

UPCOMING COMMUNITY EVENTS



THE WONDER OF THE HOLIDAY SEASON

The holidays are great in so many ways. It ranges from spending time with family and friends, to those people with whom we are surrounded by at Allegro. We know that cherishing the little things and having gratitude can lead to greater overall well-being. Focusing on self care, especially during the holiday season is so important. Eating

healthy, taking long walks, going in the pool, reading inspiring books, will keep you positive and upbeat. While these things are important, we need to take stock of what is really important this season. Being grateful is strongly and consistently associated with greater happiness. It helps us feel more positive emotions, relish good experiences, improve health and above all build strong relationships. This is truly the best gift we could receive this season!

Wishing all of you a wonderfully happy and healthy holiday season. May we all celebrate the New Year together in peace and harmony.

INTERESTING FACTS ABOUT THE HOLIDAYS

Christmas trees have been sold in the U.S. since 1850.

It takes about 15 years to grow the average Christmas tree.

Santa Claus is based on a real person, St. Nikolas of Myra. He is the patron saint of banking and orphans.

The word Chanukah means "dedication". Chanukah dishes are always fried.

Harry Truman was the first President to celebrate Chanukah at the White House.

Allegro in Boynton Beach

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Boynton Beach, FL 33437
(561) 536-3859



FLOURISH

DECEMBER 2024

WHAT'S INSIDE

Pg 2-3
Social Calendar

Pg 4
Upcoming Events + News

"I WILL HONOR CHRISTMAS IN MY HEART, AND TRY TO KEEP IT ALL THE YEAR."

—CHARLES DICKENS



December 2024

Sunday

- 1**
9:30 **A** Walking Club-Meet in the Atrium
10:00 **Bus** Trip to Church Services
10:15 **PAT** Famous Folks Trivia
11:00 **A** Terry the Watchmaker
1:30 **GT** Afternoon Movie - Residents' Choice
2:00 **CR** Musical Nostalgia- The Career of Johnny Mathis
3:00 **CR** Finish the Lines
- 8**
10:00 **Bus** Trip to Church Services
10:00 **A** One of a Kind Boutique Shopping Spree
10:15 **PAT** Famous Folks Trivia
1:30 **GT** Afternoon Movie - Residents' Choice
3:00 **CR** Finish the Lines
4:00 **B** Happy Hour
7:30 **GT** Evening Movie-Lonely Planet
- 15**
9:30 **A** Walking Club-Meet in the Atrium
10:00 **Bus** Trip to Church Services
10:15 **PAT** Famous Folks Trivia
1:30 **GT** Afternoon Movie - Residents' Choice
2:00 **CR** Music History-The Career of Neil Diamond
3:00 **CR** Finish the Lines
4:00 **B** Happy Hour
- 22**
10:00 **Bus** Trip to Church Services
10:15 **PAT** Famous Folks Trivia
1:30 **GT** Afternoon Movie - Residents' Choice
2:00 **CR** Musical Nostalgia-The Career of Perry Como
3:00 **CR** Finish the Lines
7:30 **GT** Evening Movie-True Spirit
- 29**
9:30 **A** Walking Club-Meet in the Atrium
10:00 **Bus** Trip to Church Services
10:15 **PAT** Famous Folks Trivia
1:30 **GT** Afternoon Movie - Residents' Choice
2:00 **CR** Mind Stretchers - In the Community Room.
3:00 **CR** What Would You Do?
7:30 **GT** Evening Movie-Dumb Money

