

June 2026

Allegro Tallahassee



Happy Birthday!

Mary B. - 3rd
Jane H. - 5th
Jim H. - 7th
Jeannette B. - 8th
Katie Sue M. - 16th
Max W. - 21st

This June, we proudly honor both Juneteenth and Father's Day by celebrating freedom, family, resilience, and community. As we reflect on the importance of history and recognize the fathers and father figures who have guided and inspired us, we look forward to sharing meaningful conversations, joyful celebrations, and special memories together throughout the month.

Locations

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
HC = Heritage Club
RR = Resident Room

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>9:15 Shop: Target or Publix</p> <p>10:00 Mindful Yoga</p> <p>10:00 Puzzle Master Meet-Up</p> <p>11:00 Donuts & Daily Doubles w/ Brookdale</p> <p>1:00 LifeLoop 101</p> <p>2:00 Western BINGO w/ Hopewell</p> <p>3:00 Health Talk w/ SunCrest</p> <p>3:15 TGC: Vikings Pt. 31</p> <p>6:00 Resident-Led Bridge Club</p>	<p>9:00 Question of the Week</p> <p>10:00 Puzzle Master Meet-Up</p> <p>10:00 SWEAT Therapy</p> <p>11:00 Music Therapy with Leah</p> <p>12:00 Lunch Music with Gail</p> <p>1:30 The French Connection w/ Popcorn</p> <p>3:00 Tech Tuesday</p> <p>3:30 Activity Chat w/ Rebecca</p> <p>5:30 Seated Kickboxing</p>	<p>9:30 The Morning Reader</p> <p>10:00 Puzzle Master Meet-Up</p> <p>10:00 Tai Chi with ACTION</p> <p>11:00 Balloon Volleyball</p> <p>1:00 Our Life Stories</p> <p>2:00 BINGO</p> <p>3:30 Wine Down Storytelling w/ Linda Ford</p> <p>5:30 Book Club</p>	<p>9:00 The Daily Rhythm To-Go</p> <p>9:30 Blood Pressure Check</p> <p>10:00 Puzzle Master Meet-Up</p> <p>10:00 Wisdom Yoga with Cate</p> <p>11:00 Corn Hole</p> <p>1:15 Family Feud</p> <p>2:00 Women's Bible Study</p> <p>3:30 Name that Sip!</p> <p>6:15 From Here to Eternity</p>	<p>9:00 Men's Bible Study (4Oaks)</p> <p>10:00 Puzzle Master Meet-Up</p> <p>10:00 Silver Strength(SunCrest)</p> <p>11:00 Lunch: Flying Biscuit Cafe</p> <p>1:15 Praying the Rosary</p> <p>2:15 Allegro Wheel of Fortune</p> <p>3:30 Tipsy Target Takedown w/ ACTION</p> <p>6:00 Resident-Led Hand & Foot</p>	<p>9:00 Morning Mingle</p> <p>10:00 "Chair-lates"</p> <p>10:00 Hand & Foot</p> <p>10:00 Puzzle Master Meet-Up</p> <p>11:00 Corn Hole</p> <p>1:00 Strike Zone Showdown</p> <p>2:00 BINGO</p> <p>3:30 Craft: Door Handle Boards</p> <p>5:30 Resident-Led Skip-Bo: Solitaire Cards</p>
<p>9:15 Holy Communion Service</p> <p>9:30 Chapel Services with 4Oaks</p> <p>10:00 Light & Lively Cardio</p> <p>10:00 Puzzle Master Meet-Up</p> <p>10:45 CVS/Walgreens</p> <p>2:00 BINGO</p> <p>3:00 Shop: Chico's</p> <p>5:30 Rock & Unwind</p> <p>6:00 The Daily Rhythm To-Go</p>	<p>9:15 Shop: Walmart</p> <p>10:00 Mindful Yoga with Cate</p> <p>10:00 Puzzle Master Meet-Up</p> <p>11:00 Monday Munchies: Milkshakes</p> <p>1:00 LifeLoop 101</p> <p>2:00 Denim BINGO w/ Hopewell</p> <p>3:00 "Stay Cool" Comfort Kits w/ Nurse Ashley</p> <p>3:15 TGC: Vikings Pt. 32</p> <p>6:00 Resident-Led Bridge Club</p>	<p>9:00 Question of the Week</p> <p>10:00 Puzzle Master Meet-Up</p> <p>10:00 SWEAT Therapy</p> <p>11:00 Meet the Author: Rick Lockenbach</p> <p>1:45 Coffee First! Town Hall Next!