

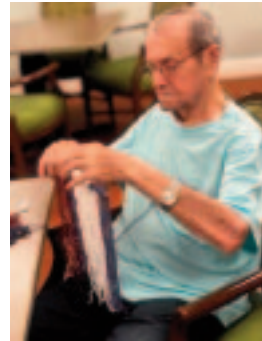
## UPCOMING COMMUNITY EVENTS



### 4TH OF JULY AT ALLEGRO

The 4th of July was full of activities and delicious food here at Allegro. We did not let the heat stop us, we brought the outdoor games inside.

Residents had a great time competing in Corn hole and Ring Toss. Leslie from the Anastasia Branch Library assisted with a Flag Wall Hanging Craft that was enjoyed by both men and women. Thank you Leslie!



## DON'T MISS THESE EVENTS!

8/5 Anastasia Branch Library Activity w/ Leslie

8/8 Avenues Mall Shopping Outing

8/13 Amazon Virtual Tour

8/20 Dr. Thomas Graham

8/30 Resident Referral National Beach Day

### Allegro in St. Augustine

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



# FLOURISH

AUGUST 2024

## WHAT'S INSIDE

Pg 2-3  
Social Calendar

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Upcoming Events + News

*"AGING IS AN EXTRAORDINARY PROCESS WHERE YOU BECOME THE PERSON YOU ALWAYS SHOULD HAVE BEEN"*

*—DAVID BOWIE*

## Sunday

## Monday

### Allegro in St. Augustine

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

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

## Tuesday

## Wednesday

## Thursday

## Friday

## Saturday

## Around our Community

### 4

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  
2:00 **AR** Bowling  
3:30 **S** Rummikube  
5:30 **AT** Music w/ Russell  
6:30 **TH** At the Cinema w/ Popcorn

### 11

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  
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### 18

9:30 **FP** Chair Yoga  
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1:30 **CR** Scrabble/Majong  
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3:30 **S** Rummikube  
5:30 **AT** Music w/ Russell  
6:30 **TH** At the Cinema w/ Popcorn

### 25

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  
2:00 **AR** Bowling  
3:30 **S** Rummikube  
5:30 **AT** Music w/ Russell  
6:30 **TH** At the Cinema w/ Popcorn

### 5

9:30 **AR** Move 'N Groove w/ Terri  
9:30 **CR** Mahjong  
10:30 **AR** Lifestyle Meeting  
1:00 **S** Trivia w/ Kim  
1:30 **CR** Dominoes  
2:00 **AR** High Stakes Bingo  
3:00 **AR** Anastasia Library Activity  
3:30 **S** Skip-Bo Card Game  
6:30 **CR** Beginning Majong  
6:30 **TH** At the Cinema w/ Popcorn

### 12

9:30 **AR** Move 'N Groove w/ Terri  
9:30 **CR** Mahjong  
10:30 **AR** Music Therapy w/ Jan  
1:00 **S** Trivia w/ Kim  
1:30 **CR** Dominoes  
2:00 **AR** Bingo Bash  
3:00 **AT** Canines 4 Christ Pet Therapy  
3:30 **S** Skip-Bo Card Game  
6:30 **CR** Beginning Majong

### 19

9:30 **AR** Move 'N Groove w/ Terri  
9:30 **CR** Mahjong  
1:00 **S** Trivia w/ Kim  
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** Scrabble

### 26

9:30 **AR** Move 'N Groove w/ Terri  
9:30 **CR** Mahjong  
10:30 **AR** Music Therapy w/ Jan  
1:00 **S** Trivia w/ Kim  
1:30 **CR** Dominoes  
2:00 **AR** Bingo Bash  
3:00 **Canines 4 Christ Pet Therapy**  
3:30 **S** Skip-Bo Card Game  
6:30 **CR** Beginning Majong

### 6

9:30 **CR** News and Views  
10:30 **AR** Ageless Grace w/ Marty  
1:30 **AR** How Many Words?  
1:30 **S** Regular Bridge  
2:00 **GR** Chess Club  
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

### 13

9:30 **CR** News and Views  
10:30 **AR** Ageless Grace w/ Marty  
1:30 **AR** How Many Words?  
1:30 **S** Regular Bridge  
1:30 **S** Creative Crafters  
2:00 **GR** Chess Club  
3:00 **TH** Amazon Virtual Tour  
3:30 **AR** The Good Ole' Days  
6:30 **TH** At the Cinema w/ Popcorn

### 20

9:30 **CR** News and Views  
10:30 **AR** Ageless Grace w/ Marty  
1:30 **S** Regular Bridge  
1:30 **TH** Dr. Thomas Graham  
2:00 **GR** Chess Club  
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

### 27

9:30 **CR** News and Views  
10:30 **AR** Ageless Grace w/ Marty  
1:30 **AR** How Many Words?  
1:30 **S** Creative Crafters  
1:30 **S** Regular Bridge  
2:00 **GR** Chess Club  
3:30 **AR** The Good Ole' Days  
6:30 **CR** Scrabble  
6:30 **TH** At the Cinema w/ Popcorn

### 7

9:30 **AR** Stretch Exercise w/ Terri  
9:30 **CR** Mahjong  
10:30 **AR** Cranium Crunches  
10:30 **S** Rummikube  
1:00 **CR** Scrabble  
2:00 **AR** Bingo Bash  
3:00 **GR** Happy Hour  
6:30 **TH** At the Cinema w/ Popcorn