Monday

- 2**
9:30 **CR** Strolling around outside the Community with Barbara
10:15 **CR** Gentle Stretching
11:00 **CR** Word Wall
1:30 **MC** Men's Club Pow Wow
1:30 **CR** Sharing Recipes Social
4:00 **B** Happy Hour
7:30 **CR** Bingo at night!
7:30 **GT** Evening Movie-The Infiltrator
- 9**
9:30 **A** Walking Club-Meet in the Atrium
10:15 **CR** Gentle Stretching
10:30 **Bus** Trip to Isles Casino
11:00 **CR** Word Wall
1:30 **MC** Men's Club Pow Wow
1:30 **CR** Big Book of Answers
4:00 **B** Happy Hour
7:30 **CR** Bingo at night!
7:30 **GT** Evening Movie-First
- 16**
10:15 **CR** Gentle Stretching
11:00 **CR** Word Wall
1:30 **MC** Men's Club Pow Wow
1:30 **CR** How Old Hollywood Entertainers Lived
4:00 **B** Happy Hour
7:30 **CR** Bingo at night!
7:30 **GT** Evening Movie-Troy
- 23**
9:30 **A** Walking Club-Meet in the Atrium
10:15 **CR** Gentle Stretching
11:00 **CR** Word Wall
1:30 **MC** Men's Club Pow Wow
1:30 **CR** Good News Stories
7:30 **CR** Bingo at night!
7:30 **GT** Evening Movie-The Hill
- 30**
10:15 **CR** Gentle Stretching
11:00 **CR** Word Wall
1:30 **MC** Men's Club Pow Wow
1:30 **CR** Timeless Trivia
7:30 **CR** Bingo at night!
7:30 **GT** Evening Movie-Marnie

Tuesday

- 3**
9:30 **A** Walking Club-Meet in the Atrium
10:00 **Bus** Dunkin Donuts and Coffee Run!
10:00 **Bus** Loop Trip
10:15 **CR** Mindful Meditation
11:00 **Spa** Stretch and Stamina with Mary
2:00 **GT** Bingo
2:00 **P** Water Aerobics
- 10**
10:00 **Bus** "Loop" trip around town
10:00 **C** Women's History Trivia
10:00 **CR** Mindful Meditation
11:00 **Spa** Stretch and Stamina with Mary
11:45 **Bus** Lunch outing to Mimosa Cafe
2:00 **GT** Bingo
2:00 **P** Water Aerobics
4:00 **B** Happy Hour
- 17**
9:30 **A** Walking Club-Meet in the Atrium
10:00 **Bus** "Loop" trip around town
10:00 **CR** Mindful Meditation
11:00 **Spa** Stretch and Stamina with Mary
1:00 **Bus** Trip to Delray Playhouse
2:00 **GT** Bingo
2:00 **P** Water Aerobics
4:00 **B** Happy Hour
- 24**
10:00 **Bus** "Loop" trip around town
10:00 **CR** Mindful Meditation
11:00 **Spa** Stretch and Stamina with Mary
2:00 **GT** Bingo
2:00 **P** Water Aerobics
7:30 **MC** Men's Game Night
7:30 **GT** Evening Movie-My all American
- 31**
9:30 **A** Walking Club-Meet in the Atrium
10:00 **Bus** "Loop" trip around town
10:00 **CR** Mindful Meditation
11:00 **Spa** Stretch and Stamina with Mary
2:00 **GT** Bingo
2:00 **P** Water Aerobics
7:30 **MC** Men's Game Night
7:30 **GT** Evening Movie-The

Wednesday

- 4**
10:00 **PAT** The Music of Broadway with Elissa
10:00 **B** Celebrating Wildlife Conservation
11:00 **CR** Painting with Charlene
11:00 Trip to the Library
11:45 **Bus** Delray Movies
1:30 **CR** Chair Moving and Grooving
4:00 **B** Happy Hour
7:30 **GT** Evening Movie-Harold and
- 11**
9:30 **A** Walking Club-Meet in Atrium
10:00 **GT** Town Hall Meeting
10:00 **B** Here's the Scoop!
11:00 **CR** Gentle Stretching
11:45 **Bus** Delray Movies
2:00 **CR** Crafting with Stacy
4:00 **B** Happy Hour
7:30 **GT** Movie-The Menendez Bros
- 18**
10:00 **B** Food Committee Meeting
10:00 **B** Here's the Scoop!
11:00 **GT** Activities Committee
11:00 **CR** Painting with Charlene
11:00 **Bus** Trip to the Library
11:00 **CR** Gentle Stretching
1:30 **CR** Crafting with Stacy
4:00 **B** Happy Hour
7:30 **GT** Evening Movie-Just Go With
- 25** Christmas
B Christmas Day
9:30 **A** Walking Club-Meet in the Atrium
10:15 **CR** Gentle Stretching
11:00 **CR** Finish the Lines
7:30 **GT** Evening Movie-2 Hearts