</p> <p>2:00 Town Hall Meeting</p> <p>3:00 Tech Tuesday</p> <p>5:30 Seated Kickboxing</p>	<p>9:30 The Morning Reader</p> <p>10:00 Tai Chi with ACTION</p> <p>11:00 Balloon Volleyball</p> <p>11:00 Vision Loss Support Group</p> <p>1:00 Our Life Stories</p> <p>2:00 BINGO</p> <p>3:45 Beachside Broadway Cabaret</p> <p>5:30 Book Club</p>	<p>9:00 The Daily Rhythm To-Go</p> <p>9:30 Blood Pressure Check</p> <p>10:00 Puzzle Master Meet-Up</p> <p>10:00 Wisdom Yoga with Cate</p> <p>11:00 Corn Hole</p> <p>1:15 SunCrest Destination Steps: New Orleans</p> <p>2:00 Women's Bible Study</p> <p>3:30 Name That Sip!</p> <p>5:30 Who Dunit?</p> <p>6:15 South Pacific</p>	<p>9:00 Men's Bible Study (4Oaks)</p> <p>10:00 Puzzle Master Meet-Up</p> <p>10:00 Silver Strength(SunCrest)</p> <p>11:00 Lunch: Siam Bistro</p> <p>1:15 Praying the Rosary</p> <p>2:15 Allegro Wheel of Fortune</p> <p>3:30 Toast of the Day Happy Hour</p> <p>6:00 Resident-Led Hand & Foot</p>	<p>9:00 Morning Mingle</p> <p>10:00 "Chair-lates"</p> <p>10:00 Hand & Foot</p> <p>10:00 Puzzle Master Meet-Up</p> <p>11:00 Corn Hole</p> <p>1:00 Strike Zone Showdown</p> <p>2:00 BINGO</p> <p>3:30 Craft: Wooden Flag</p> <p>5:30 Resident-Led Skip-Bo: Solitaire Cards</p>
<p>Flag Day</p> <p>9:15 Holy Communion Service</p> <p>9:30 Chapel Services with 4Oaks</p> <p>10:00 Light & Lively Cardio</p> <p>10:00 Puzzle Master Meet-Up</p> <p>10:45 Dollar Tree</p> <p>2:00 BINGO</p> <p>3:00 Shop: Ross</p> <p>5:30 Rock & Unwind</p> <p>6:00 Patriotic Movie Night!</p>	<p>9:15 Shop: Target or Publix</p> <p>10:00 Mindful Yoga with Cate</p> <p>10:00 Puzzle Master Meet-Up</p> <p>11:00 Monday Munchies: Trail Mix Bar</p> <p>1:00 LifeLoop 101</p> <p>2:00 Disney BINGO w/ Hopewell</p> <p>3:00 Hopewell Trivia Hour</p> <p>3:15 TGC: Vikings Pt. 33</p> <p>6:00 Resident-Led Bridge Club</p>	<p>9:00 Question of the Week</p> <p>10:00 Puzzle Master Meet-Up</p> <p>10:00 SWEAT Therapy</p> <p>11:00 Music Therapy with Leah</p> <p>11:30 Ambassador Meeting</p> <p>1:30 The King & I w/ Popcorn</p> <p>3:00 Resident Welcome Party</p> <p>3:00 Tech Tuesday</p> <p>4:30 Dinner Music w/ Gail</p> <p>5:30 Seated Kickboxing</p>	<p>9:30 The Morning Reader</p> <p>10:00 Puzzle Master Meet-Up</p> <p>10:00 Tai Chi with ACTION</p> <p>11:00 Balloon Volleyball</p> <p>11:30 June Birthday Luncheon</p> <p>1:00 Live Music w/ Dave Carty</p> <p>1:00 Our Life Stories</p> <p>2:00 BINGO</p> <p>3:30 Wine Down Wednesday</p> <p>5:30 Book Club</p>	<p>9:00 The Daily Rhythm To-Go</p> <p>9:30 Blood Pressure Check</p> <p>10:00 Wisdom Yoga with Cate</p> <p>11:00 Corn Hole</p> <p>1:15 Family Feud</p> <p>2:00 Women's Bible Study</p> <p>3:30 Name that Sip!</p> <p>4:00 Under the Sea: Family Night</p> <p>5:30 Balloon Fishing Tournament</p>	<p>Juneteenth</p> <p>9:00 Men's Bible Study (4Oaks)</p> <p>10:00 Silver Strength(SunCrest)</p> <p>10:30 Juneteenth Heritage Festival</p> <p>1:15 Praying the Rosary</p> <p>2:15 Allegro Wheel of Fortune</p> <p>3:30 Toast of the Day Happy Hour</p> <p>6:30 Tallahassee Civic Singers</p>	<p>9:00 Morning Mingle</p> <p>10:00 "Chair-lates"</p> <p>10:00 Hand & Foot</p> <p>10:00 Puzzle Master Meet-Up</p> <p>10:30 Father's Day Drive-In Style Experience</p> <p>1:00 Strike Zone Showdown</p> <p>2:00 BINGO</p> <p>3:30 Craft: Canvas Painting</p> <p>5:30 Resident-Led Skip-Bo: Solitaire Cards</p>
