

UPCOMING COMMUNITY EVENTS



NEW YEAR, NEW YOU! COMMUNITY EVENT

Kick off the new year with warmth and inspiration! Gather around the fire as we reflect on the past year and set exciting goals for the year ahead. Meet community partners & mingle! Let's start 2025 together with positivity and community spirit. We can't wait to see you there!

SIP & SING

Come together for afternoons filled with music, fun, and drinks! Thursdays @3:00 Whether you're a karaoke star or prefer to cheer from the audience we would love to have you join us!

Wine, Beer & Non-Alcoholic Beverages available. Have a favorite song in mind? We love taking requests!



WE WANT TO HEAR FROM YOU!

LET'S PLAN ADVENTURES TOGETHER

We're planning exciting activities, lunch outings, and shopping trips for our community and would love our input!

What kind of activities do you enjoy? Are there restaurants you'd love to try or shopping destinations you've been wanting to visit? Send your suggestions to Jasmine via email jhartin@allegroliving.com or text (850)-694-4454 You may also leave written suggestions at the front desk.

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



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

Allegro in Tallahassee

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



2
9:15 **LI** Holy Communion Service
9:30 **C** Chapel Services w/ Four Oaks Community Church
10:00 **L** Groundhog Puzzles
10:30 **GR** B-I-N-G-O!
11:45 **SU** CVS & Walgreens
2:00 **AR** Valentine Card Making w/Quinn
3:30 **AR** Sit & Fit Exercise
4:00 **AR** Corn Hole

9
Super Bowl Sunday
9:15 **LI** Holy Communion Service
9:30 **C** Chapel Services w/ Four Oaks Community Church
10:00 **L** Jigsaw Challenge
10:30 **GR** B-I-N-G-O!
1:00 **SU** Scenic Drive: See the City
3:30 **AR** Sit & Fit Exercise
4:00 **AR** Football Toss Challenge
6:00 **HC** Tailgate & Super Bowl

16
9:15 **LI** Holy Communion Service
9:30 **C** Chapel Services w/ Four Oaks Community Church
10:00 **L** Jigsaw Challenge
10:30 **GR** B-I-N-G-O!
1:30 **SU** Scenic Drive & Donut Kingdom
3:30 **AR** Sit & Fit Exercise
4:00 **AR** Corn Hole

23
9:15 **LI** Holy Communion Service
9:30 **C** Chapel Services w/ Four Oaks Community Church
10:00 **L** Jigsaw Challenge
10:30 **GR** B-I-N-G-O!
1:30 **SU** Scenic Drive & Red Eye Coffee
3:30 **AR** Sit & Fit Exercise
4:00 **AR** Corn Hole

3
9:30 **SU** Shop: Walmart
10:00 **AR** Group Fitness Class
10:00 **L** Jigsaw Challenge
10:45 **AR** Balloon Volleyball
11:15 **AR** Brain Games
1:00 **L** Shop: Dollar Tree
3:00 **GR** Health Talk w/Suncrest
3:15 **TH** TGC: Athens & Democracy
5:30 **GR** Rummy

10
9:30 Target or Publix
9:30 **L** Walmart
10:00 **L** Jigsaw Challenge
10:00 **AR** Group Fitness Class
10:45 **AR** Balloon Volleyball
1:00 **L** Shop: Ross Outlet
3:00 **GR** Coffee w/ A Cop: TPD Visits
3:15 TGC: Hoplite & Sparta
3:30 **MR** Piano Music w/Tucker

17
AR Presidential Puzzles: Grab-n-go
9:30 **SU** Shop: Walmart
10:00 **AR** Fit & Factual Exercise
10:45 **AR** Skee-Ball
1:00 **L** Shop: Bealls
3:15 **TH** Who Am I?
3:30 **TH** TGC: China, Shang & Zhou
5:30 **GR** Rummy

24
9:30 T.J. Max & Trader Joe's
9:30 **L** Walmart
10:00 **L** Jigsaw Challenge
10:00 **AR** Group Fitness Class
10:45 **AR** Balloon Volleyball
11:15 **AR** Brain Games
1:00 **L** Shopping Shuttle
3:15 **TH** TGC: Greek Philosophers
5:30 **GR** Rummy

