

UPCOMING COMMUNITY EVENTS



WHY DOES THE NEW YEAR BEGIN JANUARY 1?

Our celebration of New Year's Day is a human-made creation. It's not precisely fixed by any natural or seasonal marker. It's a civil event, not one defined by nature. Yet, for us in the Northern Hemisphere - where daylight recently ebbed to its lowest point and the days are starting to get longer again, there's a feeling of rebirth in the air. The New Year's Day

custom comes from the feast of the Roman god Janus. He was the god of beginnings, gates, transitions, time, duality, doorways, passages, frames and endings. Janus had two faces. One face looked back into the past, and the other peered forward to the future. Likewise, on January 1, we look back at the year that just ended and forward to the New Year ahead. On January 1, as the year began, it was customary to exchange cheerful words and good wishes. Today, although many do celebrate on January 1 some cultures and religions have different new year dates. As we approach this new year, we want to wish our entire Allegro family a Happy, Healthy, and Joyous New Year!

RESOLUTION FACTS

Now that we are beginning a new year, here are some interesting facts about people wanting to change something in their lives every new year.

The most popular resolutions are to lose weight, get organized, save money, stay fit, and quit smoking. About 40% of people who achieve their resolutions do so on the first try. The most common reason for failed resolutions is lack of a clear goal. 20% of people who make resolutions actively keep themselves accountable. Those over the age of 55 are 3.1 times less likely to set New Year's goals than younger adults.

Allegro in Boynton Beach

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FLOURISH

JANUARY 2025

WHAT'S INSIDE

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Social Calendar

Pg 4
Upcoming Events + News

"THIS JANUARY, OPEN YOUR HEART TO THE POSSIBILITIES THAT LIE AHEAD."

—ELEANOR ROOSEVELT

Sunday



- 5**
 10:00 **Bus** Trip to Church Services
 10:15 **PAT** Famous Folks Trivia
 1:30 **GT** Afternoon Movie - Residents' Choice
 2:00 **CR** Musical Nostalgia-Barbra Streisand
 3:00 **CR** Finish the Lines
 4:00 **B** Happy Hour
 7:30 **GT** Evening Movie - Logan Lucky

- 12**
 10:00 **Bus** Trip to Church Services
 10:15 **PAT** Famous Folks Trivia
 1:30 **GT** Afternoon Movie - Residents' Choice
 2:00 **CR** Table Top Bowling
 3:00 **CR** Finish the Lines
 4:00 **B** Happy Hour
 7:30 **GT** Evening Movie - Rebel Ridge

- 19**
 10:00 **Bus** Trip to Church Services
 10:15 **PAT** Famous Political Figures
 1:30 **GT** Afternoon Movie - Residents' Choice
 2:00 **CR** Musical Memories-The Career of Louis Armstrong
 3:00 **CR** Finish the Lines
 4:00 **B** Happy Hour
 7:30 **GT** Evening Movie - Midway

- 26**
 9:30 **A** Walking Club-Meet in the Atrium
 10:00 **Bus** Trip to Church Services
 10:15 **PAT** Famous Folks Trivia
 1:30 **GT** Afternoon Movie - Residents' Choice
 2:00 **CR** Musical Nostalgia-The Three Tenors
 3:00 **CR** Finish the Lines
 4:00 **B** Happy Hour

Monday

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- 6**
 9:30 **A** Walking Club-Meet in the Atrium
 10:15 **CR** Gentle Stretching with Stacy
 11:00 **CR** Word Wall
 1:30 **MC** Men's Club Pow Wow
 1:30 **CR** The Future of A.I.
 4:00 **B** Happy Hour-Margarita Monday
 7:30 **CR** Bingo at night!

