

UPCOMING COMMUNITY EVENTS



GARDENING CLUB

Do you have a love for gardening? Lucky you! Gardening Club will begin April 2nd. Everyone is welcome whether you have years of gardening experience or just like to look at the lovely flowers. This is a great opportunity to experience the environment, socialize, and create something beautiful together.

COMMUNITY SUPPORT GROUP

Join our Senior Community Support Group! Connect with others in a warm, welcoming environment to share experiences, advice, and friendship. Whether you’re looking for support, conversation, or new activities, our group offers a safe space to strengthen bonds and enjoy each other’s company. All seniors are welcome!



SPECIAL EVENT



ALLEGRO AT SEA

On April 23rd, 2025, embark on an unforgettable adventure to Japan! Experience the beauty of Japan’s culture, history, and stunning landscapes. From ancient temples to vibrant cityscapes, this trip offers a unique opportunity to explore and create lasting memories. Join us for an exciting journey!

Allegro in Tallahassee
4501 West Shannon Lakes
Tallahassee, FL 32309
(850) 273-4579



FLOURISH

APRIL 2025



WHAT’S INSIDE

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Social Calendar

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Upcoming Events + News

“SPRING IS FAR MORE THAN JUST A CHANGING OF SEASON; IT’S A REBIRTH OF THE SPIRIT.”

—TONI SORENSON



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Around our Community

Allegro in Tallahassee

4501 West Shannon Lakes
Tallahassee, FL 32309
(850) 273-4579
https://www.allegroliving.com/tallahassee-fl.html

6 9:15 LI Holy Communion Service
9:30 C Chapel Services w/ Four Oaks Community Church
10:00 L Jigsaw Challenge
10:00 AR Sit & Fit Exercise
2:00 GR BINGO
3:00 AR Easter Painting w/ Quin
3:30 AR Corn Hole
5:30 GR Checkers & Chess

13 9:15 LI Holy Communion Service
9:30 C Chapel Services w/ Four Oaks Community Church
10:00 L Jigsaw Challenge
10:00 AR Sit & Fit Exercise
11:45 L Trip: CVS & Walgreens
2:00 GR BINGO
3:30 AR Corn Hole
5:30 GR Checkers & Chess

20 Easter 9:15 LI Holy Communion Service
9:30 C Chapel Services w/ Four Oaks Community Church
10:00 L Jigsaw Challenge
10:00 AR Sit & Fit Exercise
11:45 L Trip: CVS & Walgreens
2:00 GR BINGO
3:30 AR Corn Hole
5:30 GR Checkers & Chess

27 9:15 LI Holy Communion Service
9:30 C Chapel Services w/ Four Oaks Community Church
10:00 L Jigsaw Challenge
10:00 AR Sit & Fit Exercise
11:45 L Trip: CVS & Walgreens
2:00 GR BINGO
3:30 AR Corn Hole
5:30 GR Checkers & Chess

7 9:30 L Trip: Target or Publix
10:00 L Jigsaw Challenge
10:00 AR Group Fitness Class
11:00 AR Balloon Volleyball
1:00 L Trip: Belk
2:00 GR BINGO
3:00 GR Nutrition Talk w/ Suncrest
3:15 TH The Great Courses: Phillip of Macedon
5:30 GR Rummy

14 9:30 L Trip: Walmart
10:00 L Jigsaw Challenge
10:00 AR Group Fitness Class
11:00 AR Balloon Volleyball
1:00 L Trip: Bealls & Home Depot
2:00 GR BINGO
3:15 TH The Great Courses: Alexander the Great
5:30 GR Rummy

21 9:30 L Trip: Target or Publix
10:00 L Jigsaw Challenge
10:00 AR Group Fitness Class
11:00 AR Balloon Volleyball
1:00 L Trip: Ross
2:00 GR BINGO
3:15 The Great Courses: Unifiers of India
5:30 GR Rummy

28 9:30 L Trip: Walmart
10:00 L Jigsaw Challenge
10:00 AR Group Fitness Class
11:00 AR Balloon Volleyball
1:00 L Trip: Bass Pro Shops
2:00 GR BINGO
3:15 TH The Great Courses: Shi Huangdi
5:30 GR Rummy

