

## UPCOMING COMMUNITY EVENTS



### ALLEGRO'S SUMMER OLYMPICS

"The most important thing in the Olympics is not winning it's taking part!"

Allegro Announces Our First Summer Olympic Games!

Please Join us Monday, July 29th

For our Opening Ceremony!

WE HOPE TO SEE YOU THERE!



LIFESTYLE WELCOMES YOU

TO OUR SUMMER BEACH PARTY ON JULY 10TH

ENJOY AN AFTERNOON OF MUSIC, COCKTAILS AND A DIP IN OUR POOL!

LIFE IS A BEACH WHEN LIVING AT ALLEGRO HARRINGTON PARK!

## DON'T MISS THESE EVENTS!

July 4th from 3:30 to 4:30| July 4th Social Hour

July 7th from 2:30 to 3:30| Strawberry Sundae Party

July 10th from 2:30 to 4:00| Beach Party at the Allegro Pool

July 20th from 11:30 to 12:30| Live Art Lecture w/ Janet Mandel

July 31st from 3:00 to 4:00| Resident Birthday Bash!

### Allegro at Harrington Park

200 Old Hook Road  
Harrington Park, NJ 07640  
(201) 899-4440



# FLOURISH

JULY 2024

## WHAT'S INSIDE

Pg 2-3  
Social Calendar

Pg 4  
Upcoming Events + News

*"EVERYTHING GOOD, EVERYTHING MAGICAL HAPPENS BETWEEN THE MONTHS OF JUNE AND AUGUST."*

—JENNY HAN

### Sunday



#### 7 Strawberry Sundaes!

9:15 **PTH** Catholic Mass Livestream  
 10:00 **T** Communion  
 10:30 **ACT** Tai Chi  
 11:00 **PTH** Sunday Stretch  
 11:15 **GR** Wall Scrabble  
 11:30 **T** Art History Lecture  
 1:45 **T** Movie Matinee  
 2:15 **ACT** Bingo  
 3:30 **PTH** Social Hour  
 8:00 **T** Movie Musicals

#### 14

9:15 **PTH** Catholic Mass Livestream  
 10:00 **T** Communion  
 10:30 **ACT** Qigong  
 11:00 **PTH** Sunday Stretch w/Laura  
 11:15 **GR** Wall Scrabble  
 11:30 **T** Art History Lecture  
 1:45 **T** Movie Matinee  
 2:15 **ACT** Bingo  
 3:30 **PTH** Social Hour  
 8:00 **T** Virtual Sunday Symphony

#### 21 Nat'l Ice Cream Day!

9:15 **PTH** Catholic Mass Livestream  
 10:00 **T** Communion  
 10:30 **ACT** Tai Chi  
 11:00 **PTH** Sunday Stretch w/Laura  
 11:15 **GR** Wall Scrabble  
 11:30 **T** Art History Lecture  
 11:30 **P** Sunday Swim  
 2:15 **ACT** Bingo  
 3:30 **PTH** Social Hour  
 8:00 **T** Movie Musicals

#### 28

9:15 **PTH** Catholic Mass Livestream  
 10:00 **T** Communion  
 10:30 **ACT** Qigong  
 11:00 **PTH** Sunday Stretch w/Laura  
 11:15 **GR** Wall Scrabble  
 11:30 **T** Art History Lecture  
 1:45 **T** Movie Matinee  
 2:15 **ACT** Bingo  
 3:30 **PTH** Social Hour  
 8:00 **T** Movie Classics

### Monday

#### 1

10:00 **L** News & Views  
 10:30 **ACT** Morning Exercise  
 11:30 **T** Ted Talk & Discussion  
 1:00 **BC** Knit Wits Club  
 1:45 **GH** Gardening w/ Laura  
 2:00 **T** Opera Appreciation w/Joe  
 2:00 **ACT** Finish the Lines  
 3:15 **ACT** Centering Yoga Class  
 3:30 **PTH** Social Hour  
 8:00 **T** Monday Movie Night

#### 8

10:00 **L** News & Views  
 10:30 **ACT** Morning Exercise  
 11:30 **T** Ted Talk & Discussion  
 11:30 **AS** Artist Series w/ Laura  
 1:00 **BC** Knit Wits Club  
 1:15 **ML** Walking Club  
 1:30 **T** Weekday Movie Matinee  
 3:15 **ACT** Centering Yoga Class  
 3:30 **PTH** Social Hour  
 8:00 **T** Monday Movie Night

