

UPCOMING COMMUNITY EVENTS



WARM BOWLS AND FAMILY FUN

January is National Soup Month! Celebrate with us at Allegro for Warm Bowls and Family Fun, our unlimited soup, salad, and breadstick family night. Enjoy cozy, comforting flavors, share laughter, and make memories with loved ones. Join us for a warm, delicious evening full of community and fun.

GOLDEN BEGINNINGS FESTIVAL

Ring in 2026 at Allegro's Golden Beginnings Festival, a "New Year, New Me" celebration designed to inspire, engage, and bring our community together. This festive event features a variety of fun New Year activities, including games, creative projects, and interactive stations that encourage laughter and connection. Residents and their families will have the opportunity to set intentions, make small keepsakes, and enjoy a lively, positive atmosphere that highlights fresh starts and personal growth. The Golden Beginnings Festival is a perfect way to celebrate new opportunities, foster friendships, and create memorable moments as we step into a joyful and hopeful year ahead.

NEWS



DESTINATION STEPS!

Congratulations to our residents who completed the SunCrest Destination Steps Challenge and "walked" all the way to NYC! Your dedication and determination were inspiring. We are thrilled to celebrate your amazing accomplishment and will be hosting a special party to honor your hard work and achievements.

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



FLOURISH

JANUARY 2026



WHAT'S INSIDE

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Upcoming Events + News

"TOMORROW IS THE FIRST BLANK PAGE OF A 365-PAGE BOOK. WRITE A GOOD ONE."

—BRAD PAISLEY

Sunday
Monday
Allegro in Tallahassee

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

4
9:15 GR Holy Communion Service
9:30 C Chapel Services w/ 40aks
10:00 L Puzzle Master Meet-up
10:00 AR Light & Lively Cardio
10:45 SU Dollar Tree
2:00 GR BINGO
3:00 L Shop: Shoe Station
5:30 TH Mystery Movie Sundays
6:00 GR Yahtzee!

11
9:15 GR Holy Communion Service
9:30 C Chapel Services w/ 40aks
10:00 AR Light & Lively Cardio
10:00 L Puzzle Master Meet-up
10:45 SU CVS / Walgreens
2:00 GR BINGO
3:00 L Shop: Trader Joe's
5:30 TH Mystery Movie Sundays
6:00 GR Yahtzee!

18
9:15 GR Holy Communion Service
9:30 C Chapel Services w/ 40aks
10:00 AR Light & Lively Cardio
10:00 L Puzzle Master Meet-up
10:45 SU Dollar Tree
2:00 GR BINGO
3:00 L Sunday Leisurely Drive
5:30 TH Mystery Movie Sundays
6:00 GR Yahtzee!

25
9:15 GR Holy Communion Service
9:30 C Chapel Services w/ 40aks
10:00 AR Light & Lively Cardio
10:00 L Puzzle Master Meet-up
10:45 SU CVS / Walgreens
2:00 GR BINGO
3:00 L Shop: HomeGoods
5:30 TH Mystery Movie Sundays
6:00 GR Yahtzee!

Tuesday


5
9:15 SU Shop: Walmart
10:00 AR Mindful Yoga w/ Cate
10:00 L Puzzle Master Meet-up
11:00 AR FSU GrooveFit
1:00 LL Fireside Story Club
2:00 GR Fun Sock BINGO
3:00 GR Health Talk w/Suncrest
3:15 TH TGC: Vikings Pt.10
6:00 GR Poker Night

12
9:15 L Shop: Target or Publix
10:00 AR Mindful Yoga w/ Cate
10:00 L Puzzle Master Meet-up
11:00 AR FSU GrooveFit
1:00 LL Fireside Story Club
2:00 GR Pattern BINGO
3:00 GR Winter Wellness w/ Ashley
3:15 TH TGC: Vikings Pt.11
6:00 GR Poker Night

19
MLK Day
9:15 SU Shop: Walmart
10:00 AR Mindful Yoga w/ Cate
10:00 L Puzzle Master Meet-up
11:00 AR FSU GrooveFit
1:00 LL MLK Story Club
2:00 GR "I have a dream" BINGO
3:00 GR Hopewell MLK Trivia
3:15 TH TGC: Vikings Pt.12
6:00 GR Poker Night