1 April Fool's Day 9:00 AR Poisson d'Avril!
9:30 LI Do You Remember?+Donuts
10:00 L Jigsaw Challenge
10:00 AR Mindful Yoga w/ Cate
11:00 AR Music Therapy w/ Leah
12:00 MR Lunch Music w/ Gail
1:00 AR Fact or Foolery
2:00 GR Phone & Tech Assistance
3:00 GR Community Support Group
3:30 GR Activity Chat w/ Rebecca

8 9:30 LI Do You Remember?+Donuts
10:00 L Jigsaw Challenge
10:00 AR Mindful Yoga w/ Cate
11:00 AR Music Therapy w/ Leah
1:30 TH Movie w/ Popcorn!
2:00 C Town Hall Meeting
2:00 GR Phone & Tech Assistance
3:00 GR Community Support Group

15 9:30 LI Do You Remember?+Donuts
10:00 L Jigsaw Challenge
10:00 AR Mindful Yoga w/ Cate
11:00 AR Music Therapy w/ Leah
1:30 TH Movie w/ Popcorn!
2:00 GR Phone & Tech Assistance
3:00 GR Community Support Group
4:30 MR Dinner Music w/ Gail

22 Earth Day 9:30 LI Do You Remember?+Donuts
10:00 L Jigsaw Challenge
10:00 AR Mindful Yoga w/ Cate
11:00 Music Therapy w/ Leah
1:30 TH Movie w/ Popcorn!
2:00 GR Phone & Tech Assistance
3:00 GR Community Support Group
4:00 MR Dinner Music w/ Gail

29 9:30 LI Do You Remember?+Donuts
10:00 L Jigsaw Challenge
10:00 AR Mindful Yoga w/ Cate
1:30 TH Movie w/ Popcorn!
2:00 GR Phone & Tech Assistance
3:00 GR Community Support Group

2 9:00 CY Gardening Club
10:00 L Jigsaw Challenge
10:00 AR Move & Stretch w/ SunCrest
11:00 AR Bell Choir w/ Cheryl
11:00 AR Mind & Melody w/ Amelia
2:00 GR BINGO
3:30 LL Wine Down Wednesday
5:30 GR Scrabble

9 9:00 CY Gardening Club
10:00 L Jigsaw Challenge
10:00 AR Move & Stretch w/ SunCrest
11:00 AR Bell Choir w/ Cheryl
2:00 GR BINGO
3:30 LL Wine Down Wednesday w/ Linda Ford
5:30 GR Scrabble

16 9:00 CY Gardening Club
10:00 L Jigsaw Challenge
10:00 AR Move & Stretch w/ SunCrest
11:00 AR Bell Choir w/ Cheryl
11:30 PD Specialty Birthday Luncheon
1:00 MR Live Music w/ Dave Carty
2:00 GR BINGO
3:30 LL Wine Down Wednesday
5:30 GR Scrabble

23 Allegro @ Sea: Japan 9:00 CY Gardening Club
10:00 AR Move & Stretch w/ SunCrest
10:00 L Japanese Jigsaw Challenge
11:00 AR Bell Choir w/ Cheryl
2:00 GR TOKYO BINGO
3:30 LL Wine Down Wednesday
5:30 GR Scrabble
5:30 MR Japanese Song Performance

30 9:00 CY Gardening Club
10:00 L Jigsaw Challenge
10:00 AR Move & Stretch w/ SunCrest
11:00 AR Bell Choir w/ Cheryl
2:00 GR BINGO
3:30 LL Wine Down Wednesday
5:30 GR Scrabble

3 9:00 AR Color Me Happy
9:30 AR Blood Pressure Check
10:00 L Jigsaw Challenge
10:00 AR Wisdom Yoga w/ Cate
11:00 AR Corn Hole
12:00 MR Piano Music by Louise
2:00 GR Women's Bible Study w/ 40aks
3:30 AR Sip & Sing Karaoke
5:30 GR Billiard Buddies

10 9:00 AR Color Me Happy
9:30 AR Blood Pressure Check
10:00 L Jigsaw Challenge
10:00 AR Wisdom Yoga w/ Cate
11:00 AR Corn Hole
12:00 MR Piano Music by Louise
2:00 GR Women's Bible Study w/ 40aks
3:30 AR Sip & Sing Karaoke
5:30 GR Billiard Buddies

