

UPCOMING COMMUNITY EVENTS



LUNCH OUTINGS

Friday's are for good food and great company! Join us for each Friday for our Lunch Bunch Outings, where we explore different restaurants, enjoy delicious meals, and share wonderful conversations. It's the perfect way to end the week with friends! Sign up in the activity room!

TECH TUESDAYS-BRING YOUR QUESTIONS

Join us for Tech Class every Tuesday at 2:00pm! Bring your phone, tablet, or other devices, and let us help you navigate the digital world with ease. Whether its texting, apps, or setting, we're here to assist!



DAILY EXERCISE CLASSES @ 10:00AM

JUST 30 MINUTES A DAY CAN IMPROVE FLEXIBILITY, STRENGTH, AND OVERALL WELL-BEING!

Stay active & energized with our daily seated exercise classes, designed for all skill levels. Enjoy a variety of workouts, including yoga, boxing, and seated stretches-all in a safe & supportive enviroment.

You can find our group classes 7 days a week in the 1st Floor Activity Room @ 10:00AM.

Come move with us and feel the difference!

Allegro in Tallahassee

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



FLOURISH

MARCH 2025

WHAT'S INSIDE

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Social Calendar

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Upcoming Events + News

"WHERE FLOWERS BLOOM, SO DOES HOPE"

—LADY BIRD JOHNSON

Sunday

March 30

- 9:15 **LI** Holy Communion Service
- 9:30 **C** Chapel Services w/ Four Oaks Community Church
- 10:00 **L** Jigsaw Challenge
- 10:00 **AR** Sit & Fit Exercise
- 11:45 **SU** CVS & Walgreens
- 2:00 **GR** BINGO
- 3:30 **AR** Corn Hole
- 5:30 **GR** Checkers & Chess

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- 9:15 **LI** Holy Communion Service
- 9:30 **C** Chapel Services w/ Four Oaks Community Church
- 10:00 **L** Jigsaw Challenge
- 10:00 **AR** Sit & Fit Exercise
- 10:30 **SU** CVS & Walgreens
- 2:00 **GR** BINGO
- 3:30 **AR** Corn Hole
- 5:30 **GR** Checkers & Chess

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- 9:15 **LI** Holy Communion Service
- 9:30 **C** Chapel Services w/ Four Oaks Community Church
- 10:00 **L** Jigsaw Challenge
- 10:00 **AR** Sit & Fit Exercise
- 10:30 **SU** See the City: Scenic Drive
- 2:00 **GR** BINGO
- 3:30 **AR** Corn Hole
- 5:30 **GR** Checkers & Chess

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- 9:15 **LI** Holy Communion Service
- 9:30 **C** Chapel Services w/ Four Oaks Community Church
- 10:00 **L** Jigsaw Challenge
- 10:00 **AR** Sit & Fit Exercise
- 10:30 **SU** Dollar Tree Shopping
- 2:00 **GR** BINGO
- 3:30 **AR** Corn Hole
- 5:30 **GR** Checkers & Chess

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- 9:15 **LI** Holy Communion Service
- 9:30 **C** Chapel Services w/ Four Oaks Community Church
- 10:00 **L** Jigsaw Challenge
- 10:00 **AR** Sit & Fit Exercise
- 10:30 **SU** See The City: Scenic Drive
- 2:00 **GR** BINGO
- 3:30 **AR** Corn Hole
- 5:30 **GR** Checkers & Chess

Monday

March 31

- 9:30 **SU** Shop: Walmart
- 10:00 **L** Jigsaw Challenge
- 10:00 **AR** Group Fitness Class
- 11:00 **AR** Balloon Volleyball
- 1:00 **L** HomeGoods & ShoeStation
- 2:00 **GR** BINGO
- 3:15 **TGC**: Peloponnesian War
- 5:30 **GR** Rummy

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- 9:30 **SU** Shop: Walmart
- 10:00 **L** Jigsaw Challenge
- 10:00 **AR** Group Fitness Class
- 11:00 **AR** Balloon Volleyball
- 1:00 **SU** Shop: Dollar Tree
- 2:00 **GR** BINGO
- 3:00 **GR** Nutrition Health Talk w/Suncrest
- 3:15 **TGC**: Mystics & Buddhists
- 5:30 **GR** Rummy

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- 9:30 **L** Target or Publix
- 10:00 **L** Jigsaw Challenge
- 10:00 **AR** Group Fitness Class
- 11:00 **AR** Balloon Volleyball
- 1:00 **L** Shop: Goodwill
- 2:00 **GR** BINGO
- 3:15 **C** Learning about Hospice w/Vitas
- 3:15 **TGC**: Persians & Greeks
- 5:30 **GR** Rummy

