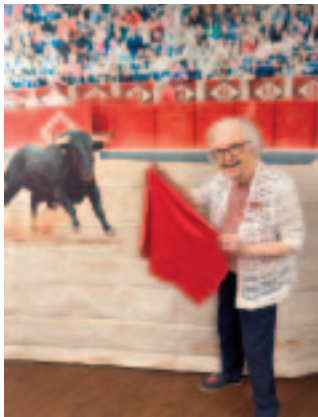


UPCOMING COMMUNITY EVENTS



THANKSGIVING

Thanksgiving is a time to reflect on our blessings and share gratitude with loved ones. Join us for our Thanksgiving Luncheon on Thanksgiving Day and enjoy a warm meal filled with joy and togetherness. Families are welcome! Please remember to RSVP so we can reserve your seats for this special celebration.



NEWS



HONORING OUR HEROES

We proudly honor the brave men and women who served our country with courage and dedication. Join us on November 11th as we celebrate our community’s heroes: Bill E, Mike M, Lee C, Frank T, Dennis R, Joel W, Ray M, Max W, Leigh F, Willie H, Carl H, Bill A, Leroy P. Tom B, and Richard W. Thank you for your service!

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



FLOURISH

NOVEMBER 2025



WHAT’S INSIDE

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Social Calendar

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Upcoming Events + News

“LIVING IN A STATE OF GRATITUDE IS THE GATEWAY TO GRACE.”

—ARIANNA HUFFINGTON



November 2025

Sunday

November 30

9:15 GR Holy Communion Service

9:30 C Chapel Services w/ 40aks

10:00 L Jigsaw Challenge

10:00 AR Seated HIIT Lite

10:45 SU CVS / Walgreens

2:00 GR BINGO

3:00 L Sunday Leisurely Drive

5:30 TH Rom-Com Sunday

6:00 GR Yahtzee!

2

9:15 GR Holy Communion Service

9:30 C Chapel Services w/ 40aks

10:00 L Jigsaw Challenge

10:00 AR Seated HIIT Lite

10:45 SU CVS / Walgreens

2:00 GR BINGO

3:00 L Shop: Wawa

5:30 TH Rom-Com Sunday

6:00 GR Yahtzee!

9

9:15 GR Holy Communion Service

9:30 C Chapel Services w/ 40aks

10:00 L Jigsaw Challenge

10:00 AR Seated HIIT Lite

10:45 SU Dollar Tree

2:00 GR BINGO

3:00 L Shop: The Fresh Market

5:30 TH Rom-Com Sunday

6:00 GR Yahtzee!

16

9:15 GR Holy Communion Service

9:30 C Chapel Services w/ 40aks

10:00 L Jigsaw Challenge

10:00 AR Seated HIIT Lite

10:45 SU CVS / Walgreens

2:00 GR BINGO

3:00 L Shop: HomeGoods

5:30 TH Rom-Com Sunday

6:00 GR Yahtzee!

23

9:15 GR Holy Communion Service

9:30 C Chapel Services w/ 40aks

10:00 L Jigsaw Challenge

10:00 AR Seated HIIT Lite

10:45 SU Dollar Tree

2:00 GR BINGO

3:00 L Shop: Marshall's

5:30 TH Rom-Com Sunday

6:00 GR Yahtzee!

