

UPCOMING COMMUNITY EVENTS

ALLEGRO AT SEA

That's Amore!
Allegro At Sea
Welcomes You To
Joins Us As We Transport You To
The Heart of Italy!
Thursday, November 7, 2024
Enjoy Italian Culture, Dining, Music, &
More



FALL FESTIVAL



You're Invited To Our
Annual Fall Festival!
Saturday, November 16, 2024
10:00AM - 12:00PM
Join Us For A Great Event
Celebrate An Amazing Fall Season
We Hope To See You There!

A MESSAGE OF GRATITUDE

HAPPY THANKSGIVING

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 & never forget that YOU are the heart of our communities.



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



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 Saving Time
 9:15 **LI** Holy Communion Service
 9:30 **C** Chapel Services w/ Four Oaks Community Church
 10:00 **L** Jigsaw Challenge
 10:30 **TH** The Great Courses Lecture
10:30 L Waverly Pond Scenic Outing
 2:30 **AR** Nell'd It Painting Class
 5:30 **TH** Movie Night

10
 9:15 **LI** Holy Communion Service
 9:30 **C** Chapel Services w/ Four Oaks Community Church
 10:00 **L** Jigsaw Challenge
 10:30 **TH** The Great Courses Lecture
 2:00 **GR** B-I-N-G-O!
 3:00 **GR** Scrabble
 5:30 **TH** Movie Night

17
 9:15 **LI** Holy Communion Service
 9:30 **C** Chapel Services w/ Four Oaks Community Church
 10:00 **L** Jigsaw Challenge
 10:30 **TH** The Great Courses Lecture
 10:30 **L** Home Depot/Bealls Trip
 2:00 **GR** B-I-N-G-O!
 3:00 **GR** Scrabble
 5:30 **Evening Billards Club**

24
 9:15 **LI** Holy Communion Service
 9:30 **C** Chapel Services w/ Four Oaks Community Church
 10:00 **L** Jigsaw Challenge
 10:30 **TH** The Great Courses Lecture
10:30 L Black Dog Cafe & Stroll
 2:00 **GR** B-I-N-G-O!
 3:00 **GR** Scrabble
 5:30 **Evening Billards Club**

Monday



4
 9:30 **L** T.J. Maxx Or Trader Joe's
 10:00 **L** Jigsaw Challenge
 10:00 **AR** Group Fitness Class
 10:30 **AR** Balloon Volleyball
 11:00 **AR** Family Feud
 1:00 **L** Shopping Shuttle
 3:30 **TH** The Great Courses Lecture
 5:30 **GR** Rummy

11 Veterans Day
 9:30 **L** Walmart
 10:00 **L** Jigsaw Challenge
 10:00 **AR** Group Fitness Class
10:30 AR Honoring Our Veterans
 11:00 **AR** Family Feud
 1:00 **L** Shopping Shuttle
 3:30 **TH** The Great Courses Lecture
 5:30 **GR** Rummy

18
 9:30 **L** Target or Publix
 10:00 **L** Jigsaw Challenge
 10:00 **AR** Group Fitness Class
10:30 AR Life Long Learning/ Native American Heritage Month
 11:00 **AR** Family Feud
 1:00 **L** Shopping Shuttle
 3:30 **TH** The Great Courses Lecture
 5:30 **GR** Rummy

25
 9:30 **L** Walmart
 10:00 **L** Jigsaw Challenge
 10:00 **AR** Group Fitness Class
 10:30 **AR** Balloon Volleyball
 11:00 **AR** Family Feud
 1:00 **L** Shopping Shuttle
 3:30 **TH** The Great Courses Lecture
 5:30 **GR** Rummy

Tuesday

5
 9:00 **AR** Motivational Mornings
 10:00 **L** Jigsaw Challenge
 10:00 **AR** Mindful Yoga w/Cate
 11:00 **AR** Music Therapy w/ Leah
 12:00 **MR** Lunch Music w/ Gail
 1:30 **TH** Matinee Movie w/ Popcorn!
 5:30 **GR** Scrabble

12
 10:00 **L** Jigsaw Challenge
 10:00 **AR** Mindful Yoga w/Cate
10:30 C Thomasville Baptist Church Choir
 11:00 **AR** Music Therapy w/ Leah
1:30 AR Watercolor Class w/FSU
2:00 C Town Hall Meeting
 4:45 **MR** Dinner Music w/ Leah
 5:30 **GR** Scrabble

