

July 2026

Allegro Harrington Park-Ensemble

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10:00 Price is Right (LR) 11:00 Nature's Art (LR) 11:15 Balance & Strength Fitness (LR) 1:00 Walking Club (LR) 1:15 Wellness Melodies (P) 2:15 Where Every Story Matters (LR) 3:00 Let's Reminisce (I) 3:30 Music for Joy (LR) 4:15 Bingo (LR) 6:00 Posi-ti-vi Tea (DR)	2 10:00 This Is Your Life (LR) 11:15 Total Body Fitness (LR) 1:30 Wellness Melodies (P) 2:45 Affirmation Nation (LR) 3:00 Mugs & Memories (DR) 3:30 Sip, Share, and Connect (PTH) 4:15 Karaoke (I) 6:00 Life Long Learning (I)	3 10:00 Storytelling 101 (LR) 11:00 Crafting Corner- Art Class with Christine (LR) 11:30 Stay Fit, Stay Fabulous (LR) 1:00 Music Therapy w/Jenn (LR) 2:00 Drum Fitness (LR) 2:30 Fridays at the Movies (T) 3:30 Roll Another One (LR) 4:15 You Name It! Pictionary (LR) 4:30 Concert Series (LR) 6:00 Virtual Shabbat Services (I)	4 10:00 Family Feud (LR) 10:30 Paws & Relax (LR) 11:00 A Patriotic "Guess the Anthem" Music Listening Hour (P) 11:15 Manicure Madness (LR) 11:30 Nature's Nurturers (P) 1:15 Color Me Happy (LR) 2:00 Red, White, and Blue "Gourmet" Parfait Station (LR) 3:15 Bingo (LR) 3:30 Hometown History & Storytelling Circle (LR) 6:00 Concert Series (LR)
5 10:00 Virtual Catholic Mass (I) 11:00 Therapeutic Arts (LR) 11:30 Gentle Stretching with Anne (P) 2:00 Calm Breathing Bubble (I) 2:30 Snack N' Chat (P) 2:45 Affirmation Nation (LR) 3:30 Today in History Trivia (LR) 4:00 Bingo (LR) 6:00 Concert Series (LR)	6 10:00 Wheel of Fortune (LR) 10:45 Rosary Group (LR) 11:00 Crafting Corner (LR) 11:30 Gentle Yoga (LR) 1:00 Walk Around Allegro (O) 2:00 Afternoon Trivia (LR) 2:30 Sit and Strength (LR) 3:00 Sports Galore (LR) 3:30 Music for Joy (LR) 4:00 Bingo (LR) 6:00 Coffee and Conversations (LR)	7 10:00 This Is Your Life (LR) 10:30 Paper Crafting-Making Flowers (LR) 11:30 Total Body Movement (LR) 1:30 Afternoon Stretch (LR) 1:45 A Breath of Fresh Air (Bus) 2:00 What's Cooking? Brownies. (DR) 3:00 Float Like A Balloon (LR) 4:00 Bingo (P) 6:00 Ensemble Singing Society (I)	8 10:00 Price is Right (LR) 11:00 Nature's Art (LR) 11:15 Balance & Strength Fitness (LR) 1:00 Jewelry Making w/Ashley (LR) 1:30 Wellness Melodies (P) 2:15 Where Every Story Matters (LR) 3:00 Let's Reminisce (I) 3:30 Music for Joy (LR) 4:15 Bingo (LR) 6:00 Posi-ti-vi Tea (DR)	9 10:00 This Is Your Life (LR) 11:00 Clay Date (LR) 11:30 Calm Breathing Bubble (LR) 2:00 Chapter's Inc. (LR) 2:45 Affirmation Nation (LR) 3:00 Mugs & Memories (DR) 3:30 Sip, Share, and Connect (PTH) 4:15 Karaoke (I) 6:00 Life Long Learning (I)	10 10:00 Storytelling 101 (LR) 11:00 The Bright Brush (P) 11:30 Stay Fit, Stay Fabulous (LR) 2:00 Fitness with HP (LR) 2:30 Fridays at the Movies (T) 3:30 Roll Another One (LR) 4:15 You Name It! Pictionary (LR) 4:30 Concert Series (LR) 6:00 Virtual Shabbat Services (I)	11 10:00 Family Feud (LR) 10:30 Paws & Relax (LR) 11:00 Inhale Wisdom (LR) 11:00 Nature's Nurturers (P) 1:15 Color Me Happy (LR) 2:00 Jogging your Noggin (LR) 3:00 Chair Yoga (LR) 3:30 Bingo (LR) 4:00 The Price is Right (I) 6:00 Concert Series (LR)
