UPCOMING COMMUNITY EVENTS



4TH OF JULY

Join us in celebrating the 4th of July with a festive BBQ for all residents! Come enjoy delicious grilled food, refreshing drinks, and great company as we honor Independence Day together. Don't forget to wear your red, white, and blue! We look forward to seeing you there for a joyful and tasty celebration!

DISCO PARTY THIS JULY

Get ready to groove at our dazzling Disco Party this July! We're turning up the funk with classic disco hits, colorful lights, and a dance floor. Come dressed in your best retro outfits,think sequins, bell-bottoms, and platform shoes.Don't miss this chance to shine, sparkle, and celebrate in true disco style!



MARK YOUR CALENDARS!

6/4 4th of July celebration
6/10 Happy Hour & Live Music
6/17 New Resident Meet-and-Greet
6/24 Birthday Celebration with Live Music
6/31 Disco Party at Studio Allegro!

Fort Lauderdale

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



WHAT'S INSIDE

Pg 2-3 Social Calendar

Pg 4 Upcoming Events + News

> "THE AMERICAN FLAG REPRESENTS ALL OF US AND ALL THE VALUES WE HOLD SACRED." – ADRIAN CRONAUER

FLOURISH



Sunday Monday Fort Lauderdale

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

6

10:00 L Local Church Shuttle 10:00 L Walking Club off campus 11:15 **B** Coffee and Conversation 11:15 **B** Weekly Update with Lifestyle 1:00 L Trip: Barnes & Noble 2:00 **B** Scoop of the Month 2:15 **T** Movie & Popcorn: 3:00 **GR** Billiards and Board Games 8:15 T Movie Night 13 10:00 L Local Church Shuttle

10:00 L Walking Club off campus 11:15 **B** Coffee and Conversation 11:15 **B** Weekly Update with Lifestyle 1:00 L Trip: Barnes & Noble 2:00 **B** Scoop of the Month

- 2:15 **T** Movie & Popcorn:
- 3:00 **GR** Billiards and Board Games
- 8:15 **T** Movie Night

20

10:00 L Local Church Shuttle 10:00 L Walking Club off campus 11:15 **B** Coffee and Conversation 11:15 **B** Weekly Update with Lifestvle 1:00 L Trip: Barnes & Noble 2:00 **B** Scoop of the Month 2:15 **T** Movie & Popcorn: 3:00 **GR** Billiards and Board Games 8:15 T Movie Night

27

10:00 L Local Church Shuttle 10:00 L Walking Club off campus 11:15 **B** Coffee and Conversation 11:15 **B** Weekly Update with Lifestyle 12:30 L Lunch Outing: J. Mark's 1:00 L Trip: Barnes & Noble 2:00 **B** Scoop of the Month 2:15 **T** Movie & Popcorn: 8:15 **T** Movie Night

7 9:00 L Trip: CVS/Walgreens 10:00 Y Chair Yoga - All Levels 11:00 CR Crossword Puzzle 11:00 **T** Lecture- Wes Anthony 1:30 CR Activity Planning Meeting 2:15 **T** Movie & Popcorn: 3:00 CR Big Money Bingo 8:15 **T** Movie Night

14

9:00 L Trip: CVS/Walgreens 10:00 Y Chair Yoga - All Levels 11:00 **CR** Crossword Puzzle 1:30 **C** Connected Living- My Profile 2:15 **T** Movie & Popcorn: 3:00 CR Big Money Bingo 8:15 **T** Movie Night

21

9:00 L Trip: CVS/Walgreens 10:00 Y Chair Yoga - All Levels 11:00 CR Crossword Puzzle 11:00 **CR** Paint with a Twist 1:30 **C** Connected Living- My Profile 2:15 **T** Movie & Popcorn: 3:00 CR Big Money Bingo 8:15 **T** Movie Night

28

9:00 L Trip: CVS/Walgreens 10:00 Y Chair Yoga - All Levels 11:00 **CR** Crossword Puzzle 1:30 **C** Connected Living- My Profile 2:15 **T** Movie & Popcorn: 3:00 CR Big Money Bingo 8:15 **T** Movie Night

