

## UPCOMING COMMUNITY EVENTS

### INTELLECTUAL EVENTS

Wednesday, July 3 Book Review w/ Linda Anton

Thursday, July 4 Current Events w/ Art

Tuesday, July 9 Behavioral Steps for a Healthy Brain

Tuesday, July 9 Parkinson's Support Group

Wednesday, July 10 Attention, Sleep & Dreaming...

Friday, July 12 Music & Lecture w/ Harry

Tuesday, July 16 CapTel Free Captioned Phone w/ Mickie

Wednesday, July 17 Alzheimer's Support Group

Wednesday, July 17 Sexuality & Aging w/ Pamela



## COMMUNITY OUTINGS

Thursday, July 11 at 11:30AM: Caribbean Grill Cuban Restaurant

Thursday, July 18 at 11AM: Thick and Thin Pizza

Thursday, July 25 at 11AM: Seminole Casino

Saturday, July 6 & 20 at 11AM: Shopping Trip to Publix

Saturday, July 13 & 27 at 11AM: Shopping Trip to Walmart

### Allegro in Parkland

5901 Loxahatchee Road  
Parkland, FL 33067  
(954) 376-6754



# FLOURISH

JULY 2024

## WHAT'S INSIDE

Pg 2-3  
Social Calendar

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Upcoming Events + News

*"TRUE PATRIOTISM SPRINGS FROM A BELIEF IN THE DIGNITY OF THE INDIVIDUAL, FREEDOM AND EQUALITY NOT ONLY FOR AMERICANS BUT FOR ALL PEOPLE ON EARTH..."*

*—ELEANOR ROOSEVELT*



## Sunday



**7**  
 10:00 **CR** Chair Yoga  
 10:30 **TH** Catholic Services (Virtual)  
 10:45 **LI** Garden Club  
 11:00 **CR** Brain Games Puzzle  
 1:30 **CR** Bingo  
 3:00 **BI** Ice Cream Social  
 4:00 **CR** Poetry Club  
 6:45 **TH** Movie Night

**14**  
 10:00 **CR** Chair Yoga  
 10:30 **TH** Catholic Services (Virtual)  
 10:45 **LI** Garden Club  
 11:00 **CR** Brain Games Puzzle  
 1:30 **CR** Bingo  
 3:00 **BI** Ice Cream Social  
 4:00 **CR** Poetry Club  
 6:45 **TH** Movie Night

**21**  
 10:00 **CR** Chair Yoga  
 10:30 **TH** Catholic Services (Virtual)  
 10:45 **LI** Garden Club  
 11:00 **CR** Brain Games Puzzle  
 1:30 **CR** Bingo  
 3:00 **BI** Ice Cream Social  
 4:00 **CR** Poetry Club  
 6:45 **TH** Movie Night

**28**  
 10:00 **CR** Chair Yoga  
 10:30 **TH** Catholic Services (Virtual)  
 10:45 **LI** Garden Club  
 11:00 **CR** Brain Games Puzzle  
 1:30 **CR** Bingo  
 3:00 **BI** Ice Cream Social  
 4:00 **CR** Poetry Club  
 6:45 **TH** Movie Night

## Monday

**1**  
 9:45 **BI** Daily Activity Briefing  
 10:00 **CR** Silver Sneaker Class  
 10:45 **CR** Word Games  
 1:30 **CR** Blast to the Past  
 2:30 **P** Water Aerobics w/ Omar  
 3:30 **CR** Flower Arrangement  
 6:30 **CR** Bingo

**8**  
 9:45 **BI** Daily Activity Briefing  
 10:00 **CR** Silver Sneaker Class  
 10:30 **BI** YaYa K. Designs  
 10:45 **CR** Word Games  
 1:30 **CR** Blast to the Past  
 2:30 **P** Water Aerobics w/ Omar  
 3:30 **CR** Jewelry Design  
 6:30 **CR** Bingo

**15**  
 9:45 **BI** Daily Activity Briefing  
 10:00 **CR** Silver Sneaker Class  
 10:45 **CR** Word Games  
 1:30 **CR** Blast to the Past  
 2:30 **P** Water Aerobics w/ Omar  
 3:30 **CR** Flower Arrangement  
 6:30 **CR** Bingo

**22**  
 9:45 **BI** Daily Activity Briefing  
 10:00 **CR** Silver Sneaker Class  
 10:45 **CR** Word Games  
 1:30 **CR** Blast to the Past  
 3:30 **CR** Jewelry Design  
 6:30 **CR** Bingo

**29**  
 9:45 **BI** Daily Activity Briefing  
 10:00 **CR** Silver Sneaker Class  
 10:45 **CR** Word Games  
 1:30 **CR** Blast to the Past  
 2:30 **P** Water Aerobics w/ Omar  
 3:30 **CR** Flower Arrangement  
 6:30 **CR** Bingo

