

UPCOMING COMMUNITY EVENTS

WALK TO END ALZHEIMER'S

Held annually in more than 600 communities nationwide, the Alzheimer's Association Walk to End Alzheimer's® is the world's largest fundraiser for Alzheimer's care, support & research. On November 23, let's come together for a community event that celebrates our commitment to ending the disease. Meet in the Lobby at 8:30AM.



THANKSGIVING - NOVEMBER 28, 2024



Our appreciation always begins with our residents! Thank you for choosing to call Allegro your home. We are grateful for the trust you place in our team. We love serving you and never forget that YOU are the heart of our communities. Please join us for a very thankful Thanksgiving meal followed by football on the television.

DON'T MISS THESE EVENTS!

- Saturday, November 9 | Pompano Harris Casino (\$)
- Monday, November 11 | Honoring Our Veterans Happy Hour
- Thursday, November 14 | Red Asian Bistro and Hibachi (\$)
- Saturday, November 16 | NSU Art Museum (\$)
- Sunday, November 24 | Wicked Movie Outing (\$)
- Monday, November 25 | Seasons 52 (\$)

Fort Lauderdale

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



FLOURISH

NOVEMBER 2024

WHAT'S INSIDE

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Social Calendar

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Upcoming Events + News

"LIVING IN A STATE OF GRATITUDE IS THE GATEWAY TO GRACE."

—ARIANNA HUFFINGTON

Sunday

3 Daylight Savings Ends

- 10:00 **L** Local Church Shuttle
- 11:30 **T** Lifelong Learning (Recorded)
- 11:45 **B** Coffee and Conversation
- 2:15 **T** Movie Matinee
- 2:30 **A** Creative Arts
- 3:00 **GR** Billiards and Board Games
- 4:00 **B** Happy Hour
- 7:15 **T** Movie: Along Came Polly

10

- 10:00 **L** Local Church Shuttle
- 11:30 **T** TED Talk (Recorded)
- 11:45 **B** Coffee and Conversation
- 2:15 **T** Movie Matinee
- 2:30 **A** Creative Arts
- 3:00 **GR** Billiards and Board Games
- 4:00 **B** Happy Hour
- 7:15 **T** Movie: The Boy Next Door

17

- 10:00 **L** Local Church Shuttle
- 11:30 **T** TED Talk (Recorded)
- 11:45 **B** Coffee and Conversation
- 2:15 **T** Movie Matinee
- 2:30 **A** Creative Arts
- 3:00 **GR** Billiards and Board Games
- 4:00 **B** Happy Hour
- 7:15 **T** Movie: Luckiest Girl Alive

24

- 10:00 **L** Local Church Shuttle
- 11:30 **T** TED Talk (Recorded)
- 11:45 **B** Coffee and Conversation
- 1:00 **L** Wicked Movie Outing (\$)
- 2:30 **A** Creative Arts
- 3:00 **GR** Billiards and Board Games
- 4:00 **B** Happy Hour
- 7:15 **T** Movie: Falling Inn Love

Monday



4

- 9:00 **L** Trip: CVS/Walgreens
- 10:00 **CR** Chair Yoga - All Levels
- 11:00 **CR** Crossword Challenge
- 1:45 **A** Art Craft and Fun
- 2:00 **T** **Holiday Scram: What You Need To Know**
- 3:00 **CR** Big Money Bingo (\$)
- 4:00 **B** Happy Hour
- 7:15 **T** Movie: Falling for Christmas

11

- 9:00 **L** Trip: CVS/Walgreens
- 10:00 **CR** Chair Yoga - All Levels
- 11:00 **CR** Crossword Challenge
- 1:45 **A** Art Craft and Fun
- 2:15 **T** Movie Matinee
- 3:00 **CR** Big Money Bingo (\$)
- 4:00 **B** **Honoring Our Veterans Happy Hour**
- 7:15 **T** Movie: Gun Powder Milkshake

