

## UPCOMING COMMUNITY EVENTS



### HAPPY NEW YEAR!

Thank you for being a valued part of our family here at Allegro. We are so grateful for your presence and look forward to another year of shared experiences and memories. Wishing you a joyful, healthy, and fulfilling year ahead!

### WINE DOWN WEDNESDAY

Join us each Wednesday for Wine Down! It's a wonderful opportunity to relax and connect with the community. Some weeks we enjoy professional storytelling, while other times we welcome new neighbors, chat with a manager, or simply enjoy each other's company. Non-alcoholic drinks and wine will be served. We hope to see you there!



### GARDENING

Do you have a green thumb, or are you interested in learning more about gardening? Sign up with the Lifestyle/Activity department if you'd like to dig in the dirt once the weather warms up. We'd love to have you join us and hear your ideas!

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



# FLOURISH

JANUARY 2025

## WHAT'S INSIDE

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Upcoming Events + News

*"JANUARY IS THE MONTH FOR DREAMING."*

*—JEAN HERSEY*



# January 2025

## Sunday



## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

## Saturday

### Allegro in Tallahassee

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Tallahassee, FL 32309  
(850) 273-4579

<https://www.allegroliving.com/tallahassee-fl.html>

**5**  
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!  
**11:45 SU** CVS & Walgreens  
3:30 **AR** Sit & Fit Exercise  
4:00 **AR** Corn Hole  
5:30 **3FL** Hand & Foot Cards

**12**  
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!  
**11:45 SU** Lunch @Golden Corral  
3:30 **AR** Sit & Fit Exercise  
4:00 **AR** Corn Hole  
5:30 **3FL** Hand & Foot Cards

**19**  
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!  
**11:45 SU** Lunch @ Ground Ops  
3:30 **AR** Sit & Fit Exercise  
4:00 **AR** Corn Hole  
5:30 **3FL** Hand & Foot Cards

**26**  
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!  
**11:45 SU** Lunch @ Applebee's  
3:30 **AR** Sit & Fit Exercise  
4:00 **AR** Corn Hole  
5:30 **3FL** Hand & Foot Cards

**6**  
**9:30 SU** Shop: Walmart  
10:00 **L** Jigsaw Challenge  
10:00 **AR** Group Fitness Class  
10:30 **AR** Family Feud  
11:30 **AR** Balloon Volleyball  
**1:00 L** Shop: Dollar Tree  
3:15 **TH** TGC: Indus Valley  
**3:30 AR** Lifestyle Chat w/Jasmine  
5:30 **GR** Rummy

**13**  
**9:30 SU** Target or Publix  
10:00 **L** Jigsaw Challenge  
10:00 **AR** Group Fitness Class  
10:30 **AR** Family Feud  
11:30 **AR** Balloon Volleyball  
**1:00 L** Shop: Dillard's @ Mall  
3:15 **TH** TGC: Ancient India  
5:30 **GR** Rummy

**20**  
**9:30 SU** Shop: Walmart  
10:00 **L** Jigsaw Challenge  
10:00 **AR** Group Fitness Class  
10:30 **AR** MLK Jeopardy  
11:30 **AR** Balloon Volleyball  
**1:00 L** HomeGoods/Shoe Station  
3:15 **TH** TGC: Early Greece  
5:30 **GR** Rummy

**27**  
**9:30 SU** Trader Joe's or TJ Max  
10:00 **L** Jigsaw Challenge  
10:00 **AR** Group Fitness Class  
10:30 **AR** Family Feud  
11:30 **AR** Balloon Volleyball  
**1:00 L** Belk  
3:15 **TH** TGC: Indian Poetry  
5:30 **GR** Rummy

**7**  
**AR** National Cookbook Day: Share a Recipe  
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  
1:30 **TH** Reagon:Movie w/ Popcorn!  
2:00 **GR** Phone & Tech Assistance  
5:30 **3FL** Hand & Foot Cards

**14**  
9:00 **AR** Color Me Happy  
10:00 **L** Jigsaw Challenge  
10:00 **AR** Mindful Yoga w/Cate  
11:00 **AR** Music Therapy w/ Leah  
1:30 **TH** Gladiator:Movie w/ Popcorn!  
2:00 **GR** Phone & Tech Assistance  
4:45 **MR** Dinner Music w/ Leah  
5:30 **3FL** Hand & Foot Cards

