

## UPCOMING COMMUNITY EVENTS



### INTELLECTUAL ACTIVITIES

03/02-Current Events/Lecture with Michael B  
03/05-Book Review with Linda A  
03/06-03/20-Current Events with Art B  
03/11-Parkinson's Support Group  
03/12-The Eldercation Experience with Harry G  
03/18-Channe F Lecture Series  
The Great Courses Lectures-Every Saturday  
My Health Angel Events-Every Wednesday

## COMMUNITY OUTINGS

### SHOPPING SPREE- SATURDAY'S AT 10:30AM.

03/06-Lynora's at 11AM  
03/13-Coral Square Mall/Casino at 11AM  
03/20-Bonefish Grill at 4:30PM  
03/27-Coral Square Mall/Casino at 11AM



**Allegro in Parkland**  
5901 Loxahatchee Road  
Parkland, FL 33067  
(954) 376-6754



# FLOURISH

MARCH 2025

## WHAT'S INSIDE

Pg 2-3  
Social Calendar

Pg 4  
Upcoming Events + News

*"A WOMAN IS THE FULL CIRCLE. WITHIN HER IS THE ABILITY TO CREATE, NURTURE, AND TRANSFORM"*

*—DIANE MARIECHILD*

### Sunday

- March 30**  
 10:00 **CR** Exercise Class  
 10:30 **TH** Catholic Services (Virtual)  
 10:30 **CR** Watercolor/Glass Painting Class  
 11:00 **CR** Brain Games Puzzle  
 1:30 **CR** Bingo  
 3:00 **BI** Ice Cream Social  
 4:00 **CR** Poetry Club  
 7:00 **TH** Classics: The Sting-N
- 2**  
 10:00 **CR** Exercise Class  
 10:30 **TH** Catholic Services (Virtual)  
 10:30 **CR** Watercolor/Glass Painting Class  
 11:00 **CR** Brain Games Puzzle  
 1:30 **CR** Bingo  
 3:00 **BI** Ice Cream Social  
 4:00 **CR** Poetry Club  
 7:00 **CR** Lecture/Current Events w/ Michael
- 9**  
 10:00 **CR** Exercise Class  
 10:30 **TH** Catholic Services (Virtual)  
 10:30 **CR** Watercolor/Glass Painting Class  
 11:00 **CR** Brain Games Puzzle  
 1:30 **CR** Bingo  
 3:00 **BI** Social Hour  
 4:00 **CR** Poetry Club  
 7:00 **TH** Classics: Legends of the Fall-N
- 16**  
 10:00 **CR** Exercise Class  
 10:30 **TH** Catholic Services (Virtual)  
 10:30 **CR** Watercolor/Glass Painting Class  
 11:00 **CR** Brain Games Puzzle  
 1:30 **CR** Bingo  
 3:00 **BI** Ice Cream Social  
 4:00 **CR** Poetry Club  
 7:00 **TH** Classics: An Affair to Remember-N
- 23**  
 10:00 **CR** Exercise Class  
 10:30 **TH** Catholic Services (Virtual)  
 10:30 **CR** Watercolor/Glass Painting Class  
 11:00 **CR** Brain Games Puzzle  
 1:30 **CR** Bingo  
 3:00 **BI** Social Hour  
 4:00 **CR** Poetry Club  
 7:00 **TH** Classics: Schindler's List-N