18

- 9:00 **L** Trip: CVS/Walgreens
- 10:00 **CR** Chair Yoga - All Levels
- 11:00 **CR** Crossword Challenge
- 1:45 **A** Art Craft and Fun
- 2:15 **T** Movie Matinee
- 3:00 **CR** Big Money Bingo (\$)
- 4:00 **B** Happy Hour
- 7:15 **T** Movie: Troy

25

- 9:00 **L** Trip: CVS/Walgreens
- 10:00 **CR** Chair Yoga - All Levels
- 11:00 **CR** Crossword Challenge
- 1:45 **A** Art Craft and Fun
- 2:15 **T** Movie Matinee
- 3:00 **CR** Big Money Bingo (\$)
- 4:00 **B** Happy Hour
- 5:30 **L** **Trip: Seasons 52 (\$)**
- 7:15 **T** Movie: Set It Up

Tuesday

5

- 10:00 **CR** PT Exercise Class
- 11:00 **CR** Brain Power Hour
- 11:00 **GR** Crochet and Embroidery
- 1:30 **L** Trip: Fresh Market
- 2:00 **CR** Activity Committee
- 2:15 **T** Movie Matinee
- 3:00 **LI** Audiobook Club
- 3:15 **A** Painting with Anna
- 4:00 **B** Happy Hour
- 7:45 **T** Movie: Best Christmas Ever

12

- 9:00 **L** Walking Club
- 10:00 **CR** PT Exercise Class
- 11:00 **CR** Brain Power Hour
- 11:00 **GR** Crochet and Embroidery
- 2:15 **T** Movie Matinee
- 3:00 **LI** Audiobook Club
- 3:15 **A** Painting with Anna
- 4:00 **B** **Sock Hop Happy Hour**
- 7:45 **T** Movie: The Birds

19

- 9:00 **L** Walking Club
- 10:00 **CR** PT Exercise Class
- 11:00 **CR** Brain Power Hour
- 11:00 **GR** Crochet and Embroidery
- 1:30 **L** Trip: Fresh Market
- 2:15 **T** Movie Matinee
- 3:00 **LI** Audiobook Club
- 3:15 **A** Painting with Anna
- 4:00 **B** Happy Hour
- 7:45 **T** Movie: Million Dollar Baby

26

- 9:00 **L** Walking Club
- 10:00 **CR** PT Exercise Class
- 11:00 **CR** Brain Power Hour
- 11:00 **GR** Crochet and Embroidery
- 2:15 **T** Movie Matinee
- 3:00 **LI** Audiobook Club
- 3:15 **A** Painting with Anna
- 4:00 **B** Happy Hour
- 7:45 **T** Movie: A Castle for Christmas

Wednesday

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6

- 9:00 **L** Trip: Publix
- 10:00 **Y** Chair Yoga
- 11:00 **CR** Word In Word
- 11:00 **FA** Greek Class
- 2:00 **A** Jewelry Making
- 2:15 **T** Movie Matinee
- 2:30 **CR** Brew Coffee of the Week
- 4:00 **B** Happy Hour
- 7:00 **B** Karaoke Night
- 7:45 **T** Movie: Bride Wars

13

- 9:00 **L** Trip: Publix
- 10:00 **Y** Chair Yoga
- 11:00 **CR** Word In Word
- 11:00 **FA** Greek Class
- 2:15 **A** Paper Crafts
- 2:15 **T** Movie Matinee
- 2:30 **CR** Brew Coffee of the Week
- 4:00 **B** Happy Hour
- 7:00 **B** Karaoke Night
- 7:45 **T** Movie: Fly Me to the Moon

20

- 9:00 **L** Trip: Publix
- 10:00 **Y** Chair Yoga
- 11:00 **CR** Word In Word
- 11:00 **FA** Greek Class
- 2:00 **A** Jewelry Making
- 2:15 **T** Movie Matinee
- 2:30 **CR** Brew Coffee of the Week
- 4:00 **B** Happy Hour
- 7:00 **B** Karaoke Night
- 7:45 **T** Movie: I Can Only Imagine

