

UPCOMING COMMUNITY EVENTS



DESTINATION WALK

Destination Walk is a new program put on by Stephanie from Apex. Let's go to Key West! Residents will track their steps daily. Stephanie will provide track sheets and a scale to assist with keeping track of your steps. Once the destination walk goal has been completed, a luncheon will be provided with food that compliments the destination.

SHAMROCK SOCIAL

Come celebrate the luck of the Irish with us on St. Patrick's Day. It will be an afternoon filled with Irish fun. Irish Folk singer Jimmy Bragg will perform traditional songs during our happy hour.



DON'T MISS THESE EVENTS!

3/3 Anastasia Island Branch Library Alan DeValerio Speaker - Former White House Butler

3/3 Destination Walk Meeting

3/4 "Taking Charge of Your Health" by Mobile Medical

3/17 Shamrock Social w/ Entertainment by Jimmy Bragg

Allegro in St. Augustine

1101 Plantation Island Drive
St. Augustine, FL 32080
(904) 417-8902



FLOURISH

MARCH 2025

WHAT'S INSIDE

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Upcoming Events + News

"AGING IS NOT A CURSE BUT A PRIVILEGE AND THE GOOD NEWS IS THAT WE CAN ALL BECOME BETTER VERSIONS OF OURSELVES WITH AGE."

~MARY BUCHAN

Sunday

March 30

- 9:30 **FP** Chair Yoga
- 9:45 **CO** Church Shuttle
- 10:30 **AR** Hope Chapel Sunday Worship
- 10:30 **TH** Virtual Travelogue
- 1:30 **CR** Scrabble/Majong
- 3:30 **S** Rummikube
- 5:30 **AT** Music w/ Russell
- 6:30 **TH** At the Cinema w/ Popcorn

2

- 9:30 **FP** Chair Yoga
- 9:45 **CO** Church Shuttle
- 10:30 **AR** Hope Chapel Sunday Worship
- 10:30 **TH** Virtual Travelogue
- 1:30 **CR** Scrabble/Majong
- 3:30 **S** Rummikube
- 5:30 **AT** Music w/ Russell
- 6:30 **TH** At the Cinema w/ Popcorn

9 DAYLIGHT SAVING

- 9:30 **FP** Chair Yoga
- 9:45 **CO** Church Shuttle
- 10:30 **AR** Hope Chapel Sunday Worship
- 10:30 **TH** Virtual Travelogue
- 1:30 **CR** Scrabble/Majong
- 3:30 **S** Rummikube
- 5:30 **AT** Music w/ Russell
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- 9:30 **FP** Chair Yoga
- 9:45 **CO** Church Shuttle
- 10:30 **AR** Hope Chapel Sunday Worship
- 10:30 **TH** Virtual Travelogue
- 1:30 **CR** Scrabble/Majong
- 3:30 **S** Rummikube
- 5:30 **AT** Music w/ Russell
- 6:30 **TH** At the Cinema w/ Popcorn

23

- 9:30 **FP** Chair Yoga
- 9:45 **CO** Church Shuttle
- 10:30 **AR** Hope Chapel Sunday Worship
- 10:30 **TH** Virtual Travelogue
- 1:30 **CR** Scrabble/Majong
- 3:30 **S** Rummikube
- 5:30 **AT** Music w/ Russell
- 6:30 **TH** At the Cinema w/ Popcorn

Monday

March 31

- 9:30 **AR** Move 'N Groove w/ Terri
- 9:30 **CR** Mahjong
- 10:30 **S** Learn to Play Mahjong
- 1:00 **S** Trivia w/ Ken
- 1:30 **CR** Dominoes
- 2:00 **AR** High Stakes Bingo
- 3:30 **S** Skip-Bo Card Game
- 6:30 **TH** At the Cinema w/ Popcorn
- 6:30 **CR** Game Nite