Tuesday

1

10:00 **CR** PT by Design Fitness Class 11:00 **CR** Brain Power Hour 1:00 CR Bridge 1:00 CR ACE ACE Casino 2:15 **T** Movie & Popcorn: 3:00 **GR** Billiards and Board Games 4:00 CR Canasta 8:15 T Movie Night

8

10:00 **CR** PT by Design Fitness Class 11:00 CR Brain Power Hour 1:00 L Trip: Fresh Market 1:00 CR Bridge 2:15 **T** Movie & Popcorn: 3:00 **GR** Billiards and Board Games 4:00 CR Canasta 8:15 T Movie Night

15

10:00 **CR** PT by Design Fitness Class 11:00 **CR** Brain Power Hour 11:00 CR ACE ACE Casino 1:00 CR Bridge 2:15 **T** Movie & Popcorn: 3:00 **GR** Billiards and Board Games 4:00 CR Canasta 8:15 **T** Movie Night

22

- 10:00 **CR** PT by Design Fitness Class 11:00 CR Brain Power Hour 1:00 L Trip: Fresh Market 1:00 CR Bridge 1:30 **B** DIY Ceramic Succulent Pot: All Levels 2:15 **T** Movie & Popcorn: 3:00 **GR** Billiards and Board Games 4:00 CR Canasta 8:15 **T** Movie Night 29
- 10:00 **CR** PT by Design Fitness Class 11:00 **CR** Brain Power Hour 1:00 CR Bridge 2:15 **T** Movie & Popcorn: 3:00 **GR** Billiards and Board Games 4:00 CR Canasta 8:15 T Movie Night

July 2025 Wednesday Thursday

2

9:00 L Trip: Publix 10:00 **Y** Chair Yoga - All Levels 11:00 **CR** Words in a Word 2:00 **B** Flower Arrangements 2:15 **T** Movie & Popcorn: 3:00 CR Dominoes 7:00 **B** Karaoke Night 8:15 **T** Movie Night

9

9:00 L Trip: Publix 10:00 Y Chair Yoga - All Levels 11:00 **CR** Words in a Word 2:00 **B** Flower Arrangements 2:15 **T** Movie & Popcorn: 3:00 CR Dominoes 4:00 **T** Catholic Mass 7:00 **B** Karaoke Night 8:15 **T** Movie Night

16

9:00 L Trip: Publix 10:00 Y Chair Yoga - All Levels 11:00 **CR** Words in a Word **1:30 B** Flower Arrangements 2:00 PD Water Aerobics 2:15 **T** Movie & Popcorn: 3:00 CR Dominoes 7:00 **B** Karaoke Night 8:15 **T** Movie Night

23

- 9:00 L Trip: Publix 10:00 Y Chair Yoga - All Levels 11:00 **CR** Words in a Word 2:00 **B** Flower Arrangements 2:15 **T** Movie & Popcorn: 3:00 CR Book Club 4:00 **T** Conversation with Rabbi Singer 7:00 **B** Karaoke Night 8:15 **T** Movie Night 30 9:00 L Trip: Publix 10:00 Y Chair Yoga - All Levels 11:00 CR Words in a Word
- 2:00 **B** Flower Arrangements 2:15 **T** Movie & Popcorn:
- 3:00 CR Dominoes
- 7:00 **B** Karaoke Night
- 8:15 **T** Movie Night

10:00 **CR** PT by Design Fitness Class 11:00 **CR** Trivia Challenge 2:00 **C** Connected Living- My Profile 2:15 **T** Movie & Popcorn:

- 3:00 CR Card Games Group 6:00 **B** Rummikub Lesson
- 8:15 **T** Movie Night

10

3

10:00 **CR** PT by Design Fitness Class 11:00 **CR** Trivia Challenge 2:00 **CR** Cooking Demonstration with Chef 2:15 **T** Movie & Popcorn: 3:00 CR Card Games Group 4:00 **B** Happy Hour & Live Music 6:00 **B** Rummikub Lesson 8:15 **T** Movie Night

17

10:00 **CR** PT by Design Fitness Class 11:00 **CR** Trivia Challenge 2:15 **T** Movie & Popcorn: 3:00 **CR** Card Games Group 4:00 **B** New Resident Meet-and-Greet 6:00 **B** Rummikub Lesson 8:15 **T** Movie Night

24

10:00 **CR** PT by Design Fitness Class 11:00 **CR** Trivia Challenge 2:00 SK Cooking Demonstration with Lifestyles 2:15 **T** Movie & Popcorn: 3:00 **CR** Card Games Group 4:00 **B** Birthday Celebration with Live Music 6:00 B Rummikub Lesson 8:15 **T** Movie Night 31 10:00 **CR** PT by Design Fitness Class 11:00 **CR** Trivia Challenge 1:30 **CR** Lecture: Happy, Healthy & Aging

2:15 **T** Movie & Popcorn:

3:00 CR Card Games Group

Allegro!

