

UPCOMING COMMUNITY EVENTS



FALL FESTIVAL
Join us on Thursday, October 23rd for our Fall Festival at Allegro Senior Living! Enjoy an afternoon filled with fun activities, festive treats, and community cheer, followed by a delicious dinner. Celebrate the season, connect with family & friends, and make wonderful autumn memories. Don't forget to wear your Halloween Costumes for our contest!



NEWS



ALLEGRO'S DAILY RHYTHM
Introducing Allegro's Daily Rhythm! Just as music keeps the spirit lively, our new activities board helps residents stay active and engaged. Grab-and-go activities, puzzles, and creative challenges let you enjoy fun at your own pace, bringing rhythm, energy, and connection to every day at Allegro Senior Living.

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



FLOURISH

OCTOBER 2025



WHAT'S INSIDE

Pg 2-3
Social Calendar

Pg 4
Upcoming Events + News

“LIFE STARTS ALL OVER AGAIN WHEN IT GETS CRISP IN THE FALL.”

—F. SCOTT FITZGERALD



October 2025

Sunday



5
9:15 **GR** Holy Communion Service
9:30 **C** Chapel Services w/ 40aks
10:00 **L** Jigsaw Challenge
10:00 **AR** Fusion Fitness
10:45 SU Dollar Tree
2:00 **GR** BINGO
3:00 L Shop: Goodwill
5:30 **TH** Wartime Comedies
6:00 **GR** Scrabble

12
9:15 **GR** 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 L Sunday Leisurely Drive
5:30 **TH** Wartime Comedies
6:00 **GR** Scrabble

19
9:15 **GR** Holy Communion Service
9:30 **C** Chapel Services w/ 40aks
10:00 **L** Jigsaw Challenge
10:00 **AR** Fusion Fitness
1:00 SU FSU Sweeney Todd
2:00 **GR** BINGO
5:30 **TH** Wartime Comedies
6:00 **GR** Scrabble

26
9:15 **GR** Holy Communion Service
9:30 **C** Chapel Services w/ 40aks
10:00 **L** Jigsaw Challenge
10:00 **AR** Fusion Fitness
10:45 SU Dollar Tree
2:00 **GR** BINGO
3:00 L Shop: T.J Maxx
5:30 **TH** Wartime Comedies
6:00 **GR** Scrabble

Monday

Allegro in Tallahassee

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

6
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
1:30 **AR** Drum Circle
2:00 **GR** Country Club BINGO w/HW
3:00 GR Health Talk w/Suncrest
3:15 **TH** TGC: Rise of Islam
5:30 **GR** Pinochle

13
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
1:30 **AR** Drum Circle
2:00 **GR** BlackOut BINGO w/Hopewell
3:00 GR Nurse Chat w/ Ashley
3:15 **TH** TGC: Holy Men / Women
5:30 **GR** Pinochle

20
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
1:30 **AR** Drum Circle
2:00 **GR** Jersey BINGO w/ Hopewell
3:00 GR Hopewell Topic Hour
3:15 **TH** TGC: Charlemagne
5:30 **GR** Pinochle

27
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
1:30 **AR** Drum Circle
2:00 **GR** Orange/Black BINGO w/HW
3:00 GR VITAS Bereavement Support
3:15 **TH** TGC: Endings/Beginnings
5:30 **GR** Pinochle

Tuesday

7
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** Meet Me in St. Louis
2:00 LI Vintage Radio Listening
3:00 **GR** Gratitude Tree/Tech Tues
3:30 GR Activity Chat w/ Rebecca
6:00 **AR** Color Me Happy

14
9:00 **GR** Do You Remember?
10:00 **L** Jigsaw Challenge
10:00 **AR** SWEAT Therapy
11:00 **AR** Music Therapy w/ Leah
1:00 MR Live Music w/Justin Curtis
2:00 C Town Hall Meeting
3:00 **GR** Gratitude Tree/Tech Tues
6:00 **AR** Color Me Happy

21
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** Psycho w/ Popcorn!
2:00 **LI** Vintage Radio Listening
2:30 GR Legacy Ministries Craft
3:00 **GR** BBH Gratitude Tree/Tech
4:30 **MR** Dinner Music w/ Gail
6:00 **AR** Color Me Happy

28
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** “Young Frankenstein”
2:00 **LI** Vintage Radio Listening
3:00 **GR** Gratitude Tree/Tech Tues
4:00 Allegro’s 25th Anniversary Celebration

Wednesday

1
9:30 AR Prep and Stretch
10:00 **L** Jigsaw Challenge
10:00 **AR** “Chair-lates”
11:00 **AR** Destination Steps
1:00 **AR** Crochet/Knitting Club
1:00 TH OLLI: Recycling 101 Live
2:00 **GR** BINGO
3:30 LL Beer Down Wednesday w/ German Pretzels
5:30 **GR** Wii Bowling Challenge

8 Flu Clinic Day
9:30 **AR** Prep and Stretch
10:00 **L** Jigsaw Challenge
10:00 **AR** “Chair-lates”
11:00 **AR** Destination Steps
11:00 AR Community Free Market
1:00 **AR** Crochet/Knitting Club
2:00 **GR** BINGO
2:15 **TH** Lifestyles Comedy Corner
3:30 LL Wine Down w/ Linda Ford
5:30 **GR** Wii Bowling Challenge