3

- 9:30 **AR** Move 'N Groove w/ Terri
- 9:30 **CR** Mahjong
- 10:30 **AR** Destination Walk Meeting
- 1:00 **S** Trivia w/ Ken
- 1:30 **CR** Dominoes
- 2:00 **AR** High Stakes Bingo
- 2:00 **CO** Anastasia Library: Alan Devalerio Speaker
- 3:30 **S** Skip-Bo Card Game
- 6:30 **TH** At the Cinema w/ Popcorn

10

- 9:30 **AR** Move 'N Groove w/ Terri
- 9:30 **CR** Mahjong
- 10:30 **S** Learn to Play Mahjong
- 1:00 **S** Make Shamrock Necklace
- 1:30 **CR** Dominoes
- 2:30 **AR** High Stakes Bingo
- 3:30 **S** Skip-Bo Card Game
- 6:30 **TH** At the Cinema w/ Popcorn
- 6:30 **CR** Game Nite

17

- 9:30 **AR** Move 'N Groove w/ Terri
- 9:30 **CR** Mahjong
- 10:30 **S** Learn to Play Mahjong
- 1:00 **S** Trivia w/ Ken
- 1:30 **CR** Dominoes
- 2:00 **DR** Shamrock Social w/ Entertainment by Jimmy Bragg
- 3:30 **S** Skip-Bo Card Game
- 6:30 **TH** At the Cinema w/ Popcorn

24

- 9:30 **AR** Move 'N Groove w/ Terri
- 9:30 **CR** Mahjong
- 10:30 **S** Learn to Play Mahjong
- 1:00 **S** Trivia w/ Ken
- 1:30 **CR** Dominoes
- 2:00 **AR** Bingo Bash
- 3:30 **S** Skip-Bo Card Game
- 6:30 **TH** At the Cinema w/ Popcorn
- 6:30 **CR** Game Nite

Tuesday

Allegro in St. Augustine

1101 Plantation Island Drive
St. Augustine, FL 32080
(904) 417-8902
<https://www.allegroliving.com/st-augustine-fl.html>

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- 9:30 **TH** Cozy Coffee
- 10:30 **AR** Stretch w/ Ken
- 1:00 **TH** Taking Charge of Your Health Care By Mobile Medical
- 1:30 **S** Bridge
- 1:30 **AR** Lifestyle Meeting
- 2:30 **AR** "Song Birds" Sip 'N Sing
- 3:30 **AR** The Good Ole' Days
- 6:30 **CR** Scrabble

11

- 9:30 **TH** Cozy Coffee
- 10:30 **AR** Stretch w/ Ken
- 1:30 **AR** How Many Words?
- 1:30 **S** Creative Crafters
- 1:30 **S** Bridge
- 2:30 **AR** Chris Kastle Storyteller
- 2:30 **S** Learn Rummikub
- 3:30 **AR** The Good Ole' Days
- 6:30 **CR** Scrabble
- 6:30 **TH** At the Cinema w/ Popcorn

18

- 9:30 **TH** Cozy Coffee
- 10:30 **AR** Stretch w/ Ken
- 1:30 **AR** How Many Words?
- 1:30 **S** Bridge
- 2:30 **AR** "Song Birds" Sip N Sing!
- 3:30 **AR** The Good Ole' Days
- 6:30 **CR** Scrabble
- 6:30 **TH** At the Cinema w/ Popcorn

25

- 9:30 **TH** Cozy Coffee
- 10:30 **S** Learn to Play Mahjong
- 1:00 **AR** Chair Yoga w/ Carol
- 1:30 **AR** How Many Words?
- 1:30 **S** Creative Crafters
- 1:30 **S** Bridge
- 3:30 **AR** The Good Ole' Days
- 6:30 **CR** Scrabble
- 6:30 **TH** At the Cinema w/ Popcorn

Wednesday

5

- 9:30 **AR** Stretch Exercise w/ Terri
- 9:30 **CR** Mahjong
- 10:30 **S** Shamrock Button Art
- 11:00 **AR** Ash Wednesday Prayer Service
- 1:00 **AR** Word Jumble
- 2:00 **AR** Bingo Bash
- 3:15 **GR** Billiards Happy Hour
- 6:30 **TH** At the Cinema w/ Popcorn

