

UPCOMING COMMUNITY EVENTS



AMERICAN HEART MONTH

Join us in celebrating American Heart Month! Attend our Heart-Healthy Cooking Demonstration to learn delicious, nutritious recipes that promote cardiovascular health. Plus, WEAR RED on Friday, February 7, to show your support for heart health awareness. Together, we can make a difference in promoting heart health in our community!

OSCAR NOMINATIONS WATCH PARTY

Join us for an exciting Oscar Nominations Watch Party! Each night, we'll showcase an Oscar-nominated film in anticipation of the Academy Awards in March. Don't miss the chance to enjoy great movies, snacks, and fun with fellow residents! Mark your calendar for this cinematic celebration!



MARK YOUR CALENDARS!

LIVE ENTERTAINMENT

6 | Live Entertainment Featuring Eric

14 | Valentine's Day Celebration + Live Entertainment Featuring Wes Anthony

20 | Live Entertainment Featuring Don Mansfield

27 | Live Entertainment Featuring Dan Costlier

4:00PM - 5:00PM, Bistro

Fort Lauderdale

1290 N. Federal Highway
Fort Lauderdale, FL 33304
(954) 883-9903



FLOURISH

FEBRUARY 2025

WHAT'S INSIDE

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Social Calendar

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Upcoming Events + News

"WHERE THERE IS LOVE, THERE IS LIFE."

—MAHATMA GANDHI



February 2025

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Fort Lauderdale

1290 N. Federal Highway
Fort Lauderdale, Fort Lauderdale 33304(954) 883-9903www.allegroliving.com/senior-living-fort-lauderdale.html

- 2**
- 10:00 L Local Church Shuttle
 - 10:00 L Walking Club
 - 11:00 B Coffee and Conversation
 - 12:00 L Trip: Lunch
 - 2:15 T Movie & Popcorn
 - 3:00 GR Billiards and Board Games
 - 4:00 B Happy Hour
 - 7:15 T Netflix Limited Series: Black Doves (2024)

- 9 Super Bowl Sunday**
- 10:00 L Local Church Shuttle
 - 10:00 L Walking Club
 - 11:00 B Coffee and Conversation
 - 1:30 L Trip: Local Library
 - 2:15 T Movie & Popcorn
 - 3:00 GR Billiards and Board Games
 - 4:00 B Super Bowl Happy Hour
 - 6:30 B Super Bowl Watch Party

- 16**
- 10:00 L Local Church Shuttle
 - 10:00 L Walking Club
 - 11:00 B Coffee and Conversation
 - 1:30 L Trip: Barnes & Noble
 - 2:15 T Movie & Popcorn
 - 3:00 GR Billiards and Board Games
 - 4:00 B Happy Hour
 - 7:15 T Netflix Limited Series: Black Doves (2024)

- 23**
- 10:00 L Local Church Shuttle
 - 10:00 L Walking Club
 - 11:00 B Coffee and Conversation
 - 12:00 L Trip: Lunch
 - 2:15 T Movie & Popcorn
 - 3:00 GR Billiards and Board Games
 - 4:00 B Happy Hour
 - 7:15 T Oscar Nominations Watch Party

- 3**
- 9:00 L Trip: CVS/Walgreens
 - 10:00 CR Chair Yoga - All Levels
 - 11:00 CR Crossword Puzzle
 - 1:45 CR DIY Valentine's Wreath
 - 2:15 T Movie & Popcorn
 - 3:00 CR Big Money Bingo
 - 4:00 B Happy Hour
 - 7:15 T Movie Night: Ad Vitam (2025)

- 10**
- 9:00 L Trip: CVS/Walgreens
 - 10:00 CR Chair Yoga - All Levels
 - 11:00 CR Crossword Puzzle
 - 1:45 CR Valentine's Card-Making
 - 2:15 T Movie & Popcorn
 - 3:00 CR Big Money Bingo
 - 4:00 B Happy Hour
 - 7:15 T Movie Night