Thursday

- 5**
9:30 **A** Walking Club-Meet in the Atrium
10:00 **C** Wordical Challenge
11:00 **Spa** Stretch and Stamina with Mary
11:00 **GT** Veteran's Aid-Benefit Program
2:00 **PAT** Photography Club
4:00 **B** Happy Hour and Hors D'oeuvres
- 12**
10:00 **C** Wordical Challenge
11:00 **Spa** Stretch and Stamina with Mary
2:30 **DR** Entertainment with Garth
4:00 **B** Happy Hour and Hors D'oeuvres
4:00 **B** Resident and Family Holiday Party
7:30 **C** Mah-Jongg at Night
7:30 **GT** Evening Movie-Like Father
- 19**
9:30 **A** Walking Club-Meet in the Atrium
10:00 **C** Wordical Challenge
11:00 **Spa** Stretch and Stamina with Mary
2:00 **B** Employee Holiday Party-Wear your Ugly Sweater
3:00 **CR** Family and Caregiver Support Group
- 26** Chanukah and Kwanza
1st Day of Chanukah Kwanza
10:00 **C** Wordical Challenge
11:00 **Spa** Stretch and Stamina with Mary
1:30 **CR** Join us for Potato Latkes and Jelly Donuts
3:00 **PG** Putt-Putt Golf out on the Putting Green
4:00 **B** Happy Hour and Hors



Friday

- 6**
10:00 **CR** Giant Crossword Puzzles
10:00 **LR** Book Club Meeting
1:30 **Bus** Banking Day
2:00 **CR** Sharing Childhood Memories
3:15 **GT** Shabbat Services
4:00 **B** Happy Hour-Be Kind to your Bartender Day!
7:30 **GT** Evening Movie-Katie
- 13**
9:30 **A** Walking Club-Meet in the Atrium
10:00 **CR** Giant Crossword Puzzles
1:30 **Bus** Banking Day
2:00 **CR** Good News Stories
3:15 **GT** Shabbat Services
4:00 **B** Happy Hour
7:30 **GT** Evening Movie-Hustle
- 20**
10:00 **CR** Giant Crossword Puzzles
10:00 **C** Aging and Balancing your Diet
1:30 **Bus** Banking Day
2:00 **CR** Chair Yoga for Seniors
3:15 **GT** Shabbat Services
4:00 **B** Happy Sangria Day!
7:30 **GT** Evening Movie-Martha
- 27**
9:30 **A** Walking Club-Meet in the Atrium
10:00 **CR** Giant Crossword Puzzles
11:30 **CR** Spin the Dreidle
1:30 **Bus** Banking Day
2:15 **B** Chanukah and Shabbat Party
7:30 **GT** Evening Movie-Blue Miracle

Saturday

- 7** Pearl Harbor Day
Pearl Harbor Remembrance Day
9:30 **A** Walking Club-Meet in the Atrium
10:00 **CR** Music and Movie Trivia
10:30 **Bus** Publix
11:00 **CR** Holiday Decorations with Josephine and Deena
1:30 **CR** Word Wall
3:00 **CR** Pearl Harbor Remembrance
- 14**
10:00 **CR** Quirky and Crazy Phrases
10:30 **Bus** Publix
11:00 **CR** Holiday Decorations with Josephine and Deena
1:30 **CR** Word Wall
2:30 **DR** Holiday Entertainment Show with James Perkowski
4:00 **B** Happy Hour
7:30 **GT** Evening Movie-The Take
- 21** First Day of Winter
9:30 **A** Walking Club-Meet in the Atrium
10:00 **CR** American History Trivia
10:30 **Bus** Publix
11:00 **CR** Holiday Decorations with Josephine and Deena
1:30 **GT** Afternoon Movie
1:30 **CR** Word Wall
3:00 **CR** You Be the Judge
- 28**
10:00 **CR** Famous Musicals of All Time
10:30 **Bus** Publix
10:30 **CR** Holiday Crafts with Josephine and Deena
1:30 **CR** Word Wall
3:00 **CR** You Be the Judge
7:30 **GT** Evening Movie-Harriet

Around our Community

HAPPY BIRTHDAY!