12

- 9:30 **AR** Stretch Exercise w/ Terri
- 9:30 **CR** Mahjong
- 10:30 **S** Learn To Play Rummikub
- 1:00 **S** Pampered Nails
- 1:00 **AR** Word Jumble
- 2:00 **AR** Bingo Bash
- 3:00 **DR** Happy Hour w/ Taylor Express
- 6:30 **TH** At the Cinema w/ Popcorn

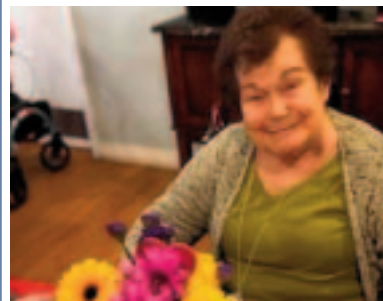
19

- 9:30 **AR** Stretch Exercise w/ Terri
- 9:30 **CR** Mahjong
- 10:30 **S** Learn To Play Rummikube
- 10:30 **AR** "Ask A Nurse" BP Clinic
- 1:00 **AR** Lifestyle Meeting
- 1:00 **AR** Word Jumble
- 2:00 **AR** Bingo Bash
- 3:15 **GR** Billiards Happy Hour
- 6:30 **TH** At the Cinema w/ Popcorn

26

- 9:30 **AR** Stretch Exercise w/ Terri
- 9:30 **CR** Mahjong
- 10:30 **S** Learn To Play Rummikube
- 10:30 **S** VFW Post 2391 Chat w/ Paul
- 1:00 **S** Pampered Nails
- 1:00 **AR** Word Jumble
- 2:00 **AR** Bingo Bash
- 3:15 **GR** Billiards Happy Hour
- 6:30 **TH** At the Cinema w/ Popcorn

Thursday



6

- 9:30 **CR** Mahjong
- 9:30 **AR** Stretch 'N Flex w/ Ken
- 10:30 **TH** Sage Brain
- 1:15 **S** Fun & Games w/ Terri
- 1:30 **CR** Dominoes
- 3:30 **AR** Tai Chi w/ Wanda
- 4:00 **CO** Donovan's Irish Pub
- 5:30 **AT** Music w/ Russell
- 6:30 **TH** At the Cinema w/ Popcorn

13

- 9:30 **CR** Mahjong
- 9:30 **AR** Stretch 'N Flex w/ Ken
- 1:15 **S** Fun & Games w/ Terri
- 1:30 **CR** Dominoes
- 2:00 **DR** Chef Chat
- 3:00 **GR** Shuffleboard Tournament
- 3:30 **AR** Tai Chi w/ Wanda
- 5:30 **AT** Music w/ Russell
- 6:30 **TH** At the Cinema w/ Popcorn

20 1ST DAY OF SPRING

- 9:30 **CR** Mahjong
- 9:30 **AR** Move w/ Michelle
- 10:30 **TH** Sage Brain
- 11:00 **CO** Columbia Returnant
- 1:15 **S** Fun & Games w/ Terri
- 1:30 **CR** Dominoes
- 2:00 **AR** Town Hall Meeting
- 3:30 **AR** Tai Chi w/ Wanda
- 5:30 **AT** Music w/ Russell
- 6:30 **TH** At the Cinema w/ Popcorn

27

- 9:30 **CR** Mahjong
- 9:30 **AR** Stretch 'N Flex w/ Ken
- 1:15 **S** Fun & Games w/ Terri
- 1:30 **CR** Dominoes
- 2:00 **L** Residents' Book Club
- 2:30 **S** Art w/ Carol
- 3:30 **AR** Tai Chi w/ Wanda
- 5:00 **AR** "Forever Hug"
- 5:30 **AT** Music w/ Russell
- 6:30 **TH** At the Cinema w/ Popcorn

Friday



7

- 9:30 **S** Cozy Coffee Hour
- 10:30 **AR** Rosary
- 10:30 **TH** Word Jumble
- 11:00 **AR** Catholic Service
- 1:00 **AR** Penny Poker
- 2:30 **DR** Happy Hour w. L. Gill
- 3:30 **AR** Rummikub/Triominos
- 6:00 **AR** Riddles and Brain Teasers
- 6:30 **TH** At the Cinema w/ Popcorn