## Tuesday

**2**  
 9:45 **BI** Daily Activity Briefing  
 10:30 **CR** Fitness Fusion w/ Barbara  
 11:00 **LI** Spanish Lessons  
 11:30 **BI** Valerie's Shop  
 1:30 **CR** Bingo  
 3:00 **BI** Wine Down Karaoke Time  
 7:15 **CR** A Dose of Joy w/ Rabbi Eli

**9**  
 9:45 **BI** Daily Activity Briefing  
 10:30 **CR** Fitness Fusion w/ Barbara  
 11:00 **LI** Spanish Lessons  
 1:30 **TH** Lecture: 7 Behavioral Steps for Healthy Brains  
 1:30 **CR** Bingo  
 3:00 **TH** Parkinson's Support Group  
 3:00 **BI** Wine Down Karaoke Time  
 4:00 **CR** Horticultural Therapy  
 7:15 **CR** A Dose of Joy w/ Rabbi Eli

**16**  
 9:45 **BI** Daily Activity Briefing  
 10:30 **CR** Fitness Fusion w/ Barbara  
 11:00 **LI** Spanish Lessons  
 1:30 **CR** Bingo  
 2:30 **CR** CapTel-Free Captioned Phone w/ Mickie Oliva  
 3:00 **BI** Wine Down Karaoke Time  
 7:15 **CR** A Dose of Joy w/ Rabbi Eli

**23**  
 9:45 **BI** Daily Activity Briefing  
 10:30 **CR** Fitness Fusion w/ Barbara  
 11:00 **LI** Spanish Lessons  
 1:30 **CR** Bingo  
 3:00 **BI** Wine Down Karaoke Time  
 4:00 **CR** Horticultural Therapy  
 7:15 **CR** A Dose of Joy w/ Rabbi Eli

**30**  
 9:45 **BI** Daily Activity Briefing  
 10:30 **CR** Fitness Fusion w/ Barbara  
 11:00 **LI** Spanish Lessons  
 1:30 **CR** Bingo  
 3:00 **BI** Wine Down Karaoke Time  
 7:15 **CR** A Dose of Joy w/ Rabbi Eli

## Wednesday

**3**  
 9:45 **BI** Daily Activity Briefing  
 10:00 **CR** Chair Step Up Exercise  
 10:30 **CR** Table Talk w/ Eric  
 11:00 **P** Water Aerobics w/ Omar  
 1:15 **CR** Relaxation Hour w/ LS  
 2:00 **CR** Book Review w/ Linda Anton  
 3:00 **CR** Bingo Time  
 7:00 **TH** Movie Night

**10**  
 9:45 **BI** Daily Activity Briefing  
 10:00 **CR** Chair Step Up Exercise  
 10:30 **CR** Table Talk w/ Eric  
 11:00 **P** Water Aerobics w/ Omar  
 1:15 **CR** Relaxation Hour w/ LS  
 2:00 **CR** Bingo Time  
 3:00 **TH** Live Virtual Lecture: Attention, Sleep and Dreaming..  
 7:00 **TH** Movie Night

**17**  
 9:45 **BI** Daily Activity Briefing  
 10:00 **CR** Chair Step Up Exercise  
 11:00 **CR** Caregiver Alzheimer's Association Support Group  
 11:00 **P** Water Aerobics w/ Omar  
 1:30 **CR** Pen Pals Meet Up  
 1:30 **TH** Lecture w/ Pamela  
 3:00 **CR** Bingo Time  
 3:00 **TH** Live Virtual Lecture: Claude Monet: Painter of

**24**  
 9:45 **BI** Daily Activity Briefing  
 10:00 **CR** Chair Step Up Exercise  
 10:30 **CR** Table Talk w/ Eric  
 11:00 **P** Water Aerobics w/ Omar  
 1:15 **CR** Relaxation Hour w/ LS  
 3:00 **CR** Bingo Time  
 7:00 **TH** Movie Night

**31**  
 9:45 **BI** Daily Activity Briefing  
 10:00 **CR** Chair Step Up Exercise  
 10:30 **CR** Table Talk w/ Eric  
 11:00 **P** Water Aerobics w/ Omar  
 1:15 **CR** Relaxation Hour w/ LS  
 2:00 **CR** Bingo Time  
 3:00 **TH** Live Virtual Lecture: Swinging London: Exploring the 1960s Cultural Revolution...