26
9:15 L Shop: Target or Publix
10:00 AR Mindful Yoga w/ Cate
10:00 L Puzzle Master Meet-up
11:00 AR FSU GrooveFit
1:00 LL Fireside Story Club
2:00 GR Snowflakes BINGO
3:00 GR VITAS Bereavement Support Group
3:15 TH TGC: Vikings Pt.13
6:00 GR Poker Night

Wednesday


6
9:00 GR Do You Remember?
10:00 AR SWEAT Therapy
10:00 L Puzzle Master Meet-up
11:00 AR Music Therapy w/ Leah
12:00 MR Lunch Music w/ Gail
1:30 TH All The Pretty Horses
2:00 GR Family Feud
3:00 GR Tech Tuesday
3:30 GR Activity Chat w/Rebecca
5:30 LI Book Club

13
9:00 GR Do You Remember?
10:00 AR SWEAT Therapy
10:00 L Puzzle Master Meet-up
11:00 AR Music Therapy w/ Leah
1:30 TH Hope Floats w/ Popcorn!
2:00 C Town Hall Meeting
3:00 GR Tech Tuesday
5:30 LI Book Club

20
9:00 GR Do You Remember?
10:00 AR SWEAT Therapy
10:00 L Puzzle Master Meet-up
11:00 AR FSU GrooveFit
11:30 GR Ambassador Meeting
1:30 TH Sabrina w/ Popcorn!
2:00 AR Golden Beginnings Festival
4:30 MR Dinner Music w/ Gail
5:30 LI Book Club

27
9:00 GR Do You Remember?
10:00 AR SWEAT Therapy
10:00 L Puzzle Master Meet-up
11:00 AR Music Therapy w/ Leah
1:30 TH Secondhand Lions
2:00 AR Family Feud
3:00 GR Tech Tuesday
3:30 GR Resident Welcome Party
4:00 MR Dinner Music w/ Gail
5:30 LI Book Club

Thursday

1 New Year's Day
9:00 AR The Daily Rhythm To-Go
9:30 AR Blood Pressure Check
10:00 AR Guided Yoga
10:00 L Puzzle Master Meet-up
11:00 AR Corn Hole
12:00 MR Piano Music by Louise
2:00 GR Women's Bible Study
2:00 TH Opera: Elektra by Strauss

8
9:00 AR The Daily Rhythm To-Go
9:30 AR Blood Pressure Check
10:00 AR Wisdom Yoga w/ Cate
10:00 L Puzzle Master Meet-up
11:30 AR SunCrest: Destination Steps NYC Party!
1:00 AR Crochet/Knitting Club
2:00 GR BINGO
3:00 LL Wine Down Wednesday
5:30 GR Zentangle Social

15
9:00 AR The Daily Rhythm To-Go
9:30 AR Blood Pressure Check
10:00 AR Wisdom Yoga w/ Cate
10:00 L Puzzle Master Meet-up
11:00 AR Name That Tune!
11:00 GR Vision Loss Support Group
1:00 AR Crochet/Knitting Club
2:00 GR BINGO
3:00 LL Wine Down Wednesday
5:30 GR Zentangle Social

22 Nat'l Soup Month
9:00 AR The Daily Rhythm To-Go
9:30 AR Blood Pressure Check
10:00 AR Wisdom Yoga w/ Cate
10:00 L Puzzle Master Meet-up
11:30 PD January Birthday 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 Zentangle Social

29
9:00 AR The Daily Rhythm To-Go
9:30 AR Blood Pressure Check
10:00 AR Wisdom Yoga w/ Cate
10:00 L Puzzle Master Meet-up
11:00 AR Name That Tune!
1:00 AR Crochet/Knitting Club
2:00 GR BINGO
3:00 LL Wine Down Wednesday
3:30 LL Wine Down Wednesday
5:30 GR Zentangle Social

Friday

2
9:00 GR Men's Bible Study (40aks)
10:00 AR Silver Strength(SunCrest)
10:00 L Puzzle Master Meet-up
11:00 L Lunch: Canopy Road Cafe
1:15 GR Praying the Rosary
2:15 TH Allegro Wheel of Fortune
3:30 AR Sip & Sing Karaoke
6:00 GR Resident-Led Scrabble

