

UPCOMING COMMUNITY EVENTS

CELEBRATE FATHER’S DAY WITH BRUNCH AND GOLF!

This Father’s Day, invite your family for a relaxing brunch filled with love, laughter, and great food. Afterward, enjoy a special viewing party of the final round of the PGA U.S. Open. It’s the perfect way to celebrate dads and make lasting memories together.



SHOW & TELL – RESIDENT ITEM OF THE WEEK!

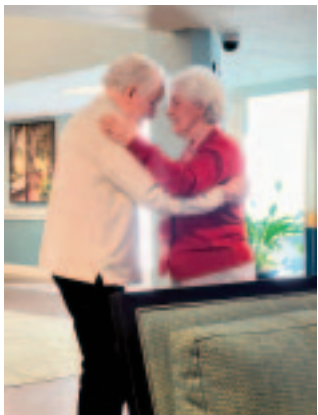


We’re excited to begin a new tradition! Each week, one resident’s special item—a photo, keepsake, or craft—will be featured in the lobby with a short story. Share something meaningful and help us celebrate the memories and treasures that make our community unique. Submit yours to join in!

NEW CLUB ALERT!

ALLEGRO IN MOTION

Say “Hello” to Allegro in Motion! An inclusive dance troupe that celebrates all dancers, including those who use walkers or wheelchairs. Here, you’ll have the opportunity to perform exciting choreography, showcase your talent, and be part of a supportive, creative community



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



FLOURISH

JUNE 2025



WHAT’S INSIDE

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Social Calendar

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Upcoming Events + News

“LIVE YOUR LIFE AND FORGET YOUR AGE!”

—NORMAN VINCENT PEALE





Sunday

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9:15 LI Holy Communion Service9:30 C Chapel Services w/ 40aks10:00 L Jigsaw Challenge10:00 AR Core Confidence10:45 SU CVS & Walgreens2:00 GR BINGO3:30 AR Corn Hole5:30 TH Musical Movie Night6:00 GR Scrabble
- 8

9:15 LI Holy Communion Service9:30 C Chapel Services w/ 40aks10:00 L Jigsaw Challenge10:00 AR Core Confidence10:45 SU Dollar Tree2:00 GR BINGO3:00 AR Rock Painting w/ Judith5:30 TH Musical Movie Night6:00 GR Scrabble
- 15

Father’s Day9:15 LI Holy Communion Service9:30 C Chapel Services w/ 40aks10:00 L Jigsaw Challenge10:00 AR Core Confidence11:00 MR Father’s Day Brunch2:00 GR BINGO2:00 TH Final Round: PGA U.S Open3:30 AR Corn Hole6:00 GR Scrabble
- 22

9:15 LI Holy Communion Service9:30 C Chapel Services w/ 40aks10:00 L Jigsaw Challenge10:00 AR Core Confidence10:45 SU Dollar Tree2:00 GR BINGO3:30 AR Corn Hole5:30 TH Musical Movie Night6:00 GR Scrabble
- 29

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Monday

- 2

9:00 L Shop: Target or Publix10:00 L Jigsaw Challenge10:00 AR Mindful Yoga w/ Cate11:00 AR Volleyball1:30 L Shop: TJ Maxx2:00 GR Unicorn BINGO3:00 GR Health Talk w/Suncrest3:15 TH TGC: The Crucible3:30 AR Headbandz6:00 GR Monopoly
- 9

9:00 SU Shop: Walmart10:00 L Jigsaw Challenge10:00 AR Mindful Yoga w/ Cate11:00 AR Volleyball1:00 L Trip: Auto-Mobile Museum2:00 GR Monster’s BINGO3:00 GR Nurse Chat w/ Ashley3:15 TH TGC: Death of Roman Repub.3:30 AR Headbandz6:00 GR Monopoly
- 16

9:00 L Shop: Target or Publix10:00 L Jigsaw Challenge10:00 AR Mindful Yoga w/ Cate11:00 AR Volleyball1:00 L Shop: HomeGoods2:00 GR Funky BINGO3:15 TH TGC: Augustus3:30 AR Headbandz6:00 GR Monopoly
- 23

9:00 SU Shop: Walmart10:00 L Jigsaw Challenge10:00 AR Mindful Yoga w/ Cate11:00 AR Volleyball1:00 L Shop: Hobby Lobby2:00 GR Decade’s BINGO3:15 TH TGC: Roman Emperors3:30 AR Headbandz6:00 GR Monopoly
- 30

