

UPCOMING COMMUNITY EVENTS



RED, WHITE & BLUE FAMILY NIGHT – JULY 3RD

Join us for a festive Family Night Dinner on July 3rd! Enjoy a delicious pig roast, great company, and patriotic fun. Wear your best red, white, and blue for our themed dress contest, and don't forget to invite your loved ones for food, photos, and unforgettable memories!



Resident Welcome Party!



Daily Exercise Classes!

NEWS



SUMMER CAMP EXTRAVAGANZA - JULY 26TH

Pack your spirit of adventure and join us for a nostalgic day of camp-style fun! We're bringing back the magic with tie dye creations, a crackling campfire, and playful activities that will transport you straight to summers gone by. Laugh loud, live big, and make new memories!

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



FLOURISH

JULY 2025

WHAT'S INSIDE

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Social Calendar

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Upcoming Events + News

“LET US LIVE LIKE FLOWERS—WILD AND BEAUTIFUL AND DRENCHED IN SUN”

—ELLEN EVERETT

Sunday

Allegro in Tallahassee

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

<https://www.allegroliving.com/tallahassee-fl.html>

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Around our Community

- 6**
9:15 **LI** Holy Communion Service
9:30 **C** Chapel Services w/ 40aks
10:00 **L** Jigsaw Challenge
10:00 **AR** Core Confidence
10:45 **SU** Dollar Tree
2:00 **GR** BINGO
3:30 **AR** Corn Hole
5:30 **TH** Musical Movie Night
6:00 **GR** Scrabble

- 13**
9:15 **LI** Holy Communion Service
9:30 **C** Chapel Services w/ 40aks
10:00 **L** Jigsaw Challenge
10:00 **AR** Core Confidence
10:45 **SU** CVS & Walgreens
2:00 **GR** BINGO
3:30 **AR** Corn Hole
5:30 **TH** Musical Movie Night
6:00 **GR** Scrabble

- 20**
9:15 **LI** Holy Communion Service
9:30 **C** Chapel Services w/ 40aks
10:00 **L** Jigsaw Challenge
10:00 **AR** Core Confidence
10:45 **SU** Dollar Tree
2:00 **GR** BINGO
3:30 **AR** Corn Hole
5:30 **TH** Musical Movie Night
6:00 **GR** Scrabble

- 27**
9:15 **LI** Holy Communion Service
9:30 **C** Chapel Services w/ 40aks
10:00 **L** Jigsaw Challenge
10:00 **AR** Core Confidence
10:45 **SU** CVS & Walgreens
2:00 **GR** BINGO
3:30 **AR** Corn Hole
5:30 **TH** Musical Movie Night
6:00 **GR** Scrabble

- 7** 1st Day of Shark Week
9:00 **SU** Show & Tell: Sign Up
9:15 **SU** Shop: Walmart
10:00 **L** Jigsaw Challenge
10:00 **AR** Mindful Yoga w/ Cate
11:00 **AR** Penny Toss w/ Centerwell
1:00 **L** Shop: Chico's
2:00 **GR** Patriotic BINGO
3:15 **TH** TGC: Han & Roman Gov
3:30 **AR** Headbandz
6:00 **AR** Color Me Happy

- 14**
9:15 **L** Shop: Target or Publix
10:00 **L** Jigsaw Challenge
10:00 **AR** Mindful Yoga w/ Cate
11:00 **AR** Putting Practice
1:00 **L** Shop: Trader Joes
2:00 **GR** Elvis BINGO
3:00 **GR** Nurse Chat w/ Ashley
3:15 **TH** TGC: Han & Roman Problem
3:30 **AR** Headbandz
6:00 **AR** Color Me Happy

- 21**
9:15 **SU** Shop: Walmart
10:00 **L** Jigsaw Challenge
10:00 **AR** Mindful Yoga w/ Cate
11:00 **AR** Putting Practice
1:00 **L** Shop: Esposito's
2:00 **GR** Beach BINGO
3:00 **GR** Hopewell Topic Hour
3:15 **TH** TGC: Early America
3:30 **AR** Headbandz
6:00 **AR** Color Me Happy

