

## UPCOMING COMMUNITY EVENTS



### HAPPY NEW YEAR

Wishing you a joyful and prosperous New Year! May 2026 bring you happiness, health, and countless moments of connection. We look forward to another year of building a vibrant, supportive community together. Here's to new beginnings and shared memories in the year ahead!

Join our community Fitness Class, led by PT by Design, or unwind with Chair Yoga sessions. It's the perfect opportunity to prioritize your health and well-being in 2026 - let's get stronger and healthier together!

Fitness Class: Tuesday & Thursday  
Chair Yoga: Monday, Wednesday, & Friday



## MARK YOUR CALENDARS!

- 6 & 20 | Ace Ace Casino
- 8 | Movie Night: The Fall & Rise of Elvis Presley
- 9 | Town Hall Meeting
- 12 | Wes Anthony Lecture
- 22 | Cooking Demonstration with Lifestyle
- 28 | Book Club

### Fort Lauderdale

1290 N. Federal Highway  
Fort Lauderdale, FL 33304  
(954) 883-9903



# FLOURISH

JANUARY 2026



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Social Calendar

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Upcoming Events + News

*"WITH THE NEW DAY COMES NEW STRENGTH AND NEW THOUGHTS."*

*—ELEANOR ROOSEVELT*

# January 2026

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

## Fort Lauderdale

1290 N. Federal Highway  
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[www.allegroliving.com/senior-living-fort-lauderdale.html](http://www.allegroliving.com/senior-living-fort-lauderdale.html)

**4**  
10:00 L Local Church Shuttle  
10:00 Y Fitness Hour: Tai Chi  
11:15 B Coffee and Conversation  
1:00 L Trip: Barnes & Noble  
2:00 B Scoop of the Month  
2:15 T Movie & Popcorn: Respect (2021)  
3:00 GR Billiards and Board Games  
3:30 L Walking Club: Lauderdale by the Sea

**11**  
10:00 L Local Church Shuttle  
10:00 Y Fitness Hour: Tai Chi  
11:15 B Coffee and Conversation  
1:00 L Trip: Barnes & Noble  
2:00 B Scoop of the Month  
2:15 T Movie & Popcorn: Barbra (2017)  
3:00 GR Billiards and Board Games  
3:00 L Walking Park: Richardson Nature Park

**18**  
10:00 L Local Church Shuttle  
10:00 Y Fitness Hour: Tai Chi  
11:15 B Coffee and Conversation  
1:00 L Trip: Barnes & Noble  
2:00 B Scoop of the Month  
2:15 T Movie & Popcorn  
3:00 GR Billiards and Board Games  
3:00 L Walking Club: Lauderdale by the Sea  
8:15 T Movie Night

**25**  
10:00 L Local Church Shuttle  
10:00 Y Fitness Hour: Tai Chi  
11:15 B Coffee and Conversation  
1:00 L Trip: Barnes & Noble  
2:00 B Scoop of the Month  
2:15 T Movie & Popcorn  
3:00 GR Billiards and Board Games  
3:00 L Walking Club: Holiday Park  
8:15 T Movie Night

**5**  
9:00 L Trip: CVS/Walgreens  
10:00 Y Chair Yoga- All Levels  
11:00 CR Crossword Puzzle  
1:00 CR Looming Crafts for Beginners  
2:15 T Movie & Popcorn: Mr. Deeds (2002)  
3:00 CR Big Money Bingo  
4:00 B Social Hour  
8:15 T Movie Night: Mr. Deeds

**12**  
9:00 L Trip: CVS/Walgreens  
10:00 Y Chair Yoga- All Levels  
11:00 CR Crossword Puzzle  
1:00 L Trip: Barnes & Noble  
2:00 B Scoop of the Month  
2:15 T Movie & Popcorn: Barbra (2017)  
3:00 GR Billiards and Board Games  
3:00 L Walking Park: Richardson Nature Park

