

UPCOMING COMMUNITY EVENTS



INDEPENDENCE DAY CELEBRATION

Join us in the Bistro for Pre-Fireworks Watch Party this 4th of July at 7:00PM and enjoy live music, desserts, and Star-Spangled Sips! Follow us to the 8th Floor, because there's no better view to watch the Fort Lauderdale Fireworks than our very own Sky Lounge!

Fireworks begin at 8:45PM.

WATER AEROBICS

Join us on the Pool Deck every other Monday starting July 1st!

Water Aerobics is a great way to raise the heart rate in a fun, unique, and low impact environment.

All levels of experience are welcome!



MARK YOUR CALENDARS!

7/4 Independence Day Celebration

7/10 Art Workshop w/ Halyna Shaw

7/16 Rabbi Eli's Seminar

7/24 Brain Training Seminar

& Art Workshop w/ Halyna Shaw

7/26 Lecture hosted by Dr. Lemonick & Linda Sauget

Fort Lauderdale

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



FLOURISH

JULY 2024



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Upcoming Events + News

"MAY WE THINK OF FREEDOM, NOT AS THE RIGHT TO DO AS WE PLEASE, BUT AS THE OPPORTUNITY TO DO WHAT IS RIGHT"

—PETER MARSHALL

Sunday



7
 10:00 **L** Local Church Shuttle
 11:00 **T** Curiosity University
 2:00 **B** Coffee and Conversation
 3:00 **GR** Billiards and Board Games
 4:00 **B** Happy Hour
 7:15 **T** Movie Night: Ocean's Eight

14
 10:00 **L** Local Church Shuttle
 11:00 **T** Curiosity University
 12:00 **L** Trip: The Galleria Ft. Lauderdale
 2:00 **B** Coffee and Conversation
 3:00 **GR** Billiards and Board Games
 4:00 **B** Happy Hour
 7:15 **T** Movie Night: Never Been Kissed

21
 10:00 **L** Local Church Shuttle
 11:00 **T** Curiosity University: The Olympics Past & Future
 2:00 **B** Build-Your-Own Sundae Bar
 3:00 **GR** Billiards and Board Games
 4:00 **B** Happy Hour
 7:15 **T** Movie Night: Sleepless in Seattle

28
 10:00 **L** Local Church Shuttle
 11:00 **T** Curiosity University
 2:00 **B** Coffee and Conversation
 3:00 **GR** Billiards and Board Games
 4:00 **B** Happy Hour
 7:15 **T** Movie Night: 50 First Dates

Monday

1
 9:00 **L** Trip: Whole Foods
 10:00 **Y** Chair Yoga - All Levels
 11:00 **CR** Crossword Challenge
 2:00 **P** Water Aerobics
 3:00 **CR** Big Money Bingo - Win \$\$
 4:00 **B** Happy Hour
 7:15 **T** Movie Night: A Family Affair

8
 9:00 **L** Trip: Whole Foods
 10:00 **Y** Chair Yoga - All Levels
 11:00 **CR** Crossword Challenge
 2:00 **Y** Strength Training
 3:00 **CR** Big Money Bingo - Win \$\$
 4:00 **B** Happy Hour
 7:15 **T** Movie Night: The Lost City

15
 9:00 **L** Trip: Whole Foods
 10:00 **Y** Chair Yoga - All Levels
 11:00 **CR** Crossword Challenge
 2:00 **P** Water Aerobics
 3:00 **CR** Big Money Bingo - Win \$\$
 4:00 **B** Happy Hour
 7:15 **T** Movie Night: Death on the Nile

22
 9:00 **L** Trip: Whole Foods
 10:00 **Y** Chair Yoga - All Levels
 11:00 **CR** Crossword Challenge
 2:00 **Y** Strength Training
 3:00 **CR** Big Money Bingo - Win \$\$
 4:00 **B** Happy Hour
 5:30 **L** Trip: North Italia
 7:15 **T** Movie Night: Crouching Tiger, Hidden Dragon

29
 9:00 **L** Trip: Whole Foods
 10:00 **Y** Chair Yoga - All Levels
 11:00 **CR** Crossword Challenge
 2:00 **P** Water Aerobics
 3:00 **CR** Big Money Bingo - Win \$\$
 4:00 **B** Happy Hour
 7:15 **T** Movie Night: Courage Under Fire

