

UPCOMING COMMUNITY EVENTS



NATIONAL WELLNESS MONTH

In August we celebrate National Wellness Month:

Prioritizing your self-care, managing stress and promoting healthy routines.

We can often put our health and wellness on the back burner due to work deadlines, traffic, family obligations and other stressors.

Research has shown self-care helps manage stress and promotes happiness. For a happy and healthy life, it is important to focus on wellness and self-care. National Wellness Month was born out of the idea that if we are going to do big things in the world, we need to take care of ourselves.

To celebrate National Wellness Month, take the “I choose wellness” pledge to make small daily acts of self-care a priority or join the 5,000 steps a day Challenge.

NEWS

AUGUST BIRTH FLOWER

If you were born in August your Birth Flower is Gladiolus

Gladiolus is also called a sword lily, the gladiolus comes in a broad color range, from pink, red and orange to violet and ivory hues. Gladiolus stalks can grow up to six feet in height. The name is appropriate: Gladiolus flowers were associated with gladiators in ancient times and were often given to winners as a symbol of victory. They're commonly used today to symbolize integrity, strength, remembrance and admiration.

Allegro in Hyde Park

800 West Azele Street
Tampa, FL 33606
(813) 773-4596



FLOURISH

AUGUST 2024

WHAT'S INSIDE

Pg 2-3
Social Calendar

Pg 4
Upcoming Events + News

*WE LOOK FORWARD TO THE TIME WHEN THE POWER OF LOVE WILL REPLACE
THE LOVE OF POWER. THEN WILL OUR WORLD KNOW THE BLESSINGS OF
PEACE.*

—WILLIAM EWART GLADSTONE



August 2024

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

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<https://www.allegroliving.com/senior-living-hyde-park-fl.html>



4
9:00 **L** Church Transportation
10:15 **L** Christ the King-Transportation Bus
11:00 **TR** Hyde Park United Methodist Communion
1:30 **C** Hand & Foot Card Game
1:30 **L** Scenic Bus Ride
3:00 **TR** Afternoon Movie
3:00 **SK** Happy Hour
7:00 **TR** Evening Movie

5
10:30 **TH** Indoor Walking w/Kisha
1:30 **RR** Mah Jong
1:30 **DD** Painting with Maddie
2:30 **TH** Cornhole Game Practice
3:00 **SK** Happy Hour
7:00 **TR** Evening Movie

11
9:00 **L** Church Transportation
10:15 **L** Christ the King-Transportation Bus
1:30 **C** Hand & Foot Card Game
1:30 **L** Scenic Bus Ride
3:00 **TR** Afternoon Movie
3:00 **SK** Happy Hour
7:00 **TR** Evening Movie

12
10:30 **TH** Indoor Walking w/Kisha
1:30 **SK** Book Club Meeting
1:30 **RR** Mah Jong
1:30 **DD** Painting with Sophia
2:30 **TH** Cornhole Game Practice
3:00 **SK** Happy Hour
7:00 **TR** Evening Movie

18
9:00 **L** Church Transportation
10:15 **L** Christ the King-Transportation Bus
1:30 **C** Hand & Foot Card Game
1:30 **L** Scenic Bus Ride
3:00 **TR** Afternoon Movie
3:00 **SK** Happy Hour
7:00 **TR** Evening Movie

19
10:30 **TH** Indoor Walking w/Kisha
11:00 **TH** Poetry w/Lucy
1:30 **RR** Mah Jong
1:30 **DD** Painting with Sophia
2:30 **TH** Cornhole Game Practice
3:00 **SK** Happy Hour
3:30 **C** Library To Go
7:00 **TR** Evening Movie

25
9:00 **L** Church Transportation
10:15 **L** Christ the King-Transportation Bus
1:30 **C** Hand & Foot Card Game
1:30 **L** Scenic Bus Ride
3:00 **TR** Afternoon Movie
3:00 **SK** Happy Hour
7:00 **TR** Evening Movie

26
10:30 **TH** Indoor Walking w/Kisha
1:30 **RR** Mah Jong
1:30 **DD** Painting with Sophia
2:30 **TH** Cornhole Game Practice
3:00 **SK** Happy Hour
7:00 **TR** Evening Movie