Monday

Allegro in Tallahassee

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

Text

3

9:15 L Shop: Target or Publix

10:00 L Jigsaw Challenge

10:00 AR Mindful Yoga w/ Cate

11:00 RR Connected Living 101

11:00 AR FSU Cardio Fusion Fitness

2:00 GR Denim BINGO w/ Hopewell

3:00 GR Health Talk w/Suncrest

3:15 TH TGC: Vikings Episode. 1

5:30 GR Pinochle

10

9:15 SU Shop: Walmart

10:00 L Jigsaw Challenge

10:00 AR Mindful Yoga w/ Cate

11:00 RR Connected Living 101

11:00 AR FSU Cardio Fusion Fitness

2:00 GR Pajama BINGO w/ Hopewell

3:00 GR Nurse Chat w/ Ashley

3:15 TH TGC: Vikings Episode 2

5:30 GR Pinochle

17

9:15 L Shop: Target or Publix

10:00 L Jigsaw Challenge

10:00 AR Mindful Yoga w/ Cate

11:00 RR Connected Living 101

11:00 AR FSU Cardio Fusion Fitness

2:00 GR Flannel BINGO w/ Hopewell

3:00 GR Hopewell Trivia Hour

3:15 TH TGC: Vikings Episode 3

5:30 GR Pinochle

24

9:15 SU Shop: Walmart

10:00 L Jigsaw Challenge

10:00 AR Mindful Yoga w/ Cate

11:00 RR Connected Living 101

11:00 AR FSU Cardio Fusion Fitness

2:00 GR BYO Hat BINGO w/ Hopewell

3:00 GR VITAS Bereavement Support Group

3:15 TH TGC: Vikings Episode 4

5:30 GR Pinochle

Tuesday

4

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 LI Vintage Radio Listening

3:00 GR Tech Tuesday

3:30 GR Activity Chat w/Rebecca

6:00 GR Poker Night

11

9:00 GR Do You Remember Veteran's Day?

10:00 L Jigsaw Challenge

10:00 AR SWEAT Therapy

11:00 AR Music Therapy w/ Leah

1:30 TH American Sniper w/Popcorn

2:00 C Town Hall Meeting

3:30 MR Honoring Our Veterans

6:00 GR Poker Night

18

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 LI Vintage Radio Listening

2:30 GR Legacy Ministries Craft

3:00 GR Tech Tuesday

4:30 MR Dinner Music w/ Gail

6:00 GR Poker Night

25

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 LI Vintage Radio Listening

3:00 GR Welcome Party w/ Pie!

3:00 GR Tech Tuesday

4:00 MR Dinner Music w/ Gail

6:00 GR Poker Night

Wednesday

5

9:30 AR Pre-Exercise Meditation

10:00 L Jigsaw Challenge

10:00 AR Tai Chi (Half Seated/Half Standing)

11:00 AR Destination Steps

1:00 AR Crochet/Knitting Club

2:00 GR BINGO

2:30 AR Table Topics

3:30 LL Wine Down Wednesday

5:30 GR Zentangle Social

12

9:30 AR Prep and Stretch

10:00 L Jigsaw Challenge

10:00 AR Tai Chi (Half Seated/Half Standing)

11:00 AR Destination Steps

1:00 AR Crochet/Knitting Club

2:00 GR BINGO

2:30 AR Table Topics

3:30 LL Wine Down Wednesday

5:30 GR Zentangle Social

19

9:30 AR Prep and Stretch

10:00 L Jigsaw Challenge

10:00 AR Tai Chi (seated/standing)

11:00 AR Destination Steps

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 GR Zentangle Social

26

9:30 AR Prep and Stretch

10:00 L Jigsaw Challenge

10:00 AR Tai Chi (Half Seated/Half Standing)

11:00 AR Destination Steps

1:00 AR Crochet/Knitting Club

2:00 GR BINGO

2:30 AR Table Topics

3:30 LL Wine Down Wednesday

5:30 GR Zentangle Social

Thursday

6

9:00 AR The Daily Rhythm To-Go

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 GR BBH Gratitude Tree

2:00 GR Women's Bible Study

3:30 AR Sips and Health w/SunCrest

5:30 TH Opera: Luisa Miller

13

9:00 AR The Daily Rhythm To-Go

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 GR BBH Gratitude Tree

2:00 GR Women's Bible Study

3:30 AR Sip & Sing Karaoke

5:30 TH Opera: Lucia di Lammermoor

20

9:00 AR The Daily Rhythm To-Go

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 GR BBH Gratitude Tree

2:00 GR Women's Bible Study

3:30 AR Sip & Sing Karaoke

5:30 TH Opera: Cosi fan tutte

27

Thanksgiving Day

8:30 TH Macy's Thanksgiving Parade

10:00 AR Wisdom Yoga

11:00 AR Corn Hole

12:00 MR Thanksgiving Luncheon

1:30 GR BBH Gratitude Tree

1:30 TH A Charlie Brown Thanksgiving

2:00 GR Resident-Led Women's Bible Study

Friday

7

9:00 GR Men's Bible Study (40aks)

10:00 L Jigsaw Challenge

10:00 AR Silver Strength(SunCrest)

11:00 AR Matter of Balance

11:00 L Pet Therapy w/ TMH

11:00 L Lunch: Chicken Salad Chick

1:30 AR Name That Tune!