**21**  
9:00 **AR** Color Me Happy  
10:00 **L** Jigsaw Challenge  
10:00 **AR** Mindful Yoga w/Cate  
11:00 **AR** Music Therapy w/ Leah  
1:30 **TH** Fly Away H-Movie w/ Popcorn  
2:00 **GR** Phone & Tech Assistance  
4:30 **MR** Dinner Music w/ Gail  
5:30 **3FL** Hand & Foot Cards

**28**  
9:00 **AR** Color Me Happy  
10:00 **L** Jigsaw Challenge  
10:00 **AR** Mindful Yoga w/Cate  
11:00 **AR** Music Therapy w/ Leah  
1:30 **TH** Movie:Greatest Showman  
2:00 **GR** Phone & Tech Assistance  
4:00 **MR** Dinner Music w/ Gail  
5:30 **3FL** Hand & Foot Cards

**1**  
**AR** New Year's Scavenger Hunt  
10:00 **L** Jigsaw Challenge  
10:00 **AR** Move & Stretch  
10:30 **AR** 2025 Reset: Goodbye Christmas Decor  
3:30 **CR** Wine Down Wednesday  
5:30 **GR** Checkers & Chess

**8**  
9:00 **AR** Courtyard Walking Club  
10:00 **L** Jigsaw Challenge  
10:00 **AR** Move & Stretch w/ SunCrest  
10:30 **AR** Make It!:Banana Pudding  
11:00 **CR** Mind & Melody w/Ameila  
**2:00 C** Town Hall Meeting  
3:30 **CR** Wine Down Wednesday  
5:30 **GR** Checkers & Chess  
5:30 **TH** Evening Movie: Elvis-2022

**15**  
9:00 **AR** Courtyard Walking Club  
10:00 **L** Jigsaw Challenge  
10:00 **AR** Move & Stretch w/ SunCrest  
10:30 **AR** Tasty Techniques Class  
**11:30 PD** Celebrate! January Birthday Luncheon  
2:00 **CR** Putting Practice  
**3:30 AR** Storytelling & Wine Down w/Linda Ford  
5:30 **GR** Checkers & Chess

**22**  
9:00 **AR** Courtyard Walking Club  
10:00 **L** Jigsaw Challenge  
10:00 **AR** Move & Stretch w/ SunCrest  
10:30 Tasty Techniques Class  
2:00 **CR** Putting Practice  
**3:30 CR** Resident Welcome: Wine Down  
5:30 **GR** Checkers & Chess

**29**  
9:00 **AR** Courtyard Walking Club  
10:00 **AR** Move & Stretch w/ SunCrest  
10:00 **L** Chinese New Year Brain Teasers  
10:30 **AR** Learn It: Roll Eggrolls  
2:00 **GR** Chinese New Year Bingo  
**3:30 CR** Chat w/Laurie @ Wine Down  
5:30 **GR** Checkers & Chess

**2**  
9:00 **AR** Tea & Talk:Monarch Butterflies  
10:00 **L** Jigsaw Challenge  
10:00 **AR** Wisdom Yoga w/Cate  
10:00 **GR** Scrabble  
12:00 **MR** Piano Music by Louise  
2:00 **GR** Women's Bible Study  
3:00 **AR** Sip & Sing Karaoke  
5:30 **3FL** Hand & Foot Cards

**9**  
9:00 **AR** Tea & Talk  
10:00 **L** Jigsaw Challenge  
10:00 **AR** Wisdom Yoga w/Cate  
10:00 **GR** Scrabble  
12:00 **MR** Piano Music by Louise  
2:00 **GR** Women's Bible Study  
3:00 **AR** Sip & Sing Karaoke  
5:30 **3FL** Hand & Foot Cards

**16**  
9:00 **AR** Tea & Talk  
10:00 **L** Jigsaw Challenge  
10:00 **AR** Wisdom Yoga w/Cate  
10:00 **GR** Scrabble  
12:00 **MR** Piano Music by Louise  
2:00 **GR** Women's Bible Study  
3:00 **AR** Sip & Sing Karaoke  
5:30 **3FL** Hand & Foot Cards

**23**  
9:00 **AR** Tea & Talk  
10:00 **L** Jigsaw Challenge  
10:00 **AR** Wisdom Yoga w/Cate  
10:00 **GR** Scrabble  
12:00 **MR** Piano Music by Louise  
2:00 **GR** Women's Bible Study  
3:00 **AR** Sip & Sing Karaoke  
**4:30 MR** Family Night  
5:30 **3FL** Hand & Foot Cards