14

- 9:30 **S** Cozy Coffee Hour
- 10:30 **AR** Rosary
- 10:30 **CR** Sacrament of Penance
- 10:30 **TH** Word Jumble
- 11:00 **AR** Catholic Service
- 1:00 **AR** Penny Poker
- 2:30 **DR** Happy Hour w/ Randy
- 3:30 **AR** Rummikub/Triominos
- 6:30 **TH** At the Cinema w/ Popcorn

21

- 9:30 **S** Cozy Coffee Hour
- 10:30 **AR** Rosary
- 10:30 **TH** Word Jumble
- 11:00 **AR** Catholic Service
- 1:00 **AR** Penny Poker
- 2:30 **DR** Happy Hour w/ Ivan
- 3:30 **AR** Rummikub/Triominos
- 6:00 **AR** Riddles and Brain Teasers
- 6:30 **TH** At the Cinema w/ Popcorn

28

- 9:30 **S** Cozy Coffee Hour
- 10:30 **AR** Rosary
- 10:30 **S** Skip Bo Card Game
- 10:30 **TH** Word Jumble
- 11:00 **AR** Catholic Service
- 1:00 **AR** Penny Poker
- 2:30 **DR** Happy Hour w/ Coconuts
- 3:30 **AR** Rummikub/Triominos
- 6:30 **TH** At the Cinema w/ Popcorn

Saturday

1

- 9:30 **AR** Chair Yoga w/ Carol
- 10:30 **AR** Triominos/Rummikube
- 1:00 **S** Skip-Bo Card Game
- 1:00 **AR** Trivia
- 1:30 **CR** Dominoes
- 3:00 **AR** Bingo Bash
- 6:30 **TH** At the Cinema w/ Popcorn

8

- 9:30 **AR** Chair Yoga by Video
- 10:30 **AR** Triominos/Rummikube
- 1:00 **S** Skip-Bo Card Game
- 1:00 **AR** Trivia
- 1:30 **CR** Dominoes
- 3:00 **AR** Bingo Bash
- 6:00 **AR** Family Game Night
- 6:30 **TH** At the Cinema w/ Popcorn

15

- 9:30 **AR** Chair Yoga by Video
- 10:30 **AR** Triominos/Rummikube
- 1:00 **S** Skip-Bo Card Game
- 1:00 **AR** Trivia
- 1:30 **CR** Dominoes
- 3:00 **AR** Bingo Bash
- 6:30 **TH** At the Cinema w/ Popcorn

22

- 9:30 **AR** Chair Yoga w/ Carol
- 10:30 **AR** Triominos/Rummikube
- 1:00 **S** Skip-Bo Card Game
- 1:00 **AR** Trivia
- 1:30 **CR** Dominoes
- 3:00 **AR** Bingo Bash
- 6:00 **AR** Family Game Night
- 6:30 **TH** At the Cinema w/ Popcorn

29

- 9:30 **AR** Chair Yoga w/ Carol
- 10:30 **AR** Triominos/Rummikube
- 1:00 **S** Skip-Bo Card Game
- 1:00 **AR** Trivia
- 1:30 **CR** Dominoes
- 3:00 **AR** Bingo Bash
- 6:30 **TH** At the Cinema w/ Popcorn

BIRTHDAYS

Residents

- Lucy Heller 3/6
- Mary Pat Brennan 3/17
- Rose Burda 3/17
- Lester Duckett 3/24
- Louise Ashworth 3/29
- Nina Ayers 3/30

Employees

- Katie L. 3/11
- Annie 3/17
- Marie M. 3/27

LOCATION KEY

- AR** Activity Room
- S** Sandpiper
- CR** Community Room
- TH** Theater
- FP** Front Porch
- CO** Community Outing
- AT** Atrium
- GR** Bar/Game Room
- DR** Dining Room
- L** Library