Tuesday

2
 10:00 **CR** PT Exercise Class
 11:00 **CR** Brain Power Hour
 1:00 **L** Trip: Canasta Lessons
 2:00 **CR** Activity Planning Committee Meeting
 4:00 **B** Happy Hour
 7:15 **T** Movie Night: On the Basis of Sex

9
 10:00 **CR** PT Exercise Class
 11:00 **CR** Brain Power Hour
 1:00 **L** Trip: Canasta Lessons
 2:00 **CR** Technology Help Tuesday
 3:00 **GR** Card & Board Games
 4:00 **B** Happy Hour
 7:15 **T** Movie Night: Notting Hill

16
 10:00 **CR** PT Exercise Class
 11:00 **CR** Brain Power Hour
 1:00 **L** Trip: Canasta Lessons
 2:00 **LI** Seminar w/ Rabbi Eli
 4:00 **B** Happy Hour
 5:30 **W** New Resident Welcome: Mix & Mingle
 7:15 **T** Movie Night: Freelance

23
 10:00 **CR** PT Exercise Class
 11:00 **T** A Tribute To Glenn Miller
 1:00 **L** Trip: Canasta Lessons
 2:00 **CR** DIY Floral Designs
 4:00 **B** Happy Hour
 7:15 **T** Movie Night: Cast Away

30
 10:00 **CR** PT Exercise Class
 11:00 **CR** Brain Power Hour
 1:00 **L** Trip: Canasta Lessons
 3:00 **GR** Card & Board Games
 4:00 **B** Happy Hour
 7:00 **B** Bingo Night
 7:15 **T** Movie Night: The Fighter

Wednesday

3
 9:00 **L** Trip: Publix Grocery Store
 10:00 **Y** Chair Yoga - All Levels
 11:00 **CR** Words In A Word
 2:00 **A** "Love of Freedom" Painting Class
 4:00 **B** Happy Hour
 7:00 **B** Karaoke Night
 7:15 **T** Movie Night: Independence Day

10
 9:00 **L** Trip: Publix Grocery Store
 10:00 **Y** Chair Yoga - All Levels
 11:00 **CR** Words In A Word
 3:00 **CR** Art Workshop w/ Halyna Shaw
 4:00 **B** Happy Hour
 7:00 **B** Karaoke Night
 7:15 **T** Movie Night: Speed

17
 9:00 **L** Trip: Publix Grocery Store
 10:00 **Y** Chair Yoga - All Levels
 11:00 **CR** Words In A Word
 2:00 **A** Jewelry Making
 4:00 **B** Happy Hour
 7:00 **B** Karaoke Night
 7:15 **T** Movie Night: The Bourne Ultimatum

24
 9:00 **L** Trip: Publix Grocery Store
 10:00 **Y** Chair Yoga - All Levels
 11:00 **CR** Brain Training Seminar
 3:00 **LI** Book Club Meeting
 4:00 **B** Happy Hour
 7:00 **B** Karaoke Night
 7:15 **T** Movie Night: Spencer

31
 9:00 **L** Trip: Publix Grocery Store
 10:00 **Y** Chair Yoga - All Levels
 11:00 **CR** Words In A Word
 2:00 **A** Jewelry Making
 4:00 **B** Happy Hour
 7:00 **B** Karaoke Night
 7:15 **T** Movie Night: That Thing You Do!

Thursday

4 Independence Day
 10:00 **CR** PT Exercise Class
 11:00 **GR** Independence Day Trivia
 12:00 **W** Independence Day BBQ
 3:00 **CR** Documentary: The Words That Built America
 7:00 **B** Pre-Fireworks Watch Party w/ Live Music
 8:45 **SK** Fort Lauderdale's Firework Display

11
 10:00 **CR** PT Exercise Class
 10:00 **L** Trip: The Galleria Ft. Lauderdale
 11:00 **GR** Trivia Challenge
 12:30 **L** Trip: Bridge Lessons
 2:00 **CR** ACE Casino Games
 4:00 **B** Nat'l Mojito Day Happy Hour w/ Live Music
 7:15 **T** Movie Night: The Mummy

