

May 2026

Allegro Tallahassee



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Get your dancing outfits ready, we have Prom at the end of the month!</p>						
<p>9:15 Holy Communion Service 9:30 Chapel Services with 4Oaks 10:00 Light & Lively Cardio 10:00 Puzzle Master Meet-Up 10:45 Dollar Tree 2:00 BINGO 3:00 Shop: Esposito's 5:30 Rock & Unwind 6:00 The Daily Rhythm To-Go</p>	<p>9:15 Shop: Target or Publix 10:00 Mindful Yoga with Cate 11:00 No-Bake Cooking: Wookiee Cookies 1:00 Mariachi Tallahassee Performance 2:00 Furs & Beads BINGO w/ Hopewell 3:00 Health Talk w/ SunCrest 3:15 TGC: Vikings Pt. 27 5:30 Star Wars Movie Night</p>	<p>Cinco De Mayo 9:00 Question of the Week 10:00 SWEAT Therapy 11:00 Music Therapy with Leah 12:00 Lunch Music with Gail 1:30 Chitty Chitty Bang Bang w/ Popcorn! 1:30 Cinco de Mayo Fiesta! 3:30 Activity Chat w/ Rebecca 5:30 Book Club</p>	<p>National Nurses Day 9:30 The Morning Reader 10:00 Puzzle Master Meet-Up 10:00 Tai Chi with ACTION 11:00 Name That Tune! 1:00 Our Life Stories 2:00 BINGO 3:30 Wine Down Wednesday 5:30 Seated Kickboxing</p>	<p>9:00 The Daily Rhythm To-Go 9:30 Blood Pressure Check 10:00 Puzzle Master Meet-Up 10:00 Wisdom Yoga with Cate 11:00 Corn Hole 1:15 Family Feud 2:00 Women's Bible Study 3:30 Sip & Sing Karaoke 5:30 Who Dunit? 6:15 The Bucket List</p>	<p>9:00 Men's Bible Study (4Oaks) 10:00 Puzzle Master Meet-Up 10:00 Silver Strength(SunCrest) 11:00 Lunch: Island Wing Company 1:15 Praying the Rosary 2:15 Allegro Wheel of Fortune 3:30 Toast of the Day Happy Hour 6:00 Scrabble</p>	<p>Kentucky Derby Pick a Pony Pot! 9:00 Morning Mingle 10:00 "Chair-lates" 10:00 Hand & Foot 11:00 "Roll Your Horse" Dice Derby 11:00 Kentucky Derby Viewing 2:00 BINGO 3:30 Craft: Derby Hats 5:30 Skip-Bo: Solitaire Cards</p>
<p>Mother's Day 9:15 Holy Communion Service 9:30 Chapel Services with 4Oaks 10:00 Light & Lively Cardio 10:00 Puzzle Master Meet-Up 10:30 Mother's Day Tea Party 12:00 Mother's Day Luncheon 2:00 BINGO 3:00 Shop: Trader Joe's 5:30 Rock & Unwind</p>	<p>9:15 Shop: Walmart 10:00 Mindful Yoga with Cate 11:00 No-Bake Cooking Class 1:00 LifeLoop 101 2:00 All-American BINGO w/ Hopewell 3:00 No Bake Dessert Kit w/ Nurse Ashley 3:15 TGC: Vikings Pt. 28 6:00 Resident-Led Bridge Club</p>	<p>9:00 Question of the Week 10:00 Puzzle Master Meet-Up 10:00 SWEAT Therapy 11:00 Music Therapy with Leah 1:45 Coffee First! Town Hall Next! 2:00 Town Hall Meeting 3:00 Tech Tuesday 5:30 Book Club</p>	<p>9:30 The Morning Reader 10:00 Puzzle Master Meet-Up 10:00 Tai Chi with ACTION 11:00 Name That Tune! 1:00 Our Life Stories 2:00 BINGO 3:30 Wine Down Wednesday 5:30 Seated Kickboxing</p>	<p>9:00 The Daily Rhythm To-Go 9:30 Blood Pressure Check 10:00 Puzzle Master Meet-Up 10:00 Wisdom Yoga with Cate 11:00 Corn Hole 1:15 Family Feud 2:00 Women's Bible Study 3:30 Sip & Sing Karaoke 5:30 Game On! 6:15 Carousel</p>	<p>9:00 Men's Bible Study (4Oaks) 10:00 Puzzle Master Meet-Up 10:00 Silver Strength(SunCrest) 11:00 Lunch: El Jalisco 1:15 Praying the Rosary 2:15 Allegro Wheel of Fortune 3:30 Toast of the Day Happy Hour 6:00 Scrabble</p>	<p>9:00 Morning Mingle 10:00 "Chair-lates" 10:00 Hand & Foot 10:00 Puzzle Master Meet-Up 11:00 Strike Zone Showdown 1:00 Self Defense Class 2:00 BINGO 3:30 Happy Hour Special: Live Music w/ Lauren Reder 5:30 Skip-Bo: Solitaire Cards</p>