19
 10:00 **L** Jigsaw Challenge
 10:00 **AR** Mindful Yoga w/Cate
 11:00 **AR** Music Therapy w/ Leah
 1:30 **TH** Matinee Movie w/ Popcorn!
1:30 AR Watercolor Class w/FSU
4:00 DH Family & Friends Thanksgiving Dinner
 4:30 **MR** Dinner Music w/ Gail

26
 9:00 **AR** Motivational Mornings
 10:00 **L** Jigsaw Challenge
 10:00 **AR** Mindful Yoga w/Cate
 11:00 **AR** Music Therapy w/ Leah
 1:30 **TH** Matinee Movie w/ Popcorn!
1:30 AR Watercolor Class w/FSU
3:30 MR Chat w/ Laurie
 4:00 **MR** Dinner Music w/ Gail
 5:30 **GR** Scrabble

Wednesday

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4501 West Shannon Lakes
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<https://www.allegroliving.com/tallahassee-fl.html>

6
 9:00 **AR** Walking Club
 10:00 **L** Jigsaw Challenge
 10:00 **AR** Move & Stretch w/ SunCrest
 10:00 **GR** Hand & Foot Cards
 10:30 **AR** Stretch Yoga
 11:00 **AR** Mind & Melody w/Amelia
 2:00 **GR** B-I-N-G-O! w/ Silvia
 3:30 **HC** Social Hour
 5:30 **GR** Poker

13
 9:00 **AR** Walking Club
 10:00 **L** Jigsaw Challenge
 10:00 **AR** Move & Stretch w/ SunCrest
 10:00 **GR** Hand & Foot Cards
 10:30 **AR** Stretch Yoga
11:30 PD Let's Celebrate! October Birthday Lunch
 2:00 **GR** B-I-N-G-O! w/ Silvia
 3:30 **HC** Social Hour
 5:30 **GR** Poker

20
 9:00 **AR** Walking Club
 10:00 **L** Jigsaw Challenge
 10:00 **AR** Move & Stretch w/ SunCrest
 10:00 **GR** Hand & Foot Cards
 10:30 **AR** Stretch Yoga
 1:00 **Music w/Dave Carty**
 2:00 **GR** B-I-N-G-O! w/ Silvia
 3:30 **HC** Social Hour
 5:30 **GR** Poker

27
 9:00 **AR** Walking Club
 10:00 **L** Jigsaw Challenge
 10:00 **AR** Move & Stretch w/ SunCrest
 10:00 **GR** Hand & Foot Cards
 10:30 **AR** Stretch Yoga
 2:00 **GR** B-I-N-G-O! w/ Silvia
 3:30 **HC** Social Hour
 5:30 **GR** Poker

Thursday

7 Allegro At Sea: Italy
 9:00 **L** Lake Como Jigsaw Challenge
 10:00 **AR** Mindful Yoga w/Cate
10:45 GR Create It! Fresh Pasta
11:30 DH Italian Dining & Music
 1:30 **GR** Did You Know? Italy
 2:00 **AR** Women's Bible Study
 2:00 **AR** Bocce Ball
 5:30 **TH** Venice Virtual Walking Tour

14
 9:00 **AR** Motivational Mornings
 9:30 **AR** Blood Pressure Screenings w/Suncrest
 10:00 **GR** Scrabble
 10:00 **L** Jigsaw Challenge
 10:00 **AR** Mindful Yoga w/Cate
 12:00 **DH** Piano Music by Louise
 2:00 **AR** Women's Bible Study
3:30 GR New Resident Welcome

21
 9:00 **AR** Motivational Mornings
 9:30 **AR** Blood Pressure Screenings w/Suncrest
 10:00 **GR** Scrabble
 10:00 **L** Jigsaw Challenge
 10:00 **AR** Mindful Yoga w/Cate
 12:00 **DH** Piano Music by Louise
 2:00 **AR** Women's Bible Study
3:00 GR Ambassador Meeting

28 Thanksgiving Day
 8:30 **TH** Macy's Thanksgiving Parade
 9:00 **AR** Motivational Mornings
 10:00 **L** Jigsaw Challenge
 10:00 **AR** Group Fitness
 10:30 **GR** Harvest Hitters! Volleyball
2:00 AR To Be Thankful Readings
 3:00 **DH** Turkey Day Trivia

