

March 2026

Allegro Fort Lauderdale - Independent & Assisted Living



Community Events

Spring is in the air, and March is packed with fun, learning, and entertainment for all our residents! This month, we're thrilled to introduce several new lectures covering a variety of interesting topics—perfect for curious minds eager to learn something new.

Of course, we can't forget the luck of the Irish! Join us for our St. Patty's Day Party and celebrate with festive decorations, delicious treats, and plenty of cheer.

Music lovers, mark your calendars: live entertainers will be performing every Thursday this month, bringing energy, laughter, and great tunes right to our community spaces.

Whether you're looking to socialize, dance, or simply enjoy a lively performance, March has something for everyone. Don't miss out on the fun!

Locations

- AR = Activity Room**
- A = Art Room**
- B = Bistro**
- CR = Card Room**
- C = Community Room**
- FA = Family Room**
- FC = Fitness Center**
- GR = Game Room**
- LI = Library**
- L = Lobby**
- T = Movie Theater**
- O = Outing**
- PD = Pool Deck**
- PG = Putting Green**
- SK = Sky Lounge**
- SL = Sports Lounge**
- Y = Yoga/Exercise Room**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 Local Church Shuttle (L) 11:15 Coffee and Conversation (B) 1:00 Trip: Barnes & Noble (L) 2:00 Movie & Popcorn (T) 2:15 Scoop of the Month (B) 3:00 Billiards and Board Games (GR) 3:30 Walking Club (L) 8:15 Movie Night (T)	9:00 Trip: CVS/Walgreens (L) 10:00 Chair Yoga- All Levels 11:00 Crossword Puzzle (C) 1:15 25cent Black Jack (C) 2:00 Movie & Popcorn (T) 3:00 Big Money Bingo (C) 4:00 Social Hour (B) 8:15 Movie Night (T)	9:30 Allegro Walking Group (PD) 10:00 PT by Design Fitness Class (C) 11:00 Brain Power Hour 1:00 Ace Ace Casino (C) 1:00 Trip: Fresh Market (L) 2:00 Movie & Popcorn (T) 3:00 Cognitive Wellness (C) 3:00 Purim Party with yummy Hamantaschen's & Children visiting. (B) 4:00 Social Hour (B) 5:00 Bridge- All Levels (C) 7:00 Evening Program with Lori (B) 8:15 Movie Night (T)	9:00 Trip: Publix (L) 10:00 Chair Yoga- All Levels (Y) 11:00 Words in a Word (C) 1:00 Walking Club: Pool Deck (PD) 2:15 Movie & Popcorn (FA) 3:00 Dominoes (C) 3:00 Flower Arrangements (B) 4:00 Catholic Mass (T) 4:00 Social Hour (B) 7:00 Karaoke Night (B) 8:15 Movie Night (T)	9:30 Allegro Walking Group (PD) 10:00 PT by Design Fitness Class (C) 11:00 Trivia Challenge (C) 1:30 Elegant Beading Class (C) 2:15 Movie & Popcorn (T) 3:00 Big Money Bingo (C) 3:00 Card Games Group (CR) 4:00 Happy Hour with Jonny Edwards Entertaining (B) 8:15 Movie Night (T)	10:00 Chair Yoga- All Levels (Y) 11:00 Current Events with Sandra (C) 1:00 Meditation Video with Aromatherapy (T) 1:30 Poker Games (CR) 2:00 Mahjong (B) 2:15 Movie & Popcorn (T) 3:00 Afternoon Tea (B) 4:00 Social Hour (B) 4:45 Shabbat Service with Ron Dagon (T) 8:15 Movie Night (T)	10:00 Smoothie of the Month (B) 10:00 Trip: Trader Joe's & More (L) 11:00 Haas fitness video with Lori (Y) 2:00 Jenga Tournament (PD) 2:15 Movie & Popcorn (T) 3:00 Big Money Bingo (C) 3:00 Rummikub Games (B) 4:00 Trivia (C) 8:15 Movie Night (T)