9:00 L Shop: Target or Publix10:00 L Jigsaw Challenge10:00 AR Mindful Yoga w/ Cate11:00 AR Volleyball2:00 GR BINGO with a Cop!3:15 TH TGC: Han & Roman Empires3:30 AR Headbandz6:00 GR Monopoly

Tuesday

- 3

9:00 GR Do You Remember?10:00 L Jigsaw Challenge10:00 AR SWEAT Therapy11:00 AR Music Therapy w/ Leah12:00 MR Lunch Music w/ Gail1:30 TH Into the Wild w/ Popcorn!2:00 GR Phone & Tech Assistance3:00 GR Community Support Group3:30 GR Activity Chat w/Rebecca6:00 AR Color Me Happy
- 10

9:00 GR Do You Remember?10:00 L Jigsaw Challenge10:00 AR SWEAT Therapy11:00 AR Music Therapy w/ Leah1:30 TH Hercules w/ Popcorn!2:00 C Town Hall Meeting2:00 GR Phone & Tech Assistance3:00 GR Community Support Group6:00 AR Color Me Happy
- 17

9:00 GR Do You Remember?10:00 L Jigsaw Challenge10:00 AR SWEAT Therapy11:00 AR Music Therapy w/ Leah1:30 TH Rev. Matt Creamer Movie2:00 GR Phone & Tech Assistance3:00 GR Community Support Group4:30 MR Dinner Music w/ Gail6:00 AR Color Me Happy
- 24

9:00 GR Do You Remember?10:00 L Jigsaw Challenge10:00 AR SWEAT Therapy11:00 AR Music Therapy w/ Leah1:30 TH North Country w/ Popcorn!2:00 GR Phone & Tech Assistance3:00 GR Resident Welcome Party4:00 MR Dinner Music w/ Gail6:00 AR Color Me Happy



Wednesday

- 4

9:00 CY Gardening Club10:00 L Jigsaw Challenge10:00 AR Silver Strength(SunCrest)11:00 AR Bell Choir1:00 AR Crochet/Knitting Club2:00 GR BINGO2:15 AR Passport to Conversation3:30 LL Wine Down w/ Linda Ford5:30 GR Show & Tell Workshop
- 11

9:00 CY Gardening Club10:00 L Jigsaw Challenge10:00 AR Silver Strength(SunCrest)11:00 AR Bell Choir1:00 AR Crochet/Knitting Club2:00 GR BINGO2:15 AR Passport to Conversation3:30 LL Wine Down Wednesday5:30 GR Show & Tell Workshop
- 18

9:00 CY Gardening Club10:00 AR Silver Strength(SunCrest)11:00 AR Bell Choir11:30 PD June Birthday Luncheon1:00 AR Crochet/Knitting Club1:00 MR Live Music w/Dave Carty2:00 GR BINGO2:15 AR Passport to Conversation3:30 LL Wine Down Wednesday5:30 GR Show & Tell Workshop
- 25

9:00 CY Gardening Club10:00 L Jigsaw Challenge10:00 AR Silver Strength(SunCrest)11:00 AR Bell Choir1:00 AR Crochet/Knitting Club2:00 GR BINGO2:15 AR Passport to Conversation3:30 LL Wine Down Wednesday5:30 GR Show & Tell Workshop



Thursday

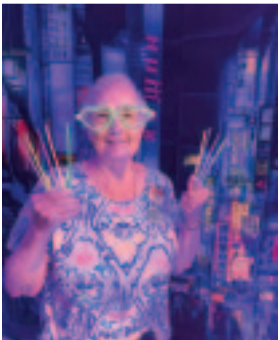
- 5

9:00 AR Morning Brain Boost9:30 AR Blood Pressure Check10:00 L Jigsaw Challenge10:00 AR Wisdom Yoga w/ Cate11:00 AR Corn Hole12:00 MR Piano Music by Louise1:30 AR Putting Practice2:00 GR Women’s Bible Study3:30 AR Sip & Sing Karaoke5:30 TH Financial Education Movie
- 12

9:00 AR Morning Brain Boost9:30 AR Blood Pressure Check10:00 L Jigsaw Challenge10:00 AR Wisdom Yoga w/ Cate11:00 AR Corn Hole12:00 MR Piano Music by Louise1:30 AR Putting Practice2:00 GR Women’s Bible Study3:30 AR Sip & Sing Karaoke5:30 GR Billiard Buddies
- 19

