

UPCOMING COMMUNITY EVENTS

JULY

WHAT'S SO SPECIAL ABOUT THE MONTH OF JULY?

July was named in honor of Julius Caesar. Quintilis, which was his birth month was named July when he died. Quintilis means "fifth month" in Latin, which represents where this month originally fell in the Roman calendar. Julius Caesar was a Roman general, statesman, and historian who conquered Gaul (what is now part of

Italy, France, Belgium, and the Netherlands), changed the structure of the Roman government into a dictatorship, was assassinated in legendary fashion; and most importantly for our purposes, helped make the calendar what it is today. Caesar is responsible for the year as we know it having 365 days. and for the existence of a leap year every four years. Our contemporary calendar is still pretty much the same system Caesar instituted more than 2,000 years ago. July is a festive month. We celebrate the Fourth of July, the day on which the original 13 colonies of the United States declared independence from British rule.

IN THE GOOD 'OL SUMMERTIME

There are many ways to beat the summer heat. but with a sprinkle of mindfulness, you can keep yourself safe and comfortable. Drinking plenty of fluids is crucial to keeping hydrated. Spending time in air-conditioned environments like shopping plazas, restaurants, theatres or any indoor venues make the most sense for your health. Outdoor activities will be scheduled at cooler times of the day to avoid the peak heat hours. Dressing appropriately is also practical for this time of year. Lightweight and light-colored clothing made from breathable cotton or linen will keep you cool and comfortable! And, keep those social connections going to check in with one another!

Allegro in Boynton Beach

11450 Hagen Road
Boynton Beach, FL 33437
(561) 536-3859



FLOURISH

JULY 2024

WHAT'S INSIDE

Pg 2-3
Social Calendar

Pg 4
Upcoming Events + News

"LET US LIVE LIKE FLOWERS-WILD AND BEAUTIFUL AND DRENCHED IN SUN."

—ELLEN EVERIT

Sunday



7
 10:00 **Bus** Trip to Church Services
 10:15 **PAT** Famous Folks Trivia
 11:00 **B** Knitting Club
 1:30 **GT** Afternoon Movie
 2:00 **CR** American History Trivia
 3:00 **CR** Finish the Lines
 7:30 **GT** Evening Movie-“Legal Eagles”

14
 10:00 **Bus** Trip to Church Services
 10:15 **PAT** Famous Folks Trivia
 11:00 **B** Knitting Club
 1:30 **GT** Afternoon Movie
 2:00 **CR** Musical Nostalgia-Famous Broadway Musicals
 3:00 **CR** Finish the Lines
 4:00 **B** Happy Hour
 7:30 **GT** Evening Movie-“Unbroken”

21
 10:00 **Bus** Trip to Church Services
 10:15 **PAT** Famous Folks Trivia
 11:00 **B** Knitting Club
 1:30 **GT** Afternoon Movie
 2:00 **CR** Musical Nostalgia-All about the Opera
 3:00 **CR** Finish the Lines
 4:00 **B** Happy Hour
 7:30 **GT** Evening Movie-“The Trial of the Chicago 7”

28
 10:00 **Bus** Trip to Church Services
 10:15 **PAT** Famous Folks Trivia
 11:00 **B** Knitting Club
 1:30 **GT** Afternoon Movie
 2:00 **CR** Musical Nostalgia-The Life and Career of Johnny Mathis
 3:00 **CR** Finish the Lines
 4:00 **B** Happy Hour
 7:30 **GT** Evening Movie-Young

Monday

1
 10:00 **C** Guess the Movie Quote
 10:15 **CR** Gentle Stretching with Stacy
 11:00 **CR** Word Wall
 1:30 **MC** Men’s Club Pow Wow
 2:00 **P** Water Aerobics
 4:00 **B** Happy Hour
 7:30 **CR** Bingo at night!
 7:30 **GT** Evening Movie-“Wonder”

8
 10:00 **CR** What Am I Making? Guess the recipe
 10:15 **CR** Gentle Stretching with Stacy
 11:00 **CR** Word Wall
 11:00 **Bus** Shopping to Bealls and Burlington
 1:30 **MC** Men’s Club Pow Wow
 2:00 **P** Water Aerobics
 4:00 **B** Happy Hour

15
 10:15 **CR** Gentle Stretching with Stacy
 11:00 **CR** Crafting with Mosaics
 1:30 **MC** Men’s Club Pow Wow
 1:30 **CY** Gardening Club
 2:00 **P** Water Aerobics
 4:00 **B** Happy Hour
 7:30 **CR** Bingo at night!
 7:30 **GT** Evening Movie-“The Mother”