27

- 9:00 **L** Trip: Publix
- 10:00 **Y** Chair Yoga
- 11:00 **CR** Word In Word
- 11:00 **FA** Greek Class
- 2:15 **A** Paper Crafts
- 2:15 **T** Movie Matinee
- 2:30 **CR** Coffee Of The Week
- 3:00 **CR** Book Club
- 4:00 **B** Happy Hour
- 7:00 **B** Karaoke Night

Thursday

7

- 10:00 **CR** PT Exercise Class
- 10:30 **L** Trip: The Galleria FTL
- 11:00 **CR** **Italian Trivia**
- 2:15 **T** Movie Matinee: Roman Holiday (1953)
- 2:30 **A** Italian Arts & Crafts
- 4:00 **B** **Italian Live Music**
- 6:00 **B** Gioco delle Biglie Game
- 7:45 **T** Movie: Roman Holiday

14

- 10:00 **CR** PT Exercise Class
- 10:30 **OUT** Trip: Coral Ridge Mall
- 11:00 **CR** Trivia
- 2:00 **FA** Cooking Demonstration
- 2:15 **T** Movie Matinee
- 3:00 **SK** Woman's Club
- 4:00 **B** Happy Hour & Live Music
- 5:30 **L** **Trip: Red Door Asian Hibachi (\$)**
- 7:45 **T** Movie: Love Again

21

- 10:00 **CR** PT Exercise Class
- 10:30 **L** Trip: The Galleria FTL
- 11:00 **CR** Trivia
- 1:30 **T** **Guest Speaker Lecture**
- 2:15 **T** Movie Matinee
- 3:00 **FA** **Moroccan Cooking Demonstration**
- 4:00 **B** **Moroccan Happy Hour**
- 6:00 **B** Rummikub Lessons
- 7:45 **T** Movie: Blue Miracle

28

- 8:30 **B** Macy's Thanksgiving Day Parade
- 11:00 **CR** Thanksgiving Day Trivia
- 12:30 **B** Thanksgiving Day Football Games
- 2:15 **T** Movie Matinee
- 4:00 **B** Happy Hour
- 7:45 **T** Movie: Beethoven

Friday

1

- 10:00 **CR** Chair Yoga - All Levels
- 11:00 **CR** Spanish Lessons
- 11:00 **GR** Jigsaw Puzzle Time
- 1:30 **CR** Poker Games
- 2:00 **CR** Word Games
- 2:15 **T** Movie Matinee
- 4:00 **B** Happy Hour
- 7:15 **T** Movie: A Family Affair

8

- 10:00 **CR** Chair Yoga - All Levels
- 11:00 **CR** **Town Hall Meeting**
- 1:30 **CR** Poker Games
- 2:00 **CR** Word Games
- 2:15 **T** Movie Matinee
- 7:15 **T** Movie: The Prince and Me

15

- 10:00 **CR** Chair Yoga - All Levels
- 11:00 **CR** Spanish Lessons
- 11:00 **GR** Jigsaw Puzzle Time
- 1:30 **CR** Poker Games
- 2:00 **CR** Word Games
- 2:15 **T** Movie Matinee
- 4:00 **B** Happy Hour
- 7:15 **T** Movie: Marriage Story

22

- 10:00 **CR** Chair Yoga - All Levels
- 11:00 **CR** Spanish Lessons
- 11:00 **GR** Jigsaw Puzzle Time
- 1:30 **CR** Poker Games
- 2:00 **CR** Word Games
- 2:15 **T** Movie Matinee
- 4:00 **B** **Birthday Celebration Happy Hour**
- 7:15 **T** Movie: Tyson's Run