6
10:00 **C** Trivia
10:30 **TH** Exercise with Marianne
1:15 **TR** Communion & Rosary
2:00 **RR** Bingo
3:00 **SK** Happy Hour
3:30 **RR** Faithful Friends Bible Study
7:00 **TR** Evening Movie

13
10:00 **C** Trivia
10:30 **C** Doni's Trunk Show
10:30 **TH** Exercise with Marianne
1:15 **TR** Communion & Rosary
2:00 **RR** Bingo
3:00 **SK** Happy Hour
3:30 **RR** Faithful Friends Bible Study
7:00 **TR** Evening Movie

20
10:00 **C** Trivia
10:30 **TH** Exercise with Marianne
1:15 **TR** Communion & Rosary
1:30 **TH** All Resident Forum
2:00 **RR** Bingo
3:00 **SK** Happy Hour
3:30 **RR** Faithful Friends Bible Study
7:00 **TR** Evening Movie

27
10:00 **C** Trivia
10:30 **TH** Exercise with Marianne
1:15 **TR** Communion & Rosary
1:30 **SK** New Resident Orientation w/Gail
2:00 **RR** Bingo
3:00 **SK** Happy Hour
3:30 **RR** Faithful Friends Bible Study
7:00 **TR** Evening Movie

7 Challenge Begins
9:30 **DD** Basket Weaving
10:30 **TR** Business & Finance w/Pete
10:30 **TH** Exercise with Kisha
11:30 **SK** Jeopardy
1:00 **TR** Lifestyle Chat
1:30 **C** Hand & Foot Card Game
3:00 **SK** Entertainment by Dave Smith
7:00 **TR** Evening Movie

14
9:30 **DD** Basket Weaving
10:30 **TH** Exercise with Marianne
11:30 **SK** Jeopardy
1:00 **TR** Wellness Wednesday
1:30 **C** Hand & Foot Card Game
3:00 **SK** Entertainment by Humberto
7:00 **TR** Evening Movie

21
9:30 **DD** Basket Weaving
10:30 **TR** Business & Finance w/Pete
10:30 **TH** Exercise with Marianne
11:30 **SK** Jeopardy
1:00 **C** Oat Delight
1:30 **C** Hand & Foot Card Game
2:30 **TR** Chef Chat
3:00 **SK** Happy Hour & Entertainment Will & Michelle
7:00 **TR** Evening Movie

28 Challenge Ends
9:30 **DD** Basket Weaving
10:30 **TH** Exercise with Marianne
11:30 **SK** Jeopardy
1:00 **O** Florida Aquarium
1:30 **C** Hand & Foot Card Game
3:00 **SK** Happy Hour - Ralph Espinosa
7:00 **TR** Evening Movie

1
10:00 **C** Wheel of Fortune
10:30 **TH** Exercise with Marianne
11:00 **L** Lunch Outing
1:30 **L** Banks & Pharmacies
2:00 **RR** Bingo
3:00 **SK** Happy Hour
3:30 **SK** Sing a Long
7:00 **TR** Evening Movie
7:00 **SK** Poker Game

8
10:00 **C** Wheel of Fortune
10:30 **TH** Exercise with Jennifer
11:00 **L** Lunch Outing
1:30 **L** Banks & Pharmacies
2:00 **RR** Bingo
3:00 **SK** Happy Hour
7:00 **TR** Evening Movie
7:00 **SK** Poker Game

15
10:00 **C** Wheel of Fortune
10:30 **TH** Exercise with Marianne
11:00 **L** Lunch Outing
1:30 **L** Banks & Pharmacies
2:00 **RR** Bingo
3:00 **SK** Happy Hour
3:30 **SK** Sing a Long
7:00 **TR** Evening Movie
7:00 **SK** Poker Game

22 Wines of Germany
10:00 **C** Wheel of Fortune
10:30 **TH** Exercise with Marianne
11:00 **L** Lunch Outing
1:30 **L** Banks & Pharmacies
2:00 **RR** Bingo
3:00 **SK** Happy Hour
7:00 **TR** Evening Movie
7:00 **SK** Poker Game