22
 10:15 **CR** Gentle Stretching with Stacy
 11:00 **CR** Word Wall
 1:30 **MC** Men’s Club Pow Wow
 1:30 **CR** Making Egg Creams
 2:00 **P** Water Aerobics
 4:00 **B** Happy Hour
 7:30 **CR** Bingo at night!
GT

29
 10:15 **CR** Gentle Stretching with Stacy
 11:00 **CR** Word Wall
 11:00 **Bus** Anthony’s Shopping and Lunch
 1:30 **MC** Men’s Club Pow Wow
 2:00 **P** Water Aerobics
 4:00 **B** Happy Hour
 7:30 **CR** Bingo at night!
 7:30 **GT** Evening Movie-“The Hill”

Tuesday

2
 10:00 **Bus** “Loop” trip around town
 10:00 **CR** Mindful Meditation
 11:00 **CR** Moving with Mary
 11:00 **C** Scavenger Hunt
 2:00 **GT** Bingo
 4:00 **B** Happy Hour
 7:30 **CR** “Name that Tune” and have a snack!
 7:30 **GT** Evening Movie-“The Unforgivable”

9
 10:00 **Bus** “Loop” trip around town
 10:00 **CR** Mindful Meditation
 11:00 **C** You Be the Judge
 11:00 **CR** Moving with Mary
 2:00 **GT** Bingo
 4:00 **B** Happy Hour
 4:15 **Bus** Dinner Outing - Italian Fare
 7:30 **CR** “Name that Tune” and have a snack!

16
 10:00 **Bus** “Loop” trip around town
 10:00 **CR** Mindful Meditation
 11:00 **C** You Be the Judge
 11:00 **CR** Moving with Mary
 2:00 **GT** Bingo
 3:15 **CR** Making Jewelry Boxes
 4:00 **B** Happy Hour
 7:30 **CR** “Name that Tune” and have a snack!
 7:30 **GT** Evening Movie-The Boy who

23
 10:00 **Bus** “Loop” trip around town
 10:00 **CR** Mindful Meditation
 11:00 **C** You Be the Judge
 11:00 **CR** Moving with Mary
 2:00 **GT** Bingo
 4:00 **B** Happy Hour
 7:30 **CR** “Name that Tune” and have a snack!
 7:30 **GT** Evening Movie- “Greater”

30
 10:00 **Bus** “Loop” trip around town
 10:00 **CR** Board of Elections-Supervised Voting
 11:00 **C** You Be the Judge
 11:00 **CR** Moving with Mary
 2:00 **GT** Bingo
 4:00 **B** Happy Hour
 7:30 **GT** Name that Tune at Night!
 7:30 **GT** Evening Movie-“Patriot’s

Wednesday

3
 10:00 **B** News and Views
 10:15 **CR** Gentle Stretching with Stacy
 11:00 **CR** Painting with Charlene
 11:45 **Bus** Delray Movies
 2:30 **B** Entertainment with Don Stansfield
 4:00 **B** Happy Hour
 7:30 **CR** “High Stakes” Super Bingo
 7:30 **GT** Evening Movie-“On the

10
 10:00 **GT** Town Hall Meeting
 10:15 **CR** Gentle Stretching with Stacy
 11:00 **C** Play Scrabble
 11:00 **B** Family Heirlooms-Bring a Treasured item.
 11:45 **Bus** Delray Movies
 2:00 **B** Photography Club
 4:00 **B** Happy Hour - “Wine Down Wednesday”

17
 10:00 **B** Food Committee Meeting
 10:00 **B** Here’s the Scoop!
 10:15 **CR** Gentle Stretching with Stacy
 11:00 **C** Play Scrabble
 11:00 **CR** Painting with Charlene
 11:00 **GT** Activities Committee Meeting
 11:45 **Bus** Delray Movies
 2:30 **B** Entertainment with Iris

24
 10:00 **B** Here’s the Scoop!
 10:15 **CR** Gentle Stretching with Stacy
 11:00 **CR** Painting with Charlene
 11:00 **C** Play Scrabble
 11:45 **Bus** Delray Movies
 4:00 **B** Happy Hour
 7:30 **GT** Evening Movie-“I can Only Imagine”

31
 10:00 **B** News and Views
 10:15 **CR** Gentle Stretching with Stacy
 11:00 **C** Play Scrabble
 11:00 **CR** Painting with Charlene
 11:00 **GT** Resident Council Meeting
 11:45 **Bus** Delray Movies
 2:30 **B** Entertainment with Alan Dychtwald
 4:00 **B** Happy Hour

Thursday

4 **FOURTH OF JULY**
DR Special Entertainment with Anthony Corrado
 10:00 **CR** Word Wall Challenge
 10:30 **C** Learning Mah-Jongg
 11:00 **Spa** Moving with Mary
 2:30 **DR** Entertainment
 4:00 **B** Happy Hour and hors d’oeuvres
 7:30 **GT** Evening Movie-“Guilt Trip”