17 9:00 AR Color Me Happy
9:30 AR Blood Pressure Check
10:00 L Jigsaw Challenge
10:00 AR Wisdom Yoga w/ Cate
11:00 AR Corn Hole
12:00 MR Piano Music by Louise
1:00 AR Easter Egg Hunt!
2:00 GR Women's Bible Study
3:30 AR Sip & Sing Karaoke
5:30 GR Billiard Buddies

24 9:00 AR Color Me Happy
9:30 AR Blood Pressure Check
10:00 L Jigsaw Challenge
10:00 AR Wisdom Yoga w/ Cate
11:00 AR Corn Hole
12:00 MR Piano Music by Louise
2:00 GR Women's Bible Study
3:30 AR Ambassador Meeting
3:30 AR Sip & Sing Karaoke
4:30 MR Family Night

4 9:00 GR Men's Bible Study w/ 40aks
10:00 L Jigsaw Challenge
10:00 AR Seated Boxing Fitness
11:00 L Lunch: Texas Roadhouse
2:00 AR FSU Seated Dance Class
2:15 TH Allegro Wheel of Fortune
3:30 HC Heritage Club Happy Hour
5:30 TH Evening Movie

11 9:00 GR Men's Bible Study w/ 40aks
10:00 L Jigsaw Challenge
10:00 AR Seated Boxing Fitness
11:00 L Lunch Outing: Chili's
2:00 AR FSU Seated Dance Class
2:15 TH Allegro Wheel of Fortune
3:30 HC Heritage Club Happy Hour
5:30 TH Evening Movie

18 9:00 GR Men's Bible Study w/ 40aks
10:00 L Jigsaw Challenge
10:00 AR Seated Boxing Fitness
11:00 L Lunch Outing: Bonefish
2:00 AR FSU Seated Dance Class
2:15 TH Allegro Wheel of Fortune
3:30 HC HH: Easter Milkshakes
5:30 TH Evening Movie

25 9:00 GR Men's Bible Study w/ 40aks
10:00 L Jigsaw Challenge
10:00 AR Seated Boxing Fitness
11:00 L Lunch Outing : Kiku's
2:00 AR FSU Seated Dance Class
2:15 TH Allegro Wheel of Fortune
3:30 HC Heritage Club Happy Hour
5:30 TH Evening Movie



5 9:00 AR Indoor Walking Club
10:00 L Jigsaw Challenge
10:00 GR Beginners: Hand & Foot
10:00 AR Meditation & Stretching
11:00 MR Group Sing-A-Long
2:00 GR BINGO
3:30 AR Creative Crafting Class
5:30 GR Evening Games w/ Friends

12 9:00 AR Indoor Walking Club
10:00 L Jigsaw Challenge
10:00 GR Beginners: Hand & Foot
10:00 AR Meditation & Stretching
11:00 MR Group Sing-A-Long
2:00 GR BINGO
3:30 AR Creative Crafting Class
5:30 GR Evening Games w/ Friends

19 9:00 AR Indoor Walking Club
10:00 L Jigsaw Challenge
10:00 GR Beginners: Hand & Foot
10:00 AR Meditation & Stretching
11:00 MR Group Sing-A-Long
2:00 GR BINGO
3:30 AR Creative Crafting Class
5:30 GR Evening Games w/ Friends
5:30 MR FSU Voice Studio Recital

26 9:00 AR Indoor Walking Club
10:00 L Jigsaw Challenge
10:00 GR Beginners: Hand & Foot
10:00 AR Meditation & Stretching
11:00 MR Group Sing-A-Long
2:00 GR BINGO
3:30 AR Creative Crafting Class
5:30 GR Evening Games w/ Friends

Happy Birthday!

Here's to another year of making memories and creating joy!
Sara K - 4/6
Andree N - 4/9
Tom B - 4/14
Becky P - 4/27
Gloria C - 4/30

Please note that these times and activities are all subject to change. Make sure to be on the lookout for the rescheduling of Allegro Tallahassee's Wakulla Springs Trip!



LOCATION KEY

- AR Activity Room
- LI Library
- L Lobby
- MR Magnolia Room
- TH Theatre
- GR Game Room
- CY Courtyard
- LL Living Room
- HC Heritage Club
- C Chapel