

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

—BRAD PAISLEY





# January 2026

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!

**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

Tuesday      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** Music Therapy w/ Leah  
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



**7**  
9:30 **L** The Morning Reader  
10:00 **AR** Tai Chi w/ ACTION  
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  
3:30 **LL** Wine Down Wednesday  
5:30 **GR** Zentangle Social

**14**  
9:30 **L** The Morning Reader  
10:00 **AR** Tai Chi w/ ACTION  
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  
3:30 **LL** Wine Down Wednesday  
5:30 **GR** Zentangle Social

**21**  
9:30 **L** The Morning Reader  
10:00 **AR** Tai Chi w/ ACTION  
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

**28**  
9:30 **L** The Morning Reader  
10:00 **AR** Tai Chi w/ ACTION  
10:00 **L** Puzzle Master Meet-up  
11:00 **AR** Name That Tune!  
1:00 **AR** Crochet/Knitting Club  
2:00 **GR** BINGO  
3:30 **LL** Wine Down Wednesday  
5:30 **GR** Zentangle Social

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  
11:00 **AR** Corn Hole  
12:00 **MR** Piano Music by Louise  
2:00 **GR** Women's Bible Study  
3:30 **HC** Toast of the Day Happy Hour  
5:30 **TH** Musical: Into the Woods

**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** Corn Hole  
12:00 **MR** Piano Music by Louise  
2:00 **GR** Women's Bible Study  
3:30 **HC** Toast of the Day Happy Hour  
5:30 **TH** Opera: Tosca

**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  
11:00 **AR** Name That Tune!  
12:00 **MR** Piano Music by Louise  
2:00 **GR** Women's Bible Study  
3:30 **HC** Toast the Day Happy Hour  
4:00 **MR** Warm Bowls and Family Fun  
5:30 **AR** Family Corn Hole w/ ACTION

**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** Corn Hole  
12:00 **MR** Piano Music by Louise  
2:00 **GR** Women's Bible Study  
3:30 **HC** Toast of the Day Happy Hour  
5:30 **TH** Musical: Shrek the Musical

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)  
10:00 **AR** Silver Strength(SunCrest)  
10:00 **L** Puzzle Master Meet-up  
11:00 **L** Lunch: Olive Garden  
1:15 **GR** Praying the Rosary  
2:15 **TH** Allegro Wheel of Fortune  
3:00 **AR** Sip & Sing Karaoke  
6:00 **GR** Resident-Led Scrabble

**23**  
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: Sonny's BBQ  
1:15 **GR** Praying the Rosary  
2:15 **TH** Allegro Wheel of Fortune  
3:30 **AR** Happy Hour w/ Harry Leeds  
6:00 **GR** Resident-Led Scrabble

**30**  
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: Hopkin's Eatery  
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

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