11
 10:00 **B** Rummikub Challenge
 10:00 **CR** Nutrition and the best Diet for Seniors
 10:30 **C** Learning Mah-Jongg
 11:00 **Spa** Moving with Mary
 2:00 **GT** Bingo Madness
 4:00 **B** Happy Hour and hors d’oeuvres
 7:30 **GT** Evening Movie-“The Theory of Everything”

18
 10:00 **B** Rummikub Challenge
 10:30 **C** Learning Mah-Jongg
 11:00 **Spa** Moving with Mary
 2:00 **GT** Bingo Madness
 3:00 **CR** Caregiver Support Group
 4:00 **B** Happy Hour and hors d’oeuvres
 4:15 **Bus** Dinner Outing - American Fare
 7:30 **GT** Evening Movie-The Perfect

25
 10:00 **B** Rummikub Challenge
 10:30 **C** Learning Mah-Jongg
 11:00 **Spa** Moving with Mary
 2:00 **GT** Bingo Madness
 4:00 **B** Happy Hour and hors d’oeuvres
 7:30 **GT** Evening Movie-“Don’t Look Up”

Allegro in Boynton Beach

11450 Hagen Road
 Boynton Beach, FL 33437
 (561) 536-3859

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



Friday

5
 10:00 **CR** Giant Crossword Puzzles
 10:00 **LR** Book Club Meeting
 11:00 **CR** Let’s Make Smores!
 1:30 **Bus** Banking Day
 2:00 **CR** Coffee and Conversation
 3:15 **GT** Shabbat Services
 7:30 **GT** Evening Movie-“Hit Man”

12
 10:00 **CR** Giant Crossword Puzzles
 11:00 **CR** Word Wall
 1:30 **Bus** Banking Day
 2:00 **CR** Coffee and Conversation
 3:15 **GT** Shabbat Services
 4:00 **B** Happy Hour
 7:30 **GT** Evening Movie-“Fool me Once”

19
 10:00 **CR** Giant Crossword Puzzles
 11:00 **CR** Word Wall Challenge
 1:30 **Bus** Banking Day
 2:00 **CR** Coffee and Conversation
 3:15 **GT** Shabbat Services
 4:00 **B** Happy Hour
 7:30 **GT** Evening Movie-“True Spirit”

26
 10:00 **CR** Giant Crossword Puzzles
 11:00 **CR** Best Motivational Quotes from famous people
 1:30 **Bus** Banking Day
 2:00 **CR** Coffee and Conversation
 3:15 **GT** Shabbat Services
 4:00 **B** Happy Hour
 7:30 **GT** Evening Movie-“Lucy”

Saturday

6
 10:00 **CR** Name that Tune
 10:30 **Bus** Publix
 1:30 **GT** Afternoon Movie
 1:30 **CR** Word Wall
 1:30 **PG** Putt-Putt Golf
 3:00 **CR** American Trivia
 7:30 **GT** Evening Movie-“Under Paris”

13
 10:00 **CR** Name that Tune
 10:30 **Bus** Publix
 11:00 **CR** Table-Top Bowling
 1:30 **GT** Afternoon Movie
 1:30 **CR** Word Wall
 3:00 **CR** You Be the Judge
 4:00 **B** Happy Hour
 7:30 **GT** Evening Movie-“Sweet Tooth”

20
 10:00 **CR** Name that Tune
 10:30 **Bus** Publix
 10:30 **GT** Harry Getzov-Lecture
 1:30 **GT** Afternoon Movie
 1:30 **CR** Word Wall
 3:00 **CR** “I Remember That”
 4:00 **B** Happy Hour
 7:30 **GT** Evening Movie-“Where the tracks End”

27
 10:00 **CR** Name that Tune
 10:30 **Bus** Publix
 1:30 **GT** Afternoon Movie
 1:30 **CR** Word Wall
 3:00 **CR** Quirky and Crazy Phrases
 4:00 **B** Happy Hour
 7:30 **GT** Evening Movie-Pain Hustlers”

Around our Community

HAPPY BIRTHDAY!

JOAN SINKIN - 7/12

INA FINKELSTEIN- 7/27

SANDRA GLAZER - 7/29

July 2024 promises an atmosphere of competition and self-expression. As individuals strive to prove their greatness and make their mark, humanity as a whole will, benefit from the joy and inspiration derived from those creative endeavors!

May all your wishes come true!

LOCATION KEY

- C** Card Room
- CR** Community Room
- MC** Man Cave
- P** Pool
- B** Bistro
- GT** Grand Theatre
- Bus** Bus Trip
- DR** Dining Room
- Spa** Spa
- LR** Living Room