#### 15

10:00 **L** News & Views  
 10:30 **ACT** Morning Exercise  
 11:30 **T** Ted Talk & Discussion  
 11:30 **AS** Artist Series w/ Laura  
 1:00 **BC** Knit Wits Club  
 1:15 **ML** Walking Club  
 1:30 **T** Weekday Movie Matinee  
 3:15 **ACT** Centering Yoga Class  
 3:30 **PTH** Social Hour  
 8:00 **T** Monday Night Movie

#### 22

10:00 **L** News & Views  
 10:30 **ACT** Morning Exercise  
 11:30 **T** Ted Talk & Discussion  
 11:30 **AS** Artist Series w/ Laura  
 1:00 **BC** Knit Wits Club  
 1:15 **ML** Walking Club  
 1:30 **T** Weekday Movie Matinee  
 3:15 **ACT** Centering Yoga Class  
 3:30 **PTH** Social Hour  
 8:00 **T** Monday Night Movie Series

#### 29

**Allegro Olympics!**  
 10:00 **L** News & Views  
 10:30 **ACT** Morning Exercise  
 11:30 **T** Ted Talk & Discussion  
 11:30 **AS** Artist Series w/ Laura  
 1:00 **BC** Knit Wits Club  
 1:15 **ML** Walking Club  
 2:00 **T** Opening Olympics Ceremony  
 3:15 **ACT** Centering Yoga Class  
 3:30 **PTH** Social Hour  
 8:00 **T** Monday Night Movie

### Tuesday

#### 2

9:30 **Bus** Post Office & Bank Outing  
 10:30 **ACT** Total Body Movement w/Deb  
 10:30 **T** Wellness Ted Talk  
 11:30 **GR** Wall Scrabble  
 11:30 **ACT** Patriotic Trivia Fun  
 1:30 **BC** Tech Tuesday - Help Desk  
 2:00 **ACT** Food Forum  
 2:30 **AS** Patriotic Craft  
 4:00 **ACT** Sunset Stretch  
 8:00 **T** Movie Night- Resident Pick

#### 9

9:30 **Bus** Post Office & Bank Outing  
 10:30 **ACT** Total Body Movement w/Deb  
 11:30 **T** Lecture w/ Paul White  
 11:30 **ACT** Wall Scrabble  
 1:30 **BC** Tech Tuesday - Help Desk  
 2:00 **AS** Jewelry Making  
 3:00 **ACT** Crossword Challenge  
 4:00 **ACT** Sunset Stretch  
 6:30 **ACT** Evening Bingo  
 8:00 **T** Movie Night- Resident Pick

#### 16

9:30 **Bus** Post Office & Bank Outing  
 10:30 **ACT** Total Body Movement w/Deb  
 11:30 **ACT** Tuesday Trivia Fun  
 11:30 **T** Music Appreciation  
 1:30 **BC** Tech Tuesday - Help Desk  
 2:00 **ACT** Lifestyle Committee  
 3:00 **ACT** Indoor Sports Games  
 4:00 **ACT** Sunset Stretch  
 6:30 **ACT** Evening Bingo  
 8:00 **T** Movie Night- Resident Pick

#### 23

9:30 **Bus** Post Office & Bank Outing  
 10:30 **ACT** Total Body Movement w/Deb  
 10:30 **T** Wellness Ted Talk  
 11:30 **AS** Origami Art Class  
 1:30 **BC** Tech Tuesday - Help Desk  
 3:00 **ACT** Crossword Challenge  
 3:45 **AS** Meeting w/ Dietician  
 4:00 **ACT** Sunset Stretch  
 6:30 **ACT** Evening Bingo  
 8:00 **T** Movie Night- Resident Pick

#### 30

9:30 **Bus** Post Office & Bank Outing  
 10:30 **ACT** Total Body Movement w/Deb  
 10:30 **T** Tuesday Ted Talk  
 11:30 **GR** Wall Scrabble  
 2:00 **ACT** Summer Olympic Games  
 3:00 **GR** Crossword Challenge  
 3:30 **T** Live History Lecture  
 4:00 **ACT** Sunset Stretch  
 6:30 **ACT** Evening Bingo  
 8:00 **T** Movie Night- Resident Pick

### Wednesday

#### 3

10:30 **ACT** Balance Fitness w/ Tammie  
 11:30 **ACT** Crossword Challenge  
 12:00 **B** Cooking Demo w/ Tim  
 1:15 **ML** Walking Club  
 1:45 **T** University Lecture  
 2:00 **GR** Mahjong w/ Stacy  
 2:15 **ACT** Bingo  
 3:30 **PTH** Social Hour  
 7:00 **GR** Poker Night  
 8:00 **T** Movie Action