**30**  
9:00 **AR** Tea & Talk  
10:00 **L** Jigsaw Challenge  
10:00 **AR** Wisdom Yoga w/Cate  
10:00 **GR** Scrabble  
12:00 **MR** Piano Music by Louise  
2:00 **GR** Women's Bible Study  
3:00 **AR** Sip & Sing Karaoke  
5:30 **3FL** Hand & Foot Cards

**3**  
9:00 **GR** Men's Bible Study  
10:00 **L** Jigsaw Challenge  
10:00 **AR** Seated Boxing Fitness  
**11:00 SU** Lunch @ Cracker Barrel  
2:00 **AR** Wheel Of Fortune  
3:30 **HC** Happy Hour  
5:30 **TH** Evening Movie: Comedy

**10**  
9:00 **GR** Men's Bible Study  
10:00 **L** Jigsaw Challenge  
10:00 **AR** Seated Boxing Fitness  
**11:00 SU** Lunch @ Richard's  
11:00 **AR** Corn Hole  
2:00 **AR** Wheel Of Fortune  
3:30 **HC** Happy Hour  
5:30 **TH** Evening Movie: Drama

**17**  
9:00 **GR** Men's Bible Study  
10:00 **L** Jigsaw Challenge  
10:00 **AR** Seated Boxing Fitness  
11:00 **AR** Corn Hole  
**11:00 SU** Lunch @ Pepper's  
2:00 **AR** Wheel Of Fortune  
3:30 **HC** Happy Hour  
5:30 **TH** Evening Movie: Action

**24**  
9:00 **GR** Men's Bible Study  
10:00 **L** Jigsaw Challenge  
10:00 **AR** Seated Boxing Fitness  
11:00 **AR** Corn Hole  
**11:00 L** Lunch @ Kiku's  
2:00 **AR** Wheel Of Fortune  
3:30 **HC** Happy Hour  
5:30 **TH** Evening Movie: True Story

**31**  
9:00 **GR** Men's Bible Study  
10:00 **L** Jigsaw Challenge  
10:00 **AR** Seated Boxing Fitness  
11:00 **AR** Corn Hole  
**11:00 SU** Lunch @ First Watch  
2:00 **AR** Wheel Of Fortune  
3:30 **HC** Happy Hour  
5:30 **TH** Evening Movie: Historical

**4**  
9:00 **AR** Walking Club: 1st Floor Tour  
10:00 **L** Jigsaw Challenge  
10:00 **AR** Yoga & Stretching  
10:00 **GR** Learn It!: Hand & Foot  
11:00 **MR** Group Sing-A-Long  
3:30 **AR** Creative Crafting Class  
5:30 **GR** Evening Games w/ Friends

**11**  
9:00 **AR** Walking Club: 2nd Floor Tour  
10:00 **L** Jigsaw Challenge  
10:00 **AR** Yoga & Stretching  
10:00 **GR** Learn It!: Hand & Foot  
11:00 **MR** Group Sing-A-Long  
3:30 **AR** Creative Crafting Class  
5:30 **GR** Evening Games w/ Friends

**18**  
9:00 **AR** Walking Club: 3rd Floor Tour  
10:00 **L** Jigsaw Challenge  
10:00 **AR** Yoga & Stretching  
10:00 **GR** Learn It!: Hand & Foot  
11:00 **MR** Group Sing-A-Long  
3:30 **AR** Creative Crafting Class  
5:30 **GR** Evening Games w/ Friends

**25**  
9:00 Walking Club:1st Floor Tour  
10:00 **L** Jigsaw Challenge  
10:00 **AR** Yoga & Stretching  
10:00 **GR** Learn It!: Hand & Foot  
11:00 **MR** Group Sing-A-Long  
3:30 **AR** Creative Crafting Class  
5:30 **GR** Evening Games w/ Friends

## Around our Community

### Happy New Year!

- Resident Town Hall Meeting: January 8th @ 2:00pm, 3rd Floor Chapel
- Join us for Family/Community Night! January 23rd • 4:30pm-6:30pm
- Sign up for shopping trips, lunch outings, and scenic drives in the Activity Room!
- January 7th is National Recipe Day! Share a copy of your favorite recipe to have it added to the Lifestyle Community Recipe book!
- BINGO!-Sunday @10:30, Monday, Wednesday & Saturday @2:00pm

### LOCATION KEY

- AR** Activity Room
- L** Lobby
- CR** Camellia Room
- GR** Game Room
- MR** Magnolia Room
- 3FL** 3rd Floor Lounge
- SU** Sign Up
- HC** Heritage Club
- TH** Theatre
- LI** Library