6:00 B Rummikub Lesson

8:15 **T** Movie Night

4:00 **B** Disco Party at Studio

Friday

4

10:00 Y Chair Yoga - All Levels 11:00 **CR** Spanish Lessons- All Levels 1:30 **CR** Poker Games 1:30 **B** 4th of July celebration 2:15 **T** Movie & Popcorn: 3:00 B Afternoon Tea 4:00 **B** MAHJONG 8:15 T Movie Night

11

10:00 Y Chair Yoga - All Levels 11:00 **CR** Town Hall Meeting 11:00 **CR** Spanish Lessons- All Levels 1:30 CR Poker Games 2:15 **T** Movie & Popcorn: 3:00 **B** Afternoon Tea 4:00 **B** MAHJONG 8:15 T Movie Night

18

- 10:00 Y Chair Yoga All Levels 11:00 CR Spanish Lessons- All Levels 11:00 **CR** Control Your Blood Pressure-Lecture 1:30 **CR** Poker Games 2:15 **T** Movie & Popcorn: 3:00 **B** Afternoon Tea 4:00 **B** MAHJONG 8:15 T Movie Night 25 10:00 Y Chair Yoga - All Levels 11:00 CR Spanish Lessons- All Levels 1:30 **CR** Poker Games 2:15 **T** Movie & Popcorn: 3:00 B Afternoon Tea
- 4:00 **B** MAHJONG
- 8:15 T Movie Night



Saturday

5

10:00	L	Trip: Trader Joe's & More
10:00	В	Smoothie of the Week
12:30	L	Lunch Outing: Mulino
		Italian Cuisine
2:00	PD	Jenga Tournament
2:15	Т	Movie & Popcorn:
3:00	В	Rummikub Games
3:00	CR	Big Money Bingo
4:00	В	Trivia in Bistro
8:15	Т	Movie Night
12		
10:00	L	Trip: Trader Joe's & More
10:00	В	Smoothie of the Week
2:00	PD	Jenga Tournament
2:15	Т	Movie & Popcorn:
3:00	В	Rummikub Games
3:00	CR	Big Money Bingo
1.00	D	Trivia in Distric

4:00 **B** Trivia in Bistro 8:15 T Movie Night

19

10:00 L Trip: Trader Joe's & More 10:00 **B** Smoothie of the Week 2:00 PD Jenga Tournament 2:15 **T** Movie & Popcorn: 3:00 **B** Rummikub Games 3:00 CR Big Money Bingo 4:00 **B** Trivia in Bistro 8:15 **T** Movie Night

26

10:00	L	Trip: Trader Joe's & More
10:00	В	Smoothie of the Week
2:00	PD	Jenga Tournament
2:15	Т	Movie & Popcorn:
3:00	В	Rummikub Games
		Big Money Bingo
4:00	В	Trivia in Bistro
8:15	Т	Movie Night

Around our Community

Paint with a Twist

Join us this July for a relaxing and creative Wine, Cheese, and Painting celebration! Enjoy a delightful selection of wines and cheeses as vou unwind and express your artistic side. A local instructor will guide you step-by-step in creating your own masterpiece, no experience needed! It's the perfect blend of fun, flavor, and creativity with friends and neighbors. Come sip. snack. and paint away in good company!