29

- 10:00 **CR** Chair Yoga - All Levels
- 11:00 **CR** Spanish Lessons
- 11:00 **GR** Jigsaw Puzzle Time
- 1:30 **CR** Poker Games
- 2:00 **CR** Word Games
- 2:15 **T** Movie Matinee
- 4:00 **B** Happy Hour
- 7:15 **T** Movie: Love At First Sight

Saturday

2

- 10:00 **L** Trader Joe & More
- 11:00 **T** Your Are What You Eat Ep1
- 11:15 **CR** Quarter Bingo (\$)
- 1:00 **B** Rummikub Games
- 1:30 **L** Trip: Local Library
- 2:15 **T** Movie Matinee
- 3:00 **SK** Men's Club
- 4:00 **B** Happy Hour
- 7:15 **T** Movie: The Terminal

9

- 10:00 **L** Trader Joe & More
- 11:00 **T** Your Are What You Eat Ep2
- 11:30 **L** **Trip: Pompono Harris (\$)**
- 1:00 **B** Rummikub Games
- 2:00 **GR** Ping Pong
- 2:15 **T** Movie Matinee
- 3:00 **SK** Men's Club
- 4:00 **B** Happy Hour
- 7:15 **T** Movie: The Weekend Getaway

16

- 10:00 **L** Trader Joe & More
- 11:00 **T** Your Are What You Eat Ep3
- 11:15 **CR** Quarter Bingo (\$)
- 1:00 **B** Rummikub Games
- 1:00 **L** **NSU Art Museum (\$)**
- 2:00 **GR** Ping Pong
- 2:15 **T** Movie Matinee
- 3:00 **SK** Men's Club
- 4:00 **B** Happy Hour
- 7:15 **T** Movie: A Simple Favor

23

- 8:30 **L** Walk to End Alzheimer's
- 11:00 **T** Your Are What You Eat Ep4
- 11:30 **CR** Quarter Bingo (\$)
- 1:00 **B** Rummikub Games
- 1:30 **L** Trip: Local Library
- 2:00 **GR** Ping Pong
- 2:15 **T** Movie Matinee
- 3:00 **SK** Men's Club
- 4:00 **B** Happy Hour
- 7:16 **T** Movie: The Noel Diary

30

- 10:00 **L** Trader Joe & More
- 11:00 **T** Your Are What You Eat Ep5
- 11:30 **CR** Quarter Bingo (\$)
- 1:00 **B** Rummikub Games
- 1:30 **L** Trip: Local Library
- 2:00 **GR** Ping Pong
- 2:15 **T** Movie Matinee
- 3:00 **SK** Men's Club
- 4:00 **B** Happy Hour
- 7:15 **T** Movie: Purple Hearts

Around our Community

5 | Activity Committee

8 | Town Hall Meeting

New In November

Crochet and Embroidery,

Every Tuesday

Audiobook Club,

Every Tuesday

Coffee Brew of the Week,

Every Wednesday

Local Library Trips,

Saturday, During Specific

Weeks

Quarter Bingo (\$),

Every Saturday



LOCATION KEY

CR Community Room

GR Game Room

T Movie Theater

B Bistro

L Meet in Lobby

SK Sky Lounge

A Art Room

LI Library

Y Yoga/Exercise Room

FA Family Room

Sunday



Monday



Tuesday



Wednesday

Thursday

Friday

Saturday

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3
9:30 **IS** Virtual Church Service
10:00 **IS** Flex & Relax Class
11:00 **AR** Daily News/Trivia
1:00 **AR** Move to the Music/Videos
2:00 **TR** Outdoor Time
3:00 **AR** Table Top Games
6:00 **IS** Program-Interactive Screen

4
10:00 **IS** Chair Exercise
11:00 **AR** News & Views
1:00 **PD** Walking Club
2:00 **AR** Fall Arts-n-Crafts
3:30 **AR** Hit The Bulls Eye!
6:00 **QR** Aroma Therapy

