

UPCOMING COMMUNITY EVENTS



CINCO DE MAYO!

Get ready for a fun-filled Cinco de Mayo celebration on May 5th at Allegro Senior Living! Enjoy a spicy sensory exploration as you smell popular Mexican spices, make your own maracas in a music session, and get moving with a lively Mexican hat dance. Don't miss our special happy hour with margaritas!

MAY 9TH WAKULLA SPRINGS TRIP!

Escape to Wakulla Springs for a day of nature and relaxation! Explore the stunning wildlife and serene beauty of the springs, then enjoy a delicious lunch at the historic lodge. It's the perfect getaway to unwind, take in the sights, and savor a peaceful meal surrounded by nature.



NEW CLUB ALERT!



CROCHET/KNITTING CLUB

Join our Crochet/Knitting Club every Wednesday at 1:00pm in the activity room! Whether you're a seasoned pro or a beginner, we'll work together on our first project: creating a cozy blanket. It's a wonderful opportunity to relax, socialize, and enjoy crafting with friends. All skill levels are welcome!

Allegro in Tallahassee

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



FLOURISH

MAY 2025

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Upcoming Events + News

"THOUGH WE MAY NOT HAVE REACHED THE HEIGHTS WE ANTICIPATED YESTERDAY, TODAY IS A BRAND NEW DAY TO BEGIN A NEW CLIMB."

—CHENONYE J. CHIDOLUE



May 2025

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Around our Community

Allegro in Tallahassee

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

<https://www.allegroliving.com/tallahassee-fl.html>



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9:15 **LI** Holy Communion Service
9:30 **C** Chapel Services w/ 40aks
10:00 **L** Jigsaw Challenge
10:00 **AR** Core Confidence
11:45 **SU** Shop: Dollar Tree
2:00 **GR** BINGO
3:30 **AR** Corn Hole
5:30 **TH** Star Wars Movie Night
6:00 **GR** Checkers & Chess

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Mother's Day

9:15 **LI** Holy Communion Service
9:30 **C** Chapel Services w/ 40aks
10:00 **L** Jigsaw Challenge
10:00 **AR** Core Confidence
10:30 **AR** Interviews about Mom
12:00 **MR** Mother's Day Brunch
2:00 **GR** BINGO
3:30 **AR** Corn Hole
5:30 **TH** Movie Night
6:00 **GR** Checkers & Chess

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9:15 **LI** Holy Communion Service
9:30 **C** Chapel Services w/ 40aks
10:00 **L** Jigsaw Challenge
10:00 **AR** Core Confidence
11:45 **SU** Shop: Dollar Tree
2:00 **GR** BINGO
3:30 **AR** Corn Hole
5:30 **TH** Movie Night
6:00 **GR** Checkers & Chess

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9:15 **LI** Holy Communion Service
9:30 **C** Chapel Services w/ 40aks
10:00 **L** Jigsaw Challenge
10:00 **AR** Core Confidence
11:45 **SU** CVS & Walgreens
2:00 **GR** BINGO
3:30 **AR** Corn Hole
5:30 **TH** Movie Night
6:00 **GR** Checkers & Chess

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Cinco de Mayo

9:30 **AR** Sensory Spice Exploration
9:30 **L** Shop: Target or Publix
10:00 **AR** Mexican Hat Dance
11:00 **AR** DIY Maracas Music
1:00 **L** Shop: World Market
2:00 **GR** BINGO
3:00 **GR** Health Talk w/Suncrest
3:15 **TH** TGC: Earliest Historians
3:30 **HC** HH: Cinco de Mayo
5:30 **GR** Rummy

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9:30 **SU** Shop: Walmart
10:00 **L** Jigsaw Challenge
10:00 **AR** Cardio 101
11:00 **AR** Volleyball
1:00 **L** Shop: Kohl's
2:00 **GR** BINGO
3:00 **GR** Transitions Seminar w/BBH
3:15 **TH** TGC: Hellenistic World
3:30 **AR** Headbandz
5:30 **GR** Rummy

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9:30 **L** Shop: Target or Publix
10:00 **L** Jigsaw Challenge
10:00 **AR** Cardio 101
11:00 **AR** QM's Cooking Show
1:00 **L** Shop: DSW & Best Buy
2:00 **GR** BINGO
3:15 **TH** TGC: The Han Dynasty
3:30 **AR** Headbandz
5:30 **GR** Rummy