**19**  
9:00 L Trip: CVS/Walgreens  
10:00 Y Chair Yoga- All Levels  
11:00 CR Crossword Puzzle  
1:00 CR 3D Puzzle Crafting  
2:15 T Movie & Popcorn  
3:00 CR Big Money Bingo  
4:00 B Social Hour  
8:15 T Movie Night

**26**  
9:00 L Trip: CVS/Walgreens  
10:00 Y Chair Yoga- All Levels  
11:00 CR Crossword Puzzle  
1:00 CR Exploring National Monuments  
2:15 T Movie & Popcorn  
3:00 CR Billiards and Board Games  
4:00 B Social Hour  
8:15 T Movie Night



**6**  
10:00 CR PT by Design Fitness Class  
11:00 CR Brain Power Hour  
1:00 CR Looming Crafts for Beginners  
2:15 T Movie & Popcorn: Mr. Deeds (2002)  
3:00 GR Billiards and Board Games  
4:00 B Social Hour  
5:00 CR Bridge- All Levels

**13**  
10:00 CR PT by Design Fitness Class  
11:00 CR Brain Power Hour  
1:00 CR Canasta  
2:15 T Movie & Popcorn: Charlie's Angels (2000)  
3:00 GR Billiards and Board Games  
4:00 B Social Hour  
5:00 CR Bridge- All Levels  
8:15 T Movie Night: Charlie's Angels (2000)

**20**  
9:00 B Pottery with Atelier Newday  
10:00 CR PT by Design Fitness Class  
11:00 CR Brain Power Hour  
1:00 L Trip: Fresh Market  
1:00 CR Canasta  
1:30 CR Ace Ace Casino  
2:15 T Movie & Popcorn  
3:00 GR Billiards and Board Games  
4:00 B Social Hour  
8:15 T Movie Night

**27**  
10:00 CR PT by Design Fitness Class  
11:00 CR Brain Power Hour  
1:00 CR Canasta  
2:15 T Movie & Popcorn  
3:00 GR Billiards and Board Games  
4:00 B Social Hour  
5:00 CR Bridge- All Levels  
8:15 T Movie Night

**7**  
9:00 L Trip: Publix  
10:00 Y Chair Yoga- All Levels  
11:00 CR Words in a Word  
1:00 PD Walking Club: Pool Deck  
2:00 B Flower Arrangements  
2:15 T Movie & Popcorn: How to Lose a Guy in 10 Days (2003)  
3:00 CR Billiards and Board Games  
4:00 B Social Hour  
5:00 CR Dominoes  
4:00 B Social Hour

**14**  
9:00 L Trip: Publix  
10:00 Y Chair Yoga- All Levels  
11:00 CR Words in a Word  
1:00 PD Walking Club: Pool Deck  
2:00 B Flower Arrangements  
2:15 T Movie & Popcorn: Broadcast News (1987)  
3:00 CR Billiards and Board Games  
4:00 B Social Hour  
5:00 CR Dominoes  
4:00 B Social Hour  
7:00 B Karaoke Night

**21**  
9:00 L Trip: Publix  
10:00 Y Chair Yoga- All Levels  
11:00 CR Words in a Word  
1:00 PD Walking Club: Pool Deck  
2:00 B Flower Arrangements  
2:15 T Movie & Popcorn  
3:00 CR Dominoes  
4:00 B Social Hour  
7:00 B Karaoke Night  
8:15 T Movie Night

**28**  
9:00 L Trip: Publix  
10:00 Y Chair Yoga- All Levels  
11:00 CR Words in a Word  
1:00 PD Walking Club: Pool Deck  
2:00 B Flower Arrangements  
2:15 T Movie & Popcorn  
3:00 CR Book Club  
4:00 B Social Hour  
5:00 CR Dominoes  
4:00 B Social Hour  
7:00 B Karaoke Night