- Frank Ury - 12/3
- Carl Weiss - 12/6
- Aaron Rubin - 2/24
- Linda Cohen - 12/28

Sagittarians are known to be extremely generous, idealistic, and downright hilarious. They want the truth at all times. They don't distort reality, and easily attract friends and sympathy. And... you're the life of the party! You are entertaining and totally magnetic. It's pretty great to be you! HAPPY BIRTHDAY!!

LOCATION KEY

- A** Atrium
- Bus** Bus Trip
- PAT** Patio
- GT** Grand Theatre
- CR** Community Room
- B** Bistro
- MC** Man Cave
- Spa** Spa
- P** Pool
- C** Card Room

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December 2024

Sunday

- 1**
 9:00 **LR** In the News
 10:00 **LR** Sweating to the Oldies
 11:00 **CY** Walk in the Courtyard
 1:30 **AR** Bowling
 2:45 **LR** Finish the Phrase
 3:30 **AR** Movie Trivia
 6:15 **LR** Movie-Carry on

- 8**
 9:00 **LR** In the News
 10:00 **LR** Sweating to the Oldies
 11:00 **LR** Remember When
 1:30 **AR** Bowling
 2:45 **DR** Unscramble the Word
 3:30 **AR** Match Game
 6:15 **LR** Movie-The Book Club

- 15**
 9:00 **LR** In the News
 10:00 **LR** Sweating to the Oldies
 11:00 **CY** Walk in the Courtyard
 1:30 **AR** Bowling
 2:45 **LR** Finish the Phrase
 3:30 **AR** Movie Trivia
 6:15 **LR** Comedian-Brian Regan

- 22**
 9:00 **LR** In the News
 10:00 **LR** Sweating to the Oldies
 11:00 **LR** Remember When
 1:30 **AR** Bowling
 3:30 **AR** Match Game
 6:15 **LR** Musical- Radio City Music Hall Rockettes

- 29**
 9:00 **LR** In the News
 10:00 **LR** Sweating to the Oldies
 11:00 **CY** Walk in the Courtyard
 1:30 **AR** Bowling
 2:45 **LR** Finish the Phrase
 3:30 **AR** Movie Trivia
 6:15 **LR** Movie-We have a Ghost

Monday

- 2**
 9:00 **LR** On This Day
 10:00 **LR** Chair Yoga
 10:30 **LR** Fill in the Blanks
 1:30 **GT** Movies
 2:00 **AR** Crafts with Lucy
 3:15 **AR** Bingo Bonanza
 6:15 **LR** Movie-18 Presents

- 9**
 10:00 **LR** Stretch with Lucy
 10:30 **LR** Word Wall
 1:30 **LR** Pictionary
 1:30 **LR** Movies
 2:00 **AR** Holiday Crafts with Lucy
 3:15 **AR** Movie Star Bingo
 6:15 **LR** Movie-That Kind of Love

- 16**
 10:00 **LR** Chair Yoga
 10:30 **LR** Fill in the Blanks
 11:30 **Bus** Lunch Outing
 1:30 **LR** Movies
 2:00 **AR** Crafts with Lucy
 2:00 **AR** Holiday Crafts with Lucy
 3:15 **AR** Pokeno
 6:15 **LR** Movie-Meet me Next Christmas

- 23**
 10:00 **LR** Stretch with Lucy
 10:30 **LR** Word Wall
 1:30 **LR** Pictionary
 1:30 **Bus** Outing
 2:00 **AR** Crafts with Lucy
 3:15 **AR** Bingo Bonanza
 6:15 **LR** Movie-Sugar Plum Twist