29
10:00 **C** Wheel of Fortune
10:30 **TH** Exercise with Marianne
11:00 **L** Lunch Outing
1:30 **L** Banks & Pharmacies
2:00 **RR** Bingo
3:00 **SK** Happy Hour
3:30 **SK** Sing a Long
7:00 **TR** Evening Movie
7:00 **SK** Poker Game

2
10:30 **TH** Exercise with Kisha
11:00 **L** Publix Shopping
1:30 **L** Britton Plaza Shopping
1:30 **RR** Mah Jong
1:30 **DD** Art/Crafts
2:30 **C** Cornhole Competition
3:00 **SK** Happy Hour
4:00 **TR** Shabbat with Rabbi Rivkin
7:00 **TR** Evening Movie

9 Home Dental
10:30 **TH** Exercise with Kisha
11:00 **L** Publix Shopping
1:30 **L** Britton Plaza Shopping
1:30 **RR** Mah Jong
1:30 **DD** Art/Crafts
2:30 **C** Cornhole Competition
3:00 **SK** Happy Hour
4:00 **TR** Shabbat w/ Schaarai Zedek
7:00 **TR** Evening Movie

16
10:30 **TH** Exercise with Kisha
11:00 **L** Publix Shopping
1:30 **L** Britton Plaza Shopping
1:30 **RR** Mah Jong
1:30 **DD** Art/Crafts
2:30 **C** Cornhole Competition
3:00 **SK** Happy Hour
4:00 **TR** Shabbat with Rabbi Rivkin
7:00 **TR** Evening Movie

23
10:30 **TH** Exercise with Kisha
11:00 **L** Publix Shopping
1:30 **L** Britton Plaza Shopping
1:30 **RR** Mah Jong
1:30 **DD** Art/Crafts
2:30 **C** Cornhole Competition
3:00 **SK** Birthday Party
3:00 **SK** Happy Hour
4:00 **TR** Shabbat Services w/Rabbi Kornworcel

30
10:30 **TH** Exercise with Kisha
11:00 **L** Publix Shopping
1:30 **L** Britton Plaza Shopping
1:30 **RR** Mah Jong
1:30 **DD** Art/Crafts
2:30 **C** Cornhole Competition
3:00 **SK** Happy Hour
7:00 **TR** Evening Movie

3
9:30 **L** Shopping & Errands Transportation Available
10:30 **TH** Chair Yoga w/Amy
1:30 **C** Bridge
2:00 **RR** Bingo
3:00 **SK** Happy Hour
3:45 **SK** Saxophone with John P.
7:00 **TR** Evening Movie

10
9:30 **L** Shopping & Errands Transportation Available
10:30 **TH** Chair Yoga w/Amy
11:30 **TR** Hidden Treasures- (Costa Rica)
1:30 **C** Bridge
2:00 **RR** Bingo
3:00 **SK** Happy Hour
7:00 **TR** Evening Movie

17
9:30 **L** Shopping & Errands Transportation Available
10:00 **SK** Knitting Club - Hyde Park
10:30 **TH** Chair Yoga w/Amy
11:30 **TR** Who Knew? w/ Amy
1:30 **C** Bridge
2:00 **RR** Bingo
3:00 **SK** Happy Hour
7:00 **TR** Evening Movie

24
9:30 **L** Shopping & Errands Transportation Available
10:30 **TH** Chair Yoga w/Amy
11:30 **TR** Hidden Treasures- (Hawaii)
1:30 **C** Bridge
2:00 **RR** Bingo
3:00 **SK** Happy Hour
7:00 **TR** Evening Movie

31
9:30 **L** Shopping & Errands Transportation Available
10:30 **TH** Chair Yoga w/Amy
11:30 **TR** Who Knew? w/Amy
1:30 **C** Bridge
2:00 **RR** Bingo
3:00 **SK** Happy Hour
7:00 **TR** Evening Movie

Around our Community

Entertainment

August 07 Dave Smith

August 14 Humberto

August 21 Will and Michelle

August 28 Ralph Espinosa

Please Welcome Our New Fitness Instructor

Marianne

Tuesday Wednesday Thursday 10:30 am

LOCATION KEY

- C** Cafe
- TH** Town Hall
- L** Lobby
- RR** Reading Room
- SK** Sky Lounge
- TR** Theater
- DD** Do Duck In (3)
- O** Out-g