5
10:00 **TR** Pet Therapy Visit
11:00 **IS** Election Day Talk/Trivia
1:00 **AR** Sing-A-Long Songs
2:00 **D** Drink of The Day
3:00 **AR** Bingo Time!
4:00 **AR** Big Band Video Favorites
6:00 **IS** Program-Interactive Screen

6
10:00 **AR** Exercise Class
11:00 **AR** Arts-n-Crafts
1:30 **L** Scenic Bus Ride
3:00 **AR** Group Word Search
4:00 **QR** Reminiscing, Short Stories
6:00 **QR** Aroma Therapy

7
10:00 **AR** Sit & Stretch
11:00 **IS** Family Feud
1:00 **IS** Slide Show & Trivia, Italy
2:00 **AR** Allegro at Sea/Sail to Italy!
2:30 **AR** Entertainer, "Iris"
6:00 **IS** Program-Interactive Screen

8
10:00 **AR** Chair Yoga
11:00 **TR** Outdoor Time
1:00 **AR** Balloon Volley
2:00 **AR** Bingo For Chocolates!
3:30 **AR** Afternoon Musical
6:00 **IS** Virtual Shabbat Services

9
10:00 **AR** Sit & Stretch
11:00 **TR** Outdoor Time
1:00 **AR** Let's Get Physical!
2:00 **AR** Movie Matinee
3:30 **AR** Table Top Game
6:00 **IS** Program-Interactive Screen

10
9:30 **IS** Virtual Church Service
10:00 **IS** Flex & Relax Class
11:00 **AR** Daily News/Trivia
1:00 **AR** Move to the Music/Videos
2:00 **TR** Outdoor Time
3:00 **AR** Table Top Games
6:00 **IS** Program-Interactive Screen

11
10:00 **IS** Chair Exercise
11:00 **IS** Veteran's Day Program
1:00 **PD** Walking Club
2:00 **AR** Veteran's Day Social
3:30 **AR** Patriotic Sing-a-Long
6:00 **QR** Aroma Therapy

12
10:00 **AR** Sit & Stretch
11:00 **IS** Travel Talk
1:00 **AR** Sing-A-Long Songs
2:00 **D** Drink of The Day
3:00 **AR** Bingo Time!
4:00 **AR** Big Band Video Favorites
6:00 **IS** Program-Interactive Screen

13
10:00 **AR** Exercise Class
11:00 **AR** Holiday Crafts
1:30 **L** Scenic Bus Ride
3:00 **AR** Group Word Search
4:00 **QR** Reminiscing, Short Stories
6:00 **QR** Aroma Therapy

14
10:00 **AR** Sit & Stretch
11:00 **IS** Family Feud
1:30 **L** Scenic Bus Ride
3:00 **AR** Video Clips, Requests
4:00 **B** Happy Hour w/ Live Music
6:00 **IS** Program-Interactive Screen

15
10:00 **AR** Chair Yoga
11:00 **TR** Outdoor Time
1:00 **AR** Balloon Volley
2:00 **AR** Bingo For Chocolates!
3:30 **AR** Afternoon Musical
6:00 **IS** Virtual Shabbat Services

16
10:00 **AR** Sit & Stretch
11:00 **TR** Outdoor Time
1:00 **AR** Let's Get Physical!
2:00 **AR** Movie Matinee
3:30 **AR** Table Top Game
6:00 **IS** Program-Interactive Screen

17
9:30 **IS** Virtual Church Service
10:00 **IS** Flex & Relax Class
11:00 **AR** Daily News/Trivia
1:00 **AR** Move to the Music/Videos
2:00 **TR** Outdoor Time
3:00 **AR** Table Top Games
6:00 **IS** Program-Interactive Screen

18
10:00 **IS** Chair Exercise
11:00 **AR** Reading Group
1:00 **PD** Walking Club
2:00 **AR** Fall Arts-n-Crafts
3:30 **AR** Joggin Your Noggin
6:00 **QR** Aroma Therapy