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Memorial Day

9:00 **C** Memorial Day Service
9:30 **SU** Shop: Walmart
10:00 **L** Jigsaw Challenge
10:00 **AR** Cardio 101
11:00 **AR** Volleyball
1:00 **L** Memorial Sale: Dilliard's
2:00 **GR** BINGO
3:15 **TH** TGC: People of the Toga
3:30 **AR** Headbandz
5:30 **GR** Rummy

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9:00 **GR** Do You Remember?
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!
2:00 **GR** Phone & Tech Assistance
3:00 **GR** Community Support Group
3:30 **GR** Activity Chat w/Rebecca
6:00 **AR** Color Me Happy

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9:00 **GR** Do You Remember?
10:00 **L** Jigsaw Challenge
10:00 **AR** Mindful Yoga w/ Cate
11:00 **C** Music Therapy w/ Leah
1:30 **TH** Movie w/ Popcorn!
2:00 **AR** Town Hall Meeting
2:00 **GR** Phone & Tech Assistance
3:00 **GR** Community Support Group
6:00 **AR** Color Me Happy

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9:00 **GR** Do You Remember?
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
3:00 **GR** Community Support Group
4:30 **MR** Dinner Music w/ Gail
6:00 **AR** Color Me Happy

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9:00 **GR** Do You Remember?
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
3:00 **GR** Community Support Group
4:00 **MR** Dinner Music w/ Gail
6:00 **AR** Color Me Happy

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9:00 **CY** Gardening Club
10:00 **L** Jigsaw Challenge
10:00 **AR** Silver Strength(SunCrest)
11:00 **AR** Bell Choir
1:00 **AR** Crochet/Knitting Club
2:00 **GR** BINGO
3:30 **LL** Wine Down Wednesday
5:30 **GR** Scrabble

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9:00 **CY** Gardening Club
10:00 **L** Jigsaw Challenge
10:00 **AR** Silver Strength(SunCrest)
11:00 **AR** Bell Choir
1:00 **AR** Crochet/Knitting Club
2:00 **GR** BINGO
3:30 **AR** Wine Down Storytelling
5:30 **GR** Scrabble

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9:00 **CY** Gardening Club
10:00 **L** Jigsaw Challenge
10:00 **AR** Silver Strength(SunCrest)
11:00 **AR** Bell Choir
11:30 **PD** Birthday Luncheon
1:00 **AR** Crochet/Knitting Club
1:00 **MR** Live Music w/Dave Carty
2:00 **GR** BINGO
3:30 **LL** Wine Down Wednesday
5:30 **GR** Scrabble

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9:00 **CY** Gardening Club
10:00 **L** Jigsaw Challenge
10:00 **AR** Silver Strength(SunCrest)
11:00 **AR** Bell Choir
1:00 **AR** Crochet/Knitting Club
2:00 **GR** BINGO
3:30 **LL** Wine Down Wednesday
5:30 **GR** Scrabble

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9:00 **AR** Morning Brain Boost
9:30 **AR** Blood Pressure Check
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
3:30 **AR** Sip & Sing Karaoke
5:30 **GR** Billiard Buddies

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9:00 **AR** Morning Brain Boost
9:30 **AR** Blood Pressure Check
9:30 **SU** The Tallahassee Ballet
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
3:30 **AR** Sip & Sing Karaoke
5:30 **GR** Billiard Buddies

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9:00 **AR** Morning Brain Boost
9:30 **AR** Blood Pressure Check
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
3:30 **AR** Sip & Sing Karaoke
5:30 **GR** Billiard Buddies

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9:00 **AR** Morning Brain Boost
9:30 **AR** Blood Pressure Check
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
3:30 **GR** Ambassador Meeting
3:30 **AR** Sip & Sing Karaoke
4:30 **MR** Family Night

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9:00 **AR** Morning Brain Boost
9:30 **AR** Blood Pressure Check
10:00 **L** Jigsaw Challenge
10:00 **AR** Wisdom Yoga w/ Cate
11:00 **AR** Corn Hole w/ a Cop!
12:00 **MR** Piano Music by Louise
2:00 **GR** Women's Bible Study
3:30 **AR** Sip & Sing Karaoke
5:30 **GR** Billiard Buddies

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9:00 **GR** Men's Bible Study (40aks)
10:00 **L** Jigsaw Challenge
10:00 **AR** "Chair-lates"
11:00 **L** Lunch Outing: El Jalisco
1:00 **AR** Passport to Conversation
2:15 **TH** Allegro Wheel of Fortune
3:30 **HC** Heritage Club Happy Hour
5:30 **TH** Movie Night