- 17 Presidents' Day**
- 9:00 L Trip: CVS/Walgreens
 - 10:00 CR Chair Yoga - All Levels
 - 11:00 CR Presidents' Day Quiz
 - 1:45 CR Wine Glass Painting with Lifestyles
 - 2:15 T Movie & Popcorn
 - 3:00 CR Big Money Bingo
 - 4:00 B Happy Hour + Name That President Game
 - 7:15 T Movie Night

- 24**
- 9:00 L Trip: CVS/Walgreens
 - 10:00 CR Chair Yoga - All Levels
 - 11:00 CR Crossword Puzzle
 - 1:45 A Make Chocolate Covered Strawberries
 - 2:15 T Movie & Popcorn
 - 3:00 CR Big Money Bingo
 - 4:00 B Happy Hour
 - 7:15 T Oscar Nominations Watch Party



- 4**
- 10:00 CR PT by Design Fitness Class
 - 11:00 CR Brain Power Hour
 - 1:00 L Trip: Fresh Market
 - 2:00 CR Event Planning Meeting
 - 2:15 T Movie & Popcorn
 - 3:15 A Open Art Studio
 - 4:00 B Happy Hour
 - 7:45 T Movie Night

- 11**
- 10:00 CR PT by Design Fitness Class
 - 11:00 T Performance and Lecture Series with Wes Anthony
 - 1:00 L Trip: Coral Ridge Mall
 - 2:00 CR Technology Q&A Session
 - 2:15 T Movie & Popcorn
 - 3:15 A Open Art Studio
 - 4:00 B Happy Hour
 - 7:45 T Movie Night

- 18**
- 10:00 CR PT by Design Fitness Class
 - 11:00 CR Brain Power Hour
 - 1:00 L Trip: Fresh Market
 - 2:00 CR Sevens Out Dice Game
 - 2:15 T Movie & Popcorn
 - 3:15 A Open Art Studio
 - 4:00 B Happy Hour
 - 7:45 T Movie Night

- 25**
- 10:00 CR PT by Design Fitness Class
 - 11:00 CR Brain Power Hour
 - 1:00 L Trip: The Galleria at FTL
 - 2:00 CR Technology Q&A Session
 - 2:15 T Movie & Popcorn
 - 3:15 A Open Art Studio
 - 4:00 B Happy Hour
 - 7:45 T Oscar Nominations Watch Party

- 5**
- 9:00 L Trip: Publix
 - 10:00 Y Chair Yoga - All Levels
 - 11:00 CR Words in a Word
 - 2:00 CR Crash Course Art History
 - 2:15 T Movie & Popcorn
 - 3:00 CR Dominoes
 - 4:00 B Happy Hour
 - 7:00 B Karaoke Night
 - 7:45 T Movie Night

- 12**
- 9:00 L Trip: Publix
 - 10:00 Y Chair Yoga - All Levels
 - 11:00 CR Words in a Word
 - 2:00 CR Crash Course Art History
 - 2:15 T Movie & Popcorn
 - 3:00 CR Dominoes
 - 4:00 B Happy Hour
 - 7:00 B Karaoke Night
 - 7:45 T Movie Night

- 19**
- 9:00 L Trip: Publix
 - 10:00 Y Chair Yoga - All Levels
 - 11:00 CR Words in a Word
 - 2:00 CR Crash Course Art History
 - 2:15 T Movie & Popcorn
 - 3:00 CR Dominoes
 - 4:00 B Happy Hour
 - 7:00 B Karaoke Night
 - 7:45 T Movie Night

- 26**
- 9:00 L Trip: Publix
 - 10:00 Y Chair Yoga - All Levels
 - 11:00 CR Words in a Word
 - 2:00 CR Crash Course Art History
 - 2:15 T Movie & Popcorn
 - 3:00 CR Book Club
 - 4:00 B Happy Hour
 - 7:00 B Karaoke Night
 - 7:45 T Oscar Nominations Watch Party



- 6**
- 10:00 CR PT by Design Fitness Class
 - 11:00 CR Trivia Challenge
 - 2:00 FA Cooking Demonstration with Lifestyles
 - 2:15 T Movie & Popcorn
 - 3:15 CR Card Games Group
 - 4:00 B Happy Hour & Live Music
 - 6:00 B Rummikub Lesson
 - 7:45 T Movie Night