4
9:30 **LI** History Coffee & Chat
10:00 **AR** Mindful Yoga w/Cate
10:00 **L** Jigsaw Challenge
11:00 **AR** Music Therapy w/ Leah
12:00 **MR** Lunch Music w/ Gail
1:30 **TH** Matinee Movie w/ Popcorn!
2:00 **GR** Phone & Tech Assistance
3:30 **GR** Activity Chat w/Jasmine

11
9:00 **LI** History Coffee & Chat
10:00 **L** Jigsaw Challenge
10:00 **AR** Mindful Yoga w/Cate
11:00 **AR** Music Therapy w/ Leah
1:30 **TH** Matinee Movie w/ Popcorn!
2:00 **C** Town Hall Meeting
3:00 **GR** Phone & Tech Assistance

18
9:00 **LI** Coffee & Chat
10:00 **L** Jigsaw Challenge
10:00 **AR** Mindful Yoga w/Cate
11:00 Music Therapy w/ Leah
1:30 **TH** Matinee Movie w/Popcorn
2:00 **GR** Phone & Tech Assistance
3:30 **TH** History:Underground Railroad
4:30 Dinner Music w/ Gail

25
9:00 **LI** Coffee & Chat
10:00 **L** Jigsaw Challenge
11:00 Music Therapy w/ Leah
1:30 **TH** Matinee Movie w/ Popcorn!
2:00 **GR** Phone & Tech Assistance
3:30 **GR** Black History Picture Bingo
4:00 Dinner Music w/ Gail

5
9:00 **AR** Courtyard Walking Club
10:00 **AR** Move & Stretch w/ SunCrest
10:00 **L** Jigsaw Challenge
10:30 **AR** Candy Lovers Dice Game
1:30 **GR** Scrabble
3:30 Wine Down Wednesday
5:30 **GR** Checkers & Chess

12
9:00 **AR** Courtyard Walking Club
10:00 **AR** Move & Stretch w/ SunCrest
10:00 **L** Jigsaw Challenge
10:30 Make it: Envelope Pastries
1:30 **GR** Scrabble
1:30 **AR** Flower Arranging
3:30 **AR** Love & History w/Linda Ford
5:30 **GR** Checkers & Chess

19
9:00 **AR** Courtyard Walking Club
10:00 **L** Jigsaw Challenge
10:00 **AR** Move & Stretch w/ SunCrest
11:30 **PD** Let's Celebrate! February Birthday Lunch
1:00 **MR** Live Music w/Dave Carty
1:30 **GR** Scrabble
3:30 Wine Down Wednesday
5:30 **GR** Checkers & Chess

26
9:00 **AR** Courtyard Walking Club
10:00 **L** Jigsaw Challenge
10:00 **AR** Move & Stretch w/ SunCrest
10:30 Tasty Techniques Class
1:30 **GR** Scrabble
2:00 **CR** Putting Practice
3:30 Wine Down w/Laurie
5:30 **GR** Checkers & Chess

6
9:00 **AR** Color Me Happy
10:00 **L** Jigsaw Challenge
10:00 **AR** Wisdom Yoga w/Cate
12:00 **MR** Piano Music by Louise
2:00 **GR** Women's Bible Study
3:00 **AR** Sip & Sing Karaoke
5:30 **TH** Evening Movie: Comedy

13
8:00 **AR** Valentine Pancake Breakfast-RSVP
10:00 **L** Jigsaw Challenge
10:00 **AR** Wisdom Yoga w/Cate
12:00 **MR** Piano Music by Louise
2:00 **GR** Women's Bible Study
3:00 **AR** Sip & Share: Family, Friends & Love
4:00 **MR** Galentine's! Know Your Neighbor

20
9:00 **AR** Color Me Happy
10:00 **L** Jigsaw Challenge
10:00 **AR** Wisdom Yoga w/Cate
12:00 **MR** Piano Music by Louise
2:00 **GR** Women's Bible Study
3:00 **AR** Sip & Sing Karaoke
5:30 **TH** Evening Movie: History