<p>Father's Day</p> <p>9:15 Holy Communion Service</p> <p>9:30 Chapel Services with 4Oaks</p> <p>10:00 Light & Lively Cardio</p> <p>10:00 Puzzle Master Meet-Up</p> <p>12:00 Father's Day Luncheon</p> <p>12:15 "Dad Joke" Contest</p> <p>2:00 BINGO</p> <p>3:00 Sunday Leisurely Drive</p> <p>5:30 Rock & Unwind</p>	<p>9:15 Shop: Walmart</p> <p>10:00 Mindful Yoga with Cate</p> <p>11:00 Monday Munchies: Popcorn Bar</p> <p>1:00 LifeLoop 101</p> <p>2:00 Beachwear BINGO w/ Hopewell</p> <p>3:00 VITAS Bereavement Support Group</p> <p>3:15 TGC: Vikings Pt. 34</p>	<p>9:00 Question of the Week</p> <p>10:00 Puzzle Master Meet-Up</p> <p>10:00 SWEAT Therapy</p> <p>11:00 Music Therapy with Leah</p> <p>1:30 The Notebook w/ Popcorn</p> <p>3:00 Tech Tuesday</p> <p>4:00 Dinner Music w/ Gail</p> <p>5:30 Seated Kickboxing</p>	<p>9:30 The Morning Reader</p> <p>10:00 Puzzle Master Meet-Up</p> <p>10:00 Tai Chi with ACTION</p> <p>11:00 Balloon Volleyball</p> <p>11:45 Destination Steps Check-In</p> <p>1:00 Our Life Stories</p> <p>2:00 BINGO</p> <p>3:30 Wine Down Wednesday</p> <p>5:30 Book Club</p>	<p>9:00 The Daily Rhythm To-Go</p> <p>9:30 Blood Pressure Check</p> <p>10:00 Puzzle Master Meet-Up</p> <p>10:00 Wisdom Yoga with Cate</p> <p>11:00 Corn Hole</p> <p>1:15 Family Feud</p> <p>2:00 Women's Bible Study</p> <p>3:30 Name that Sip!</p> <p>5:30 Who Dunit?</p> <p>6:15 The Heat</p>	<p>9:00 Men's Bible Study (4Oaks)</p> <p>10:00 Silver Strength(SunCrest)</p> <p>11:00 Lunch: Sage Restaurant</p> <p>1:15 Praying the Rosary</p> <p>2:15 Allegro Wheel of Fortune</p> <p>3:30 Happy Hour w/ Honeymoon Harry</p> <p>3:30 Toast of the Day Happy Hour</p> <p>6:00 Resident-Led Hand & Foot</p>	<p>9:00 Morning Mingle</p> <p>10:00 "Chair-lates"</p> <p>10:00 Hand & Foot</p> <p>10:00 Puzzle Master Meet-Up</p> <p>11:00 Corn Hole</p> <p>1:00 Strike Zone Showdown</p> <p>2:00 BINGO</p> <p>3:30 Craft: Tactile Painting</p> <p>5:30 Resident-Led Skip-Bo: Solitaire Cards</p>
<p>9:15 Holy Communion Service</p> <p>9:30 Chapel Services with 4Oaks</p> <p>10:00 Light & Lively Cardio</p> <p>10:00 Puzzle Master Meet-Up</p> <p>10:45 Dollar Tree</p> <p>2:00 BINGO</p> <p>3:00 Shop: Shoe Station</p> <p>5:30 Rock & Unwind</p> <p>6:00 The Daily Rhythm To-Go</p>	<p>9:15 Shop: Target or Publix</p> <p>10:00 Mindful Yoga with Cate</p> <p>10:00 Puzzle Master Meet-Up</p> <p>11:00 Monday Munchies: Popsicles</p> <p>1:00 LifeLoop 101</p> <p>2:00 Nautical Navy BINGO w/ Hopewell</p> <p>3:15 TGC: Vikings Pt. 35</p> <p>6:00 Resident-Led Bridge Club</p>	<p>9:00 Question of the Week</p> <p>10:00 Puzzle Master Meet-Up</p> <p>10:00 SWEAT Therapy</p> <p>11:00 Music Therapy with Leah</p> <p>1:30 Miss Pettigrew: Lives for a Day w/ Popcorn</p> <p>3:00 Tech Tuesday</p> <p>5:30 Seated Kickboxing</p>				