- 13**
- 10:00 CR PT by Design Fitness Class
 - 11:00 CR Trivia Challenge
 - 2:00 FA Cooking Demonstration with Lifestyles
 - 2:15 T Movie & Popcorn
 - 3:15 CR Card Games Group
 - 4:00 B Happy Hour
 - 6:00 B Rummikub Lesson
 - 7:45 T Movie Night: La Dolce Villa (2025)

- 20**
- 10:00 CR PT by Design Fitness Class
 - 11:00 CR Trivia Challenge
 - 2:00 FA Heart-Healthy Cooking Demonstration
 - 2:15 T Movie & Popcorn
 - 3:15 CR Card Games Group
 - 4:00 B Happy Hour & Live Music
 - 6:00 B Rummikub Lesson
 - 7:45 T Oscar Nominations Watch Party

- 27**
- 10:00 CR PT by Design Fitness Class
 - 11:00 CR Trivia Challenge
 - 2:00 FA Cooking Demonstration with Lifestyles
 - 2:15 T Movie & Popcorn
 - 3:15 CR Card Games Group
 - 4:00 B Happy Hour & Live Music
 - 6:00 B Rummikub Lesson
 - 7:45 T Oscar Nominations Watch Party

- 7 Wear Red Day**
- 9:00 L Trip: Dunkin' Coffee Run
 - 10:00 CR Chair Yoga - All Levels
 - 11:00 CR Spanish Lessons
 - 1:30 CR Poker Games
 - 2:15 T Movie & Popcorn
 - 3:00 CR Chain Reaction Word Game
 - 4:00 B Happy Hour - Go Red For Women
 - 7:15 T Movie Night

- 14 Valentine's Day**
- 10:00 CR Chair Yoga - All Levels
 - 11:00 CR Town Hall Meeting
 - 1:30 CR Poker Games
 - 2:15 T Movie & Popcorn
 - 3:00 CR Wordle Word Game
 - 4:00 B Valentine's Day Celebration
 - 7:15 T Movie Night

- 21**
- 10:00 CR Chair Yoga - All Levels
 - 11:00 CR Spanish Lessons
 - 1:30 CR Poker Games
 - 2:15 T Movie & Popcorn
 - 3:00 CR Chain Reaction Word Game
 - 4:00 B Happy Hour
 - 7:15 T Oscar Nominations Watch Party

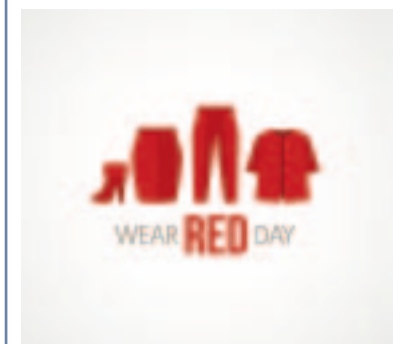
- 28**
- 10:00 CR Chair Yoga - All Levels
 - 11:00 CR Spanish Lessons
 - 1:30 CR Poker Games
 - 2:15 T Movie & Popcorn
 - 3:00 CR Wordle Word Game
 - 4:00 B Birthday Happy Hour
 - 7:15 T Oscar Nominations Watch Party

- 1**
- 10:00 L Trip: Trader Joe's & More
 - 11:00 T Documentaries + Docuseries
 - 11:30 CR Quarter Bingo
 - 1:00 B Rummikub Games
 - 2:00 CR Drama Club
 - 2:15 T Movie & Popcorn
 - 4:00 B Happy Hour
 - 7:15 T Movie Night: Apollo 13 (1995)

- 8**
- 10:00 L Trip: Trader Joe's & More
 - 11:00 T Global Movie Day Trivia
 - 11:30 CR Quarter Bingo
 - 1:00 B Rummikub Games
 - 1:00 L Trip: Las Olas Boulevard
 - 2:00 CR Drama Club
 - 2:15 T Movie & Popcorn
 - 4:00 B Happy Hour
 - 7:15 T Movie Night

