UPCOMING COMMUNITY EVENTS

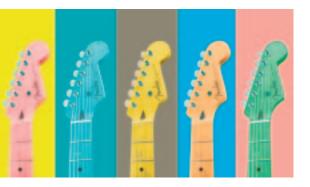


NEW YEAR, NEW YOU! COMMUNITY EVENT

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 WANT TO HEAR FROM YOU!

LET'S PLAN ADVENTURES TOGETHER

We love taking requests!

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 resturants 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



WHAT'S INSIDE

Pg 2-3 Social Calendar

Pg 4 **Upcoming Events + News**

"WHERE THERE IS LOVE THERE IS LIFE."

FLOURISH **FEBRUARY 2025**

-MAHATMA GANDHI



Sunday

Allegro in Tallahassee

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

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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-0! 11:45 SU CVS & Walgreens 2:00 **AR** Valentine Card Making w/Quinn 3:30 **AR** Sit & Fit Exercise 4:00 AR Corn Hole

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- Super Bowl Sunday 9:15 LI Holy Communion Service 9:30 C Chapel Services w/ Four Oaks Community Church 10:00 L Jiqsaw Challenge 10:30 GR B-I-N-G-0! 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 Kinadom 3:30 AR Sit & Fit Exercise 4:00 AR Corn Hole

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

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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

Monday

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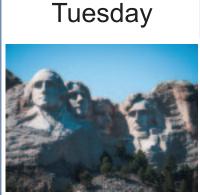
9:30 Target or Publix 9:30 L Walmart 10:00 L Jigsaw Challenge 10:00 **AR** Group Fitness Class 10:45 **AR** Balloon Volleyball 1:00 L Shop: Ross Outlet 3:00 **GR** Coffee w/ A Cop: TPD Visits 3:15 TGC: Hoplite & Sparta 3:30 MR Piano Music w/Tucker

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AR Presidential Puzzles: Grab-n-qo 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



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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

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9:00 LI Coffee & Chat 10:00 L Jigsaw Challenge 10:00 **AR** Mindful Yoqa w/Cate Music Therapy w/ Leah 11:00 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

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

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

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

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

February 2025 Wednesday

Thursday Friday

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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

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- 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 Yoqa 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

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

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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 Daiguiri 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 @ Sonnys 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



5 10:00 L Jigsaw Challenge

- 5:30 GR Checkers & Chess
- 19

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Saturday

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

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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 I	MR	Group Sing-A-Long
3:30	AR	Canvas Paint Along
5:30	GR	Evening Games w/ Friends

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9:00		Indoor Walking Club
10:00	GR	Beginners: Hand & Foot
10:00	L	Jigsaw Challenge
10:00	AR	Yoga & Stretching
10:00	СҮ	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 K E Y

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