- 30**
 10:00 **LR** Stretch with Lucy
 10:30 **LR** Fill in the Blanks
 1:30 **LR** Movies
 2:00 **AR** Crafts with Lucy
 3:15 **AR** Bingo Bonanza
 6:15 **LR** Movie-Two Weeks Notice

Tuesday

- 3**
 9:00 **LR** Match Game
 10:00 **AR** Babies With Amy
 11:00 **AR** Guess the Name or Place
 1:00 **AR** Finish the Phrase
 2:00 **AR** Exercise with Ashley
 3:30 **AR** Pokeno
 6:15 **LR** Movie-Bridesmaid

- 10**
 9:00 **LR** Match Game
 10:00 **LR** 50's Workout
 11:00 **AR** Guess the Name or Place
 1:00 **AR** Finish the Phrase
 2:00 **AR** Exercise with Ashley
 3:30 **AR** Bingo Bonanza
 6:15 **LR** Movie-Daughters

- 17**
 9:00 **LR** Match Game
 10:00 **AR** Babies With Amy
 11:00 **AR** Guess the Name or Place
 1:00 **AR** Finish the Phrase
 1:45 **DR** Baking Brownies with Jeanne
 2:00 **AR** Exercise with Ashley
 3:30 **AR** Bingo Bonanza
 6:15 **LR** Movie-Jingle Bell Bride

- 24** Christmas Eve
 9:00 **LR** Match Game
 10:00 **LR** 50's Workout
 11:00 **AR** Guess the Name or Place
 1:00 **AR** Finish the Phrase
 2:00 **AR** Exercise with Ashley
 3:30 **AR** Name That Tune
 6:15 **LR** Movie-Miracle on 34th Street

- 31** New Years Eve Day
 9:00 **LR** Match Game
 10:00 **AR** Babies With Amy
 11:00 **AR** Guess the Name or Place
 1:00 **AR** Finish the Phrase
 2:00 **AR** Exercise with Ashley
 2:30 **AR** New Years Eve Entertainment
 3:30 **AR** New Years Eve Photos
 6:15 **LR** New Years Eve Festivities



Wednesday

- 4** National Cookie Day
 9:30 **AR** Chair Yoga
 10:00 **AR** Painting With Charlene
 1:00 **AR** Indoor Golf
 2:30 **LR** Karaoke
 2:30 **DR** Let's Bake Cookies with Jeanne
 3:30 **LR** Music Trivia
 6:15 **LR** Movie-The Do Over

- 11**
 9:30 **AR** Chair Yoga
 10:00 **AR** Puzzles, Checkers and Scrabble
 1:15 **AR** Music Trivia
 2:30 **PG** Putting Green
 2:30 **LR** Unscramble the Word
 3:30 **PAT** Music on the Patio
 6:15 **LR** Movie-The Long Game

- 18**
 9:30 **AR** Stretch With Lucy
 10:00 **AR** Painting With Charlene
 1:00 **AR** Indoor Golf
 2:30 **LR** Karaoke
 3:30 **PG** Putting Green
 3:45 **LR** Fill in the Letters
 6:15 **LR** Ytube-Mormon Tabernacle Choir

- 25** Hanukkah/Christmas
 9:30 **AR** Chair Yoga
 10:00 **AR** Puzzles, Checkers and Scrabble
 1:15 **AR** Music Trivia
 2:30 **LR** Karaoke
 3:30 **DR** Singing Christmas Carols
 4:45 **AR** Light the Menorah
 6:15 **LR** Musical-A Christmas Carol

Thursday

- 5**
 9:00 **LR** Wheel of Fortune
 10:00 **LR** Sweating to the Oldies
 10:30 **LR** What Did it Cost
 1:15 **PG** Putting Green
 2:15 **LR** Unscramble the Word
 3:30 **AR** Movie Trivia
 6:15 **LR** Movie-Players

- 12**
 9:00 **LR** Wheel of Fortune
 10:00 **LR** Sweating to the Oldies
 10:30 **LR** What Did it Cost
 1:15 **LR** Lets Make a Word
 2:30 **LR** Holiday Party
 3:30 **LR** Entertainment
 6:15 **LR** Movie-Abandoned