9
9:00 GR Men's Bible Study (40aks)
10:00 AR Silver Strength(SunCrest)
10:00 L Puzzle Master Meet-up
11:00 L Lunch: Outback
1:15 GR Praying the Rosary
2:15 TH Allegro Wheel of Fortune
3:30 AR Sip & Sing Karaoke
6:00 GR Resident-Led Scrabble

16
9:00 GR Men's Bible Study (40aks)
9:30 AR Blood Pressure Check
10:00 AR Wisdom Yoga w/ Cate
10:00 L Puzzle Master Meet-up
11:00 AR Corn Hole
1:00 AR Crochet/Knitting Club
2:00 GR BINGO
3:00 LL Wine Down Wednesday
5:30 GR Zentangle Social

23
9:00 GR Men's Bible Study (40aks)
9:30 AR Blood Pressure Check
10:00 AR Wisdom Yoga w/ Cate
10:00 L Puzzle Master Meet-up
11:00 L Lunch: Sonny's BBQ
1:15 GR Praying the Rosary
12:00 MR Piano Music by Louise
2:00 GR Women's Bible Study
3:30 HC Toast of the Day Happy Hour
4:00 MR Warm Bowls and Family Fun
5:30 AR Family Corn Hole w/ ACTION

30
9:00 GR Men's Bible Study (40aks)
9:30 AR Blood Pressure Check
10:00 AR Wisdom Yoga w/ Cate
10:00 L Puzzle Master Meet-up
11:00 L Lunch: Hopkin's Eatery
1:15 GR Praying the Rosary
12:00 MR Piano Music by Louise
2:00 GR Women's Bible Study
3:30 HC Toast of the Day Happy Hour
6:00 GR Resident-Led Scrabble

Saturday

3
9:00 AR Color Me Happy
10:00 GR Hand & Foot
10:00 AR "Chair-lates"
10:00 L Puzzle Master Meet-up
11:00 AR Barista 45
1:00 CY Croquet at the Courtyard
2:00 GR BINGO
3:30 AR Craft: Yarn-Wrapped Stars
5:30 GR Skip-Bo: Solitaire Cards

10
9:00 AR Color Me Happy
10:00 GR Hand & Foot
10:00 AR "Chair-lates"
10:00 L Puzzle Master Meet-up
11:00 AR Barista 45
1:00 CY Croquet at the Courtyard
2:00 GR BINGO
3:30 AR Craft: Salt Dough Snowflakes
5:30 GR Skip-Bo: Solitaire Cards

17
9:00 AR Color Me Happy
10:00 GR Hand & Foot
10:00 AR "Chair-lates"
10:00 L Puzzle Master Meet-up
11:00 AR Barista 45
1:00 CY Croquet at the Courtyard
2:00 GR BINGO
3:30 AR Craft: Snowy Pinecones
5:30 GR Skip-Bo: Solitaire Cards

24
9:00 AR Color Me Happy
10:00 GR Hand & Foot
10:00 AR "Chair-lates"
10:00 L Puzzle Master Meet-up
11:00 AR Barista 45
1:00 CY Croquet at the Courtyard
2:00 GR BINGO
3:30 AR Craft: Ice Cream Snowman
5:30 GR Skip-Bo: Solitaire Cards

31
9:00 AR Color Me Happy
10:00 GR Hand & Foot
10:00 AR "Chair-lates"
10:00 L Puzzle Master Meet-up
11:00 AR Barista 45
1:00 CY Croquet at the Courtyard
2:00 GR BINGO
3:30 AR Craft: Mini Jar Snow Globe
5:30 GR Skip-Bo: Solitaire Cards

Around our Community
MLK Jr. Day

Martin Luther King Jr. Day is a special time to honor the life and legacy of Dr. Martin Luther King Jr., a leader who dedicated his voice and his actions to justice, equality, and peaceful change. His belief in nonviolence and his hopeful vision for a more united world continue to inspire people of all ages. This holiday encourages us to reflect on how far we've come, recognize the work still ahead, and look for ways to share kindness within our own community. It also serves as a reminder that even small acts of service can make a meaningful difference. As we celebrate, we hold on to Dr. King's message of unity, dignity, and compassion.

Please note: this calendar is subject to change.

LOCATION KEY

AR	Activity Room
L	Lobby
MR	Magnolia Room
GR	Game Room
TH	Theatre
CY	Courtyard
C	Chapel
SU	Sign Up
LL	Living Room
LI	Library