18
 10:00 **CR** PT Exercise Class
 10:00 **L** Trip: The Galleria Ft. Lauderdale
 11:00 **GR** Trivia Challenge
 12:30 **L** Trip: Bridge Lessons
 3:00 **CR** ACE Casino Games
 4:00 **B** Happy Hour & Live Music
 7:15 **T** Movie Night: Little Women

25
 10:00 **CR** PT Exercise Class
 10:00 **L** Trip: The Galleria Ft. Lauderdale
 11:00 **GR** Trivia Challenge
 12:30 **L** Trip: Bridge Lessons
 2:00 **CR** ACE Casino Games
 4:00 **B** Sunshine Social w/ Live Music
 7:15 **T** Movie Night: The King's Man

Friday

5
 10:00 **Y** Chair Yoga - All Levels
 11:00 **CR** Current Events Discussion
 1:30 **CR** Poker Games
 2:00 **FC** Zumba Gold
 4:00 **B** Happy Hour
 7:15 **T** Movie Night: King Richard

12
 10:00 **Y** Chair Yoga - All Levels
 11:00 **T** Town Hall Meeting
 1:30 **CR** Poker Games
 4:00 **B** Sip, Sip Hooray! Birthday Happy Hour
 7:15 **T** Movie Night: A Haunting in Venice

19
 10:00 **Y** Chair Yoga - All Levels
 11:00 **CR** Current Events Discussion
 1:30 **CR** Poker Games
 2:00 **FC** Zumba Gold
 3:00 **A** Wine Bottle Painting Class
 4:00 **B** Happy Hour
 7:15 **T** Movie Night: Ferrari

26
 10:00 **Y** Chair Yoga - All Levels
 11:00 **CR** Current Events Discussion
 1:30 **T** Lecture Hosted by Dr. Lemonick & Linda Sauget
 4:00 **B** Olympic Trivia Happy Hour
 7:30 **B** Summer Olympics Opening Ceremony

Saturday

6
 10:00 **L** Trip: Trader Joe's + Nordstrom Rack
 11:00 **T** Documentaries + Docuseries
 1:00 **B** Rummikub Games
 2:00 **GR** Ping Pong, Shuffleboard and Billiards
 4:00 **B** Happy Hour
 7:15 **T** Movie Night: Lost Girls

13
 10:00 **L** Trip: Trader Joe's + Nordstrom Rack
 11:00 **T** Documentaries + Docuseries
 1:00 **B** Rummikub Games
 2:00 **GR** Ping Pong, Shuffleboard and Billiards
 4:00 **B** Happy Hour
 7:15 **T** Movie Night: The Batman

20
 10:00 **L** Trip: Trader Joe's + Nordstrom Rack
 11:00 **T** Documentaries + Docuseries
 1:00 **B** Rummikub Games
 2:00 **GR** Ping Pong, Shuffleboard and Billiards
 4:00 **B** Happy Hour
 7:15 **T** Movie Night: Rise of the Planet of the Apes

27
 10:00 **L** Trip: Trader Joe's + Nordstrom Rack
 11:00 **T** Documentaries + Docuseries
 1:00 **B** Rummikub Games
 2:00 **GR** Ping Pong, Shuffleboard and Billiards
 4:00 **B** Happy Hour
 7:15 **T** Movie Night: True Lies

Around our Community

HAPPENINGS

Upcoming Live Entertainment:

4 | Wes Anthony (Saxophone)

7 | Chris Autore (Piano)

18 | Garth Bright (Vocals)

25 | Chris Moody (Guitar)

New in July

Curiosity University

Live & Recorded

Courses, Talks, and Specials

Presented by Leading Educators

Every Sunday, 11:00AM

New Residents Welcome

Mix & Mingle Dinner

July 16, 5:30PM

Water Aerobics

Every other Monday, 2:00PM

LOCATION KEY

- L** Meet in Lobby
- Y** Yoga/Exercise Room
- CR** Community Room
- P** Pool
- B** Bistro
- T** Movie Theater
- A** Art Room
- GR** Game Room
- W** The Waters
- SK** Sky Lounge

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