- 13**
 10:15 **CR** Gentle Stretching with Stacy
 10:30 **Bus** Trip to Town Center Mall
 11:00 **CR** American Trivia
 1:30 **MC** Men's Club Pow Wow
 2:00 **CR** Chair Dancing to the Beat
 4:00 **B** Happy Hour
 7:30 **CR** Bingo at night!
 7:30 **GT** Evening Movie - Run All Night

- 20** M L KING JR. BDAY
 Martin Luther King Jr. Day
 9:30 **A** Walking Club-Meet in the Atrium
 10:15 **CR** Gentle Stretching with Stacy
 11:00 **CR** Word Wall
 1:30 **MC** Men's Club Pow Wow
 2:00 **CR** Guess the Antique
 4:00 **B** Happy Hour
 7:30 **CR** Bingo at night!

- 27**
 Int'l Holocaust Remembrance Day
 10:15 **CR** Gentle Stretching with Stacy
 11:00 **CR** Word Wall
 1:30 **MC** Men's Club Pow Wow
 2:00 **CR** Holocaust Remembrance Day Facts
 4:00 **B** Happy Hour
 7:30 **CR** Bingo at night!

Tuesday

- 7**
 10:00 **Bus** "Loop" trip around town
 10:00 **CR** Mindful Meditation with Stacy
 11:00 **Spa** Stretch and Stamina with Mary
 1:00 **Bus** Delray Playhouse
 2:00 **GT** Bingo
 2:00 **P** Water Aerobics
 4:00 **B** Happy Hour
 7:30 **MC** Men's Game Night

- 14**
 9:30 **A** Walking Club-Meet in the Atrium
 10:00 **Bus** "Loop" trip around town
 10:00 **CR** Mindful Meditation with Stacy
 11:00 **Spa** Stretch and Stamina with Mary
 2:00 **GT** Bingo
 2:00 **P** Water Aerobics
 4:00 **B** Happy Hour

- 21**
 10:00 **Bus** "Loop" trip around town
 10:00 **CR** Mindful Meditation with Stacy
 11:00 **Spa** Stretch and Stamina with Mary
 2:00 **GT** Bingo
 2:00 **P** Water Aerobics
 4:00 **B** Happy Hour
 7:30 **MC** Men's Game Night
 7:30 **GT** Evening Movie - Hands of

- 28**
 9:30 **A** Walking Club-Meet in the Atrium
 10:00 **Bus** "Loop" trip around town
 10:00 **CR** Mindful Meditation with Stacy
 11:00 **Spa** Stretch and Stamina with Mary
 2:00 **GT** Bingo
 2:00 **P** Water Aerobics
 4:00 **B** Happy Hour

Wednesday

- 1** NEW YEAR'S DAY
 Happy New Year!
 10:00 **B** Here's the Scoop!
 10:15 **CR** Gentle Stretching with Stacy
 11:45 **Bus** Delray Movies
 4:00 **B** Happy Hour-Nat'l Bloody Mary Day
 7:30 **GT** Evening Movie-It Ends With Us

- 8**
 9:30 **A** Walking Club-Meet in the Atrium
 10:00 **GT** Town Hall Meeting
 10:00 **PAT** The Music of Broadway with Elissa
 10:15 **CR** Gentle Stretching with Stacy
 11:45 **Bus** Delray Movies
 2:00 **CR** Crafting with Stacy and Barbara

- 15**
 10:00 **B** Food Committee Meeting
 10:15 **CR** Gentle Stretching with Stacy
 11:00 **Bus** Trip to Library
 11:00 **CR** Painting with Charlene
 11:00 **GT** Activities Committee Meeting
 1:30 **CR** Sand Art in a Bottle
 4:00 **B** Happy Hour
 7:30 **CR** Ladies Game Night

- 22**
 9:30 **A** Walking Club-Meet in the Atrium
 10:15 **CR** Gentle Stretching with Stacy
 11:00 **CR** Painting with Charlene
 11:45 **Bus** Delray Movies
 2:30 **B** Entertainment with Jaycee
 4:00 **B** Happy Hour
 7:30 **CR** Ladies Game Night
 7:30 **GT** Evening Movie - Churchill