#### 10

10:30 **ACT** Balance Fitness w/ Tammie  
 11:30 **ACT** Crossword Challenge  
 12:00 **B** Cooking Demo w/ Tim  
 1:15 **ML** Walking Club  
 1:45 **T** University Lecture  
 2:00 **GR** Mahjong w/ Stacy  
 2:15 **P** Beach Party!  
 3:30 **PTH** Social Hour  
 7:00 **GR** Poker Night  
 8:00 **T** Movie Comedy

#### 17

10:30 **ACT** Balance Fitness w/ Tammie  
 10:30 **L** Current Events  
 11:30 **ACT** Crossword Challenge  
 12:00 **B** Cooking Demo w/ Tim  
 1:45 **T** University Lecture  
 2:00 **GR** Mahjong w/ Stacy  
 2:15 **ACT** Bingo  
 3:30 **PTH** Social Hour  
 7:00 **GR** Poker Night  
 8:00 **T** Movie Action

#### 24

10:30 **ACT** Balance Fitness w/ Tammie  
 11:30 **ACT** Welcome Allegro Newcomers  
 11:30 **AS** Crossword Challenge  
 12:00 **B** Cooking Demo w/ Tim  
 1:45 **T** University Lecture  
 2:00 **GR** Mahjong w/ Stacy  
 2:15 **ACT** Bingo  
 3:30 **PTH** Social Hour  
 6:00 **Bus** Cork & Crust Restaurant  
 8:00 **T** Movie Comedy

#### 31

**Watermelon Day!**  
 10:30 **ACT** Balance Fitness w/ Tammie  
 10:30 **L** Current Events  
 11:30 **ACT** Crossword Challenge  
 12:00 **B** Cooking Demo w/ Tim  
 1:45 **T** University Lecture  
 2:00 **GR** Mahjong w/ Stacy  
 2:15 **ACT** Bingo  
 3:00 **B** Resident Birthday Bash  
 7:00 **GR** Poker Night  
 8:00 **T** Movie Action

### Thursday

#### 4

**Fourth of July**  
 10:00 **P** Aquacise Class w/ Kim  
 10:30 **ACT** Gentle Yoga w/ Lifestyle  
 11:30 **ACT** Fourth of July Trivia  
 12:00 **Bus** Hibachi Lunch Trip  
 2:00 **GR** Rummikub Club  
 2:30 **P** Patriotic Parfaits  
 3:00 **T** Ted Talk & Discussion  
 3:30 **B** Fourth of July Social Hr  
 4:00 **ACT** Mind-Body Exercise  
 8:00 **T** Monday Movie Night

#### 11

10:00 **P** Aquacise Class w/ Kim  
 10:30 **ACT** Gentle Yoga w/ Jen  
 11:30 **GR** Wall Scrabble  
 1:00 **Bus** River Vale Farmers Market  
 2:00 **GR** Rummikub Club  
 2:00 **I** Indoor Sports  
 3:00 **T** Ted Talk & Discussion  
 3:00 **ACT** HealthPro Discovery w/ Amy  
 4:00 **ACT** Mind-Body Exercise  
 7:30 **PTH** Evening Concert

#### 18

10:00 **P** Aquacise Class w/ Kim  
 10:30 **ACT** Gentle Yoga w/ Jen  
 10:30 **T** Short Film & Discussion  
 11:00 **Bus** Casino Trip  
 11:30 **ACT** Word Games  
 2:00 **GR** Rummikub Club  
 2:00 **ML** Nature Walk  
 3:00 **T** Reminiscing Group  
 4:00 **ACT** Mind-Body Exercise  
 8:00 **T** Movie Musicals

#### 25

10:00 **P** Aquacise Class w/ Kim  
 10:30 **ACT** Gentle Yoga w/ Jen  
 10:30 **Bus** Liberty Science Center  
 11:30 **ACT** Trivia Contest w/ Prizes  
 2:00 **GR** Rummikub Club  
 2:00 **AS** Jewelry Making  
 2:15 **ACT** AL Resident Council  
 3:00 **T** Ted Talk & Discussion  
 4:00 **ACT** Mind-Body Exercise  
 8:00 **T** Movie Action

### Friday

#### 5

10:30 **ACT** Strength & Fitness  
 11:30 **ACT** Word Challenge  
 1:15 **ML** Walking Club  
 2:00 **GR** Canasta Club w/ Lisa  
 2:15 **ACT** Bingo Bash  
 2:30 **L** Writer's Group  
 3:00 **PTH** July 4th Entertainment!  
 3:15 **ACT** Yoga with Mimi  
 4:30 **ACT** Shabbat  
 8:00 **T** Movie Night - New Release