- 28**
9:15 **L** Shop: Target or Publix
10:00 **L** Jigsaw Challenge
10:00 **AR** Mindful Yoga w/ Cate
11:00 **AR** Putting Practice
1:00 **L** Shop: Goodwill
2:00 **GR** Jungle BINGO
3:00 **GR** Vitas Bereavement Support
3:15 **TH** TGC: Pots and Pyramids
3:30 **AR** Headbandz
6:00 **AR** Color Me Happy

- 1**
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** Earworms & Errors
3:30 **GR** Activity Chat w/ Rebecca
5:30 **GR** Monopoly

- 8** Nat'l Freezer Pop Day
9:00 **GR** Do You Remember?
10:00 **L** Jigsaw Challenge
10:00 **AR** SWEAT Therapy
11:00 **AR** Pet Therapy w/ TMH
1:30 **TH** Jaws w/ Popcorn!
2:00 **C** Town Hall Meeting
2:00 **GR** Phone & Tech Assistance
3:00 **GR** Earworms & Errors
5:30 **GR** Monopoly

- 15**
9:00 **GR** Do You Remember?
10:00 **L** Jigsaw Challenge
10:00 **AR** SWEAT Therapy
11:00 **AR** Music Therapy w/ Leah
11:00 **C** VA Benefits
1:30 **TH** Resident Pick w/ Popcorn!
2:00 **GR** Phone & Tech Assistance
3:00 **GR** Sleep Tight Tallahassee
4:30 **MR** Dinner Music w/ Gail
5:30 **GR** Monopoly

- 22**
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
4:00 **MR** Dinner Music w/ Gail
5:30 **GR** Monopoly
5:30 **TH** Financial Education Movie

- 29** Christmas in July
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** Christmas Film w/ Popcorn
2:00 **GR** Phone & Tech Assistance
2:00 **GR** Christmas in July
3:00 **GR** Earworms & Errors
5:30 **GR** Monopoly

- 2**
9:00 **CY** Gardening Club
10:00 **L** Jigsaw Challenge
10:00 **AR** Silver Strength(SunCrest)
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** Passport to Conversation
3:30 **LL** Wine Down w/ Linda Ford
5:30 **TH** Opera Hour

- 9**
9:00 **CY** Gardening Club
10:00 **L** Jigsaw Challenge
10:00 **AR** Silver Strength(SunCrest)
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** Passport to Conversation
3:30 **LL** Wine Down Wednesday
5:30 **TH** Opera Hour

- 16**
9:00 **CY** Gardening Club
10:00 **L** Jigsaw Challenge
10:00 **AR** Silver Strength(SunCrest)
11:00 **GR** Bell Choir w/ Cheryl
11:30 **PD** June Birthday Lunch
1:00 **AR** Crochet/Knitting Club
1:00 **MR** Live Music w/Dave Carty
2:00 **GR** BINGO
3:30 **LL** Wine Down Wednesday
5:30 **TH** Opera Hour

- 23**
9:00 **CY** Gardening Club
10:00 **L** Jigsaw Challenge
10:00 **AR** Silver Strength(SunCrest)
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** Passport to Conversation
3:30 **LL** Wine Down Wednesday
5:30 **TH** Opera Hour

- 30**
9:00 **CY** Gardening Club
10:00 **L** Jigsaw Challenge
10:00 **AR** Silver Strength(SunCrest)
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** Passport to Conversation
3:30 **LL** Wine Down Wednesday
5:30 **TH** Opera Hour

- 3**
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
2:00 **GR** Women's Bible Study
3:30 **AR** Sip & Sing Karaoke
4:30 **MR** Family Night: R, W, & B

- 10**
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
2:00 **GR** Women's Bible Study
3:30 **AR** Sip & Sing Karaoke
5:30 **GR** Connected Living Workshop

- 17**
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 Pals
2:00 **GR** Women's Bible Study
3:30 **AR** Sip & Sing Karaoke
5:30 **GR** Connected Living Workshop

- 24**
9:00 **AR** Morning Brain Boost
9:30 **AR** Blood Pressure Check
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 Pals
2:00 **GR** Women's Bible Study
3:30 **GR** Ambassador Meeting
3:30 **AR** Sip & Sing Karaoke
5:30 **GR** Connected Living Workshop

- 31**
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 w/ a Cop!
12:00 **MR** Piano Music by Louise
1:30 **AR** Dear Diary Club/PP Mailing
2:00 **GR** Women's Bible Study
3:30 **AR** Sip & Sing Karaoke
5:30 **GR** Connected Living Workshop

