to Know You
4:15 **LR** Word Wall
6:15 **LR** Comedian-Nate Bargatz



Summertime, Beach, Picnics

July Happenings

ENTERTAINMENT

JC Revue	07/02
Chris Autore	07/05
Stone Silk	07/10
Garth	07/30

All Activities are Subject to Change

Please come and join us in our celebration of Allegro Boynton Beach 10th year Anniversary July 24th @ 2-4:30



July 24, 2025

LOCATION KEY

- AR** Activity Room
- LR** Living Room
- DR** Dining Room
- PAT** Patio
- CY** Courtyard
- BT** Bus Trip
- PG** Putting Green