Juneteenth9:00 GR Juneteenth Discussion9:30 AR Blood Pressure Check10:00 L Jigsaw Challenge10:00 AR Wisdom Yoga w/ Cate11:00 AR Prideful Corn Hole12:00 MR Piano Music by Louise1:30 AR Putting Practice2:00 GR Women’s Bible Study3:30 AR Freedom Floats & Songs5:30 GR Billiard Buddies
- 26

9:00 AR Morning Brain Boost9:30 AR Blood Pressure Check10:00 AR Wisdom Yoga w/ Cate10:00 L Tour of Homes Event11:00 AR Corn Hole12:00 MR Piano Music by Louise2:00 GR Women’s Bible Study3:30 GR Ambassador Meeting3:30 AR Sip & Sing Karaoke4:30 MR Family Night: Luau



Friday

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9:00 GR Men’s Bible Study (40aks)10:00 L Jigsaw Challenge10:00 SU “Chair-lates”11:00 L Lunch Outing: Bumpa’s1:30 AR Allegro in Motion2:15 TH Allegro Wheel of Fortune3:30 HC Heritage Club Happy Hour5:30 TH Bridge Club6:00 TH Movie: Resident Choice
- 13

9:00 GR Men’s Bible Study (40aks)10:00 L Jigsaw Challenge10:00 SU “Chair-lates”11:00 L Lunch Outing: Connor’s1:30 AR Allegro in Motion2:15 TH Allegro Wheel of Fortune3:30 HC Heritage Club Happy Hour5:30 TH Bridge Club6:00 TH Movie: Resident Choice
- 20

9:00 GR Men’s Bible Study (40aks)10:00 L Jigsaw Challenge10:00 SU “Chair-lates”11:00 L Lunch Outing: Momo’s Pizza1:30 AR Allegro in Motion2:15 TH Allegro Wheel of Fortune3:15 CY Sangria Showdown!5:30 TH Bridge Club6:00 TH Movie: Resident Choice
- 27

9:00 GR Men’s Bible Study (40aks)10:00 L Jigsaw Challenge10:00 SU “Chair-lates”11:00 L Lunch Outing: Tijuana1:30 AR Allegro in Motion2:15 TH Allegro Wheel of Fortune3:30 HC Heritage Club Happy Hour5:30 TH Bridge Club6:00 TH Movie: Resident Choice

Saturday

- 7

9:00 AR Resident Led Walking Club10:00 L Jigsaw Challenge10:00 GR Beginners: Hand & Foot10:00 SU Cardio 10111:00 GR Carasta1:00 GR Word Association Train2:00 GR BINGO3:30 AR Craft: Mini Dream Catchers5:30 GR Skip-Bo: Solitaire Cards
- 14

9:00 AR Resident Led Walking Club10:00 L Jigsaw Challenge10:00 GR Beginners: Hand & Foot10:00 SU Cardio 10111:00 GR Carasta1:00 GR Word Association Train2:00 GR BINGO3:30 AR Craft: Wood Crafts5:30 GR Skip-Bo: Solitaire Cards
- 21

9:00 AR Resident Led Walking Club10:00 L Jigsaw Challenge10:00 GR Beginners: Hand & Foot10:00 SU Cardio 10111:00 GR Carasta11:00 AR Walker Cleaning w/ Youth1:00 GR Word Association Train2:00 GR BINGO3:30 AR Craft: Air-Dry Pottery5:30 GR Skip-Bo: Solitaire Cards
- 28

9:00 AR Resident Led Walking Club10:00 L Jigsaw Challenge10:00 GR Beginners: Hand & Foot10:00 SU Cardio 10111:00 GR Carasta1:00 GR Word Association Train2:00 GR BINGO3:30 AR Craft: Dried Flower Kits5:30 GR Skip-Bo: Solitaire Cards

Around our Community

**TITLE**

Get ready for a summer of fun! Residents can look forward to learning new card games, bonding with friends, and sharing laughter-filled afternoons. With exciting activities and chances to make lasting memories, this season promises joy, connection, and plenty of friendly competition. Let’s make this summer one to remember!

Please note that all materials on the calendar are subject to change.



LOCATION KEY

- LI Library
- C Chapel
- L Lobby
- AR Activity Room
- SU Sign Up
- GR Game Room
- TH Theatre
- MR Magnolia Room
- CY Courtyard
- LL Living Room

Allegro in Tallahassee

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