- 15**
- 10:00 L Trip: Trader Joe's & More
 - 11:00 T Documentaries + Docuseries
 - 11:30 CR Quarter Bingo
 - 1:00 B Rummikub Games
 - 1:00 L Bridget Jones: Mad About the Boy Cinema Trip
 - 2:00 CR Drama Club
 - 2:15 T Movie & Popcorn
 - 4:00 B Happy Hour
 - 7:15 T Movie Night

- 22**
- 10:00 L Trip: Trader Joe's & More
 - 11:00 T Documentaries + Docuseries
 - 11:30 CR Quarter Bingo
 - 1:00 B Rummikub Games
 - 1:00 L Trip: Casino @ Dania Beach
 - 2:00 CR Drama Club
 - 2:15 T Movie & Popcorn
 - 4:00 B Happy Hour
 - 7:15 T Oscar Nominations Watch Party



Around our Community

Spread the Love: Complimentary Exchange Box Coming Soon!

In celebration of the season of love, we're excited to introduce a Complimentary Exchange Box outside the Community Room! We encourage all residents to write compliments and positive messages for one another. Whether it's a simple "Thank You," a note of appreciation, or a heartfelt compliment, let's spread positivity throughout our community.

Simply drop your note in the box, and we will hand-deliver them to your neighbors on Valentine's Day. This is a wonderful opportunity to brighten someone's day and share a little kindness.

Let's fill our building with love and appreciation — we can't wait to see the warmth and joy this initiative brings!

LOCATION KEY

- L Meet in Lobby
- T Movie Theater
- CR Community Room
- B Bistro
- GR Game Room
- A Art Room
- Y Yoga/Exercise Room
- FA Family Room

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Fort Lauderdale

1290 N. Federal Highway
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Around our Community

TITLE

February Happenings:

Happy Birthday to:

Tonya S.-2/27

Myrna P.-2/28

Scenic Bus Ride

Wednesday & Thursday

2/12 & 2/26-Pet Therapy

2/12-Valentine's Party w/
Singer, "Iris"

2/13-Flower Arranging
Presentation

w/ "Susana Farber"

2/14-Valentine's Social

Outing-Butterfly World

LOCATION KEY

- IS** Interactive Screen
- TR** Terrace
- AR** Activity Room
- PD** Pool Deck
- T** Movie Theater
- QR** Quiet Room
- Y** Yoga/Exercise Room
- L** Meet in Lobby
- LI** Library
- B** Bistro

2

- 9:30 **IS** Virtual Church Service
- 10:00 **IS** Flex & Relax Class
- 11:00 **AR** Groundhog Day Talk/Trivia
- 1:00 **AR** Video Clips
- 2:00 **TR** Outdoor Time
- 3:00 **AR** Group Word Games
- 6:00 **AR** Evening Movie

9

- 9:30 **IS** Virtual Church Service
- 10:00 **IS** Flex & Relax Class
- 11:00 **AR** Daily News/Trivia
- 1:00 **AR** Video Clips
- 2:00 **TR** Outdoor Time
- 3:00 **AR** Group Word Games
- 6:00 **AR** Evening Movie

16

- 9:30 **IS** Virtual Church Service
- 10:00 **IS** Flex & Relax Class
- 11:00 **AR** Daily News/Trivia
- 1:00 **AR** Video Clips
- 2:00 **TR** Outdoor Time
- 3:00 **AR** Group Word Games
- 6:00 **AR** Evening Movie

23

- 9:30 **IS** Virtual Church Service
- 10:00 **IS** Flex & Relax Class
- 11:00 **AR** Daily News/Trivia
- 1:00 **AR** Video Clips
- 2:00 **TR** Outdoor Time
- 3:00 **AR** Group Word Games
- 6:00 **AR** Evening Movie

3

- 10:00 **IS** Chair Exercise
- 10:30 **IS** February Trivia Time
- 11:00 **IS** Sing-a-Long Songs
- 1:00 **AR** Outdoor Walk
- 2:00 **AR** The Golden Girls Salon
- 3:30 **AR** Joggin Your Noggin
- 6:00 **AR** Evening Movie