<p>9:15 Holy Communion Service 9:30 Chapel Services with 4Oaks 10:00 Light & Lively Cardio 10:00 Puzzle Master Meet-Up 10:45 Dollar Tree 2:00 BINGO 3:00 Sunday Leisurely Drive 5:30 Rock & Unwind 6:00 The Daily Rhythm To-Go</p>	<p>9:15 Shop: Target or Publix 10:00 Mindful Yoga with Cate 10:00 Puzzle Master Meet-Up 11:00 No-Bake Cooking Class 1:00 LifeLoop 101 2:00 Sun-Hat BINGO w/ Hopewell 3:00 Hopewell Trivia Hour 3:15 TGC: Vikings Pt. 29 6:00 Resident-Led Bridge Club</p>	<p>9:00 Question of the Week 10:00 Puzzle Master Meet-Up 10:00 SWEAT Therapy 11:00 Music Therapy with Leah 11:30 Ambassador Meeting 1:30 Because of Winn Dixie w/ Popcorn 3:00 Resident Welcome Party 3:00 Tech Tuesday 4:30 Dinner Music w/ Gail 5:30 Book Club</p>	<p>9:30 The Morning Reader 10:00 Puzzle Master Meet-Up 10:00 Tai Chi with ACTION 11:30 May Birthday Luncheon 1:00 Live Music w/ Dave Carty 2:00 BINGO 3:30 Wine Down Wednesday 5:30 Seated Kickboxing</p>	<p>9:00 The Daily Rhythm To-Go 9:30 Blood Pressure Check 10:00 Puzzle Master Meet-Up 10:00 Wisdom Yoga with Cate 11:00 Corn Hole 1:15 Family Feud 2:00 Women's Bible Study 3:30 Sip & Sing Karaoke 5:30 Who Dunit? 6:15 Brigadoon</p>	<p>9:00 Men's Bible Study (4Oaks) 10:00 Puzzle Master Meet-Up 10:00 Silver Strength(SunCrest) 11:00 Lunch: Canopy Road Cafe 1:15 Praying the Rosary 2:15 Allegro Wheel of Fortune 3:30 Toast of the Day Happy Hour 6:00 Scrabble</p>	<p>9:00 Morning Mingle 10:00 "Chair-lates" 10:00 Hand & Foot 10:00 Puzzle Master Meet-Up 11:00 Strike Zone Showdown 1:00 Self Defense Class 2:00 BINGO 3:30 Craft: Paper Flowers Backdrop 5:30 Skip-Bo: Solitaire Cards</p>
<p>9:15 Holy Communion Service 9:30 Chapel Services with 4Oaks 10:00 Light & Lively Cardio 10:00 Puzzle Master Meet-Up 10:45 CVS/Walgreens 2:00 BINGO 3:00 Shop: Dillard's 5:30 Rock & Unwind 6:00 The Daily Rhythm To-Go</p>	<p>Memorial Day 9:15 Memorial Day Service 10:00 Mindful Yoga with Cate 10:00 Table of Honor 11:00 No-Bake Cooking Class 2:00 Red, White & Blue BINGO w/ Hopewell 3:00 VITAS Bereavement Support Group 3:15 TGC: Vikings Pt. 30</p>	<p>9:00 Question of the Week 10:00 Puzzle Master Meet-Up 10:00 SWEAT Therapy 11:00 Music Therapy with Leah 1:30 Shirley Temple: Little Miss Broadway 3:00 Tech Tuesday 4:00 Dinner Music w/ Gail 5:30 Book Club</p>	<p>9:30 The Morning Reader 10:00 Puzzle Master Meet-Up 10:00 Tai Chi with ACTION 11:00 For Those Who Served Beside Us with VITAS 1:00 Our Life Stories 2:00 BINGO 3:30 Wine Down Wednesday 5:30 Seated Kickboxing</p>	<p>9:00 The Daily Rhythm To-Go 9:30 Blood Pressure Check 10:00 Wisdom Yoga with Cate 11:00 Corn Hole 1:15 Family Feud 2:00 Women's Bible Study 4:00 A Night in the Garden: Family Night 5:00 Moonlight in the Garden: Prom Night</p>	<p>9:00 Men's Bible Study (4Oaks) 10:00 Silver Strength(SunCrest) 11:00 Lunch: Bonefish Grill 1:15 Praying the Rosary 2:15 Allegro Wheel of Fortune 3:30 Garden Party w/ Honeymoon Harry 3:30 Toast of the Day Happy Hour 6:00 Scrabble</p>	<p>9:00 Morning Mingle 10:00 "Chair-lates" 10:00 Hand & Foot 10:00 Puzzle Master Meet-Up 11:00 Strike Zone Showdown 1:00 Self Defense Class 2:00 BINGO 3:30 Craft: Canvas Painting w/ Sydney 5:30 Skip-Bo: Solitaire Cards</p>
<p>9:15 Holy Communion Service 9:30 Chapel Services with 4Oaks 10:00 Light & Lively Cardio 10:00 Puzzle Master Meet-Up 10:45 Dollar Tree 2:00 BINGO 3:00 Shop: HomeGoods 5:30 Rock & Unwind 6:00 The Daily Rhythm To-Go</p>		<p>Fun Facts About May! May is the only month that never starts or ends on the same day of the week as any other month There's a real celebration called "National No Pants Day" (first Friday in May) The phrase "Mayday! Mayday!" comes from the French "m'aidez," meaning "help me" More weddings happen in June, but May is considered one of the luckiest months to get married</p>				

Happy Birthday!

- Phyllis T. - 5th
- Becky M. - 6th
- Warren J. - 6th
- Goldie H. - 10th
- Ola J. - 11th
- Annette R. - 12th
- Betty B. - 14th
- Shirley R. - 15th
- Freda C. - 16th
- Joel H. - 19th
- Jimmy A. - 21st
- Connie S. - 23rd
- George S. - 26th
- Barbara B. - 29th

May brings vibrant celebrations with our Garden Prom, festive Cinco de Mayo fun, engaging activities, and meaningful moments shared together throughout our community all month long.

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