#### 12

10:30 **ACT** Strength & Fitness  
 11:30 **ACT** Team Jeopardy  
 1:15 **ML** Walking Club  
 2:00 **GR** Canasta Club w/ Lisa  
 2:15 **ACT** Bingo Bash  
 2:30 **L** Writer's Group  
 3:15 **ACT** Yoga with Mimi  
 3:30 **PTH** Meet New Residents Social  
 4:30 **ACT** Shabbat  
 8:00 **T** Movie Night - New Release

#### 19

10:30 **ACT** Strength & Fitness  
 11:30 **PTH** Sing A Long with Friends  
 1:30 **GH** Gardening  
 2:00 **GR** Canasta Club w/ Lisa  
 2:15 **ACT** Bingo Bash  
 2:30 **L** Writer's Group  
 3:15 **ACT** Yoga with Mimi  
 3:30 **PTH** Social Hour  
 4:30 **ACT** Shabbat  
 8:00 **T** Movie Night - New Release

#### 26

10:30 **ACT** Strength & Fitness  
 11:30 **L** Reader's Rendezvous  
 1:15 **ML** Walking Club  
 2:00 **GR** Canasta Club w/ Lisa  
 2:15 **ACT** Bingo Bash  
 2:30 **L** Writer's Group  
 3:15 **ACT** Yoga with Mimi  
 3:30 **PTH** Wine & Cheese Social Hour  
 4:30 **ACT** Shabbat  
 8:00 **T** Movie Night - New Release

### Saturday

#### 6

9:30 **Bus** AM Shopping Shuttle  
 10:00 **P** Aquacise w/ Kim  
 10:00 **PTH** Shabbat -Virtual Service  
 10:30 **ACT** Yoga Flow with Lifestyle  
 11:30 **ACT** Card Making Class  
 12:45 **ACT** Line Dancing  
 1:45 **T** Saturday Matinee  
 2:15 **ACT** Bingo  
 3:30 **PTH** Social Hour  
 8:00 **T** Movie Night

#### 13

9:30 **Bus** AM Shopping Shuttle  
 10:00 **P** Aquacise w/ Kim  
 10:00 **PTH** Shabbat -Virtual Service  
 10:30 **ACT** Yoga Flow with Lifestyle  
 11:30 **ACT** Finish the Story  
 12:45 **ACT** Line Dancing  
 1:45 **T** Saturday Matinee  
 2:15 **ACT** Bingo  
 3:30 **PTH** Social Hour  
 8:00 **T** Virtual Theater

#### 20

9:30 **Bus** AM Shopping Shuttle  
 10:00 **P** Aquacise w/ Kim  
 10:00 **PTH** Shabbat -Virtual Service  
 10:30 **ACT** Yoga Flow with Lifestyle  
 11:30 **ACT** Crossword Challenge  
 12:45 **ACT** Line Dancing  
 1:45 **T** Saturday Matinee  
 2:15 **ACT** Bingo  
 3:30 **PTH** Social Hour  
 8:00 **T** Movie Classics

#### 27

2:15 **ACT** Bingo  
 9:30 **Bus** AM Shopping Shuttle  
 10:00 **P** Aquacise w/ Kim  
 10:00 **PTH** Shabbat -Virtual Service  
 10:30 **ACT** Yoga Flow with Lifestyle  
 11:30 **ACT** Finish the Lines  
 12:45 **ACT** Line Dancing  
 1:45 **T** Saturday Matinee  
 3:30 **PTH** Social Hour  
 8:00 **T** Virtual Concert

### July's Happenings

#### Monthly Celebrations

National Ice Cream Month  
 National Park & Recreation Month  
 National Picnic Month  
 Summer Olympics Begin

#### Special Days & Observances

July 4- Independence Day  
 July 7- Strawberry Sundae Day  
 July 10- Pina Colada Day  
 July 21- National Ice Cream Day  
 July 29th- Summer Allegro Olympics Begin  
 July 31- National Watermelon Day

\*All Activities are Subject to Change\*

Daily Walking Club @ 1:15pm

### LOCATION KEY

- L** Library
- ACT** Activity Room
- T** Theater
- BC** Business Center
- GH** Greenhouse
- PTH** Penthouse Pub
- Bus** Bus Trip
- GR** Game Room
- AS** Art Studio
- B** Bistro

### Allegro at Harrington Park

200 Old Hook Road  
 Harrington Park, NJ 07640  
 (201) 899-4440

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