9:00 Local Church Shuttle (L) 11:15 Coffee and Conversation (B) 1:00 Trip: Barnes & Noble (L) 2:00 Movie & Popcorn (T) 2:15 Scoop of the Month (B) 3:00 Billiards and Board Games (GR) 3:30 Walking Club (L) 8:15 Movie Night (T)	9:00 Trip: CVS/Walgreens (L) 10:00 Chair Yoga- All Levels 11:00 Crossword Puzzle (C) 11:00 Wes Anthony Presents Lecture on Whitney Houston (T) 1:15 25cent Black Jack (C) 2:15 Movie & Popcorn (T) 3:00 Big Money Bingo (C) 4:00 Social Hour (B) 8:15 Movie Night (T)	9:30 Allegro Walking Group (PD) 10:00 PT by Design Fitness Class (C) 11:00 Brain Power Hour 11:00 Lecture on Fall Prevention (C) 2:15 Movie & Popcorn (T) 2:30 Meet & Greet with Eyecare Express (T) 3:00 Cognitive Wellness (C) 3:30 25 Cent Blackjack (C) 4:00 Social Hour (B) 5:00 Bridge- All Levels (C) 7:00 Evening Program with Lori (B) 8:15 Movie Night (T)	9:00 Trip: Publix (L) 10:00 Chair Yoga- All Levels (Y) 11:00 Words in a Word (C) 11:30 Lunch Outing 1:00 Walking Club: Pool Deck (PD) 2:15 Movie & Popcorn (T) 3:00 Dominoes (C) 3:00 Flower Arrangements (B) 4:00 Social Hour (B) 7:00 Karaoke Night (B) 8:15 Movie Night (T)	9:30 Allegro Walking Group (PD) 10:00 PT by Design Fitness Class (C) 11:00 Trivia Challenge (C) 1:30 Baking and Decorating Cookies (C) 2:15 Movie & Popcorn (T) 3:00 Big Money Bingo (C) 3:00 Card Games Group (CR) 4:00 Happy Hour with Wes Anthony Entertaining (B) 8:15 Movie Night (T)	10:00 Chair Yoga- All Levels (Y) 11:00 Resident Council (C) 1:15 Technology class for Beginners with Torrence 1:30 Poker Games (CR) 2:00 Mahjong (B) 2:15 Movie & Popcorn (T) 3:00 Afternoon Tea (B) 4:00 Social Hour (B) 4:45 Shabbat Service with Ron Dagon (T) 8:15 Movie Night (T)	10:00 Smoothie of the Month (B) 10:00 Trip: Trader Joe's & More (L) 11:00 Fitness with Haas fitness (Y) 2:00 Jenga Tournament (PD) 2:15 Movie & Popcorn (T) 3:00 Big Money Bingo (C) 3:00 Rummikub Games (B) 4:00 Trivia (C) 8:15 Movie Night (T)
9:00 Local Church Shuttle (L) 11:15 Coffee and Conversation (B) 1:00 Trip: Barnes & Noble (L) 2:00 Scoop of the Month (B) 2:15 Movie & Popcorn (T) 3:00 Billiards and Board Games (GR) 3:30 Walking Club (L) 8:15 Movie Night (T)	9:00 Trip: CVS/Walgreens (L) 10:00 Chair Yoga- All Levels 11:00 Crossword Puzzle (C) 1:15 Men's Club Meeting (C) 2:15 Movie & Popcorn (T) 3:00 Big Money Bingo (C) 4:00 Social Hour (B) 8:15 Movie Night (T)	AD St Patrick's Day! 9:30 Allegro Walking Group (PD) 10:00 PT by Design Fitness Class (C) 11:00 Brain Power Hour 1:00 Ace Ace Casino (C) 1:00 Trip: Fresh Market (L) 2:15 Movie & Popcorn (T) 3:00 25 Cent Blackjack (C) 3:00 Cognitive Wellness (C) 4:00 St Patrick's Day Party! (B) 5:00 Bridge- All Levels (C) 7:00 Evening Program with Lori (B) 8:15 Movie Night (T)	9:00 Trip: Publix (L) 10:00 Chair Yoga- All Levels (Y) 11:00 Food Committee (T) 11:30 Lunch Outing 2:00 Cooking Demonstration with Chef (C) 2:15 Movie & Popcorn (T) 3:00 Flower Arrangements (B) 3:00 Lecture with Deidra Rose on Beach House Healing Center (C) 4:00 Social Hour (B) 7:00 Karaoke Night (B) 8:15 Movie Night (T)	9:30 Allegro Walking Group (PD) 10:00 PT by Design Fitness Class (C) 11:00 Trivia Challenge (C) 1:30 Scattagories (C) 2:15 Movie & Popcorn (T) 3:00 Big Money Bingo (C) 3:00 Card Games Group (CR) 4:00 Happy Hour Tessie Porter Entertaining (B) 8:15 Movie Night (T)	