LOCATION K E Y

- Community Room CR
- Т Movie Theater
- GR Game Room
- L Meet in Lobby
- Υ Yoqa/Exercise Room
- R Bistro
- Conference Room ſ
- PD Pool Deck
- SK Sky Lounge



Sunday Monday Fort Lauderdale

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6

9:30 IS Virtual Church Service 10:30 IS Flex & Relax Class 11:00 IS IN2L Games 1:00 AR Let's Get Physical! 2:00 **B** Ice Cream in the Bistro 3:00 **AR** Group Word Games/Puzzles 6:00 **AR** Evening Program w/ Talia

13

9:30 **IS** Virtual Church Service 10:30 IS Flex & Relax Class 11:00 IS IN2L Games 1:00 **AR** Let's Get Physical! 2:00 **B** Ice Cream in the Bistro 3:00 **AR** Group Word Games/Puzzles 6:00 **AR** Evening Program w/ Talia

20

9:30 **IS** Virtual Church Service 10:30 IS Flex & Relax Class 11:00 IS IN2L Games 1:00 **AR** Let's Get Physical! 2:00 TR Outdoor Time 2:00 **B** Ice Cream in the Bistro 3:00 **AR** Group Word Games/Puzzles 6:00 **AR** Evening Program w/ Talia

27

9:30 IS Virtual Church Service 10:30 IS Flex & Relax Class 11:00 IS IN2L Games 1:00 **AR** Let's Get Physical! 2:00 TR Outdoor Time 2:00 **B** Ice Cream in the Bistro 3:00 **AR** Group Word Games/Puzzles 6:00 AR Evening Program w/ Talia

7 10:00 IS Chair Exercise 10:30 **IS** Interactive Game 11:30 IS Sing-a-Long Songs

1:00 **AR** Outdoors (Weath. Permit.) 2:00 AR Lemonade & Iced Tea Social 3:00 **AR** Famous People Born in July 6:00 **AR** Evening Movie

14

10:00 **IS** Chair Exercise 10:30 **IS** Interactive Game 11:30 **IS** Sing-a-Long Songs 1:00 **AR** Outdoors (Weath. Permit.) 3:00 AR New Entertainer, "Lyonel" 4:00 **AR** What's Different? 6:00 **AR** Evening Movie

21

10:30 **AR** Pet Therapy Birthday Party 11:30 IS Sing-a-Long Songs 1:00 **AR** Outdoors (Weath. Permit.) 2:00 **AR** Root Beer Float Social 3:00 **AR** Name That Vintage Gadget 4:00 **AR** Group Word Games 6:00 **AR** Evening Movie

28

10:00 **IS** Chair Exercise 10:30 IS Interactive Game 11:30 IS Sing-a-Long Songs 1:00 **AR** Outdoors (Weath. Permit.) 2:00 AR Iced Coffee & Tea Social 3:30 **AR** Trivia Contest 6:00 **AR** Evening Movie

Tuesday

1

9:30 **TR** Beat The Heat! 10:30 IS Sit & Stretch 11:00 IS July Slide Show & Trivia 1:00 **AR** Bean Bag Toss 2:00 AR Summer Bingo! 3:30 **AR** Music Videos 6:00 IS Evening Program w/ Talia

8

9:30 **TR** Beat The Heat! 10:30 IS Sit & Stretch 11:00 IS Travel Talk w/ Trivia 1:00 **AR** Spares & Strikes! 2:00 AR Pokeeno! 3:30 AR Afternoon Musical 6:00 **IS** Evening Program w/ Talia

15

9:30 **TR** Beat The Heat! 10:30 IS Sit & Stretch 11:00 **IS** Interactive Game 1:00 **AR** Putt-Putt Golf 2:00 AR Summer Bingo! 3:30 **AR** Table Games 6:00 IS Evening Program w/ Talia

22

9:30 **TR** Beat The Heat! 10:30 IS Sit & Stretch 11:00 IS Travel Talk w/ Trivia 1:00 **AR** The Parachute 2:00 AR Pokeeno 3:30 AR Classic Musical 6:00 IS Evening Program w/ Talia

29

9:30 **TR** Beat The Heat! 10:30 IS Sit & Stretch 11:00 **IS** Funny Baby & Animal Clips 1:00 **AR** Let's Get Physical! 2:00 **AR** Summer Bingo! 3:30 AR Picture Perfect! 6:00 IS Evening Program w/ Talia

July 2025 Wednesday

2

10:00 **IS** Exercise Class 10:30 **AR** News & Views 11:30 **IS** Sing-a-Long Songs 1:00 AR Comedy Hour 2:00 **T** Movie Theater Reserved 3:30 AR Red, White & Blue Craft 6:00 **AR** Evening Movie