- 29** LUNAR NEW YEAR
 Lunar New Year
 10:15 **CR** Gentle Stretching with Stacy
 11:00 **CR** All about the Lunar New Year
 11:00 **GT** Resident Council Meeting
 11:45 **Bus** Delray Movies
 1:30 **CR** Join us for Beading
 4:00 **B** Happy Hour
 7:30 **CR** Ladies Game Night

Thursday

- 2**
 9:30 **A** Walking Club-Meet in the Atrium
 10:00 **C** Wordical Challenge
 11:00 **Spa** Stretch and Stamina with Mary
 2:00 **CR** Famous Quotes
 4:00 **B** Happy Hour and Hors D'oeuvres
 7:00 **C** Beginning Mah-Jongg with Rita

- 9**
 10:00 **C** Wordical Challenge
 11:00 **Spa** Stretch and Stamina with Mary
 11:00 **Bus** Trip to Morikami Gardens and Lunch
 2:00 **CR** Mind Joggers
 2:00 **CR** New Resident Orientation
 4:00 **B** Happy Hour and Hors D'oeuvres
 7:30 **CR** Super Bingo

- 16**
 9:30 **A** Walking Club-Meet in the Atrium
 10:00 **C** Wordical Challenge
 10:00 **CR** Lecture with Ed Lamont
 11:00 **Spa** Stretch and Stamina with Mary
 2:00 **CR** The Book of Answers
 4:00 **B** Happy Hour and Hors D'oeuvres
 4:15 **Bus** Dinner Outing-Italian Fare

- 23**
 10:00 **C** Wordical Challenge
 11:00 **Spa** Stretch and Stamina with Mary
 2:00 **CR** General Knowledge Quizzes
 4:00 **B** Happy Hour and Hors D'oeuvres
 7:30 **GT** Evening Movie - Our Little Secret

- 30**
 9:30 **A** Walking Club-Meet in the Atrium
 10:00 **C** Wordical Challenge
 11:00 **Spa** Stretch and Stamina with Mary
 11:45 Lunch Outing to Burt and Max
 2:00 **CR** Ice-Cream Social
 4:00 **B** Happy Hour and Hors D'oeuvres

Friday

- 3**
 10:00 **CR** Giant Crossword Puzzles
 10:00 **LR** Book Club Meeting
 1:30 **Bus** Banking Day
 2:00 **CR** Family Heirloom Social
 3:15 **GT** Shabbat Services
 4:00 **B** Happy Hour
 7:30 **GT** Evening Movie - Father Figures

- 10**
 9:30 **A** Walking Club-Meet in the Atrium
 10:00 **CR** Giant Crossword Puzzles
 1:30 **Bus** Banking Day
 2:00 **CR** Sharing Childhood Memories
 3:15 **GT** Shabbat Services
 4:00 **B** Happy Hour
 7:30 **GT** Evening Movie - Wine Country

- 17**
 10:00 **CR** Giant Crossword Puzzles
 1:30 **Bus** Banking Day
 1:30 **CR** What Would You Do?
 2:00 **CR** Greatest T.V. Characters
 3:15 **GT** Shabbat Services
 4:00 **B** Happy Hour
 7:30 **GT** Evening Movie - The Children's Train

- 24**
 9:30 **A** Walking Club-Meet in the Atrium
 10:00 **CR** Giant Crossword Puzzles
 1:30 **Bus** Banking Day
 2:00 **CR** Good News Stories
 3:15 **GT** Shabbat Services
 4:00 **B** Happy Hour
 7:30 **GT** Evening Movie - Nobody Wants This

- 31**
 10:00 **CR** Giant Crossword Puzzles
 1:30 **Bus** Banking Day
 1:30 **CR** The Future of Nutrition
 3:15 **GT** Shabbat Services
 4:00 **B** Happy Hour
 7:30 **GT** Evening Movie - The Two Popes

Saturday

- 4**
 9:30 **A** Walking Club-Meet in the Atrium
 10:00 **CR** Charades
 10:30 **Bus** Publix
 1:30 **CR** Word Wall
 3:00 **CR** Travel Trivia
 4:00 **B** Happy Hour
 7:30 **GT** Evening Movie - You People