19
10:00 **TR** Pet Therapy Visit
11:00 **IS** Travel Talk
1:00 **AR** Sing-A-Long Songs
2:00 **D** Drink of The Day
3:00 **AR** Bingo Time!
4:00 **AR** Big Band Video Favorites
6:00 **IS** Program-Interactive Screen

20
10:00 **AR** Exercise Class
11:00 **AR** Arts-n-Crafts
2:00 **AR** Country Birthday Party/Jamie
3:30 **AR** Group Word Search
6:00 **QR** Aroma Therapy

21
10:00 **AR** Sit & Stretch
11:00 **IS** Family Feud
1:30 **L** Scenic Bus Ride
3:00 **AR** Name That Tune
4:00 **B** Happy Hour w/ Live Music
6:00 **IS** Program-Interactive Screen

22
10:00 **AR** Chair Yoga
11:00 **TR** Outdoor Time
1:00 **AR** Balloon Volley
2:00 **AR** Bingo For Chocolates!
3:30 **AR** Afternoon Musical
6:00 **IS** Virtual Shabbat Services

23
10:00 **AR** Sit & Stretch
11:00 **TR** Outdoor Time
1:00 **AR** Let's Get Physical!
2:00 **AR** Movie Matinee
3:30 **AR** Table Top Game
6:00 **IS** Program-Interactive Screen

24
9:30 **IS** Virtual Church Service
10:00 **IS** Flex & Relax Class
11:00 **AR** Daily News/Trivia
1:00 **AR** Move to the Music/Videos
2:00 **TR** Outdoor Time
3:00 **AR** Table Top Games
6:00 **IS** Program-Interactive Screen

25
10:00 **IS** Chair Exercise
11:00 **AR** News & Views
1:00 **PD** Walking Club
2:00 **AR** Tea Party, Sweet Treats
3:30 **AR** Joggin Your Noggin
6:00 **QR** Aroma Therapy

26
10:00 **AR** Sit & Stretch
11:00 **IS** Travel Talk
12:30 **AR** M.S.D.H.S. Drama Club
3:00 **AR** Bingo Time!
4:00 **AR** Big Band Video Favorites
6:00 **IS** Program-Interactive Screen

27
10:00 **AR** Exercise Class
11:00 **AR** Arts-n-Crafts
1:30 **L** Scenic Bus Ride
3:00 **AR** Group Word Search
4:00 **QR** Reminiscing, Short Stories
6:00 **QR** Aroma Therapy

28
9:00 **AR** Macy's Day Parade
11:00 **IS** Holiday Slide Show/Trivia
1:00 **AR** Arts-n-Crafts Turkey Craft
3:00 **AR** Thanksgiving Social
6:00 **IS** Program-Interactive Screen

29
10:00 **AR** Chair Yoga
11:00 **TR** Outdoor Time
1:00 **AR** Balloon Volley
2:00 **AR** Bingo For Chocolates!
3:30 **AR** Afternoon Musical
6:00 **IS** Virtual Shabbat Services

30
10:00 **AR** Sit & Stretch
11:00 **TR** Outdoor Time
1:00 **AR** Let's Get Physical!
2:00 **AR** Movie Matinee
3:30 **AR** Table Top Game
6:00 **IS** Program-Interactive Screen

TITLE

November Highlights:

Happy Birthday to:

Joan W. 11/1

Anna Y. 11/30

Pet Therapy Visit w/ Fran
11/5 & 11/19

Allegro at Sea 11/7
Sail to Italy w/ Singer, "Iris"

Scenic Bus Ride
Wednesday & Thursday

Country Birthday Party!
11/20

Thanksgiving Day
Parade, Social, Pie Sampling

Calendar Subject to Change

LOCATION KEY

- AR** Activity Room
- IS** Interactive Screen
- TR** Terrace
- PD** Pool Deck
- QR** Quiet Room
- D** Demonstration Kitchen
- L** Meet in Lobby
- B** Bistro