2:15 TH Allegro Wheel of Fortune

3:30 HC Heritage Club Happy Hour

6:00 TH Resident-Led Movie Night

14

9:00 GR Men's Bible Study (40aks)

10:00 L Jigsaw Challenge

10:00 AR Silver Strength(SunCrest)

11:00 AR Matter of Balance

11:00 L Lunch: Ted's Montana Grill

1:30 AR Fire Extinguisher Safety Class

2:15 TH Allegro Wheel of Fortune

3:30 HC Heritage Club Happy Hour

6:00 TH Resident-Led Movie Night

21

9:00 GR Men's Bible Study (40aks)

10:00 L Jigsaw Challenge

10:00 AR Silver Strength(SunCrest)

11:00 AR Matter of Balance

11:00 L Pet Therapy w/ TMH

11:00 L Lunch: Canopy Road Cafe

1:30 AR Name That Tune!

2:15 TH Allegro Wheel of Fortune

3:30 HC Heritage Club Happy Hour

6:00 TH Resident-Led Movie Night

28

9:00 GR Men's Bible Study (40aks)

10:00 L Jigsaw Challenge

10:00 AR Silver Strength(SunCrest)

11:00 AR Reminiscing Thanksgiving

1:30 AR Name That Tune!

2:15 TH Allegro Wheel of Fortune

3:30 HC Happy Hour w/ Honeymoon Harry

6:00 TH Resident-Led Movie Night

Saturday

1

All Saints' Day

9:00 AR Walk & Talk Club

10:00 L Jigsaw Challenge

10:00 GR Hand & Foot

10:00 AR "Chair-lates"

11:00 AR Barista 45

1:30 GR Share a Recipe!

2:00 GR BINGO

3:30 AR Craft: Stained Glass Saints

5:30 GR Skip-Bo: Solitaire Cards

8

9:00 AR Walk & Talk Club

10:00 L Jigsaw Challenge

10:00 GR Hand & Foot

10:00 AR "Chair-lates"

11:00 AR Barista 45

1:30 GR Share a Recipe!

2:00 GR BINGO

3:30 AR Craft: American Jar Painting

5:30 GR Skip-Bo: Solitaire Cards

15

9:00 AR Walk & Talk Club

10:00 L Jigsaw Challenge

10:00 GR Hand & Foot

10:00 AR "Chair-lates"

11:00 SU North Florida Fair!

1:30 GR Share a Recipe!

2:00 GR BINGO

3:30 AR Craft: Watercolor w/Sydney

5:30 GR Skip-Bo: Solitaire Cards

22

9:00 AR Walk & Talk Club

10:00 L Jigsaw Challenge

10:00 GR Hand & Foot

10:00 AR "Chair-lates"

11:00 AR Barista 45

1:30 GR Share a Recipe!

2:00 GR BINGO

3:30 AR Craft: Zentangle 101

5:30 GR Skip-Bo: Solitaire Cards

29

9:00 AR Walk & Talk Club

10:00 L Jigsaw Challenge

10:00 GR Hand & Foot

10:00 AR "Chair-lates"

11:00 AR Barista 45

1:30 GR Share a Recipe!

2:00 GR BINGO

3:30 AR Craft: Leaf Printing

5:30 GR Skip-Bo: Solitaire Cards

Around our Community

Fall Reminders!

Join us for our Resident Welcome Party on October 25th at 3:00PM! This month's celebration features a delicious Pie Buffet, so bring your sweet tooth and a smile. It's the perfect chance to introduce yourself to our new residents, share stories, and make everyone feel at home. Let's give a warm Allegro welcome and enjoy an afternoon of friendship and flavor!

Please be aware that the last day of the month is listed in the top left corner of this page.

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

LOCATION KEY

AR

Activity Room

L

Lobby

GR

Game Room

C

Chapel

SU

Sign Up

TH

Theatre

RR

Resident Room

MR

Magnolia Room

LI

Library

LL

Living Room