- 19**
 9:00 **LR** Wheel of Fortune
 10:00 **LR** Sweating to the Oldies
 10:30 **LR** What Did it Cost
 1:15 **PG** Putting Green
 2:15 **LR** Unscramble the Word
 3:30 **AR** Entertainment
 6:15 **LR** Ytube-The Nutcracker

- 26**
 9:00 **LR** Wheel of Fortune
 10:00 **LR** Sweating to the Oldies
 10:30 **LR** What Did it Cost
 1:15 **LR** Bowling
 2:15 **LR** Unscramble the Word
 3:30 **CY** Music Out in the Courtyard
 6:15 **LR** Movie-Queen Bees



Friday

- 6** St Nicholas Day
 9:00 **LR** In The News
 10:30 **LR** Matching Objects
 11:00 **PAT** Crossword Puzzle
 2:00 **LR** Word Wall
 3:30 **GT** Shabbat
 3:30 **AR** Pictionary
 6:15 **LR** Movie-The Estate

- 13** National Cocoa Day
 9:00 **LR** In The News
 10:30 **LR** Matching Objects
 11:00 **PAT** Crossword Puzzle
 2:00 **LR** Word Wall
 2:30 **AR** Hot Cocoa and Cookies
 3:30 **GT** Shabbat
 3:30 **AR** Pictionary
 6:15 **LR** Movie-The Deepest Breath

- 20**
 9:00 **LR** In The News
 10:30 **LR** Matching Objects
 11:00 **PAT** Crossword Puzzle
 2:00 **LR** Word Wall
 3:30 **GT** Shabbat
 3:30 **AR** Pictionary
 6:15 **LR** Christmas Music with Michael Buble

- 27**
 9:00 **LR** In The News
 10:30 **LR** Matching Objects
 11:00 **PAT** Crossword Puzzle
 2:00 **LR** Word Wall
 3:30 **GT** Shabbat
 3:30 **AR** Pictionary
 6:15 **LR** Movie-The Last Summer

Saturday

- 7** Pearl Harbor Day
 9:00 **LR** Chair Yoga
 10:00 **AR** Guess the Person or Place
 11:00 **AR** Remembering Pearl Harbor
 1:15 **LR** Music on the Patio
 2:00 **PAT** Volleyball on the Patio
 3:15 **AR** Bingo Bonanza
 6:15 **LR** Comedian-John Mulaney

- 14**
 9:00 **LR** Chair Yoga
 10:00 **AR** Guess the Person or Place
 11:00 **AR** Walk Around the Courtyard
 1:15 **LR** Music on the Patio
 2:00 **PAT** Volleyball on the Patio
 3:00 **AR** Entertainment
 6:15 **LR** Comedian-Jim Gaffigan

- 21**
 9:00 **LR** Chair Yoga
 10:00 **AR** Guess the Person or Place
 11:00 **AR** Remember When
 1:15 **LR** Music on the Patio
 2:00 **PAT** Volleyball on the Patio
 3:15 **AR** Pokeno
 6:15 **LR** Ytube-Gracias Choir

- 28**
 9:00 **LR** Chair Yoga
 10:00 **AR** Guess the Person or Place
 11:00 **AR** Remember When
 1:15 **LR** Music on the Patio
 2:00 **PAT** Volleyball on the Patio
 3:15 **AR** Bingo Bonanza
 6:15 **LR** Comedian-Carol Burnett

Around our Community

December Happenings

December Birthday

Martin 12/22

Entertainment

Garth 12/12

Chris 12/14

Stone Silk 12/19

Ike Reeves 12/31

Hope you all can join us for our Holiday Party, some snacks and drinks on 12/12at 2:30, then entertainment.

Activities subject to change



New Years Eve Entertainment

LOCATION KEY

- LR** Living Room
- CY** Courtyard
- AR** Activity Room
- GT** Grand Theatre
- DR** Dining Room
- PG** Putting Green
- PAT** Patio
- Bus** Bus Trip

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