27
9:00 **AR** Color Me Happy
10:00 **L** Jigsaw Challenge
12:00 **MR** Piano Music by Louise
2:00 **GR** Women's Bible Study
3:00 **AR** Sip & Sing Karaoke
3:30 Ambassador Meeting
5:30 **TH** Evening Movie: Family

7
9:00 **GR** Men's Bible Study
10:00 **L** Jigsaw Challenge
10:00 **AR** Seated Boxing Fitness
11:00 **L** Lunch @ Long Horn
11:00 **AR** Corn Hole
2:00 **TH** Play It!:Wheel Of Fortune
3:30 **HC** Heritage Club Happy Hour
5:30 **TH** Mission Impossible 1

14
9:00 **GR** Men's Bible Study
10:00 **L** Jigsaw Challenge
10:00 **AR** Seated Boxing Fitness
11:00 **L** Lunch @ Krafty Crab
11:00 **AR** Corn Hole
2:00 **TH** Play It! Family Feud
3:30 **HC** Happy Hour:Strawberry Daiquiri
5:30 **TH** Evening Movie: Romance

21
9:00 **GR** Men's Bible Study
10:00 **L** Jigsaw Challenge
10:00 **AR** Seated Boxing Fitness
11:00 **L** Lunch @ Island Wings
11:00 **AR** Corn Hole
2:00 **TH** Play It!:Wheel Of Fortune
3:30 **HC** Heritage Club Happy Hour
5:30 **TH** Mission Impossible 3

28
9:00 **GR** Men's Bible Study
10:00 **L** Jigsaw Challenge
10:00 **AR** Seated Boxing Fitness
11:00 **L** Lunch @ Sonny's
11:00 **AR** Corn Hole
2:00 **TH** Play It! Family Feud
2:15 **TH** Family Feud
3:30 **HC** Heritage Club Happy Hour
5:30 **TH** Mission Impossible 4

1
9:00 Indoor Walking Club
10:00 **L** Jigsaw Challenge
10:00 **GR** Beginners: Hand & Foot
10:00 **AR** Yoga & Stretching
11:00 **MR** Group Sing-A-Long
3:30 **AR** Craft: Paper Door Decor
5:30 **GR** Evening Games w/ Friends

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9:00 Indoor Walking Club
10:00 **AR** Yoga & Stretching
10:00 **GR** Beginners: Hand & Foot
10:00 **L** Jigsaw Challenge
11:00 **MR** Group Sing-A-Long
3:30 **AR** Up-cycle: Puzzle Piece Heart
5:30 **GR** Evening Games w/ Friends

15
9:00 Indoor Walking Club
10:00 **AR** Yoga & Stretching
10:00 **GR** Beginners: Hand & Foot
10:00 **L** Jigsaw Challenge
11:00 **MR** Group Sing-A-Long
3:30 **AR** Canvas Paint Along
5:30 **GR** Evening Games w/ Friends

22
9:00 Indoor Walking Club
10:00 **GR** Beginners: Hand & Foot
10:00 **L** Jigsaw Challenge
10:00 **AR** Yoga & Stretching
10:00 **CY** New Year, New You! Community Event
11:00 **MR** Group Sing-A-Long
3:30 **AR** Craft: St. Patty Wreath
5:30 **GR** Evening Games w/ Friends
6:00 **MR** Dr. Timpone's Voice Studio



Around our Community

Welcome February!

- Resident Town Hall Meeting February 11th @ 2:00PM, 3rd Floor Chapel

- Join us for Community Event February 22nd @ 10:00AM

- Sign up for shopping trips, lunch outings, and scenic drives in the Activity Room!

- Bring a wedding, couple or family photo to the Lifestyle Department for our display beginning February 10th!

- BINGO!-Sunday @ 10:30, Monday, Wednesday & Saturday @2:00pm Win candies & snacks

LOCATION KEY

- L** Lobby
- GR** Game Room
- AR** Activity Room
- MR** Magnolia Room
- LI** Library
- C** Chapel
- SU** Sign Up
- TH** Theatre
- HC** Heritage Club
- PD** Private Dining Room