- 4** Independence Day!
9:00 **GR** Men's Bible Study (40aks)
10:00 **L** Jigsaw Challenge
10:00 **AR** "Chair-lates"
11:00 **AR** Lemonade Stand Social
11:30 **MR** Bell Choir Performance
1:30 **AR** Allegro in Motion
2:15 **TH** Allegro Wheel of Fortune
3:30 **HC** Patriotic Happy Hour
5:30 **GR** Bridge Club
6:00 **TH** Movie: Indiana Jones

- 11**
9:00 **GR** Men's Bible Study (40aks)
10:00 **L** Jigsaw Challenge
10:00 **AR** "Chair-lates"
11:00 **L** Lunch: Bumpa's
1:30 **AR** Allegro in Motion
2:15 **TH** Allegro Wheel of Fortune
3:30 **HC** Heritage Club Happy Hour
5:30 **GR** Bridge Club
6:00 **TH** Movie: Indiana Jones

- 18**
9:00 **GR** Men's Bible Study (40aks)
10:00 **L** Jigsaw Challenge
10:00 **AR** "Chair-lates"
11:00 **L** Lunch: Smitty's
1:00 **GR** Sleep Tight Tallahassee
1:30 **AR** Allegro in Motion
2:15 **TH** Allegro Wheel of Fortune
3:30 **HC** Heritage Club Happy Hour
5:30 **GR** Bridge Club
6:00 **TH** Movie: Indiana Jones

- 25**
9:00 **GR** Men's Bible Study (40aks)
10:00 **L** Jigsaw Challenge
10:00 **AR** "Chair-lates"
11:00 **L** Lunch: Lofty Pursuits
1:30 **AR** Allegro in Motion
2:15 **TH** Allegro Wheel of Fortune
3:30 **HC** Happy Hour w/ Live Music
5:30 **GR** Bridge Club
6:00 **TH** Movie: The Shining



- 5**
9:00 **AR** Walk & Talk Club
10:00 **L** Jigsaw Challenge
10:00 **GR** Beginners: Hand & Foot
10:00 **AR** Cardio 101
11:00 **GR** Skip-Bo: Solitaire Cards
1:00 **GR** Word Association Train
2:00 **GR** BINGO
3:30 **AR** Craft: Origami
5:30 **GR** Gin-Rummy

- 12**
9:00 **AR** Walk & Talk Club
10:00 **L** Jigsaw Challenge
10:00 **GR** Beginners: Hand & Foot
10:00 **AR** Cardio 101
11:00 **GR** Skip-Bo: Solitaire Cards
1:00 **GR** Word Association Train
2:00 **GR** BINGO
3:30 **AR** Craft: Popsicle Shark
5:30 **GR** Gin-Rummy

- 19**
9:00 **AR** Walk & Talk Club
10:00 **L** Jigsaw Challenge
10:00 **GR** Beginners: Hand & Foot
10:00 **AR** Cardio 101
11:00 **GR** Skip-Bo: Solitaire Cards
1:00 **GR** Word Association Train
2:00 **GR** BINGO
3:30 **AR** Craft: Foil Art
5:30 **GR** Gin-Rummy

- 26** Camp Extravaganza!
9:00 **AR** Walk & Talk Club
10:00 **L** Jigsaw Challenge
10:00 **GR** Beginners: Hand & Foot
10:00 **SU** Camp Signal: Arm Workout
10:30 **HC** Summer Camp Extravaganza
1:00 **GR** Word Association Train
2:00 **GR** BINGO
3:30 **AR** Canvas Painting w/ Sydney
5:30 **GR** Gin-Rummy



Exciting Events Ahead!

Keep an eye on the calendar—July is packed with fun! Get ready for thrilling Shark Week activities, festive Fourth of July celebrations, and our big Summer Camp Extravaganza. Plus, we're welcoming special guests for several events. Don't miss out on the excitement—there's something for everyone!

Christmas in July - July 29th

Beat the heat with some holiday cheer! Join us on July 29th for Christmas in July, complete with festive music, decorations, treats, and surprises. Wear your best holiday gear and get ready for a jolly good time. It's never too early to celebrate the magic of Christmas!

LOCATION KEY

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