**1**  
1 New Year's Day  
10:00 CR PT by Design Fitness Class  
11:00 CR Trivia Challenge  
2:15 T Movie & Popcorn: Jay Kelly (2025)  
3:00 CR Card Games Group  
3:00 CR Big Money Bingo  
4:00 B Happy Hour & Live Music w/ Don Stansfield  
6:00 B Rummikub Lesson  
8:15 T Movie Night: Jay Kelly

**8**  
10:00 CR PT by Design Fitness Class  
11:00 CR Trivia Challenge- Elvis Presley  
2:00 CR Cooking Demonstration with Chef  
2:15 T Movie & Popcorn: The Fall & Rise of Elvis Presley  
3:00 CR Card Games Group  
3:00 CR Big Money Bingo  
4:00 B Happy Hour & Live Music-

**15**  
10:00 CR PT by Design Fitness Class  
11:00 CR Horticulture with Robert Sly (2023)  
2:15 T Movie & Popcorn: Sly (2023)  
3:00 CR Card Games Group  
3:00 CR Big Money Bingo  
4:00 SK New Resident Meet-and-Greet with Wes Anthony  
6:00 B Rummikub Lesson

**22**  
10:00 CR PT by Design Fitness Class  
11:00 CR Spanish Conversations  
1:30 CR Lecture: Positive Thinking  
2:00 FA Cooking Demonstration with Lifestyles  
2:15 T Movie & Popcorn  
3:00 CR Card Games Group  
3:00 CR Big Money Bingo  
4:00 B Happy Hour with Music  
6:00 B Rummikub Lesson

**29**  
10:00 CR PT by Design Fitness Class  
11:00 CR Trivia Challenge  
2:15 T Movie & Popcorn  
3:00 CR Card Games Group  
3:00 CR Big Money Bingo  
4:00 B Birthday Celebration with Music  
6:00 B Rummikub Lesson  
8:15 T Movie Night

**2**  
10:00 Y Chair Yoga- All Levels  
11:00 CR Resident Council Meeting  
1:00 Y Fitness Hour- Tai Chi  
1:30 CR Poker Games  
2:15 T Movie & Popcorn: Burlesque (2010)  
3:00 B Afternoon Tea  
4:00 B Mahjong  
4:00 B Social Hour  
8:15 T Movie Night: Burlesque

**9**  
10:00 Y Chair Yoga- All Levels  
11:00 CR Town Hall Meeting  
11:00 CR Spanish Conversations  
1:00 Y Fitness Hour- Tai Chi  
1:30 CR Poker Games  
2:00 B Mahjong  
2:15 T Movie & Popcorn: Forrest Gump (1994)  
3:00 B Afternoon Tea  
4:00 B Social Hour

**16**  
10:00 Y Chair Yoga- All Levels  
11:00 CR Spanish Conversations  
1:00 Y Fitness Hour- Tai Chi  
1:30 CR Poker Games  
2:00 B Mahjong  
2:15 T Movie & Popcorn: The Hating Game (2021)  
3:00 B Afternoon Tea  
4:00 B Social Hour  
8:15 T Movie Night: The Hating

**23**  
10:00 Y Chair Yoga- All Levels  
11:00 CR Spanish Conversations  
1:00 Y Fitness Hour- Tai Chi  
1:30 CR Poker Games  
1:30 CR Travel Series  
2:00 B Mahjong  
2:15 T Movie & Popcorn  
3:00 B Afternoon Tea  
4:00 B Social Hour  
8:15 T Movie Night

**30**  
10:00 Y Chair Yoga- All Levels  
11:00 CR Spanish Conversations  
1:00 Y Fitness Hour- Tai Chi  
1:30 CR Poker Games  
2:00 B Mahjong  
2:15 T Movie & Popcorn  
3:00 B Afternoon Tea  
4:00 B Social Hour  
8:15 T Movie Night