10:00 Chair Yoga- All Levels (Y) 11:00 Town Hall Meeting (C) 1:30 Bring & Brag (see daily sheet for more info) (Y) 1:30 Poker Games (CR) 2:00 Mahjong (B) 2:15 Movie & Popcorn (T) 3:00 Afternoon Tea (B) 4:00 Social Hour (B) 4:45 Shabbat Service with Ron Dagon (T) 8:15 Movie Night (T)	10:00 Smoothie of the Month (B) 10:00 Trip: Trader Joe's & More (L) 11:00 Haas fitness video with Lori (Y) 2:00 Jenga Tournament (PD) 2:15 Movie & Popcorn (T) 3:00 Big Money Bingo (C) 3:00 Rummikub Games (B) 4:00 Trivia (C) 8:15 Movie Night (T)
9:00 Local Church Shuttle (L) 11:15 Coffee and Conversation (B) 1:00 Trip: Barnes & Noble (L) 2:00 Movie & Popcorn (T) 2:15 Scoop of the Month (B) 3:00 Billiards and Board Games (GR) 3:30 Walking Club (L) 8:15 Movie Night (T)	9:00 Trip: CVS/Walgreens (L) 9:30 Eye Glass Clinic with Eyecare Express (Sign up required) 10:00 Chair Yoga- All Levels 11:00 Crossword Puzzle (C) 1:15 25cent Black Jack (C) 2:15 Movie & Popcorn (T) 4:00 Social Hour (B) 7:00 Bingo (C) 8:15 Movie Night (T)	9:30 Allegro Walking Group (PD) 10:00 PT by Design Fitness Class (C) 11:00 Brain Power Hour (C) 2:15 Movie & Popcorn (T) 3:00 Billiards and Board Games (GR) 3:00 Cognitive Wellness (C) 4:00 Social Hour (B) 5:00 Bridge- All Levels (C) 8:15 Movie Night (T)	9:00 Trip: Publix (L) 10:00 Chair Yoga- All Levels (Y) 11:00 Lecture on "The Majestic Elephant" with Bonnie Preservationist (T) 11:30 Lunch Outing 1:00 Walking Club: Pool Deck (PD) 2:15 Movie & Popcorn (T) 3:00 Dominoes (C) 3:00 Flower Arrangements (B) 4:00 Social Hour (B) 7:00 Karaoke Night (B) 8:15 Movie Night (T)	9:30 Allegro Walking Group (PD) 10:00 PT by Design Fitness Class (C) 11:00 Trivia Challenge (C) 1:30 Positive Thinking Lecture (C) 2:15 Movie & Popcorn (T) 3:00 Big Money Bingo (C) 3:00 Card Games Group (CR) 3:00 Wine Tasting Event (SK) 4:00 Happy Hour with Alex Dean Entertaining (B) 8:15 Movie Night (T)	10:00 Chair Yoga- All Levels (Y) 11:00 Current Events with Sandra (C) 1:00 Fitness Hour- Tai Chi (Y) 1:30 Poker Games (CR) 2:00 Mahjong (B) 2:15 Movie & Popcorn (T) 3:00 Afternoon Tea (B) 4:00 Social Hour (B) 4:45 Shabbat Service with Ron Dagon (T) 8:15 Movie Night (T)	10:00 Smoothie of the Month (B) 10:00 Trip: Trader Joe's & More (L) 11:00 Live Zumba with Kenneth (Y) 2:00 Jenga Tournament (PD) 2:15 Movie & Popcorn (T) 3:00 Big Money Bingo (C) 4:00 Trivia (C) 8:15 Movie Night (T)
9:00 Local Church Shuttle (L) 11:15 Coffee and Conversation (B) 1:00 Trip: Barnes & Noble (L) 2:00 Scoop of the Month (B) 2:15 Movie & Popcorn (T) 3:00 Broward Woman's Choral Group Performance (B) 3:30 Walking Club (L) 8:15 Movie Night (T)	9:00 Trip: CVS/Walgreens (L) 10:00 Chair Yoga- All Levels 11:00 Crossword Puzzle (C) 1:15 25cent Black Jack (C) 2:15 Movie & Popcorn (T) 3:00 Big Money Bingo (C) 4:00 Social Hour (B) 8:15 Movie Night (T)	9:30 Allegro Walking Group (PD) 10:00 PT by Design Fitness Class (C) 11:00 Brain Power Hour 1:00 Ace Ace Casino (C) 1:00 Canasta (C) 1:00 Trip: Fresh Market (L) 2:15 Movie & Popcorn (T) 3:00 Cognitive Wellness (C) 3:30 Birthday Bash with Chris Autore (B) 4:00 Social Hour (B) 5:00 Bridge- All Levels (C) 7:00 Paint & Sip Class with Audrey Weiss (Sign up required) (C) 8:15 Movie Night (T)				

