

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Fort Lauderdale

1290 N. Federal Highway
Fort Lauderdale, FL 33304
(954) 883-9903

www.allegroliving.com/senior-living-fort-lauderdale.html



4
9:30 **AR** Catholic Mass Livestream
10:00 **AR** Flex & Relax Class
11:00 **AR** Trivia Time
1:00 **AR** Move to the Music/Videos
2:00 **TR** Refreshments Served/Garden
3:00 **AR** Table Top Games

11
9:30 **AR** Catholic Mass Livestream
10:00 **AR** Flex & Relax Class
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18
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25
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11:00 **AR** Trivia Time
1:00 **AR** Move to the Music/Videos
2:00 **TR** Refreshments Served/Garden
3:00 **AR** Table Top Games

5
10:00 **AR** News & Views
11:00 **AR** Body Harmony w/ Nohemy
1:00 **PD** Walking Club
2:00 **D** Baking Club, Tea Social
3:30 **AR** Trivia Challenge
6:00 **AR** Short Story Reading

12
10:00 **AR** News & Views
11:00 **AR** Body Harmony w/ Nohemy
1:00 **PD** Walking Club
2:00 **D** Baking Club, Tea Social
3:30 **AR** Trivia Challenge
6:00 **AR** Short Story Reading

19
10:00 **AR** News & Views
11:00 **AR** Body Harmony w/ Nohemy
1:00 **PD** Walking Club
2:00 **D** Baking Club, Tea Social
3:30 **AR** Trivia Challenge
6:00 **AR** Short Story Reading

26
10:00 **AR** News & Views
11:00 **AR** Body Harmony w/ Nohemy
1:00 **PD** Walking Club
2:00 **D** Baking Club, Tea Social
3:30 **AR** Trivia Challenge
6:00 **AR** Short Story Reading

6
10:00 **AR** Pet Therapy Visit w/ Fran
11:00 **AR** Sit & Stretch
1:00 **PD** Walking Club
2:00 **D** Tuesday's Drink of The Day
3:00 **AR** Music Video Favorites
4:00 **AR** Table Top Games
6:00 **AR** Movie, Oldie But Goodie

13
10:00 **AR** Sit & Stretch
11:00 **AR** Floral Design
1:00 **PD** Walking Club
2:00 **D** Tuesday's Drink of The Day
3:00 **AR** Music Video Favorites
4:00 **AR** Table Top Games
6:00 **AR** Movie, Oldie But Goodie

20
10:00 **AR** Pet Therapy Visit w/ Fran
11:00 **AR** Sit & Stretch
1:00 **PD** Walking Club
2:00 **D** Tuesday's Drink of The Day
3:00 **AR** Music Video Favorites
4:00 **AR** Table Top Games
6:00 **AR** Movie, Oldie But Goodie

27
10:00 **AR** Sit & Stretch
11:00 **AR** Beading Class
1:00 **PD** Walking Club
2:00 **D** Tuesday's Drink of The Day
3:00 **AR** Music Video Favorites
4:00 **AR** Table Top Games
6:00 **AR** Movie, Oldie But Goodie

7
10:00 **AR** News & Views
11:00 **AR** Body Harmony w/Nohemy
2:00 **AR** Bingo For Prizes!
3:00 **AR** Music Therapy
4:00 **AR** Reminiscing, Short Stories
6:00 **AR** Group Table Games

14
10:00 **AR** News & Views
11:00 **AR** Body Harmony w/Nohemy
2:00 **AR** Group Word Search
3:00 **AR** Music Therapy
4:00 **AR** Reminiscing, Short Stories
6:00 **AR** Group Table Games

21
10:00 **AR** News & Views
11:00 **AR** Body Harmony w/Nohemy
2:00 **AR** Summer Celebration w/ "Ian"
3:30 **PD** Outdoor Time/Walk
6:00 **AR** Group Table Games

28
10:00 **AR** News & Views
11:00 **AR** Body Harmony w/Nohemy
2:00 **AR** Group Word Search
3:00 **AR** Music Therapy
4:00 **AR** Reminiscing, Short Stories
6:00 **AR** Group Table Games

1
10:00 **AR** Exercise Class
11:00 **TR** Outdoor Time/Cool Drinx
1:30 **L** Scenic Bus Ride
3:30 **AR** Video Clips, Requests
4:00 **B** Happy Hour w/ Live Music
6:00 **AR** Evening Comedy

8
10:00 **AR** Exercise Class
11:00 **TR** Outdoor Time/Cool Drinx
1:30 **L** Scenic Bus Ride
2:30 **AR** Video Clips, Requests
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2
10:00 **AR** Chair Yoga
11:00 **TR** Outdoor Time/Cool Drinx
1:00 **AR** Balloon Volleyball
2:00 **AR** Bingo Time
4:00 **PD** Walk by the Water
6:00 **AR** Virtual Shabbat Services

9
10:00 **AR** Chair Yoga
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3
10:00 **AR** Sit & Stretch
11:00 **TR** Outdoor Time/Cool Drinx
1:00 **AR** Table Top Games
2:00 **AR** Arts & Crafts
3:00 **AR** Movie Matinee & Refreshments
6:00 **AR** Aromatherapy & Hand Massage

10
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Around our Community

TITLE

August Happenings:

Body Harmony w/ "Nohemy"

Mondays & Wednesdays @ 11

Pet Therapy w Fran & Labrador Retriever, "Kody"

Tuesdays, 6th & 20th @ 10

Summer Party w/ "Ian"

Wednesday, 21st @ 2

Please Welcome Lifestyle Assistant:

Eudene Thompson

Calendar Subject To Change

LOCATION KEY

- AR** Activity Room
- TR** Terrace
- L** Meet in Lobby
- B** Bistro
- PD** Pool Deck
- D** Demonstration Kitchen