

September 2026

Allegro Harrington Park Senior Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		9:15 Post Office & Bank Outing (Bus) 10:00 Jeopardy Challenge (L) 10:30 Total Body Movement with Deb (ACT) 11:30 Jewelry Making Class (AS) 11:30 Wall Scrabble (GR) 1:15 Tech Tuesday - Help Desk (BC) 1:30 Poker (GR) 2:00 Food Forum (ACT) 2:30 Nature's Arts & Crafts (AS) 3:30 Balloon Volleyball (ACT) 3:30 Sunset Stretch (PTH) 8:00 Movie Night- Resident Pick (T)	10:15 Chain Link Game (L) 10:15 Current Events with Bob (T) 10:30 Balance Fitness with Tammie (ACT) 11:30 Crafting with Cindy (AS) 11:30 Crossword Challenge (ACT) 12:00 Cooking Demo with Connor (B) 1:45 Travelogue Series w/ Laura (T) 2:00 Mahjong with Michelle (GR) 2:15 Bingo (ACT) 3:30 Social Hour (PTH) 8:00 Comedy Movie Night (T)	10:00 Aquacise Class with Kim (P) 10:15 Documentary Film Series (T) 10:30 Gentle Yoga with Jen (ACT) 11:15 Brushstrokes w/ Cindy (AS) 12:15 Kosher Nosh Lunch Trip (Bus) 2:00 A Touch of the Senses (ACT) 2:00 LCR Game (GR) 2:00 Rummikub Club (GR) 3:00 Karaoke w/ Chris from Achieve Homecare (PTH) 7:15 Evening Concert & Cordials (PTH)	10:15 Ted Talk & Discussion (T) 10:30 Strength & Fitness (ACT) 11:30 You be the Judge (ACT) 1:30 Poker (GR) 2:00 Bingo Bash (ACT) 2:00 Canasta Club with Lisa (GR) 3:15 Yoga with Mimi (ACT) 3:30 Social Hour (PTH) 4:30 Shabbat (ACT) 8:00 Movie Night - New Release (T)	10:00 AM Shopping Shuttle (Bus) 10:00 Shabbat - Virtual Service (PTH) 10:30 Yoga Flow w/ Kim Mihov (ACT) 11:15 Wall Scrabble (GR) 11:30 Let's Finish the Phrase! (ACT) 1:00 Line Dancing (ACT) 1:45 Saturday Matinee (T) 2:15 Bingo (ACT) 3:30 Social Hour (PTH) 8:00 Movie Musical Night (T)
9:15 Catholic Mass Livestream (PTH) 10:00 Communion (T) 10:30 Tai Chi (ACT) 11:00 Sunday Stretch with Lifestyle (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) 3:45 Crossword Fun (ACT) 8:00 Movie Musicals (T)	Labor Day 10:00 News & Views with Sam (L) 10:30 Morning Yoga with Jen (ACT) 11:30 All About Labor Day! (ACT) 11:30 Ted Talk & Discussion (T) 1:00 Knit Wits Club (BC) 2:00 Cornhole Toss (ACT) 2:00 LCR Game 2:00 Opera Appreciation w/ Joe Lawliss (T) 3:15 Centering Yoga Class (ACT) 3:30 Labor Day Celebration (PTH) 6:30 Bingo with Cindy (ACT) 8:00 Monday Night Movie (T)	9:15 Post Office & Bank Outing (Bus) 10:00 Jeopardy Challenge (L) 10:30 Total Body Movement with Deb (ACT) 11:30 Wall Scrabble (GR) 11:30 Watercolor Art (AS) 1:15 Tech Tuesday - Help Desk (BC) 1:30 Poker (GR) 2:00 Food Forum (ACT) 2:30 Calligraphy Class (AS) 3:30 Balloon Volleyball (ACT) 3:30 Sunset Stretch (PTH) 8:00 Movie Night- Resident Pick (T)	10:15 Current Events with Bob (T) 10:30 Balance Fitness with Tammie (ACT) 11:30 Crafting with Cindy (AS) 11:30 Crossword Challenge (ACT) 12:00 Cooking Demo with Connor (B) 1:45 Travelogue Series w/ Lifestyle (T) 2:00 Mahjong with Michelle (GR) 2:15 Bingo (ACT) 3:30 Social Hour (PTH) 3:45 Name That Tune- Love Songs & Melodies (T) 7:30 Opera Night w/Joe Lawliss 8:00 Comedy Movie Night (T)	10:00 Aquacise Class with Kim (P) 10:00 Brain Busters (L) 10:30 Gentle Yoga with Jen (ACT) 11:30 Decoupage w/ Cindy (AS) 11:30 Honoring 9/11- Special Presentation by Historical Speakers (T) 12:30 Davey's Irish Pub Lunch Trip (Bus) 2:00 LCR Game (GR) 2:00 Rummikub Club (GR) 2:00 The Price is Right (ACT) 3:00 Rosh Hashanah w/ Rabbi Lewis (ACT) 3:45 Allegro Karaoke Jam Session (T) 8:00 Movie Musical (T)	10:15 Ted Talk & Discussion (T) 10:30 Strength & Fitness (ACT) 11:30 You be the Judge (ACT) 1:30 Poker (GR) 2:00 Bingo Bash (ACT) 2:00 Canasta Club with Lisa (GR) 3:15 Yoga with Mimi (ACT) 3:30 Social Hour (PTH) 4:30 Rosh Hashanah Shabbat & Prayer Service (ACT) 8:00 Movie Night - New Release (T)	Rosh Hashana 10:00 AM Shopping Shuttle (Bus) 10:00 Rosh Hashanah - Virtual Service (PTH) 10:30 Yoga Flow w/ Kim Mihov (ACT) 11:15 Wall Scrabble (GR) 11:30 Trivia & More! (ACT) 1:00 Line Dancing (ACT) 1:45 Celebrating National Chocolate Milkshake Day! (PTH) 1:45 Saturday Matinee (T) 2:15 Bingo (ACT) 3:30 Social Hour (PTH) 8:00 Classical Symphony Show (T)
9:15 Catholic Mass Livestream (PTH) 10:00 Communion (T) 10:00 Rosh Hashanah Virtual Service (PTH) 10:30 Tai Chi (ACT) 11:00 Grandparent's Day Petting Zoo & BBQ (O) 11:15 Art History Lecture (T) 11:30 Creative Craft Meetup (AS) 2:15 Bingo (ACT) 2:30 Magic Show w/ Zach Alexander (T) 3:30 Grandparent's Day Celebration w/ DJ Frank (PTH) 8:00 Movie Musicals (T)	10:00 News & Views with Sam (L) 10:30 Morning Yoga with Jen (ACT) 11:30 Moments That Matter- Celebrating Assisted Living Week (ACT) 11:30 Ted Talk & Discussion (T) 1:00 Knit Wits Club (BC) 2:00 LCR Game 2:00 National Live Creative Day w/ Lifestyle (AS) 3:15 Centering Yoga Class (ACT) 3:30 Social Hour (PTH) 4:15 Cornhole Challenge (ACT) 6:30 Bingo with Cindy (ACT) 8:00 Monday Night Movie (T)	9:15 Post Office & Bank Outing (Bus) 10:00 Jeopardy Challenge (L) 10:30 Total Body Movement with Deb (ACT) 11:30 Jewelry Making Class (AS) 11:30 Live Lecture with Paul White (PTH) 11:30 Wall Scrabble (GR) 1:15 Tech Tuesday - Help Desk (BC) 1:30 Poker (GR) 2:00 Lifestyle Committee (ACT) 2:30 Celebrating the Moments that Matter- AL Week! (PTH) 3:45 Balloon Volleyball (ACT) 8:00 Movie Night- Resident Pick (T)	10:15 Current Events with Bob (T) 10:30 Balance Fitness with Tammie (ACT) 11:30 Crafting with Cindy (AS) 11:30 Crossword Challenge (ACT) 12:00 Cooking Demo with Connor (B) 2:00 Live Music w/ Bonnie (T) 2:00 Mahjong with Michelle (GR) 2:15 Bingo (ACT) 3:30 Wild Wild West Party (PTH) 8:00 Comedy Movie Night (T)	9:00 Turtle Back Zoo - Celebrating Wildlife! (Bus) 10:00 Aquacise Class with Kim (P) 10:30 Gentle Yoga with Jen (ACT) 11:00 Gardening w/ Laura (O) 2:00 LCR Game (GR) 2:00 Rummikub Club (GR) 2:00 Zumba Dance w/ Laura (PTH) 3:00 Dancing Through The Decades (B) 4:00 Allegro Karaoke Jam Session (T) 8:00 Documentary Film Night (T)	10:30 Strength & Fitness (ACT) 11:30 Resident & Staff Trivia Challenge (ACT) 1:30 Poker (GR) 2:00 Canasta Club with Lisa (GR) 2:00 Make Your Own Sundaes! (P) 2:30 Bingo Bash (ACT) 3:15 Yoga with Mimi (ACT) 3:30 Social Hour (PTH) 4:30 Shabbat (ACT) 8:00 Movie Night - New Release (T)	10:00 AM Shopping Shuttle (Bus) 10:00 Shabbat - Virtual Service (PTH) 10:30 Yoga Flow w/ Kim Mihov (ACT) 11:15 Wall Scrabble (GR) 11:30 Brain Pop! (ACT) 1:00 Line Dancing (ACT) 1:45 Saturday Matinee (T) 2:15 Bingo (ACT) 3:30 Celebrating the end of Assisted Living Week with Larry! (PTH) 8:00 Movie Musical
