

UPCOMING COMMUNITY EVENTS

BREAST CANCER AWARENESS MONTH

Let's talk about the facts. The two most common risk factors for breast cancer are being a woman and getting older. In the US, 1 in 8 women will be diagnosed with breast cancer. Most likely, you or someone near and dear has been affected by this disease. On Fridays, wear pink in support of the millions of women past and present fighting this disease.



THERAPY DOGS ARE COMING!



Take a break and care for your mental health and relax with the fluffiest, happiest therapy dogs!

Hosted by
Tallahassee Memorial Pet Therapy
October 3 & 17, 2024

DON'T MISS THESE EVENTS!

2 | Live Music Featuring Singing Cowboy, Justin Curtis

12 | Fall Festival

19 | Tallahassee Youth Orchestra

20 | American Breast Cancer Walk, Cascades Park

29 | Trunk-or-Treat Event

On Fridays, we wear PINK

Allegro in Tallahassee

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



FLOURISH

OCTOBER 2024



WHAT'S INSIDE

Pg 2-3
Social Calendar

Pg 4
Upcoming Events + News

*"LAUGHTER IS TIMELESS. IMAGINATION HAS NO AGE.
AND DREAMS ARE FOREVER."*

—WALT DISNEY



October 2024

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Allegro in Tallahassee

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

<https://www.allegroliving.com/tallahassee-fl.html>

6
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
11:00 **SU** Community Outing
2:00 **GR** B-I-N-G-O!
2:30 **AR** Painting Class
3:00 **GR** Scrabble
5:30 **TH** Movie Night

13
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
11:00 **SU** Community Outing
2:00 **GR** B-I-N-G-O!
3:00 **GR** Scrabble
5:30 **TH** Movie Night

20 Breast Cancer Walk
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
11:00 **SU** Community Outing
2:00 **L** American Breast Cancer Walk, Cascades Park
3:00 **GR** Scrabble
5:30 **TH** Movie Night

27
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
11:00 **SU** Community Outing
2:00 **GR** B-I-N-G-O!
3:00 **GR** Scrabble
5:30 **TH** Movie Night

7
9:30 **L** T.J. Maxx & Trader Joe's
10:00 **L** Jigsaw Challenge
10:00 **AR** Group Fitness Class
10:30 **AR** Stretch Yoga
11:00 **AR** Family Feud
2:00 **L** Shopping Shuttle
2:00 **GR** B-I-N-G-O!
3:30 **TH** The Great Courses Lecture
5:30 **GR** Rummy

14
9:30 **SU** Walmart
10:00 **L** Jigsaw Challenge
10:00 **AR** Group Fitness Class
10:30 **AR** Stretch Yoga
11:00 **AR** Family Feud
2:00 **L** Shopping Shuttle
2:00 **GR** B-I-N-G-O!
3:30 **TH** The Great Courses Lecture
5:30 **GR** Rummy

21
9:30 **SU** Target or Publix
10:00 **L** Jigsaw Challenge
10:00 **AR** Group Fitness Class
10:30 **AR** Stretch Yoga
11:00 **AR** Family Feud
2:00 **L** Shopping Shuttle
2:00 **GR** B-I-N-G-O!
3:30 **TH** The Great Courses Lecture
5:30 **GR** Rummy

28
9:30 **SU** Walmart
10:00 **L** Jigsaw Challenge
10:00 **AR** Group Fitness Class
10:30 **AR** Stretch Yoga
11:00 **AR** Family Feud
2:00 **L** Shopping Shuttle
2:00 **GR** B-I-N-G-O!
3:30 **TH** The Great Courses Lecture
5:30 **GR** Rummy

1
10:00 **L** Jigsaw Challenge
10:00 **AR** Fitness with Cate
10:45 **GR** Mindful Meditation
11:00 **AR** Music Therapy w/ Leah
1:30 **TH** Matinee Movie w/ Popcorn!
3:30 **MR** Meet-and-Greet State Rep., Spencer Brass
5:30 **GR** Scrabble

8
10:00 **L** Jigsaw Challenge
10:00 **AR** Fitness with Cate
10:45 **GR** Mindful Meditation
11:00 **AR** Music Therapy w/ Leah
1:30 **TH** Matinee Movie w/ Popcorn!
4:45 **MR** Dinner Music w/ Gail
5:30 **GR** Scrabble