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- 9:30 **SU** Shop: Walmart
- 10:00 **L** Jigsaw Challenge
- 10:00 **AR** Group Fitness Class
- 11:00 **AR** Balloon Volleyball
- 11:30 **MR** St. Patrick's Day Luncheon
- 1:00 **L** Shop: Dillard's @ Mall
- 2:00 **GR** LUCKY BINGO
- 3:15 **TGC**: Greek Art & Archit..
- 5:30 **GR** Rummy

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- 9:30 **SU** TJ Max & Trader Joe's
- 10:00 **L** Jigsaw Challenge
- 10:00 **AR** Group Fitness Class
- 11:00 **AR** Balloon Volleyball
- 1:00 **L** Shop: Espositos
- 2:00 **GR** BINGO
- 3:15 **TGC**: Greek Tragedy
- 5:30 **GR** Rummy

Tuesday

Wednesday

Allegro in Tallahassee

4501 West Shannon Lakes
Tallahassee, FL 32309
(850) 273-4579
<https://www.allegroliving.com/tallahassee-fl.html>

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- 9:00 **LI** Coffee & Chat
- 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** Movie w/ Popcorn!
- 2:15 **GR** Phone & Tech Assistance
- 3:30 **HC** Mardi Gras Social/Kory

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- 9:00 **LI** Coffee & Chat
- 10:00 **L** Jigsaw Challenge
- 10:00 **AR** Mindful Yoga w/Cate
- 11:00 **AR** Music Therapy w/ Leah
- 1:30 **TH** Movie w/ Popcorn!
- 2:00 **GR** Phone & Tech Assistance
- 2:00 **C** Resident Town Hall Meeting

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- 9:00 **LI** Coffee & Chat
- 10:00 **L** Jigsaw Challenge
- 10:00 **AR** Mindful Yoga w/Cate
- 11:00 **AR** Music Therapy w/ Leah
- 1:30 **TH** Movie w/ Popcorn!
- 2:00 **GR** Phone & Tech Assistance
- 4:00 **MR** Know Your Neighbor Event
- 4:30 **Dinner** Music w/ Gail

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- 9:00 **LI** Coffee & Chat
- 10:00 **L** Jigsaw Challenge
- 10:00 **AR** Mindful Yoga w/Cate
- 11:00 **AR** Music Therapy w/ Leah
- 1:30 **TH** Movie w/ Popcorn!
- 2:00 **GR** Phone & Tech Assistance
- 4:00 **Dinner** Music w/ Gail

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- 9:00 **AR** Courtyard Walking Club
- 10:00 **L** Jigsaw Challenge
- 10:00 **AR** Move & Stretch w/ SunCrest
- 2:00 **GR** BINGO
- 3:30 **Wine** Down Wednesday
- 5:30 **GR** Scrabble

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- 9:00 **AR** Courtyard Walking Club
- 10:00 **L** Jigsaw Challenge
- 10:00 **AR** Move & Stretch w/ SunCrest
- 2:00 **GR** BINGO
- 3:30 **AR** St. Patty & Women's History Stories w/Linda Ford
- 5:30 **GR** Scrabble

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- 9:00 **AR** Courtyard Walking Club
- 10:00 **L** Jigsaw Challenge
- 10:00 **AR** Move & Stretch w/ SunCrest
- 11:30 **PD** Specialty Birthday Luncheon
- 1:00 **MR** Live Music w/Dave Carty & Cupcakes
- 2:00 **GR** BINGO
- 3:30 **Wine** Down Wednesday
- 5:30 **GR** Scrabble

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- 9:00 **AR** Courtyard Walking Club
- 10:00 **L** Jigsaw Challenge
- 10:00 **AR** Move & Stretch w/ SunCrest
- 2:00 **GR** BINGO
- 3:30 **Wine** Down Wednesday
- 5:30 **GR** Scrabble

Thursday

Friday



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- 9:00 **AR** Color Me Happy
- 10:00 **L** Jigsaw Challenge
- 10:00 **AR** Wisdom Yoga w/Cate
- 11:00 **AR** Corn Hole
- 12:00 **MR** Piano Music by Louise
- 2:00 **GR** Women's Bible Study w/40aks
- 3:30 **AR** Sip & Sing Karaoke
- 5:30 **GR** Billiard Buddies