10

- 10:00 **IS** Chair Exercise
- 10:30 **IS** Interactive Game
- 11:00 **IS** Sing-a-Long Songs
- 1:00 **AR** Outdoor Walk
- 2:00 **AR** Drink of the Day
- 3:30 **AR** Famous People Born in Feb.
- 6:00 **AR** Evening Movie

17

- 10:00 **IS** Chair Exercise
- 10:30 **IS** Scavenger Hunt Game
- 11:00 **IS** Sing-a-Long Songs
- 1:00 **AR** Outdoor Walk
- 2:00 **AR** The Golden Girls Salon
- 3:30 **AR** President's Day Talk
- 6:00 **AR** Evening Movie

24

- 10:00 **IS** Chair Exercise
- 10:30 **IS** The Family Feud
- 11:00 **IS** Sing-a-Long Songs
- 1:00 **AR** Outdoor Walk
- 2:00 **T** Movie Theater Reserved
- 3:30 **AR** Senior Jokes & Riddles
- 6:00 **AR** Evening Movie

4

- 10:00 **IS** Sit & Stretch
- 11:00 **IS** Piggy Bankers
- 11:30 **TR** Outdoor Time
- 1:00 **AR** Valentine's Craft
- 2:00 **PD** Outdoor Walk
- 3:00 **AR** Bingo Time!
- 6:00 **IS** Evening Program w/ Tamii

11

- 10:00 **IS** Sit & Stretch
- 11:00 **IS** Name That Sound
- 11:30 **TR** Outdoor Time
- 1:00 **AR** Arts-n-Crafts
- 2:00 **PD** Outdoor Walk
- 3:00 **AR** Po-kee-no
- 6:00 **IS** Evening Program w/ Tamii

18

- 10:00 **IS** Sit & Stretch
- 11:00 **IS** Travel Talk w/ Trivia
- 11:30 **TR** Outdoor Time
- 1:00 **AR** Arts-n-Crafts
- 2:00 **PD** Outdoor Walk
- 3:00 **AR** Bingo Time!
- 6:00 **IS** Evening Program w/ Tamii

25

- 10:00 **IS** Sit & Stretch
- 11:00 **IS** Wheel of Fortune
- 11:30 **TR** Outdoor Time
- 1:00 **AR** Arts-n-Crafts
- 2:00 **PD** Outdoor Walk
- 3:00 **AR** Pokeeno
- 6:00 **IS** Evening Program w/ Tamii

5

- 10:00 **IS** Exercise Class
- 11:00 **AR** Puzzle Challenge
- 1:00 **PD** Outdoor Walk
- 2:00 **T** Movie Theater Reserved
- 3:00 **AR** Group Word Search
- 4:00 **QR** Reminiscing, Short Stories
- 6:00 **AR** Evening Movie

12

- 10:00 **IS** Exercise Class
- 10:30 **AR** Pet Therapy
- 11:30 **TR** Outdoor Time
- 2:00 **AR** Valentine's Party w/ Iris
- 3:30 **AR** Group Word Search
- 4:00 **AR** Funny Animal Videos
- 6:00 **AR** Evening Movie

19

- 10:00 **IS** Exercise Class
- 11:00 **AR** Dominoes/Checkers
- 1:30 **L** Scenic Bus Ride
- 2:00 **AR** Trivia Game on TV
- 3:00 **AR** Group Word Search
- 4:00 **QR** Reminiscing, Short Stories
- 6:00 **AR** Evening Movie

26

- 10:00 **IS** Exercise Class
- 10:30 **AR** Pet Therapy
- 1:30 **L** Scenic Bus Ride
- 2:00 **AR** Trivia Game on TV
- 3:00 **AR** Group Word Search
- 4:00 **AR** Funny Baby Videos
- 6:00 **AR** Evening Movie