- 11**
 10:00 **CR** Musical Memories-The Big Band Era
 10:30 **Bus** Publix
 1:30 **CR** Word Wall
 3:00 **PG** Putt-Putt Golf
 4:00 **B** Happy Hour
 7:30 **GT** Evening Movie - Safe Country

- 18**
 9:30 **A** Walking Club-Meet in the Atrium
 10:00 **CR** Finishing the Words
 10:30 **Bus** Publix
 10:30 **GT** Lecture with Harry Getzov
 1:30 **CR** Word Wall
 3:00 **CR** You Be the Judge
 4:00 **B** Happy Hour
 7:30 **GT** Evening Movie - No Hard Feelings

- 25**
 10:00 **CR** Name that Tune
 10:30 **Bus** Publix
 1:30 **CR** Word Wall
 3:00 **CR** Guess the Novel
 4:00 **B** Happy Hour
 7:30 **GT** Evening Movie - Our Souls at Night

Around our Community

HAPPY BIRTHDAY!



- Nathan Burke - 1/01
 Lois Breakstone - 1/02
 Mona Armour - 1/03
 Ruth Sommer - 1/06
 Harriet Fein - 1/07
 Carolyn Marks - 1/08
 Helen Rose - 1/12
 Ida Milkman - 1/13
 Mickey Becker - 1/20
 George Ratner - 1/27
 Walter Rosenthal - 1/28
 Risa Stern - 1/29
 Lita Friedman - 1/30

LOCATION KEY

- B** Bistro
CR Community Room
Bus Bus Trip
GT Grand Theatre
A Atrium
C Card Room
Spa Spa
LR Living Room
PAT Patio
MC Man Cave



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

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5
9:00 **LR** In the News
10:00 **LR** Stretching with Lucy
11:00 **PAT** Music on The Patio
1:30 **AR** Bowling
3:30 **AR** Movie Trivia
6:15 **LR** 30 Greatest Songs
1940-1949 YT

12
9:00 **LR** In the News
11:00 **LR** Sweating to the Oldies
1:30 **AR** Bowling
2:45 **LR** Finish the Phrase
3:30 **AR** Movie Trivia
6:15 **LR** Musical-A Chorus Line
Original YT

19
9:00 **LR** In the News
10:00 **LR** Stretching with Lucy
10:30 **CY** Walking and Having Our
Snack
11:00 **PAT** Music on The Patio
1:30 **AR** Bowling
3:30 **AR** Movie Trivia
6:15 **LR** Movie-Oklahoma DVD

26
9:00 **LR** In the News
10:00 **LR** Sweating to the Oldies
1:30 **AR** Bowling
2:45 **LR** Finish the Phrase
3:30 **AR** Movie Trivia
6:15 **LR** Movie-The Night Agent

6 Epiphany
10:00 **LR** Stretch with Lucy
10:30 **LR** Word Wall
1:30 **LR** Family Feud
2:00 **AR** Crafts with Lucy
2:30 **LR** Pictionary
3:15 **AR** Music Trivia
6:15 **LR** Movie-Finians Rainbow
DVD

13
10:00 **LR** Stretch with Lucy
10:45 **AR** Finish the Phrase
1:15 **LR** Chair Basketball on the
Patio
2:30 **LR** Sing Along to 50's Music
3:30 **AR** Pictionary
6:15 **LR** Comedian-Tim Hawkins

20 Martin Luther King Day
10:00 **LR** Stretch with Lucy
10:30 **LR** Word Wall
1:30 **LR** Pictionary
2:30 **LR** Wheel of Fortune
3:15 **AR** Music Trivia
6:15 **LR** Movie-Little White Lie

27
10:00 **LR** Stretch with Lucy
10:30 **LR** Fill in the Blanks
11:45 **Bus** Lunch Outing
1:30 **AR** Movie Trivia
1:30 **LR** Wheel of Fortune
3:00 **AR** Movie Star Trivia
6:15 **LR** Movie-Crossroads