March 2026

Allegro Fort Lauderdale Ensemble



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 Virtual Church Service (IS) 10:30 Flex & Relax Class (IS) 11:00 Interactive Games (IS) 1:00 Sports Sundays! (AR) 2:30 Ice Cream Social (DK) 3:00 Outdoor Walk (AR) 4:00 Journaling (AR) 6:00 Interactive Game with Talia (AR)	10:00 Chair Exercise (IS) 10:30 Group Word Challenge (IS) 11:30 Music Therapy (IS) 1:00 Outdoor Walk (PD) 2:00 Arts & Crafts: Collage (AR) 3:00 Joggin Your Noggin (AR) 4:00 The Bronx Zoo (AR) 6:00 Motivational Speaker (AR)	9:30 Outdoor Time (T) 10:30 Sit & Stretch (IS) 11:00 Music & Instruments (IS) 1:00 Outdoor Walk (PD) 2:00 Dean Martin/Comedy Roast (AR) 3:00 Bingo Time! 4:00 Winter Scenes: Churches (AR) 6:00 Interactive Game with Talia (IS)	9:30 Outdoor Time (T) 10:30 News & Views (AR) 11:30 Sit & Stretch (AR) 1:00 Newspaper Races! (AR) 2:00 Movie Theater Reserved (MT) 3:00 Arts & Crafts (AR) 4:00 Reminiscing: Short Stories (QR) 6:00 Eve. Activity w/ Eudene (AR)	10:00 Chair Exercise (IS) 10:30 Interactive Games (IS) 11:30 Sing-A-Long Songs (IS) 1:30 Scenic Bus Ride (L) 2:30 Library Time (LI) 4:00 Happy Hour w/ Live Music (B) 6:00 Evening Movie (IS)	10:00 Chair Yoga (IS) 10:30 Travel Slide Show/Trivia (IS) 11:30 Outdoor Reminiscing (T) 1:00 Let's Get Physical! (AR) 2:00 The Game of UNO (AR) 3:00 Dance Competitions (AR) 4:00 February Word Search (AR) 6:00 Virtual Jewish Service (IS)	9:30 Outdoor Time on Terrace (T) 10:30 Bible Study (IS) 11:30 Morning Stretch (IS) 1:00 Balloon Volley (AR) 2:00 Movie Matinee (AR) 3:00 Table Top Games (AR) 4:00 Favorite Songs/Singers (AR) 6:00 Dominoes Tournament (AR)
9:30 Virtual Church Service (IS) 10:30 Flex & Relax Class (IS) 11:00 Interactive Games (IS) 1:00 Sports Sundays! (AR) 2:30 Ice Cream Social (DK) 3:00 Outdoor Walk (AR) 4:00 Journaling (AR) 6:00 Interactive Game with Talia (AR)	10:00 Chair Exercise (IS) 10:30 Group Word Challenge (IS) 11:30 Music Therapy (IS) 1:00 Outdoor Walk (PD) 2:00 Arts & Crafts: Collage (AR) 3:00 Joggin Your Noggin (AR) 4:00 The Bronx Zoo (AR) 6:00 Motivational Speaker (AR)	9:30 Outdoor Time (T) 10:30 Sit & Stretch (IS) 11:00 Music & Instruments (IS) 1:00 Outdoor Walk (PD) 2:00 Dean Martin/Comedy Roast (AR) 3:00 Bingo Time! 4:00 Winter Scenes: Churches (AR) 6:00 Interactive Game with Talia (IS)	9:30 Outdoor Time (T) 10:30 News & Views (AR) 11:30 Sit & Stretch (AR) 1:00 Newspaper Races! (AR) 2:00 Movie Theater Reserved (MT) 3:00 Arts & Crafts (AR) 4:00 Reminiscing: Short Stories (QR) 6:00 Eve. Activity w/ Eudene (AR)	10:00 Chair Exercise (IS) 10:30 Interactive Games (IS) 11:30 Sing-A-Long Songs (IS) 1:30 Scenic Bus Ride (L) 2:15 Entertainment w/ Wes! (AR) 2:30 Library Time (LI) 4:00 Happy Hour w/ Live Music (B) 6:00 Evening Movie (IS)	10:00 Chair Yoga (IS) 10:30 Travel Slide Show/Trivia (IS) 11:30 Outdoor Reminiscing (T) 1:00 Let's Get Physical! (AR) 2:00 The Game of UNO (AR) 3:00 Dance Competitions (AR) 4:00 February Word Search (AR) 6:00 Virtual Jewish Service (IS)	9:30 Outdoor Time on Terrace (T) 10:30 Bible Study (IS) 11:30 Morning Stretch (IS) 1:00 Balloon Volley (AR) 2:00 Movie Matinee (AR) 3:00 Table Top Games (AR) 4:00 Favorite Songs/Singers (AR) 6:00 Dominoes Tournament (AR)
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Happy Birthday!

Froma S.-3/30

Locations

- AR = Activity Room
- B = Bistro
- D = Demonstration Kitchen
- iN2L= Interactive Screen
- LI = Library
- L = Lobby
- T = Movie Theater
- O = Outing
- PD = Pool Deck
- Q = Quiet Room
- TR = Terrace