12 10:00 Virtual Catholic Mass (I) 11:00 Therapeutic Arts (LR) 11:30 Gentle Stretching with Anne (P) 2:00 Calm Breathing Bubble (I) 2:30 Snack N' Chat (P) 2:45 Affirmation Nation (LR) 3:30 Today in History Trivia (LR) 4:00 Bingo (LR) 6:00 Concert Series (LR)	13 10:00 Wheel of Fortune (LR) 10:45 Rosary Group (LR) 11:00 Crafting Corner (LR) 11:30 Gentle Yoga (LR) 1:00 Walk Around Allegro (O) 2:00 Afternoon Trivia (LR) 2:30 Sit and Strength (LR) 3:00 Sports Galore (LR) 4:00 Bingo (LR) 6:00 Coffee and Conversations (LR)	14 10:00 This Is Your Life (LR) 10:30 Paper Crafting-Making Tissue Paper Suncatcher (LR) 11:30 Total Body Movement (LR) 1:30 Afternoon Stretch (LR) 1:45 Meet the Animals-Zoo Trip (Bus) 3:00 Float Like A Balloon (LR) 4:00 Bingo (P) 6:00 Ensemble Singing Society (I)	15 10:00 Price is Right (LR) 11:00 Nature's Art (LR) 11:15 Balance & Strength Fitness (LR) 1:00 Walking Club (LR) 1:15 Wellness Melodies (P) 2:15 Where Every Story Matters (LR) 3:00 Let's Reminisce (I) 3:30 Music for Joy (LR) 4:15 Bingo (LR) 6:00 Posi-ti-vi Tea (DR)	16 10:00 This Is Your Life (LR) 11:15 Total Body Fitness (LR) 1:30 Wellness Melodies (P) 2:45 Affirmation Nation (LR) 3:00 Mugs & Memories (DR) 3:30 Sip, Share, and Connect (PTH) 4:15 Karaoke (I) 6:00 Life Long Learning (I)	17 10:00 Storytelling 101 (LR) 11:00 Let's Sing (LR) 11:30 Stay Fit, Stay Fabulous (LR) 1:00 Music Therapy w/Jenn (LR) 2:00 Drum Fitness (LR) 2:30 Fridays at the Movies (T) 3:00 Let's Get Creative (LR) 3:30 Roll Another One (LR) 4:15 You Name It! Pictionary (LR) 4:30 Concert Series (LR) 6:00 Virtual Shabbat Services (I)	18 10:00 Family Feud (LR) 10:30 Paws & Relax (LR) 11:00 Inhale Wisdom (LR) 11:00 Nature's Nurturers (P) 11:15 Manicure Madness (LR) 1:15 Color Me Happy (LR) 2:00 Jogging your Noggin (LR) 3:00 Sing Your Heart Out w/Kermis (LR) 3:30 Bingo (LR) 4:00 The Price is Right (I) 6:00 Concert Series (LR)
19 10:00 Virtual Catholic Mass (I) 11:00 Therapeutic Arts (LR) 11:30 Gentle Stretching with Anne (P) 2:00 Calm Breathing Bubble (I) 2:30 Snack N' Chat (P) 2:45 Affirmation Nation (LR) 3:30 Today in History Trivia (LR) 4:00 Bingo (LR) 6:00 Concert Series (LR)	20 10:00 Wheel of Fortune (LR) 10:45 Rosary Group (LR) 11:00 Crafting Corner (LR) 11:30 Gentle Yoga (LR) 1:00 Walk Around Allegro (O) 2:00 Afternoon Trivia (LR) 2:30 Sit and Strength (LR) 3:00 Sports Galore (LR) 4:00 Bingo (LR) 6:00 Coffee and Conversations (LR)	21 10:00 This Is Your Life (LR) 10:30 Paper Crafting-Faux-Quilling Mosaic Flower (LR) 11:30 Total Body Movement (LR) 1:30 Afternoon Stretch (LR) 1:45 Applegate Farm-Ice Cream (Bus) 