6

- 10:00 **IS** Sit & Stretch
- 10:30 **Y** Work-Out at The Gym!
- 11:00 **IS** Interactive Games
- 1:30 **L** Scenic Bus Ride
- 2:00 **LI** Library Time
- 4:00 **B** Happy Hour w/ Live Music
- 6:00 **IS** Evening Program w/ Tamii

13

- 10:00 **IS** Sit & Stretch
- 10:30 **Y** Work-Out at The Gym!
- 11:00 **IS** Interactive Games
- 1:30 **LI** Library Time
- 2:30 **AR** Flower Arranging w/ Susana
- 4:00 **B** Happy Hour w/ Live Music
- 6:00 **IS** Evening Program w/ Tamii

20

- 10:00 **IS** Sit & Stretch
- 10:30 **Y** Work-Out at The Gym!
- 11:00 **IS** Interactive Games
- 1:30 **L** Outing to Butterfly World
- 2:00 **AR** Arts-n-Crafts Collage
- 4:00 **B** Happy Hour w/ Live Music
- 6:00 **IS** Evening Program w/ Tamii

27

- 10:00 **IS** Sit & Stretch
- 10:30 **Y** Work-Out at The Gym!
- 11:00 **IS** Interactive Games
- 1:30 **L** Scenic Bus Ride
- 2:00 **IS** Around The World
- 4:00 **B** Happy Hour w/ Live Music
- 6:00 **IS** Evening Program w/ Tamii

7

- 10:00 **IS** Chair Yoga
- 10:30 **PD** Outdoor Walk
- 11:00 **AR** Dominoes
- 1:00 **AR** Let's Get Physical!
- 2:00 **AR** New Picture Bingo
- 3:30 **AR** Afternoon Musical, Choice
- 6:00 **IS** Evening Program w/ Tamii

14

- 10:00 **IS** Chair Yoga
- 10:30 **PD** Outdoor Walk
- 11:00 **AR** Valentine's Slide Show
- 1:00 **AR** Let's Get Physical!
- 2:00 **AR** Valentine's Social
- 3:30 **AR** Valentine's Bingo!
- 6:00 **IS** Evening Program w/ Tamii

21

- 10:00 **IS** Chair Yoga
- 10:30 **PD** Outdoor Walk
- 11:00 **AR** Jenga!
- 1:00 **AR** Let's Get Physical!
- 2:00 **AR** New Picture Bingo
- 3:30 **AR** Afternoon Musical, Choice
- 6:00 **IS** Evening Program w/ Tamii

28

- 10:00 **IS** Chair Yoga
- 10:30 **PD** Outdoor Walk
- 11:00 **IS** Trivia Time
- 1:00 **AR** Let's Get Physical!
- 2:00 **IS** Somethings Missing Game
- 3:30 **AR** Afternoon Musical, Choice
- 6:00 **IS** Evening Program w/ Tamii

1

- 10:00 **IS** Sit & Stretch
- 10:30 **IS** Brain Teasers
- 11:00 **TR** Outdoor Time
- 1:00 **AR** New Putt Putt Game
- 2:00 **AR** Movie Matinee
- 3:30 **AR** Table Top Game
- 6:00 **AR** Evening Movie

8

- 10:00 **IS** Sit & Stretch
- 10:30 **IS** Brain Teasers
- 11:00 **TR** Outdoor Time
- 1:00 **AR** Let's Get Physical!
- 2:00 **AR** Movie Matinee
- 3:30 **AR** Table Top Game
- 6:00 **AR** Evening Movie

15

- 10:00 **IS** Sit & Stretch
- 10:30 **IS** Brain Teasers
- 11:00 **TR** Outdoor Time
- 1:00 **AR** Bean Bag Toss
- 2:00 **AR** Movie Matinee
- 3:30 **AR** Table Top Game
- 6:00 **AR** Evening Movie

22

- 10:00 **IS** Sit & Stretch
- 10:30 **IS** Brain Teasers
- 11:00 **TR** Outdoor Time
- 1:00 **AR** Let's Get Physical!
- 2:00 **AR** Movie Matinee
- 3:30 **AR** Table Top Game
- 6:00 **AR** Evening Movie

*Roses Are Red
Violets Are Blue*