

## UPCOMING COMMUNITY EVENTS

### 4TH OF JULY

Come join us for an all American fun time. We will have a live dance band at 11:00am to be followed by a great lunch for this wonderful day.



### ST. JOHN'S BIBLE

St. John's Episcopal Church has a "Heritage Edition" of the St. John's Bible volume containing the Gospels and Acts. They will be sharing it here at Allegro on July 11, 2024 at 11:00am in the Chapel. A trained docent will come share this wonderful Bible. They will answer any questions you may have. You will also be allowed to view the pages and art contained in this Bible during this time.

### IN PERSON EXERCISE

Please join us in the Activity room on the first floor across from the Dining Room for in-person, full body workouts Monday-Saturday at 10:00am each day. Mondays & Fridays Kim does balls and bands, Tuesdays & Thursdays Cate does seated yoga, Wednesdays Kyle from SunCrest does stretching and movement exercises. Saturdays Sharicka does movement and stretching exercises.



### Allegro in Tallahassee

4501 West Shannon Lakes  
Tallahassee, FL 32309  
(850) 273-4579



# FLOURISH

JULY 2024

## WHAT'S INSIDE

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Social Calendar

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Upcoming Events + News

*WE MUST BE FREE NOT BECAUSE WE CLAIM FREEDOM, BUT BECAUSE WE PRACTICE IT.*

*—WILLIAM FAULKER*

# July 2024

## Sunday



**7**  
 9:15 **LI** Holy Communion Service  
 9:30 **C** Chapel Services w/ Four Oaks Community Church  
 10:00 Morning Talk & Coffee  
 10:15 **C** Sunday Social  
 10:30 **TH** Lecture Series-Dead Seas Scrolls  
 11:00 **SU** Sunday Outing  
 2:00 **GR** Bingo  
 3:00 **GR** Scrabble

**14**  
 9:15 **LI** Holy Communion Service  
 9:30 **C** Chapel Services w/ Four Oaks Community Church  
 10:00 Morning Talk & Coffee  
 10:15 **C** Sunday Social  
 10:30 **TH** Lecture Series-Dead Seas Scrolls  
 11:00 **SU** Sunday Outing  
 2:00 **GR** Bingo  
 3:00 **GR** Scrabble

**21**  
 9:15 **LI** Holy Communion Service  
 9:30 **C** Chapel Services w/ Four Oaks Community Church  
 10:00 Morning Talk & Coffee  
 10:15 **C** Sunday Social  
 10:30 **TH** Lecture Series-Dead Seas Scrolls  
 11:00 **SU** Sunday Outing  
 2:00 **GR** Bingo  
 3:00 **GR** Scrabble

**28**  
 9:15 **LI** Holy Communion Service  
 9:30 **C** Chapel Services w/ Four Oaks Community Church  
 10:00 Morning Talk & Coffee  
 10:15 **C** Sunday Social  
 10:30 **TH** Lecture Series-Dead Seas Scrolls  
 11:00 **SU** Sunday Outing  
 2:00 **GR** Bingo  
 3:00 **GR** Scrabble

## Monday

**1** National Zoo Day  
 9:30 **SU** Shopping-Wal-Mart  
 10:00 **AR** In person exercise  
 10:00 Morning Talk & Coffee  
 10:30 **AR** Stretch Yoga Video  
 11:00 **AR** Family Feud  
 11:00 **BB** "Zoo" Animal Visit  
 2:00 **GR** Bingo  
 2:00 **L** Shopping Trip  
 3:00 **AR** Health Talk w/SunCrest  
 3:30 **TH** Lecture Series-The Civil War

**8**  
 9:30 **SU** Trader Joes & T.J. Maxx  
 10:00 **AR** In person exercise  
 10:00 Morning Talk & Coffee  
 10:30 **AR** Stretch Yoga Video  
 11:00 **AR** Family Feud  
 2:00 **L** Shopping Trip  
 2:00 **GR** Bingo  
 3:30 **TH** Lecture Series-The Civil War  
 5:30 **GR** Rummy

**15**  
 9:30 **SU** Shopping-Wal-Mart  
 10:00 **AR** In person exercise  
 10:00 Morning Talk & Coffee  
 10:30 **AR** Stretch Yoga Video  
 11:00 **AR** Family Feud  
 2:00 **L** Shopping Trip  
 2:00 **GR** Bingo  
 3:30 **TH** Lecture Series-The Civil War  
 5:30 **GR** Rummy

**22**  
 9:30 **SU** Shopping-Publix & Target  
 10:00 **AR** In person exercise  
 10:00 Morning Talk & Coffee  
 10:30 **AR** Stretch Yoga Video  
 11:00 **AR** Family Feud  
 2:00 **L** Shopping Trip  
 2:00 **GR** Bingo  
 3:30 **TH** Lecture Series-The Civil War  
 5:30 **GR** Rummy