3:00 Float Like A Balloon (LR) 4:00 Bingo (P) 6:00 Ensemble Singing Society (I)	22 10:00 Price is Right (LR) 11:00 Nature's Art (LR) 11:15 Balance & Strength Fitness (LR) 1:00 Walking Club (LR) 1:15 Wellness Melodies (P) 2:00 Sing Your Heart Out w/Chris (LR) 2:15 Where Every Story Matters (LR) 3:00 Let's Reminisce (I) 3:30 Music for Joy (LR) 4:15 Bingo (LR) 6:00 Posi-ti-vi Tea (DR)	23 10:00 This Is Your Life (LR) 11:00 Clay Date (LR) 11:30 Calm Breathing Bubble (LR) 2:00 Chapter's Inc. (LR) 2:45 Affirmation Nation (LR) 3:00 Mugs & Memories (DR) 3:30 Sip, Share, and Connect (PTH) 4:15 Karaoke (I) 6:00 Life Long Learning (I)	24 10:00 Storytelling 101 (LR) 11:00 Music That Brings Joy (LR) 11:30 Stay Fit, Stay Fabulous (LR) 2:00 Fitness with HP (LR) 2:30 Fridays at the Movies (T) 3:00 Let's Paint 3:30 Roll Another One (LR) 4:15 A Day Just for You (LR) 4:30 Concert Series (LR) 6:00 Virtual Shabbat Services (I)	25 10:00 Family Feud (LR) 10:30 Paws & Relax (LR) 11:00 Inhale Wisdom (LR) 11:00 Nature's Nurturers (P) 1:15 Sing Happy Birthday to Anna (LR) 2:00 Jogging your Noggin (LR) 3:00 Chair Yoga (LR) 3:30 Bingo (LR) 4:00 The Price is Right (I) 6:00 Concert Series (LR)
26 10:00 Virtual Catholic Mass (I) 11:00 Therapeutic Arts (LR) 11:30 Gentle Stretching with Anne (P) 2:00 Calm Breathing Bubble (I) 2:30 Snack N' Chat (P) 2:45 Affirmation Nation (LR) 3:30 Today in History Trivia (LR) 4:00 Bingo (LR) 6:00 Concert Series (LR)	27 10:00 Wheel of Fortune (LR) 10:45 Rosary Group (LR) 11:00 Crafting Corner (LR) 11:30 Gentle Yoga (LR) 1:00 Walk Around Allegro (O) 2:00 Afternoon Trivia (LR) 2:30 Sit and Strength (LR) 3:00 Sports Galore (LR) 3:30 Live. Love. Music (LR) 4:00 Bingo (LR) 6:00 Coffee and Conversations (LR)	28 10:00 This Is Your Life (LR) 10:30 Paper Crafting-Making Paper Fans (LR) 11:30 Total Body Movement (LR) 1:30 Afternoon Stretch (LR) 1:45 The Sunshine Stroll (Bus) 2:00 Create Your Own Sundae (DR) 3:00 Float Like A Balloon (LR) 4:00 Bingo (P) 6:00 Ensemble Singing Society (I)	29 10:00 Price is Right (LR) 11:00 Nature's Art (LR) 11:15 Balance & Strength Fitness (LR) 1:00 Sing Happy Birthday to Simone (LR) 1:15 Wellness Melodies (P) 2:15 Where Every Story Matters (LR) 3:00 Let's Reminisce (I) 3:30 Music for Joy (LR) 4:15 Bingo (LR) 6:00 Posi-ti-vi Tea (DR)	30 10:00 This Is Your Life (LR) 11:15 Total Body Fitness (LR) 1:15 Let's Take A Stroll (OU) 1:30 Wellness Melodies (P) 2:45 Affirmation Nation (LR) 3:00 Mugs & Memories (DR) 3:30 Golden Days & Lifelong Friends (PTH) 4:15 Karaoke (I) 6:00 Life Long Learning (I)	31 10:00 Storytelling 101 (LR) 11:00 Art Unleashed (LR) 11:30 Stay Fit, Stay Fabulous (LR) 1:00 Music Therapy w/Jenn (LR) 2:00 Drum Fitness (LR) 2:30 Fridays at the Movies (T) 3:30 Roll Another One (LR) 4:15 You Name It! Pictionary (LR) 4:30 Concert Series (LR) 6:00 Virtual Shabbat Services (I)	