9:15 Catholic Mass Livestream (PTH) 10:00 Communion (T) 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) 3:45 Crossword w/ Cindy 8:00 Movie Musicals (T)	Yom Kippur 9:30 Yom Kippur Virtual Service (PTH) 10:00 News & Views with Sam (L) 10:30 Morning Yoga with Jen (ACT) 11:30 Card Making w/ Cindy (AS) 11:30 Ted Talk & Discussion (T) 1:00 Knit Wits Club (BC) 2:00 LCR Game 3:15 Centering Yoga Class (ACT) 3:30 Social Hour (PTH) 4:15 Cornhole Challenge w/ Lifestyle (ACT) 6:30 Bingo with Cindy (ACT) 8:00 Monday Night Movie (T)	Autumn Equinox 9:15 Post Office & Bank Outing (Bus) 10:00 Jeopardy Challenge 10:30 Total Body Movement with Deb (ACT) 11:30 Readers Rendezvous w/ Laura (L) 11:30 Wall Scrabble (GR) 1:15 Tech Tuesday - Help Desk (BC) 1:30 Poker (GR) 2:00 Clay Creations (AS) 2:30 Ice Cream Trip- National Ice Cream Cone Day! (Bus) 3:30 Sunset Stretch (PTH) 3:45 Balloon Volleyball (ACT) 8:00 Movie Night- Resident Pick (T)	10:15 Current Events with Bob (T) 10:30 Balance Fitness with Tammie (ACT) 11:30 Crafting with Cindy (AS) 11:30 Crossword Challenge (ACT) 12:00 Cooking Demo with Connor (B) 1:45 Travelogue Series w/ Laura (T) 2:00 Mahjong with Michelle (GR) 2:15 Bingo (ACT) 3:00 Allegro Birthday Bash! (B) 3:45 Name That Tune- Through the Decades (T) 8:00 Comedy Movie Night (T)	10:00 Aquacise Class with Kim (P) 10:30 Gentle Yoga with Jen (ACT) 11:15 Cindy's Sip & Paint Class (AS) 11:30 Live History Lecture with Cynthia Affinito (T) 12:15 Ammata Tai Kitchen Lunch Trip (Bus) 2:00 Assisted Living Resident Council Meeting (ACT) 2:00 LCR Game (GR) 2:00 Rummikub Club (GR) 3:45 Allegro Karaoke Jam Session (T) 8:00 Documentary Film Night (T)	10:15 Ted Talk & Discussion (T) 10:30 Strength & Fitness (ACT) 11:30 You be the Judge (ACT) 1:30 Poker (GR) 2:00 Bingo Bash (ACT) 2:00 Canasta Club with Lisa (GR) 3:15 Yoga with Mimi (ACT) 3:30 Social Hour (PTH) 4:30 Shabbat (ACT) 8:00 Movie Night - New Release (T)	10:00 AM Shopping Shuttle (Bus) 10:00 Shabbat - Virtual Service (PTH) 10:30 Yoga Flow w/ Kim Mihov (ACT) 11:15 Wall Scrabble (GR) 11:30 Bananagrams w/ Jack (ACT) 1:00 Line Dancing (ACT) 1:45 Saturday Matinee (T) 2:15 Bingo (ACT) 3:30 Social Hour (PTH) 8:00 Movie Musical (T)
9:15 Catholic Mass Livestream (PTH) 10:00 Communion (T) 10:30 Tai Chi (ACT) 11:00 Sunday Stretch with Laura (PTH) 11:15 Art History Lecture (T) 11:30 Creative Craft Meetup (AS) 11:30 Sunday Brunch Trip (Bus) 1:45 Weird History w/ Mike (T) 2:15 Bingo (ACT) 3:30 Social Hour (PTH) 3:45 Crossword Fun (ACT) 8:00 Movie Musicals (T)	10:00 News & Views with Sam (L) 10:30 Morning Yoga with Jen (ACT) 11:15 Allegro Book Club Meets w/ Laura (L) 11:30 20 Questions Game (ACT) 11:30 Ted Talk & Discussion (T) 1:00 Knit Wits Club (BC) 2:00 LCR Game 3:15 Centering Yoga Class (ACT) 3:30 Social Hour (PTH) 4:15 Cornhole Challenge (ACT) 6:30 Bingo with Cindy (ACT) 8:00 Monday Night Movie (T)	9:15 Post Office & Bank Outing (Bus) 10:00 Jeopardy Challenge (L) 10:30 Total Body Movement with Deb (ACT) 11:30 Wall Scrabble (GR) 1:15 Tech Tuesday - Help Desk (BC) 1:30 Poker (GR) 2:00 Live Lecture with Paul Rabinowitz (T) 2:00 Neurographic Art w/ Cindy (AS) 3:30 Sunset Stretch (PTH) 3:45 Balloon Volleyball (ACT) 8:00 Movie Night- Resident Pick (T)	10:15 Current Events with Bob (T) 10:30 Balance Fitness with Tammie (ACT) 11:30 Crafting with Cindy (AS) 11:30 Crossword Challenge (ACT) 12:00 Cooking Demo with Connor (B) 1:45 Travelogue Series w/ Laura (T) 2:00 Mahjong with Michelle (GR) 2:15 Bingo (ACT) 3:30 Social Hour (PTH) 3:45 Name That Tune- Best of the 50s! (T) 8:00 Comedy Movie Night (T)			