### 14

9:30 **AR** Stretch Exercise w/ Terri  
9:30 **CR** Mahjong  
10:30 **S** Rummikube  
1:00 **CR** Scrabble  
1:00 **AR** Cranium Crunches  
2:00 **AR** Bingo Bash  
3:00 **DR** Happy Hour w/ Taylor Express  
6:30 **TH** At the Cinema w/ Popcorn

### 21

9:30 **AR** Stretch Exercise w/ Terri  
9:30 **CR** Mahjong  
10:30 **S** Rummikube  
10:30 **AR** Health Talk w/ Terri  
1:00 **CR** Scrabble  
1:00 **AR** Cranium Crunches  
2:00 **AR** Bingo Bash  
3:00 **GR** Happy Hour  
6:30 **TH** At the Cinema w/ Popcorn

### 28

9:30 **AR** Stretch Exercise w/ Terri  
9:30 **CR** Mahjong  
10:00 **S** VFW Post 2391 Chat  
10:30 **S** Rummikube  
1:00 **S** Pampered Nails  
1:00 **CR** Scrabble  
1:00 **AR** Cranium Crunches  
2:00 **AR** Bingo Bash  
3:00 **GR** Happy Hour  
6:30 **TH** At the Cinema w/ Popcorn

### 1

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  
2:00 **AR** Chef Chat  
3:30 **AR** Tai Chi w/ Wanda  
5:30 **AT** Music w/ Russell  
6:30 **TH** At the Cinema w/ Popcorn

### 8

9:30 **CR** Mahjong  
9:30 **AR** Stretch 'N Flex w/ Ken  
10:00 **CO** Avenues Mall  
10:30 **S** Tech Help w/ Cassie  
1:15 **S** Fun & Games w/ Terri  
1:30 **CR** Dominoes  
2:00 **AR** Get Creative w/ Tiffany  
3:00 **GR** Shuffleboard Tournament  
3:30 **AR** Tai Chi w/ Wanda  
5:30 **AT** Music w/ Russell

### 15

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  
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

### 22

9:30 **CR** Mahjong  
9:30 **AR** Stretch 'N Flex w/ Ken  
10:30 **S** Tech Help w/ Cassie  
11:00 **CO** Schooner's  
1:15 **S** Fun & Games w/ Terri  
1:30 **CR** Dominoes  
2:00 **L** Residents' Book Club  
2:00 **AR** Get Creative w/ Tiffany  
3:30 **AR** Tai Chi w/ Wanda  
5:30 **AT** Music w/ Russell

### 29

9:30 **CR** Mahjong  
9:30 **AR** Stretch 'N Flex w/ Ken  
10:30 **S** Tech Help w/ Cassie  
11:00 **CO** Taco Louie's Lunch  
1:15 **S** Fun & Games w/ Terri  
1:30 **CR** Dominoes  
3:30 **AR** Tai Chi w/ Wanda  
5:30 **AT** Music w/ Russell  
6:30 **TH** At the Cinema w/ Popcorn

### 2

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/Tony & Deb  
3:30 **AR** Rummikub/Triominos  
6:30 **TH** At the Cinema w/ Popcorn

### 9

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 Mass  
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

### 16

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/ Ivan  
3:30 **AR** Rummikub/Triominos  
6:30 **TH** At the Cinema w/ Popcorn

### 23

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/ Coconuts  
3:30 **AR** Rummikub/Triominos  
6:00 **AR** Riddles and Brain Teasers  
6:30 **TH** At the Cinema w/ Popcorn

### 30

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** Resident Referral National Beach Day Happy Hour with Randy  
3:30 **AR** Rummikub/Triominos

### 10

9:30 **AR** Chair Yoga  
10:30 **AR** Triominos  
1:00 **S** Skip-Bo Card Game  
1:30 **CR** Dominoes  
1:30 **AR** Trivia  
2:00 **GR** Chess Club  
3:00 **AR** Bingo Bash  
6:30 **TH** At the Cinema w/ Popcorn

### 17

9:30 **AR** Chair Yoga  
10:30 **AR** Triominos  
1:00 **S** Skip-Bo Card Game  
1:30 **CR** Dominoes  
1:30 **AR** Trivia  
2:00 **GR** Chess Club  
3:00 **AR** Bingo Bash  
6:30 **TH** At the Cinema w/ Popcorn

### 24

9:30 **AR** Chair Yoga  
10:30 **AR** Triominos  
1:00 **S** Skip-Bo Card Game  
1:30 **CR** Dominoes  
1:30 **AR** Trivia  
2:00 **GR** Chess Club  
3:00 **AR** Bingo Bash  
6:30 **TH** At the Cinema w/ Popcorn

### 31

9:30 **AR** Chair Yoga  
10:30 **AR** Triominos  
1:00 **S** Skip-Bo Card Game  
1:30 **CR** Dominoes  
1:30 **AR** Trivia  
2:00 **GR** Chess Club  
3:00 **AR** Bingo Bash  
6:30 **TH** At the Cinema w/ Popcorn

### BIRTHDAYS

#### Residents

Bill D. 8/5

Andy A. 8/7

Catherine R. 8/10

Sue C. 8/12

Mary W. 8/14

Sandi K. 8/17

Elizabeth B. 8/24

Mary J. 8/29

#### Employees

Destiney 8/1

Valarie 8/11

Toni 8/18

Richard M. 8/25

Ashley 8/25

## LOCATION KEY

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