What's Happening in Allegro

Ensemble Is Going to the Zoo 7/14

Anna's Birthday 7/25

Simone's Birthday 7/29

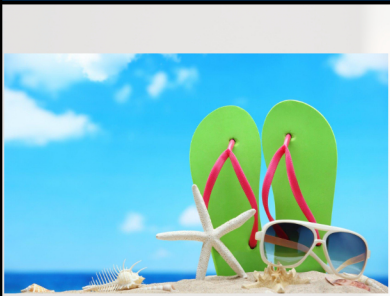
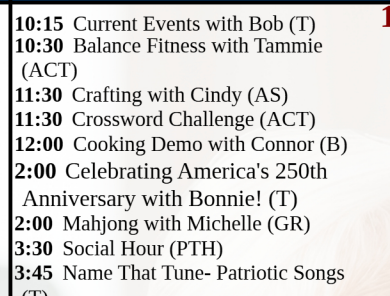
Birthday Bash 7/29

Locations

P = Pool
ACT = Activity Room
GR = Game Room
BC = Business Center
PTH = Penthouse Pub
T = Theater
Bus = Bus Trip
AS = Art Studio
L = Library
B = Bistro
LR = Living Room
P = Patio
DR = Dining Room
I = iN2L Computer
O = Outdoors

July 2026

Allegro Harrington Park Senior Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
9:15 Catholic Mass Livestream (PTH) 10:00 Communion (T) 10:30 Tai Chi (ACT) 11:00 Sunday Stretch & Seated Yoga (PTH) 11:15 Art History Lecture (T) 11:30 Creative Craft Meetup (AS) 12:00 Old '76 House- 4th of July Celebration & BBQ Trip (Bus) 1:45 Weird History w/ Mike (T) 2:15 Bingo (ACT) 3:30 Red, White & Blue Watercolor Fun (AS) 3:30 Social Hour (PTH) 8:00 Movie Musicals (T)	9:15 Catholic Mass Livestream (PTH) 10:00 Communion (T) 10:15 Sunday Word Challenge (L) 10:30 Tai Chi (ACT) 11:00 Sunday Stretch with Laura (PTH) 11:15 Art History Lecture (T) 11:30 Creative Craft Meetup (AS) 1:45 Weird History w/ Mike (T) 2:15 Bingo (ACT) 3:30 Social Hour (PTH) 3:30 The Price is Right Game (ACT) 8:00 Movie Musicals (T)	9:15 Catholic Mass Livestream (PTH) 10:00 Communion (T) 10:15 Sunday Word Challenge (L) 10:30 Tai Chi (ACT) 11:00 Sunday Stretch with Laura (PTH) 11:15 Art History Lecture (T) 11:30 Creative Craft Meetup (AS) 1:45 Weird History w/ Mike (T) 2:15 Bingo (ACT) 3:30 Social Hour (PTH) 3:30 The Price is Right Game (ACT) 8:00 Movie Musicals (T)	9:15 Catholic Mass Livestream (PTH) 10:00 Communion (T) 10:15 Sunday Word Challenge (L) 10:30 Tai Chi (ACT) 11:00 Sunday Stretch with Laura (PTH) 11:15 Art History Lecture (T) 11:30 Creative Craft Meetup (AS) 1:45 Weird History w/ Mike (T) 2:15 Bingo (ACT) 3:30 Social Hour (PTH) 3:30 The Price is Right Game (ACT) 8:00 Movie Musicals (T)	9:15 Catholic Mass Livestream (PTH) 10:00 Communion (T) 10:15 Sunday Word Challenge (L) 10:30 Tai Chi (ACT) 11:00 Sunday Stretch with Laura (PTH) 11:15 Art History Lecture (T) 11:30 Creative Craft Meetup (AS) 1:45 Weird History w/ Mike (T) 2:15 Bingo (ACT) 3:30 Social Hour (PTH) 3:30 The Price is Right Game (ACT) 8:00 Movie Musicals (T)	9:15 Catholic Mass Livestream (PTH) 10:00 Communion (T) 10:15 Sunday Word Challenge (L) 10:30 Tai Chi (ACT) 11:00 Sunday Stretch with Laura (PTH) 11:15 Art History Lecture (T) 11:30 Creative Craft Meetup (AS) 1:45 Weird History w/ Mike (T) 2:15 Bingo (ACT) 3:30 Social Hour (PTH) 3:30 The Price is Right Game (ACT) 8:00 Movie Musicals (T)	9:15 Catholic Mass Livestream (PTH) 10:00 Communion (T) 10:15 Sunday Word Challenge (L) 10:30 Tai Chi (ACT) 11:00 Sunday Stretch with Laura (PTH) 11:15 Art History Lecture (T) 11:30 Creative Craft Meetup (AS) 1:45 Weird History w/ Mike (T) 2:15 Bingo (ACT) 3:30 Social Hour (PTH) 3:30 The Price is Right Game (ACT) 8:00 Movie Musicals (T)



Hello July!

Special Days & Happenings

Patriotic Tie Dying 7/1
Celebrating America's 250th Birthday & Show 7/1
Patriotic Evening Concert 7/2
4th of July BBQ 7/3
A Trip to the Norwood Firework Show 7/4
Live Show with Julian! 7/14
Monthly Birthday Bash 7/29

All Activities are Subject to Change

1:45pm Daily Movies in the Theater

Locations

P = Pool
ACT = Activity Room
GR = Game Room
BC = Business Center
PTH = Penthouse Pub
T = Theater
Bus = Bus Trip
AS = Art Studio
L = Library
B = Bistro
LR = Living Room
P = Patio
DR = Dining Room
I = iN2L Computer
O = Outdoors