**3**  
10:00 L Trip: Trader Joe's & More  
10:00 B Smoothie of the Month  
11:00 Y Fitness Hour Tai Chi  
12:30 OUT Lunch Outing  
2:00 PD Jenga Tournament  
2:15 T Movie & Popcorn: Set it Up (2018)  
3:00 B Rummikub Games  
3:00 CR Big Money Bingo  
4:00 B Trivia in Bistro

**10**  
10:00 L Trip: Trader Joe's & More  
10:00 B Smoothie of the Month  
11:00 Y Fitness Hour Tai Chi  
1:00 Travel Series Germany  
2:00 PD Jenga Tournament  
2:15 T Movie & Popcorn: Mr. & Mrs. Smith (2005)  
3:00 B Rummikub Games  
3:00 CR Big Money Bingo  
4:00 B Trivia in Bistro

**17**  
10:00 L Trip: Trader Joe's & More  
10:00 B Smoothie of the Month  
11:00 Y Fitness Hour Tai Chi  
2:00 PD Jenga Tournament  
2:15 T Movie & Popcorn: A Family Affair (2024)  
3:00 B Rummikub Games  
3:00 CR Big Money Bingo  
4:00 B Trivia in Bistro  
8:15 T Movie Night: A Family

**24**  
10:00 L Trip: Trader Joe's & More  
10:00 B Smoothie of the Month  
11:00 Y Fitness Hour Tai Chi  
2:00 PD Jenga Tournament  
2:15 T Movie & Popcorn  
3:00 B Rummikub Games  
3:00 CR Big Money Bingo  
4:00 B Trivia in Bistro  
8:15 T Movie Night

**31**  
10:00 L Trip: Trader Joe's & More  
10:00 B Smoothie of the Month  
11:00 Y Fitness Hour Tai Chi  
2:00 PD Jenga Tournament  
2:15 T Movie & Popcorn  
3:00 B Rummikub Games  
3:00 CR Big Money Bingo  
4:00 B Trivia in Bistro  
8:15 T Movie Night

## Around our Community

### Live Entertainment

Kick-off the new year with a dynamic lineup of live music in January.

It's the perfect way to start 2026 with great tunes!

1 | Don Stansfield

8 | Dre Acavedo

15 | Wes Anthony

16 | Wes Anthony

22 | TBD

29 | TBD

### Special Events

3 | Lunch Outing

15 | New Resident Meet & Greet

29 | Birthday Celebration with Music

## LOCATION KEY

<b>CR</b>	Community Room
<b>T</b>	Movie Theater
<b>B</b>	Bistro
<b>Y</b>	Yoga/Exercise Room
<b>L</b>	Meet in Lobby
<b>OUT</b>	Outing
<b>PD</b>	Pool Deck
<b>GR</b>	Game Room
<b>SK</b>	Sky Lounge
<b>FA</b>	Family Room

**Sunday**
**Monday**
**Fort Lauderdale**

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**4**

9:30 **IS** Virtual Church Service  
10:30 **IS** Flex & Relax Class  
11:00 **IS** Interactive Games  
1:00 **AR** Sports Sundays!  
2:30 **D** Ice Cream Social  
3:00 **AR** Outdoor Walk  
4:00 **AR** Journaling  
6:00 **AR** Interactive Game w/ Talia

**5**

10:00 **IS** Chair Exercise  
10:30 **IS** Group Word Challenge  
11:30 **IS** Music Therapy  
1:00 **PD** Outdoor Walk  
2:00 **AR** Arts-n-Crafts, Collage  
3:00 **AR** Joggin Your Noggin  
4:00 **AR** The Bronx Zoo  
6:00 **AR** Motivational Speaker

**11**

9:30 **IS** Virtual Church Service  
10:30 **IS** Flex & Relax Class  
11:00 **IS** Interactive Games  
1:00 **AR** Sports Sundays!  
2:30 **D** Ice Cream Social  
3:00 **AR** Outdoor Walk  
4:00 **AR** Group Word Search  
6:00 **AR** Interactive Game w/ Talia