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9:00 **GR** Men's Bible Study (40aks)
10:00 **L** Jigsaw Challenge
10:00 **AR** "Chair-lates"
10:30 **SU** Wakulla Springs Boat Tour
10:30 **SU** Lunch @ Wakulla Lodge
1:00 **AR** Passport to Conversation
2:15 **TH** Allegro Wheel of Fortune
3:30 **HC** Heritage Club Happy Hour
5:30 **TH** Movie Night

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9:00 **GR** Men's Bible Study (40aks)
10:00 **L** Jigsaw Challenge
10:00 **AR** "Chair-lates"
11:00 **L** Lunch: BJ's Brewhouse
1:00 **AR** Passport to Conversation
2:15 **TH** Allegro Wheel of Fortune
3:30 **HC** Heritage Club Happy Hour
5:30 **TH** Movie Night

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9:00 **GR** Men's Bible Study (40aks)
10:00 **L** Jigsaw Challenge
10:00 **AR** "Chair-lates"
11:00 **L** Lunch: Red Elephant
1:00 **AR** Passport to Conversation
2:15 **TH** Allegro Wheel of Fortune
3:30 **HC** Heritage Club Happy Hour
5:30 **TH** Movie Night

30

9:00 **GR** Men's Bible Study (40aks)
10:00 **L** Jigsaw Challenge
10:00 **AR** "Chair-lates"
11:00 **L** Lunch: Cracker Barrel
1:00 **AR** Passport to Conversation
2:15 **TH** Allegro Wheel of Fortune
3:30 **HC** Heritage Club Happy Hour
5:30 **TH** Movie Night

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9:00 **AR** Walk & Talk Club
10:00 **L** Jigsaw Challenge
10:00 **GR** Beginners: Hand & Foot
10:00 **AR** Meditation & Stretching
11:00 **MR** Group Sing-A-Long
1:00 **GR** Word Association Train
2:00 **GR** BINGO
3:30 **AR** Craft: Odd Object Flowers
5:30 **GR** Evening Games w/ Friends

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9:00 **AR** Walk & Talk Club
10:00 **L** Jigsaw Challenge
10:00 **GR** Beginners: Hand & Foot
10:00 **AR** Meditation & Stretching
11:00 **MR** Group Sing-A-Long
1:00 **GR** Word Association Train
2:00 **GR** BINGO
3:30 **AR** Craft: Rock Painting
5:30 **GR** Evening Games w/ Friends

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9:00 **AR** Walk & Talk Club
10:00 **L** Jigsaw Challenge
10:00 **GR** Beginners: Hand & Foot
10:00 **AR** Meditation & Stretching
11:00 **MR** Group Sing-A-Long
1:00 **GR** Word Association Train
2:00 **GR** BINGO
3:30 **AR** Beaded Pets w/Jasmine
5:30 **GR** Evening Games w/ Friends

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9:00 **AR** Walk & Talk Club
10:00 **L** Jigsaw Challenge
10:00 **GR** Beginners: Hand & Foot
10:00 **AR** Meditation & Stretching
11:00 **MR** Group Sing-A-Long
1:00 **GR** Word Association Train
2:00 **GR** BINGO
3:30 **AR** Canvas Painting w/Sydney
5:30 **GR** Evening Games w/ Friends

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9:00 **AR** Walk & Talk Club
10:00 **L** Jigsaw Challenge
10:00 **GR** Beginners: Hand & Foot
10:00 **AR** Meditation & Stretching
11:00 **MR** Group Sing-A-Long
1:00 **GR** Word Association Train
2:00 **GR** BINGO
3:30 **AR** Creative Crafting Class
5:30 **GR** Evening Games w/ Friends

Extra Opportunity!

Interested in becoming a lifelong learner? Professors from Florida State University are coming to our community to teach a variety of classes! To enroll online, please see Activities or Sales & Marketing!

OLLI at FSU offers engaging courses for lifelong learners! Join *Football 101* on Mondays (May 5, 12, June 2, 9, 16, 23), *History of the Earth: Geology, Climate, Life* on Tuesdays (May 6, 13, June 3, 10, 17, 24), *Civics, Law, and Justice* on Tuesdays (May 6, 13, June 3, 10, 17, 25), *Universal Comforts: Quilting* on Wednesdays (May 7, 14, June 4, 11, 18, 25), and *Journey through the Amazon* on Thursdays (May 8, 15). A fee is required for registration.

Please note that these times and activities are all subject to change.

LOCATION KEY

AR Activity Room
L Lobby
MR Magnolia Room
GR Game Room
TH Theatre
HC Heritage Club
LI Library
C Chapel
SU Sign Up
CY Courtyard