**29**  
 9:30 **SU** Shopping-Wal-Mart  
 10:00 **AR** In person exercise  
 10:00 Morning Talk & Coffee  
 10:30 **AR** Stretch Yoga Video  
 11:00 **AR** Family Feud  
 2:00 **L** Shopping Trip  
 2:00 **GR** Bingo  
 3:30 **TH** Lecture Series-The Civil War  
 5:30 **GR** Rummy

## Tuesday

**2** National Disco Day  
 10:00 **AR** In person Chair Yoga  
 10:00 Morning Talk & Coffee  
 10:45 **GR** Mindful Meditation  
 11:00 **AR** Ageless Grace w/Marghi  
 12:00 **MR** Lunch Music by Gail  
 1:30 **TH** Matinee Movie w/popcorn!  
 3:30 **MR** Chat w/Laurie Jordan  
 4:30 **MR** Dinner music w/Cory Johnson  
 5:30 **GR** Scrabble

**9** Voter Regstration  
 10:00 **AR** In person Chair Yoga  
 10:00 Morning Talk & Coffee  
 10:45 **GR** Mindful Meditation  
 11:00 **AR** Music Therapy w/ Leah  
 11:30 **L** Voter Registration, Address changes, Mail-In Requests  
 2:00 **C** Town Hall Meeting  
 3:00 **AR** Balloon Volley Ball  
 4:45 **MR** Dinner Music w/Leah

**16**  
 10:00 **AR** In person Chair Yoga  
 10:00 Morning Talk & Coffee  
 10:45 **GR** Mindful Meditation  
 11:00 **AR** Ageless Grace w/Marghi  
 1:30 **TH** Matinee Movie w/popcorn!  
 3:30 **MR** Chat w/Laurie Jordan  
 4:30 **MR** Dinner Music w/Gail  
 5:30 **GR** Scrabble

**23**  
 10:00 **AR** In person Chair Yoga  
 10:00 Morning Talk & Coffee  
 10:45 **GR** Mindful Meditation  
 11:00 **AR** Music Therapy w/ Leah  
 1:30 **TH** Matinee Movie w/popcorn!  
 3:30 **MR** Chat w/Laurie Jordan  
 4:00 **MR** Dinner Music w/Gail  
 5:30 **GR** Scrabble

**30**  
 10:00 **AR** In person Chair Yoga  
 10:00 Morning Talk & Coffee  
 10:45 **GR** Mindful Meditation  
 11:00 **AR** Music Singalong  
 1:30 **TH** Matinee Movie w/popcorn!  
 3:30 **MR** Chat w/Laurie Jordan  
 4:30 **MR** Dinner Music  
 5:30 **GR** Scrabble

## Wednesday

**3**  
 10:00 **AR** Stretch & Movement w/SunCrest  
 10:00 **GR** Hand & Foot  
 10:00 Morning Talk & Coffee  
 10:30 **AR** Stretch Yoga  
 11:00 **AR** Mind & Melody w/Amelia  
 2:00 **GR** Bingo  
 3:30 **HC** Social Hour  
 5:30 **GR** Poker

**10** Pina Colada Day  
 10:00 **AR** Stretch & Movement w/SunCrest  
 10:00 **GR** Hand & Foot  
 10:00 Morning Talk & Coffee  
 10:30 **AR** Stretch Yoga  
 11:30 **PD** Birthday Lunch  
 2:00 **GR** Bingo  
 3:30 **HC** Social Hour  
 5:30 **GR** Poker

**17** National Daiquiri Day  
 10:00 **AR** Stretch & Movement w/SunCrest  
 10:00 **GR** Hand & Foot  
 10:00 Morning Talk & Coffee  
 10:30 **AR** Stretch Yoga  
 2:00 **GR** Bingo  
 3:30 **HC** Social Hour  
 5:30 **GR** Poker

**24** Tell a Joke Day  
 10:00 **AR** Stretch & Movement w/SunCrest  
 10:00 **GR** Hand & Foot  
 10:00 Morning Talk & Coffee  
 10:30 **AR** Stretch Yoga  
 2:00 **GR** Bingo  
 3:30 **HC** Social Hour  
 5:30 **GR** Poker

**31** National Hug Day  
 10:00 **AR** Stretch & Movement w/SunCrest  
 10:00 **GR** Hand & Foot  
 10:00 Morning Talk & Coffee  
 10:30 **AR** Stretch Yoga  
 2:00 **GR** Bingo  
 3:30 **HC** Social Hour  
 5:30 **GR** Poker

## Thursday

**4** 4th of July Dance  
 10:00 **AR** In person Chair Yoga  
 10:00 **GR** Scrabble  
 10:00 Morning Talk & Coffee  
 10:45 **GR** Mindful Meditation  
 11:00 **MR** 4th of July Dance Band  
 12:00 **DH** Piano Music by Louise  
 2:00 **GR** Women's Bible Study  
 3:30 **GR** Beer & Billiards  
 3:30 **GR** Activities Planning Meeting