## Thursday

**4**  
 Happy Independence Day  
 9:45 **BI** Daily Activity Briefing  
 10:30 **CR** Chair Step Up Exercise  
 11:30 **TH** Communion Services  
 11:30 Independence Day Celebration  
 1:30 **CR** Painting Class w/ Norberto  
 3:15 **CR** Current Events w/ Art B  
 7:00 **TH** Movie Night: Independence Day

**11**  
 9:45 **BI** Daily Activity Briefing  
 10:30 **CR** Fitness Fusion w/ Barbara  
 11:30 **TH** Communion Services  
 11:30 **O** Outing: Caribbean Grill Cuban Restaurant  
 1:30 **CR** Painting Class w/ Norberto  
 3:00 **CR** Sip Sip Bingo  
 7:00 **CR** Casino Night. (RSVP)

**18**  
 9:45 **BI** Daily Activity Briefing  
 10:30 **CR** Fitness Fusion w/ Barbara  
 11:00 **O** Outing: Thick & Thin Pizza  
 11:30 **TH** Communion Services  
 1:30 **CR** Painting Class w/ Norberto  
 3:00 **CR** Resident Council Meeting  
 7:00 **CR** Current Events w/ Art B

**25**  
 9:45 **BI** Daily Activity Briefing  
 10:30 **CR** Fitness Fusion w/ Barbara  
 11:00 **O** Outing: Seminole Casino  
 11:30 **TH** Communion Services  
 1:30 **CR** Painting Class w/ Norberto  
 3:00 **CR** Sip Sip Bingo  
 7:00 **CR** Casino Night. (RSVP)

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<https://www.allegroliving.com/senior-living-parkland-florida.html>



## Friday

**5**  
 9:45 **BI** Daily Activity Briefing  
 10:00 **CR** Chair Step Up Exercise  
 10:30 **CR** Music Trivia & Sing Along  
 1:30 **CR** Bingo  
 3:00 **BI** Happy Hour w/ Mind & Melody  
 4:00 **BI** Shabbat Service  
 6:45 **TH** Movie Night

**12**  
 9:45 **BI** Daily Activity Briefing  
 10:00 **CR** Chair Step Up Exercise  
 10:30 **CR** Music Trivia & Sing Along  
 11:00 **P** Water Aerobics w/ Omar  
 1:30 **CR** Music & Lecture w/ Harry Getzov  
 3:00 **BI** Happy Hour  
 4:00 **BI** Shabbat Service  
 6:45 **TH** Movie Night

**19**  
 9:45 **BI** Daily Activity Briefing  
 10:00 **CR** Chair Step Up Exercise  
 10:30 **CR** Music Trivia & Sing Along  
 11:00 **P** Water Aerobics w/ Omar  
 1:30 **CR** Bingo  
 3:00 **BI** Happy Hour w/ Cesar  
 4:00 **BI** Shabbat Service  
 6:45 **TH** Movie Night

**26**  
 9:45 **BI** Daily Activity Briefing  
 10:00 **CR** Chair Step Up Exercise  
 10:30 **CR** Music Trivia & Sing Along  
 11:00 **P** Water Aerobics w/ Omar  
 1:30 **CR** Bingo  
 3:00 **BI** Monthly Birthday's Celebration Happy Hour  
 4:00 **BI** Shabbat Service  
 6:45 **TH** Movie Night

## Saturday

**6**  
 9:30 **IL** Walking Club  
 10:30 **CR** Family Feud  
 11:00 **O** Outing to Publix  
 11:15 **BI** Pet Therapy  
 1:30 **CR** Bingo  
 3:00 **BI** Games Hour  
 7:00 **TH** Movie Night

**13**  
 9:30 **IL** Walking Club  
 10:30 **CR** Family Feud  
 11:15 **BI** Pet Therapy  
 11:30 **O** Outing to Walmart  
 1:30 **CR** Bingo  
 3:00 **BI** Games Hour  
 7:00 **BI** Allegro Presents: Lionel Fame

**20**  
 9:30 **IL** Walking Club  
 10:30 **CR** Family Feud  
 11:00 **O** Outing to Publix  
 11:15 **BI** Pet Therapy  
 1:30 **CR** Bingo  
 3:00 **BI** Games Hour  
 7:00 **TH** Movie Night

**27**  
 9:30 **IL** Walking Club  
 10:30 **CR** Family Feud  
 11:00 **O** Outing to Walmart  
 11:15 **BI** Pet Therapy  
 1:30 **CR** Bingo  
 3:00 **BI** Games Hour  
 7:00 **BI** Allegro Presents..

## Around our Community

### Notes

Sauna and Steam Room:  
 Operational Hours 10AM-3PM

Water Aerobics Class:  
 Mondays 2PM  
 Wednesdays & Fridays 11AM

Activities are subject to change. Please check weekly calendar or CLC App for Updates.



## LOCATION KEY

- BI** Bistro
- CR** Community Room
- P** Pool
- LI** Library
- TH** Eagle Theater
- IL** IL Entrance
- O** Outing