### Monday

- March 31**  
 10:00 **CR** Morning Stretch  
 10:30 **CR** Word Games  
 11:00 **P** Water Aerobics w/ Omar  
 1:30 **CR** Blast to the Past  
 1:30 **GR** Canasta Games  
 2:30 **CD** Blackjack (RSVP)  
 3:00 **CR** Jewelry Design  
 7:00 **CR** Bingo Night
- 3**  
 10:00 **CR** Morning Stretch  
 11:00 **P** Water Aerobics w/ Omar  
 1:30 **GR** Canasta Games  
 1:30 **CR** Jewelry Design  
 2:30 **CD** Blackjack (RSVP)  
 3:00 **CR** Blast to the Past  
 7:00 **CR** Bingo Night
- 10**  
 10:00 **CR** Morning Stretch  
 10:30 **BI** YaYa K. Designs  
 10:30 **CR** Word Games  
 11:00 **P** Water Aerobics w/ Omar  
 1:30 **CR** Blast to the Past  
 1:30 **GR** Canasta Games  
 2:30 **CD** Blackjack (RSVP)  
 3:00 **CR** Flower Arrangement  
 7:00 **CR** Bingo Night
- 17**  
 St. Patrick's Day  
 10:00 **CR** Morning Stretch  
 10:30 **CR** Word Games  
 11:00 **P** Water Aerobics w/ Omar  
 1:30 **CR** Blast to the Past  
 1:30 **GR** Canasta Games  
 2:30 **CD** Blackjack (RSVP)  
 3:00 **BI** Karaoke Time  
 7:00 **CR** Bingo Night
- 24**  
 10:00 **CR** Morning Stretch  
 10:30 **CR** Word Games  
 11:00 **P** Water Aerobics w/ Omar  
 1:30 **CR** Blast to the Past  
 1:30 **GR** Canasta Games  
 2:30 **CD** Blackjack (RSVP)  
 3:00 **CR** Flower Arrangement  
 7:00 **CR** Bingo Night

### Tuesday

- ### Allegro in Parkland
- 5901 Loxahatchee Road  
 Parkland, FL 33067  
 (954) 376-6754  
<https://www.allegroliving.com/senior-living-parkland-florida.html>
- 4**  
 Mardi Gras  
 10:30 **CR** Fitness Fusion w/ Barbra  
 11:00 **LI** Spanish Lessons  
 11:30 **BI** Valerie's Shop  
 1:30 **CR** Bingo  
 2:30 **LI** Technology Support  
 2:30 **GR** Canasta Games  
 3:00 **BI** Karaoke Time  
 4:00 **CR** Country Spotlight w/ Eric  
 7:00 **CR** Games Night

### Wednesday

- 5**  
 Ash Wednesday  
 10:00 **CR** Chair Exercise  
 10:30 **CR** TED Talks  
 11:00 **CR** Smartphone Savvy Seniors  
 11:00 **P** Water Aerobics w/ Omar  
 1:30 **CR** Bingo Time  
 2:00 **CR** Book Review w/ Linda  
 2:00 **GR** Canasta Games  
 3:00 **CR** Lecture: The Science of Pain
- 12**  
 10:00 **CR** Chair Exercise  
 10:30 **CR** TED Talks  
 11:00 **CR** Smartphone Savvy Seniors  
 11:00 **P** Water Aerobics w/ Omar  
 1:30 **CR** Bingo Time  
 2:00 **CR** Music & Lecture w/ Harry G  
 3:00 **CR** Lecture: 21st Century Art  
 3:30 **BR** Gentlemen's Club  
 7:00 **TH** Movie Night: For the Boys-A

### Thursday

- 6**  
 10:00 **CR** Fitness Fusion w/ Barbra  
 11:00 **O** Outing: Lynoras  
 11:30 **TH** Communion Services  
 1:30 **CR** Painting Class w/ Norberto  
 2:30 **CR** Mindful-Meditation  
 3:30 **CR** High Stakes Bingo  
 7:00 **CR** Table Talk w/ Eric
- 13**  
 10:30 **CR** Fitness Fusion w/ Barbra  
 11:00 **O** Outing: Deerfield Mall/Casino  
 11:30 **TH** Communion Services  
 1:30 **CR** Painting Class w/ Norberto  
 2:30 **CR** Mindful-Meditation  
 3:00 **CR** Resident Council Meeting  
 4:00 **CR** High Stakes Bingo  
 7:00 **CR** Table Talk w/ Eric