**11** St. John's Bible Visit  
 10:00 **AR** In person Chair Yoga  
 10:00 **GR** Scrabble  
 10:00 Morning Talk & Coffee  
 10:45 **GR** Mindful Meditation  
 11:00 **C** St. John's Bible Visit  
 12:00 **DH** Piano Music by Louise  
 2:00 **GR** Women's Bible Study  
 3:30 **GR** Beer & Billiards  
 3:30 **GR** New Resident Welcome  
 5:30 **TH** Movie Night

**18**  
 10:00 **AR** In person Chair Yoga  
 10:00 **GR** Scrabble  
 10:00 Morning Talk & Coffee  
 10:45 **GR** Mindful Meditation  
 12:00 **DH** Piano Music by Louise  
 2:00 **GR** Women's Bible Study  
 3:30 **GR** Beer & Billiards  
 5:30 **TH** Movie Night

**25**  
 10:00 **AR** In person Chair Yoga  
 10:00 **GR** Scrabble  
 10:00 Morning Talk & Coffee  
 10:45 **GR** Mindful Meditation  
 12:00 **DH** Piano Music by Louise  
 2:00 **GR** Women's Bible Study  
 3:30 **GR** Beer & Billiards  
 3:30 **GR** Ambassador Monthly Meeting  
 5:30 **TH** Movie Night

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## Friday

**5**  
 9:00 **GR** Men's Bible Study  
 10:00 **AR** In person exercise  
 10:00 Morning Talk & Coffee  
 10:30 **CR** Book Club  
 11:00 **SU** Lunch Outing  
 2:00 **GR** UNO  
 3:30 **HC** Social Hour  
 5:30 **GR** Chess & Checkers

**12**  
 9:00 **GR** Men's Bible Study  
 10:00 **AR** In person exercise  
 10:00 Morning Talk & Coffee  
 10:30 **CR** Book Club  
 11:00 **SU** Lunch Outing  
 2:00 **GR** UNO  
 3:30 **HC** Social Hour  
 5:30 **GR** Chess & Checkers

**19**  
 9:00 **GR** Men's Bible Study  
 10:00 **AR** In person exercise  
 10:00 Morning Talk & Coffee  
 10:30 **CR** Book Club  
 11:00 **SU** Lunch Outing  
 2:00 **GR** UNO  
 3:30 **HC** Social Hour  
 5:30 **GR** Chess & Checkers

**26** Wine & Cheese Day  
 9:00 **GR** Men's Bible Study  
 10:00 **AR** In person exercise  
 10:00 Morning Talk & Coffee  
 10:30 **CR** Book Club  
 11:00 **SU** Lunch Outing  
 2:00 **GR** UNO  
 3:30 **HC** Social Hour  
 5:30 **GR** Chess & Checkers

## Saturday

**6**  
 9:00 **L** Garden Walk  
 10:00 **GR** Hand & Foot  
 10:00 Morning Talk & Coffee  
 10:30 **AR** Exercise w/Sharicka  
 10:30 **AR** Yoga & Stretching  
 11:00 **AR** Mindful Meditation  
 2:00 **GR** Bingo  
 3:30 **AR** Crafts  
 5:30 **GR** Evening Games w/ Friends

**13** Car Appreciation Day  
 9:00 **L** Garden Walk  
 9:00 **FB** Car Show  
 10:00 **GR** Hand & Foot  
 10:00 Morning Talk & Coffee  
 10:30 **AR** Exercise w/Sharicka  
 10:30 **AR** Yoga & Stretching  
 11:00 **AR** Mindful Meditation  
 2:00 **GR** Bingo  
 3:30 **AR** Crafts  
 5:30 **GR** Evening Games w/ Friends

**20**  
 9:00 **L** Garden Walk  
 10:00 **GR** Hand & Foot  
 10:00 Morning Talk & Coffee  
 10:30 **AR** Exercise w/Sharicka  
 10:30 **AR** Yoga & Stretching  
 11:00 **AR** Mindful Meditation  
 2:00 **GR** Bingo  
 3:30 **AR** Crafts  
 5:30 **GR** Evening Games w/ Friends

**27**  
 9:00 **L** Garden Walk  
 10:00 **GR** Hand & Foot  
 10:00 Morning Talk & Coffee  
 10:30 **AR** Exercise w/Sharicka  
 10:30 **AR** Yoga & Stretching  
 11:00 **AR** Mindful Meditation  
 2:00 **GR** Bingo  
 3:30 **AR** Crafts  
 5:30 **GR** Evening Games w/ Friends

## Around our Community

### Happy Birthdays!

Linda Y.	7/1
Ray M.	7/5
George B.	7/14
John E.	7/14
Stephen L.	7/21
Allan T.	7/21
Clara E.	7/28

\*Activities are subject to change

Some activities are Resident lead.

### LOCATION KEY

- SU** Sign Up
- AR** Activity Room
- BB** Back of the Building
- GR** Game Room
- L** Lobby
- TH** Theatre
- MR** Magnolia Room
- HC** Heritage Club
- DH** Dining Hall
- CR** Camellia Room