9

10:00 **AR** Pet Therapy w/ "Sophie" 11:00 **AR** News & Views 1:00 **PD** Outdoors(Weath. Permit.) 2:00 AR Trivia Game on TV 3:00 **AR** Summer Painting 4:00 **AR** Video Clips, Musicals 6:00 **AR** Evening Movie

16

10:00 **IS** Exercise Class 10:30 **AR** News & Views 1:00 **PD** Outdoors(Weath. Permit.) 2:00 **T** Movie Theater Reserved 3:00 **AR** Word Search/Crossword 4:00 **AR** Funny Animal Clips 6:00 AR Evening Movie

23

10:00 **AR** Pet Therapy w/ "Sophie" 11:00 **AR** News & Views 1:30 **AR** The Band Played On 2:30 AR Arts-n-Crafts, Collage 3:30 AR Boggle & Jenga 4:30 **QR** Reminiscing, Short Stories 6:00 **AR** Evening Movie

30

10:00 IS Exercise Class 10:30 AR News & Views 11:30 **TR** Outdoors(Weath. Permit.) 1:00 **AR** Classic TV Comedy 2:30 AR Entertainment w/ Steve! 3:30 **AR** Group Table/Word Games 6:00 **AR** Evening Movie

Thursday

3

10:00 IS Sit & Stretch 10:30 Y Work-Out at The Gym! 11:00 **IS** The Wheel of Fortune 1:00 **PD** Outdoors (Weath, Permit.) 2:00 **AR** Kick-Off The 4th Party 3:30 LI Library Hour 4:30 **AR** Group Table Game 6:00 **IS** Evening Movie

10

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

17

10:00 IS Sit & Stretch 10:30 **Y** Work-Out at The Gvm! 11:00 **IS** Travel Slide Show & Trivia 1:30 L Scenic Bus Ride 2:00 LI Library Time 4:00 **B** Happy Hour w/ Live Music 6:00 **IS** Evening Movie

24

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 Movie

31

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 Movie

Friday

4

10:00 IS Chair Yoga 10:30 **AR** July 4th Slide Show 11:30 **IS** Patriotic Music 1:00 **AR** Balloon Vollevball 2:00 **AR** Patriotic Video Clips 3:30 **AR** Flag Craft 6:00 **IS** Evening Movie

11

10:00 IS Chair Yoga 10:30 **AR** Dominoes 11:30 **TR** Outdoors(Weath. Permit.) 1:00 **AR** The Parachute 2:00 **AR** The Match Game 3:30 **AR** Afternoon Musical, Choice 6:00 **IS** Evening Movie

18

10:00 IS Chair Yoga 10:30 **IS** Interactive Game 11:30 TR Outdoor Time 1:00 **AR** Let's Get Physical! 2:00 **AR** Bingo For Chocolates! 3:30 **AR** Afternoon Musical, Choice 6:00 **IS** Evening Movie

25

10:00 IS Chair Yoga 11:00 **AR** Dominoes 11:30 TR Outdoor Time 1:00 **AR** Let's Get Physical! 3:30 **AR** Afternoon Musical, Choice 6:00 **IS** Evening Movie



Saturday

5

10:00 IS Sit & Stretch 10:30 IS Brain Teasers 11:30 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

12

Sit & Stretch
Brain Teasers
Outdoor Time
Let's Get Physical!
Movie Matinee
Table Top Game
Evening Movie

19

10:00	IS	Sit & Stretch
10:30	IS	Brain Teasers
11:30	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

26

10:00	IS	Sit & Stretch
10:30	IS	Brain Teasers
11:30	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

Around our Community

TITLE

Happy Birthday to: Marie S.-7/24

Movie Theater Reserved, 7/2, 7/16

7/3-Kick-Off the July 4th Holiday Party!

Pet Therapy-7/9,7/21,7/23

7/21-Birthday Party for "Nelly" Therapy Dog.

7/30-Entertainment w/ Steve

Scenic Bus Rides Weekly

Sundays @ 2:00 Ice Cream/Bistro

Calendar Subject to Change

LOCATION KEY

- Terrace TR IS Interactive Screen AR Activity Room Movie Theater Т Υ Yoqa/Exercise Room PD Pool Deck Library LI
- В Bistro
- L Meet in Lobby
- **QR** Quiet Room