7
9:00 **LR** Match Game
10:00 **LR** 50's Workout
11:00 **AR** Guess the Name or Place
1:00 **AR** Finish the Phrase
2:00 **AR** Exercise with Ashley
3:30 **AR** Bingo Bonanza
6:15 **LR** Movie-The Love Scam

14
9:00 **LR** Match Game
10:00 **AR** Babies With Amy
11:00 **AR** Guess the Name or Place
1:30 **PAT** Petting Zoo
2:00 **AR** Exercise with Ashley
3:30 **AR** Bingo Bonanza
6:15 **LR** Movie-All My Friends

21
9:00 **LR** Match Game
10:00 **LR** 50's Workout
11:00 **AR** Guess the Name or Place
1:00 **AR** Finish the Phrase
2:00 **AR** Exercise with Ashley
3:30 **AR** Bingo Bonanza
6:15 **LR** Movie-Running Point

28
9:00 **LR** Match Game
10:00 **AR** Babies With Amy
11:00 **AR** Guess the Name or Place
1:00 **AR** Finish the Phrase
2:00 **AR** Exercise with Ashley
3:15 **AR** Karaoke
6:15 **LR** Movie-Back in Action

1 Happy New Year
9:30 **AR** Chair Yoga
10:00 **AR** Reflecting and Looking
Forward 2025
11:00 **AR** Fill in the Blanks
11:00 **LR** 136th Rose Parade from CA
1:00 **AR** Indoor Golf
2:30 **LR** Karaoke
3:30 **LR** Pictionary
6:15 **LR** Movie-Bucket List DVD

8
9:00 **AR** Ping Pong
9:30 **AR** Chair Yoga
10:00 **AR** Puzzles, Checkers and
Scrabble
1:15 **AR** Music Trivia
2:30 **LR** Karaoke
3:30 **AR** Ping Pong
6:15 **LR** Comedian-Brian Kiley YT

15
9:30 **AR** Chair Yoga
10:00 **AR** Painting With Charlene
11:00 **AR** Word Wall
1:00 **AR** Indoor Golf
1:30 **Bus** Outing
2:30 **DR** Let's Bake Together
3:30 **LR** Pictionary
6:15 **LR** Movie-Happy Gilmore 2

22
9:00 **AR** Ping Pong
9:30 **AR** Chair Yoga
10:00 **AR** Puzzles, Checkers and
Scrabble
1:15 **AR** Music Trivia
2:30 **AR** Ping Pong
3:30 **LR** Entertainment
6:15 **LR** Movie-Fiddler on the Roof
DVD

29
9:30 **AR** Chair Yoga
10:00 **AR** Painting With Charlene
11:00 **AR** Word Wall
1:15 **CY** Music and Snacks out in
the Court Yard
2:30 **AR** Ice Cream Social
3:30 **LR** Karaoke
6:15 **LR** Movie-How Do You Know

2 Hanukkah Ends
9:00 **LR** Wheel of Fortune
10:00 **LR** Sweating to the Oldies
10:30 **LR** What Did it Cost
1:15 **PG** Putting Green
2:15 **LR** Unscramble the Word
3:30 **AR** Music Trivia
6:15 **LR** Movie-No Good Deed

9
9:00 **LR** Wheel of Fortune
10:00 **LR** Sweating to the Oldies
10:30 **LR** What Did it Cost
1:15 **LR** Badmition
2:15 **LR** Unscramble the Word
3:30 **AR** Entertainment
6:15 **LR** Movie-Cheaper By The Dozen
DVD

16
9:00 **LR** Wheel of Fortune
10:00 **LR** Sweating to the Oldies
10:30 **LR** What Did it Cost
1:15 **PG** Putting Green
2:15 **LR** Unscramble the Word
3:30 **AR** Fill in the Letters
6:15 **LR** Movie-Royal Wedding DVD

