

March 2026

Allegro Tallahassee Senior Living



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<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: T.J. Maxx</p> <p>5:30 Rock & Unwind</p> <p>6:00 Yahtzee!</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 FSU GrooveFit</p> <p>1:00 Fireside Story Club</p> <p>2:00 Pastel BINGO w/ Hopewell</p> <p>3:00 Health Talk w/ SunCrest</p> <p>3:15 TGC: Vikings Pt. 18</p> <p>6:00 Poker Night</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 An American in Paris w/ Popcorn</p> <p>3:00 Tech Tuesday</p> <p>3:30 Activity Chat w/ Rebecca</p> <p>5:30 Book Club</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 Name That Tune!</p> <p>1:00 Our Life Stories</p> <p>2:00 BINGO</p> <p>3:30 Wine Down Wednesday</p> <p>5:30 Seated Kickboxing</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>12:00 Piano Music by Louise</p> <p>1:30 Musical: The Sound of Music</p> <p>2:00 Women's Bible Study</p> <p>3:30 Sip & Sing Karaoke</p> <p>5:30 Who Dunnit?</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: Chili's</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 Scrabble</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 Basketball Shootout</p> <p>1:00 Self Defense Class</p> <p>2:00 BINGO</p> <p>3:30 Craft: Model Clay Animals</p> <p>5:30 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: Esposito's</p> <p>5:30 Rock & Unwind</p> <p>6:00 Yahtzee!</p>	<p>9:15 Shop: Target or Publix</p> <p>10:00 Mindful Yoga with Cate</p> <p>11:00 FSU GrooveFit</p> <p>11:30 Live From Las Vegas! Johnny Bird</p> <p>2:00 Mismatched BINGO w/ Hopewell</p> <p>3:00 Lucky To Be Me Kits w/ Nurse Ashley</p> <p>3:15 TGC: Vikings Pt. 19</p> <p>6:00 Poker Night</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>1:45 Coffee First! Town Hall Next!</p> <p>2:00 Town Hall Meeting</p> <p>3:00 Tech Tuesday</p> <p>5:30 Book Club</p>	<p>9:30 The Morning Reader</p> <p>10:00 Tai Chi with ACTION</p> <p>11:00 Vision Loss Support Group</p> <p>11:15 Dental Health Awareness</p> <p>1:00 Women's History: Who am I?</p> <p>2:00 BINGO</p> <p>3:30 Wine Down Storytelling w/ Linda Ford</p> <p>5:30 Seated Kickboxing</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>12:00 Piano Music by Louise</p> <p>1:30 Movie: Resident Choice</p> <p>2:00 Women's Bible Study</p> <p>3:30 Sip & Sing Karaoke</p> <p>5:30 Game On!</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: Blaze Pizza</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 Scrabble</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 Basketball Shootout</p> <p>1:00 Self Defense Class</p> <p>2:00 BINGO</p> <p>3:30 Craft: DIY Suncatcher</p> <p>5:30 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 Sunday Leisurely Drive</p> <p>5:30 Rock & Unwind</p> <p>6:00 Yahtzee!</p>	<p>9:15 Shop: Walmart</p> <p>10:00 Mindful Yoga with Cate</p> <p>11:00 FSU GrooveFit</p> <p>1:00 March Madness Bracket Kickoff!</p> <p>2:00 Green & Shamrock BINGO w/ Hopewell</p> <p>3:00 Hopewell Trivia Hour</p> <p>3:15 TGC: Vikings Pt. 20</p> <p>6:00 Poker Night</p>	<p>St. Patrick's Day</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 Thirteen Days w/ Popcorn</p> <p>2:00 Luck of the Irish Social</p> <p>4:30 Dinner Music w/ Gail</p> <p>5:30 Book Club</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>11:30 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 Seated Kickboxing</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>12:00 Piano Music by Louise</p> <p>1:30 Musical: Oliver</p> <p>2:00 Women's Bible Study</p> <p>3:30 Sip & Sing Karaoke</p> <p>5:30 Who Dunnit?</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: Kiku's</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 Scrabble</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 Basketball Shootout</p> <p>1:00 Self Defense Class</p> <p>2:00 BINGO</p> <p>3:30 Craft: Candle Making</p> <p>5:30 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: Goodwill</p> <p>5:30 Rock & Unwind</p> <p>6:00 Yahtzee!</p>	<p>9:15 Shop: Target or Publix</p> <p>10:00 Mindful Yoga with Cate</p> <p>10:00 OLLI Class (American Foundations)</p> <p>11:00 FSU GrooveFit</p> <p>1:00 March Madness: Sweet Sixteen Brackets</p> <p>2:00 Basketball BINGO w/ Hopewell</p> <p>3:15 TGC: Vikings Pt. 21</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 Bag Toss w/ ACTION</p> <p>1:30 Annie Hall w/ Popcorn</p> <p>3:00 Tech Tuesday</p> <p>4:00 Dinner Music w/ Gail</p> <p>5:30 Book Club</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 Name That Tune!</p> <p>1:00 Our Life Stories</p> <p>2:00 BINGO</p> <p>3:30 Wine Down Wednesday</p> <p>5:30 Seated Kickboxing</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>12:00 Piano Music by Louise</p> <p>1:30 Movie: Resident Choice</p> <p>2:00 Women's Bible Study</p> <p>3:30 Sip & Sing Karaoke</p> <p>4:00 Shamrocks & Shenanigans</p> <p>Family Night w/ Suncrest Omni</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: Coosh's Bayou Rouge</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>6:00 Scrabble</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 Basketball Shootout</p> <p>1:00 Self Defense Class</p> <p>2:00 BINGO</p> <p>3:30 Cupcake Decorating w/ Perfect Pairs</p> <p>5:30 Skip-Bo: Solitaire Cards</p>
<p>9:15 Holy Communion Service</p> <p>9:30 Palm Sunday 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: Wawa</p> <p>5:30 Rock & Unwind</p> <p>6:00 Yahtzee!</p>	<p>9:15 Shop: Walmart</p> <p>10:00 Mindful Yoga</p> <p>10:00 Puzzle Master Meet-Up</p> <p>11:00 FSU GrooveFit</p> <p>1:00 March Madness: Final Four Brackets</p> <p>2:00 Mad for Plaid BINGO w/ Hopewell</p> <p>3:00 VITAS Bereavement Support Group</p> <p>3:15 TGC: Vikings Pt. 22</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 Rocky w/ Popcorn</p> <p>3:00 Tech Tuesday</p> <p>5:30 Book Club</p>				

Happy Birthday!

Connie R - 1st
Nancy P - 11th
Paul S - 11th
Pat R - 21st
Carol M - 31st

March celebrates Women's History Month and St. Patrick's Day, honoring resilience, heritage, and community. We recognize trailblazing women while embracing Irish traditions of joy, music, and togetherness throughout this spirited month.

Please note: This calendar is subject to change.

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