### Friday

- 7**  
 10:00 **CR** Chair Exercise  
 10:30 **CR** TED Talks  
 11:00 **CR** Music Trivia-Sing Along  
 1:30 **CR** Bingo Time  
 1:30 **CD** Blackjack (RSVP)  
 2:00 **GR** Canasta Games  
 3:00 **BI** Happy Hour  
 4:00 **BI** Shabbat Service  
 7:00 **CR** Evening Games w/Friends
- 14**  
 10:00 **CR** Chair Exercise  
 10:30 **CR** TED Talks  
 11:00 **CR** Music Trivia-Sing Along  
 1:30 **CR** Bingo Time  
 1:30 **CD** Blackjack (RSVP)  
 2:00 **GR** Canasta Games  
 3:00 **BI** Happy Hour  
 4:00 **BI** Shabbat Service  
 7:00 **CR** Evening Games w/Friends
- 21**  
 10:00 **CR** Chair Exercise  
 10:30 **CR** TED Talks  
 11:00 **CR** Music Trivia-Sing Along  
 1:30 **CR** Bingo Time  
 1:30 **CD** Blackjack (RSVP)  
 2:00 **GR** Canasta Games  
 3:00 **BI** Happy Hour  
 4:00 **BI** Shabbat Service  
 7:00 **CR** Evening Games w/Friends

### Saturday

- 1**  
 10:00 **CR** Chair Yoga  
 10:30 **CR** Morning Exercise w/ Emma  
 10:45 **O** Shopping Spree  
 11:00 **CR** Family Feud  
 11:15 **BI** Pet Therapy  
 1:30 **CR** Bingo  
 2:30 **LI** Veterans Club  
 3:00 **BI** Puzzle & Game Afternoon  
 3:00 **CR** The Great Courses  
 7:00 **BI** Showtime
- 8**  
 International Woman's Day  
 10:00 **CR** Chair Yoga  
 10:30 **CR** Morning Exercise w/ Emma  
 10:45 **O** Shopping Spree  
 11:00 **CR** Family Feud  
 11:15 **BI** Pet Therapy  
 1:30 **CR** Bingo  
 2:30 **LI** Veterans Club  
 3:00 **BI** Puzzle & Game Afternoon  
 3:00 **CR** The Great Courses
- 15**  
 10:00 **CR** Chair Yoga  
 10:30 **CR** Morning Exercise w/ Emma  
 10:45 **O** Shopping Spree  
 11:00 **CR** Family Feud  
 11:15 **BI** Pet Therapy  
 1:30 **CR** Bingo  
 2:30 **LI** Veterans Club  
 3:00 **BI** Puzzle & Game Afternoon  
 3:00 **CR** The Great Courses  
 7:00 **BI** Showtime
- 22**  
 10:00 **CR** Chair Yoga  
 10:30 **CR** Morning Exercise w/ Emma  
 10:45 **O** Shopping Spree  
 11:00 **CR** Family Feud  
 11:15 **BI** Pet Therapy  
 1:30 **CR** Bingo  
 2:30 **LI** Veterans Club  
 3:00 **BI** Puzzle & Game Afternoon  
 3:00 **CR** The Great Courses  
 7:00 **BI** Showtime
- 29**  
 10:00 **CR** Chair Yoga  
 10:30 **CR** Morning Exercise w/ Emma  
 10:45 **O** Shopping Spree  
 11:00 **CR** Family Feud  
 11:15 **BI** Pet Therapy  
 1:30 **CR** Bingo  
 2:30 **LI** Veterans Club  
 3:00 **BI** Puzzle & Game Afternoon  
 3:00 **CR** The Great Courses  
 7:00 **BI** Showtime



### Notes

Activities are subject to change. Please check daily activities calendar on CLC App or weekly calendar.

For Transportation Requests visit: [calendly.com/allegroparkland](http://calendly.com/allegroparkland)

Lifestyle Director:

Omar Urbay

Phone: (314)-617-0376

Ext: 580

Email: [ourbay@allegroliving.com](mailto:ourbay@allegroliving.com)



### LOCATION KEY

- CR** Community Room
- O** Outing
- BI** Bistro
- LI** Library
- TH** Eagle Theater
- P** Pool
- GR** Game Room
- CD** Card Room
- BR** Billiards Room
- TR** Training Room