23 Nat'l Pie Day
9:00 **LR** Wheel of Fortune
10:00 **LR** Sweating to the Oldies
10:30 **LR** What Did it Cost
1:15 **LR** Bowling
2:15 **LR** Unscramble the Word
3:30 **AR** What Did It Cost
6:15 **LR** Movie-Frank VS God

30 Nat'l Croissant Day
9:00 **LR** Wheel of Fortune
10:00 **LR** Sweating to the Oldies
10:30 **LR** What Did it Cost
1:15 **PG** Putting Green
2:15 **LR** Unscramble the Word
3:30 **AR** Bingo Bonanza
6:15 **LR** Movie-Hello Dolly DVD

3
9:00 **LR** In The News
9:00 **LR** Movie-Missing You
10:30 **LR** Matching Objects
11:00 **PAT** Crossword Puzzle
2:00 **LR** Word Wall
3:30 **GT** Shabbat
3:30 **AR** Pictionary
6:15 **LR** Movie-Funny Girl DVD

10
9:00 **LR** In The News
10:30 **LR** Matching Objects
11:00 **PAT** Crossword Puzzle
2:00 **LR** Word Wall
3:30 **GT** Shabbat
3:30 **AR** Pictionary
6:15 **LR** Movie-A Date with Miss
Fortune YT

17
9:00 **LR** In The News
10:30 **LR** Matching Objects
11:00 **PAT** Crossword Puzzle
2:00 **LR** Word Wall
3:30 **GT** Shabbat
3:30 **AR** Pictionary
6:15 **LR** Movie-South Pacific DVD

24
9:00 **LR** In The News
10:30 **LR** Matching Objects
11:00 **PAT** Crossword Puzzle
2:00 **LR** Word Wall
3:30 **GT** Shabbat
3:30 **AR** Pictionary
6:15 **LR** Movie-Our Little Secret

31 Hot Chocolate Day
9:00 **LR** In The News
10:30 **LR** Matching Objects
11:00 **PAT** Crossword Puzzle
2:00 **LR** Word Wall
3:30 **GT** Shabbat
3:30 **AR** Pictionary
6:15 **LR** Comedian-Ellen Degeneres

4 Nat'l Trivia Day
9:00 **LR** Chair Yoga
10:00 **AR** Guess the Person or Place
11:00 **AR** Walk in the Garden
1:15 **LR** Music on the Patio
2:00 **PAT** Shuffle Board
3:15 **AR** Entertainment
6:15 **LR** Movie-Mis Matched

11
9:00 **LR** Chair Yoga
10:00 **AR** Unscramble The Word
11:00 **AR** Walk in the Garden
1:15 **LR** Music on the Patio
2:00 **PAT** Volleyball on the Patio
3:30 **LR** Movie Trivia
6:15 **LR** Movie-The Flintstones

18
9:00 **LR** Chair Yoga
10:00 **AR** Guess the Person or Place
11:00 **AR** Walk in the Garden
1:15 **LR** Music on the Patio
2:00 **PAT** Shuffle Board
3:30 **LR** Singing to the 50's
6:15 **LR** Movie-Missing You

25
9:00 **LR** Chair Yoga
10:00 **AR** Fill In The Blanks
11:00 **AR** Walk in the Garden
1:15 **LR** Music on the Patio
2:00 **PAT** Volleyball on the Patio
3:30 **LR** Karaoke
6:15 **LR** Comedian-Steward Lee



January Happenings

January Birthdays

Betty 01/04
Fay 01/26

Entertainment

Chris Autore 01/04
Stone Silk 01/09
Petting Zoo 01/14
JC 01/22

Wishing Everyone a Happy,
Healthy and Prosperous New
Year!

A couple of other important
days

Jan 20 Inauguration Day

Jan 27 Commemoration

Vicatims of the Holocaust

*Thank you to the ladies in the
Knitting Club for the
beautiful*

lap blankets

Activities are Subject to
Change

LOCATION KEY

AR Activity Room
LR Living Room
PG Putting Green
PAT Patio
GT Grand Theatre
Bus Bus Trip
DR Dining Room
CY Courtyard