Friday

1
 9:00 **GR** Men's Bible Study
 10:00 **L** Jigsaw Challenge
 10:00 **AR** Group Fitness Class
 10:30 **CR** Book Club
 11:00 **AR** Corn Hole
11:00 L Lunch Bunch: BJ's Brewhouse
 2:00 **GR** UNO
 3:30 **HC** Social Hour
 5:30 **GR** Chess & Checkers

8
 9:00 **GR** Men's Bible Study
 10:00 **L** Jigsaw Challenge
 10:00 **AR** Group Fitness Class
 10:30 **CR** Book Club
11:00 L Lunch Bunch: El Jalisco
 2:00 **GR** UNO
2:00 GR Storytelling w/Linda Ford
 3:30 **HC** Social Hour
 5:30 **GR** Chess & Checkers

15
 9:00 **GR** Men's Bible Study
 10:00 **L** Jigsaw Challenge
 10:00 **AR** Group Fitness Class
 10:30 **CR** Book Club
 11:00 **AR** Corn Hole
11:00 L Lunch Bunch: Red Elephant
 2:00 **GR** UNO
 3:30 **HC** Social Hour
 5:30 **GR** Chess & Checkers

22
 9:00 **GR** Men's Bible Study
 10:00 **L** Jigsaw Challenge
 10:00 **AR** Group Fitness Class
 10:30 **CR** Book Club
 11:00 **AR** Corn Hole
11:00 L Lunch Bunch: Ruby Tuesday's
 2:00 **GR** UNO
 3:30 **HC** Social Hour
 5:30 **GR** Chess & Checkers

29
 10:00 **L** Jigsaw Challenge
 10:00 **AR** Group Fitness Class
 10:30 **CR** Book Club
 11:00 **AR** Corn Hole
11:00 L Lunch Bunch: Kiku's Japanese
 2:00 **GR** UNO
 3:30 **HC** Social Hour
 5:30 **GR** Chess & Checkers

Saturday

2
 9:00 **AR** Walking Club
 10:00 **AR** Yoga & Stretching
 10:00 **L** Jigsaw Challenge
 10:00 **GR** Hand & Foot Cards
 11:00 **AR** Allegro Choir Practice
 2:00 **GR** B-I-N-G-O! w/ Silvia
 3:30 **AR** Fall Arts & Craft
 5:30 **GR** Evening Games w/ Friends

9
 9:00 **AR** Walking Club
 10:00 **AR** Yoga & Stretching
 10:00 **L** Jigsaw Challenge
 10:00 **GR** Hand & Foot Cards
 11:00 **AR** Allegro Choir Practice
 2:00 **GR** B-I-N-G-O! w/ Silvia
 3:30 **AR** Fall Arts & Craft
 5:30 **GR** Evening Games w/ Friends

16
 9:00 **AR** Walking Club
 10:00 **AR** Yoga & Stretching
 10:00 **GR** Hand & Foot Cards
10:00 L Fall Festival
 11:00 **AR** Allegro Choir Practice
 2:00 **GR** B-I-N-G-O! w/ Silvia
 3:30 **AR** Fall Window Hanging Craft
 5:30 **GR** Evening Games w/ Friends

23
 9:00 **AR** Walking Club
 10:00 **AR** Yoga & Stretching
 10:00 **L** Jigsaw Challenge
 10:00 **GR** Hand & Foot Cards
 11:00 **AR** Allegro Choir Practice
 2:00 **GR** B-I-N-G-O! w/ Silvia
 3:30 **AR** Fall Arts & Craft
 5:30 **GR** Evening Games w/ Friends

30
 9:00 **AR** Walking Club
 10:00 **AR** Yoga & Stretching
 10:00 **L** Jigsaw Challenge
 10:00 **GR** Hand & Foot Cards
 11:00 **AR** Allegro Choir Practice
 2:00 **GR** B-I-N-G-O! w/ Silvia
 3:30 **AR** Fall Arts & Craft
 5:30 **GR** Evening Games w/ Friends

Around our Community

Mark Your Calendars!

Blood Pressure Screenings
 w/Suncrest
 9:30 - 10:30AM
 Every Thursday
 Activity Room

Florida State Seminoles
 Football
 11/2 - UNC vs. Florida State
 11/9 - Florida State
 @ Notre Dame
 11/23 - Charleston So
 vs. Florida State
 11/30 - Florida
 @ Florida State



LOCATION KEY

- GR** Game Room
- L** Lobby
- AR** Activity Room
- CR** Camellia Room
- HC** Heritage Club
- LI** Library
- C** Chapel
- TH** Theatre
- MR** Magnolia Room
- DH** Dining Hall