15
9:30 **AR** Prep and Stretch
10:00 **L** Jigsaw Challenge
10:00 **AR** “Chair-lates”
11:00 **AR** Destination Steps
11:30 AR Sept October Bday Luncheon
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** Wii Bowling Challenge

22
9:30 **AR** Prep and Stretch
10:00 **L** Jigsaw Challenge
10:00 **AR** “Chair-lates”
11:00 **AR** Destination Steps
1:00 **AR** Crochet/Knitting Club
2:00 **GR** BINGO
2:15 **TH** Lifestyles Comedy Corner
3:30 **LL** Wine Down Wednesday
5:30 **GR** Wii Bowling Challenge

29
9:30 **AR** Prep and Stretch
10:00 **L** Jigsaw Challenge
10:00 **AR** “Chair-lates”
11:00 **AR** Destination Steps
1:00 **AR** Crochet/Knitting Club
2:00 **GR** BINGO
2:15 **TH** Lifestyles Comedy Corner
3:30 GR Wine Down w/New Residents
5:30 **GR** Wii Bowling Challenge

Thursday

2
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
1:00 TH OLLI: Hurricane Season
2:00 **GR** Women’s Bible Study
3:30 **AR** Sip & Sing Karaoke
5:30 MR FSU Acabelles Performance

9
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 L Breast Cancer Walk
2:00 **GR** Women’s Bible Study
3:30 **AR** Sip & Sing Karaoke
5:30 **TH** Opera Hour

16
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 Bag Toss w/ Center Well
12:00 **MR** Piano Music by Louise
1:30 **AR** Writing 4 Fun
2:00 **GR** Women’s Bible Study
3:30 **AR** Sip & Sing Karaoke
5:30 **TH** Opera Hour

23
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
2:00 **GR** Women’s Bible Study
2:00 AR Fall Festival
4:30 MR Spooky Family Night

30
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 **AR** Writing 4 Fun
2:00 **GR** Women’s Bible Study
3:30 **AR** Sip & Sing Karaoke
6:00 SU FSU Cendrillon by Massenet

Friday

3
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: Connor’s
1:30 **AR** Name That Tune!
2:15 **TH** Allegro Wheel of Fortune
3:30 **HC** Heritage Club Happy Hour
6:00 **TH** “Elizabethtown”

10
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: Thai Place
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

17
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: Willie Jewell’s BBQ
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

24
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: Smitty’s Tap House
1:30 **AR** Name That Tune!
2:15 **TH** Allegro Wheel of Fortune
3:30 HC Happy Hour w/ Live Music from Honeymoon Harry
6:00 **TH** Resident-Led Movie Night

31 Halloween
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: Olive Garden
1:30 AR Halloween: Name That Tune!
2:15 TH Halloween: Wheel of Fortune
3:30 HC Sinister Sips: Happy Hour
6:00 **TH** Resident-Led Movie Night

Saturday

4
9:00 **AR** Walk & Talk Club
10:00 **L** Jigsaw Challenge
10:00 **AR** Seated HIIT Lite
10:00 **GR** Hand & Foot
11:00 AR Barista 45
1:00 **GR** Tabletop Shuffleboard
2:00 **GR** BINGO
3:30 AR Craft: Candle Holders
5:30 **GR** Skip-Bo: Solitaire Cards
TBA **TH** FSU vs. Miami

11
9:00 **AR** Walk & Talk Club
10:00 **L** Jigsaw Challenge
10:00 **AR** Seated HIIT Lite
10:00 **GR** Hand & Foot
11:00 **AR** Barista 45
1:00 **GR** Tabletop Shuffleboard
2:00 **GR** BINGO
3:30 AR Craft: Corn Husk Dolls
5:30 **GR** Skip-Bo: Solitaire Cards
TBA **TH** FSU vs. Pitt

18
9:00 **AR** Walk & Talk Club
10:00 **L** Jigsaw Challenge
10:00 **AR** Seated HIIT Lite
10:00 **GR** Hand & Foot
11:00 **AR** Barista 45
1:00 **GR** Tabletop Shuffleboard
2:00 **GR** BINGO
3:30 AR Canvas Painting w/ Sydney
5:30 **GR** Skip-Bo: Solitaire Cards
10:30 **TH** FSU @ Stanford

25
9:00 **AR** Walk & Talk Club
10:00 **L** Jigsaw Challenge
10:00 **AR** Seated HIIT Lite
10:00 **GR** Hand & Foot
11:00 **AR** Barista 45
1:00 **GR** Tabletop Shuffleboard
2:00 **GR** BINGO
3:30 AR Craft: Pumpkin Decorating
5:30 **GR** Skip-Bo: Solitaire Cards



Around our Community

HAPPY FALL!

Halloween began as the ancient Samhain, marking summer’s end and honoring spirits. Blending later with All Saints’ Day, it evolved into today’s playful tradition. Costumes, candy, and community celebrations now spark creativity and connection, offering a chance to enjoy the season’s wonder in whatever way feels right for each person.

We’re also excited to celebrate Allegro’s 25th Anniversary on October 28th! Join us for a special day honoring 25 years of community, friendship, and memories. Enjoy festivities, music, and shared stories as we reflect on our journey and look forward to many more wonderful years together.

All activities listed are subject to change.

LOCATION KEY

- AR** Activity Room
- L** Lobby
- TH** Theatre
- GR** Game Room
- LL** Living Room
- MR** Magnolia Room
- HC** Heritage Club
- C** Chapel
- SU** Sign Up
- RR** Resident Room