September Vibes!

Kosher Nosh Trip- 9/3

Labor Day- 9/7

National Grandparent's Day
9/13

National Assisted Living Week
9/13- 9/19

Rabbi Lewis Visits Allegro!
9/10

September Birthday Bash
9/23 with Elvis!

*All Activities are Subject to
Change*

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

SEPTEMBER 2026

Allegro Harrington Park-Ensemble

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		10:00 This Is Your Life (LR) 10:30 Paper Crafting (LR) 11:30 Total Body Movement (LR) 1:00 Let's Take A Stroll (O) 1:30 Afternoon Stretch (LR) 1:45 Visiting Laurelwood Arboretum (Bus) 3:00 Float Like A Balloon (LR) 4:00 Bingo (P) 6:00 Ensemble Singing Society (I)	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)	10:00 This Is Your Life (LR) 11:00 Clay Date (LR) 11:30 Calm Breathing Bubble (LR) 2:00 Chapter's Inc. (LR) 2:30 Chair Exercise w/Healthpro (LR) 3:00 Mugs & Memories (DR) 3:30 Sip, Share, and Connect (PTH) 4:15 Karaoke (I) 6:00 Life Long Learning (I)	10:00 Storytelling 101 (LR) 11:30 Stay Fit, Stay Fabulous (LR) 1:00 Music Therapy w/Jenn (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)	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)
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)	10:00 Wheel of Fortune (LR) 10:45 Rosary Group (LR) 11:00 Crafting Corner-Making Patriotic Pom-Poms Flags (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)	10:00 This Is Your Life (LR) 10:30 Paper Crafting (LR) 11:30 Total Body Movement (LR) 1:00 Let's Take A Stroll (O) 1:30 Afternoon Stretch (LR) 1:45 Apple Picking at Damarest Farm (Bus) 3:00 Float Like A Balloon (LR) 4:00 Bingo (P) 6:00 Ensemble Singing Society (I)	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 Let's Relax-Yoga w/Kim (LR) 4:15 Bingo (LR) 6:00 Posi-ti-vi Tea (DR)	10:00 This Is Your Life (LR) 11:15 Total Body Fitness (LR) 1:00 Wellness Melodies (P) 1:45 Let's Bake- Brownies (DR) 2:30 Chair Exercise w/Healthpro (LR) 3:00 Mugs & Memories (DR) 3:30 Sip, Share, and Connect (PTH) 4:00 Let's Dance (LR) 6:00 Life Long Learning (I)	10:00 Storytelling 101 (LR) 11:00 Crafting Corner-Patriotic Tissue-Paper Suncatcher (LR) 11:30 Stay Fit, Stay Fabulous (LR) 2:00 Drum Fitness w/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)	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 Chair Yoga (LR) 3:30 Bingo (LR) 4:00 The Price is Right (I) 6:00 Concert Series (LR)