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- 9:00 **AR** Color Me Happy
- 10:00 **L** Jigsaw Challenge
- 10:00 **AR** Wisdom Yoga w/Cate
- 11:00 **AR** Corn Hole
- 12:00 **MR** Piano Music by Louise
- 2:00 **GR** Women's Bible Study w/40aks
- 3:30 **AR** Sip & Sing Karaoke
- 5:30 **GR** Billiard Buddies

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- 9:00 **AR** Color Me Happy
- 10:00 **L** Jigsaw Challenge
- 10:00 **AR** Wisdom Yoga w/Cate
- 11:00 **AR** Corn Hole
- 12:00 **MR** Piano Music by Louise
- 2:00 **GR** Women's Bible Study w/40aks
- 3:30 **AR** Sip & Sing Karaoke
- 5:30 **GR** Billiard Buddies

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- 9:00 **AR** Color Me Happy
- 10:00 **L** Jigsaw Challenge
- 10:00 **AR** Wisdom Yoga w/Cate
- 11:00 **AR** Corn Hole
- 12:00 **MR** Piano Music by Louise
- 2:00 **GR** Women's Bible Study w/40aks
- 3:30 **Ambassador** Meeting
- 3:30 **AR** Sip & Sing Karaoke
- 4:30 **MR** Family Night

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- 9:00 **GR** Men's Bible Study w/40aks
- 10:00 **L** Jigsaw Challenge
- 10:00 **AR** Seated Boxing Fitness
- 11:00 **SU** Lunch @ Panda Buffet
- 2:00 **AR** FSU Dance Class
- 3:30 **HC** Heritage Club Happy Hour
- 5:30 **TH** Mission Impossible 5

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- 9:00 **GR** Men's Bible Study w/40aks
- 10:00 **L** Jigsaw Challenge
- 10:00 **AR** Seated Boxing Fitness
- 11:00 **SU** Lunch Bunch: Olive Garden
- 2:00 **AR** FSU Dance Class
- 2:15 **TH** Allegro Wheel Of Fortune
- 3:30 **HC** Minty Milkshakes Happy Hour
- 5:30 **TH** Mission Impossible 6

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- 9:00 **GR** Men's Bible Study w/40aks
- 10:00 **L** Jigsaw Challenge
- 10:00 **AR** Seated Boxing Fitness
- 11:00 **L** Longhorn Steakhouse
- 2:00 **AR** FSU Dance Class
- 2:15 **TH** Allegro Wheel Of Fortune
- 3:30 **HC** Heritage Club Happy Hour
- 5:30 **TH** Evening Movie: Romance

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- 9:00 **GR** Men's Bible Study w/40aks
- 10:00 **L** Jigsaw Challenge
- 10:00 **AR** Seated Boxing Fitness
- 10:30 **SU** Wakulla Springs Boat Tour
- 2:00 **AR** FSU Dance Class
- 3:45 **HC** Heritage Club Happy Hour
- 5:30 **TH** Evening Movie:

Saturday

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- 9:00 **Indoor** Walking Club
- 10:00 **L** Jigsaw Challenge
- 10:00 **AR** Yoga & Stretching
- 10:00 **GR** Beginners: Hand & Foot
- 11:00 **MR** Group Sing-A-Long
- 2:00 **GR** BINGO
- 3:30 **AR** Creative Crafting Class
- 3:30 **AR** Girl Scout Cookie Booth Visits
- 5:30 **GR** Evening Games w/ Friends

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

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

22

- 9:00 **Indoor** Walking Club
- 10:00 **L** Jigsaw Challenge
- 10:00 **AR** Yoga & Stretching
- 10:00 **GR** Beginners: Hand & Foot
- 10:00 **L** Allegro Tour of Homes
- 11:00 **MR** Group Sing-A-Long
- 2:00 **GR** BINGO
- 3:30 **AR** Creative Crafting Class
- 5:30 **GR** Evening Games w/ Friends

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

Come join the fun!

- Resident Town Hall Meeting: March 11th @ 2:00pm, 3rd Floor Chapel
- Sign up for shopping trips, lunch outings, and scenic drives in the Activity Room!
- Wakulla Springs
- BINGO!-Sunday, Monday, Wednesday & Saturday @2:00pm
- Exercise 7 Days a Week @ 10:00am

LOCATION KEY

- L** Lobby
- AR** Activity Room
- GR** Game Room
- MR** Magnolia Room
- LI** Library
- C** Chapel
- SU** Sign Up
- TH** Theatre
- HC** Heritage Club
- PD** Private Dining Room