**12**

10:00 **IS** Chair Exercise  
10:30 **IS** The Wheel of Fortune  
11:30 **IS** Music Therapy  
1:00 **PD** Outdoor Walk  
2:00 **AR** Tea & Travel Video Clips  
3:00 **AR** Guess Who?  
4:00 **AR** Sing-a-Long Songs  
6:00 **AR** Motivational Speaker

**18**

9:30 **IS** Virtual Church Service  
10:30 **IS** Flex & Relax Class  
11:00 **IS** Interactive Games  
1:00 **AR** Sports Sundays!  
2:30 **D** Ice Cream Social  
3:00 **AR** Outdoor Walk  
4:00 **AR** Journaling  
6:00 **AR** Interactive Game w/ Talia

**19**

10:00 **IS** Chair Exercise  
10:30 **AR** Pet Therapy w/ "Nelly"  
11:30 **IS** Music Therapy  
1:00 **PD** Outdoor Walk  
2:00 **AR** Martin Luther King Jr  
3:00 **AR** Joggin Your Noggin  
4:00 **AR** The Bald Eagle  
6:00 **AR** Motivational Speaker

**25**

9:30 **IS** Virtual Church Service  
10:30 **IS** Flex & Relax Class  
11:00 **IS** Interactive Games  
1:00 **AR** Sports Sundays!  
2:30 **D** Ice Cream Social  
3:00 **AR** Outdoor Walk  
4:00 **AR** Group Word Search  
6:00 **AR** Interactive Game w/ Talia

**26**

10:00 **IS** Chair Exercise  
10:30 **IS** Group Word Challenge  
11:30 **IS** Music Therapy  
1:00 **PD** Outdoor Walk  
2:00 **AR** The Golden Girls Salon  
3:00 **AR** Who Am I?  
4:00 **AR** Song Requests  
6:00 **AR** Motivational Speaker

**Tuesday**

**Wednesday**

**Thursday**

**1**  
10:00 **IS** Chair Exercise  
10:30 **IS** Happy New Year! 2026  
11:30 **IS** Sing-a-Long Songs  
1:00 **AR** N.Y.'s Around The World  
2:00 **LI** Library Time  
3:00 **AR** States & Capitals Q&A  
4:00 **B** Happy Hour w/ Live Music  
6:00 **IS** Evening Movie

**Friday**

**2**  
10:00 **IS** Chair Yoga  
10:30 **IS** January Happenings!  
11:30 **TR** Outdoor Reminiscing  
1:00 **AR** Let's Get Physical!  
2:00 **AR** The Game of UNO  
3:00 **AR** Dance Competitions  
4:00 **AR** Jan. Word Search  
6:00 **IS** Virtual Jewish Service

**Saturday**

**3**  
9:30 **TR** Outdoor Time on Terrace  
10:30 **IS** Bible Study  
11:30 **IS** Morning Stretch  
1:00 **AR** Balloon Volley  
2:00 **AR** Movie Matinee  
3:00 **AR** Table Top Games  
4:00 **AR** Favorite Songs/Singers  
6:00 **AR** Dominoes Tournament

**January Happenings**

Happy Birthday to:  
Sharon D.-1/1  
Charlene H.-1/6

Movie Theater Reserved

7th & 21st

Sax & Movie Magic w/ Wes  
15th

Pet Therapy  
14th, 19th & 28th

Scenic Bus Ride  
Thursdays

Sports Sundays!  
Ice Cream Served

Calendar Subject to Change

**LOCATION KEY**

**IS** Interactive Screen  
**AR** Activity Room  
**LI** Library  
**B** Bistro  
**TR** Terrace  
**D** Demonstration Kitchen  
**PD** Pool Deck  
**T** Movie Theater  
**QR** Quiet Room  
**L** Meet in Lobby

# January 2026

## Around our Community