10:00 Virtual Catholic Mass (I) 11:00 Legacy Arts-Painting Garden Stones (LR) 11:30 Gentle Stretching with Anne (P) 1:00 Let's Watch a Movie- Mrs. Doubtfire 2:00 Petting Zoo (O) 2:45 Affirmation Nation (LR) 3:30 Today in History Trivia (LR) 4:00 Bingo (LR) 6:00 Concert Series (LR)	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)	10:00 This Is Your Life (LR) 10:30 Paper Crafting (LR) 11:30 Total Body Movement (LR) 1:00 Let's Take A Stroll (O) 1:30 Afternoon Stretch (LR) 1:45 Visiting NJ Botanical Garden (Bus) 3:00 Float Like A Balloon (LR) 4:00 Bingo (P) 6:00 Ensemble Singing Society (I)	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)	10:00 This Is Your Life (LR) 11:00 Clay Date (LR) 11:30 Calm Breathing Bubble (LR) 2:00 Chapter's Inc. (LR) 2:30 Chair Exercise w/Healthpro (LR) 3:00 Mugs & Memories (DR) 3:30 Sip, Share, and Connect (PTH) 4:15 Karaoke (I) 6:00 Life Long Learning (I)	10:00 Storytelling 101 (LR) 11:30 Stay Fit, Stay Fabulous (LR) 1:00 Music Therapy w/Jenn (LR) 2:00 Fitness with HP (LR) 2:30 Fridays at the Movies (T) 3:30 Live. Love. Music (LR) 4:00 Roll Another One (LR) 4:15 You Name It! Pictionary (LR) 4:30 Concert Series (LR) 6:00 Virtual Shabbat Services (I)	10:00 Family Feud (LR) 10:30 Paws & Relax (LR) 11:00 Inhale Wisdom (LR) 11:00 Nature's Nurturers (P) 1:30 Bergen County Fall Harvest (O) 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)
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)	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)	10:00 This Is Your Life (LR) 10:30 Paper Crafting (LR) 11:30 Total Body Movement (LR) 1:00 Let's Take A Stroll (O) 1:30 Afternoon Stretch (LR) 1:45 Peaceful Nature& Scenic View-Wild Duck Pond (Bus) 3:00 Float Like A Balloon (LR) 4:00 Bingo (P) 6:00 Ensemble Singing Society (I)	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)	10:00 This Is Your Life (LR) 11:15 Total Body Fitness (LR) 1:00 Wellness Melodies (P) 1:45 Let's Bake- Cookies (DR) 2:30 Chair Exercise w/Healthpro (LR) 3:00 Mugs & Memories (DR) 3:30 Sip, Share, and Connect (PTH) 4:15 Karaoke (I) 6:00 Life Long Learning (I)	10:00 Storytelling 101 (LR) 11:00 Crafting Corner (LR) 11:30 Stay Fit, Stay Fabulous (LR) 2:00 Drum Fitness w/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)	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 Chair Yoga (LR) 3:30 Bingo (LR) 4:00 The Price is Right (I) 6:00 Concert Series (LR)
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)	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)	10:00 This Is Your Life (LR) 10:30 Paper Crafting (LR) 11:30 Total Body Movement (LR) 1:00 Let's Take A Stroll (O) 1:30 Afternoon Stretch (LR) 1:45 Visiting Abma's Farm (Bus) 3:00 Float Like A Balloon (LR) 4:00 Bingo (P) 6:00 Ensemble Singing Society (I)	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)			



What's Happening in Allegro

Labor Day 9/7

Patriotic Day 9/11

Assisted Living Week
9/13-9/19

Grandparents Day 9/13

Petting Zoo 9/13

Bergen County Fall
Harvest-Ensemble 9/19

Big Birthday Bash 9/23

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
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O = Outdoors