15
10:00 **L** Jigsaw Challenge
10:00 **AR** Fitness with Cate
10:45 **GR** Mindful Meditation
11:00 **AR** Music Therapy w/Lean
1:30 **TH** Matinee Movie w/ Popcorn!
4:30 **MR** Dinner Music w/ Gail
5:30 **GR** Scrabble

22
10:00 **L** Jigsaw Challenge
10:00 **AR** Fitness with Cate
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
4:00 **MR** Dinner Music w/ Gail
5:30 **GR** Scrabble

29
10:00 **L** Jigsaw Challenge
10:00 **AR** Fitness with Cate
10:45 **GR** Mindful Meditation
11:00 **AR** Music Therapy w/ Leah
1:30 **TH** Matinee Movie w/ Popcorn!
3:30 **FB** Trunk-or-Treat Event
4:00 **MR** Dinner Music w/ Gail
5:30 **GR** Scrabble

2
10:00 **GR** Hand & Foot
10:00 **L** Jigsaw Challenge
10:00 **AR** Move & Stretch w/ SunCrest
10:30 **AR** Stretch Yoga
2:00 **GR** B-I-N-G-O!
3:30 **MR** Live Music Featuring Singing Cowboy, Justin Curtis
5:30 **GR** Poker

9
10:00 **GR** Hand & Foot
10:00 **L** Jigsaw Challenge
10:00 **AR** Move & Stretch w/ SunCrest
10:30 **AR** Stretch Yoga
11:00 **GR** Food Committee Meeting
11:30 **PD** Let's Celebrate! October Birthday Lunch
2:00 **C** October Town Hall Meeting
3:30 **HC** Social Hour
5:30 **GR** Poker

16
10:00 **GR** Hand & Foot
10:00 **L** Jigsaw Challenge
10:00 **AR** Move & Stretch w/ SunCrest
10:30 **AR** Stretch Yoga
2:00 **GR** B-I-N-G-O!
3:30 **HC** Social Hour
5:30 **GR** Poker

23
10:00 **GR** Hand & Foot
10:00 **L** Jigsaw Challenge
10:00 **AR** Move & Stretch w/ SunCrest
10:30 **AR** Stretch Yoga
2:00 **GR** B-I-N-G-O!
3:30 **HC** Social Hour
5:30 **GR** Poker

30
10:00 **GR** Hand & Foot
10:00 **L** Jigsaw Challenge
10:00 **AR** Move & Stretch w/ SunCrest
10:30 **AR** Stretch Yoga
12:00 **MR** Disney-Themed Fashion Show
2:00 **GR** B-I-N-G-O!
3:30 **HC** Social Hour
5:30 **GR** Poker

3
10:00 **GR** Scrabble
10:00 **AR** Fitness with Cate
10:00 **L** Tallahassee Memorial Hospital Pet Therapy
10:45 **GR** Mindful Meditation
11:00 **LI** Book Club with Cate
2:00 **TH** Faith-Based Movie Matinee
3:30 **GR** Beer & Billiards
3:30 **GR** Activities Planning Mtg.
5:30 **TH** Movie Night

10
10:00 **GR** Scrabble
10:00 **L** Jigsaw Challenge
10:00 **AR** Fitness with Cate
10:45 **GR** Mindful Meditation
12:00 **DH** Piano Music by Louise
2:00 **TH** Faith-Based Movie Matinee
3:30 **GR** Beer & Billiards
3:30 **GR** New Resident Welcome
5:30 **TH** Movie Night

17
10:00 **GR** Scrabble
10:00 **L** Jigsaw Challenge
10:00 **AR** Fitness with Cate
10:00 **L** Tallahassee Memorial Hospital Pet Therapy
10:45 **GR** Mindful Meditation
12:00 **DH** Piano Music by Louise
2:00 **TH** Faith-Based Movie Matinee
3:30 **GR** Beer & Billiards
5:30 **TH** Movie Night

24
10:00 **GR** Scrabble
10:00 **L** Jigsaw Challenge
10:00 **AR** Fitness with Cate
10:45 **GR** Mindful Meditation
12:00 **DH** Piano Music by Louise
2:00 **TH** Faith-Based Movie Matinee
3:30 **GR** Beer & Billiards
3:30 **GR** Ambassador Meeting
5:30 **TH** Movie Night

31
10:00 **GR** Scrabble
10:00 **L** Jigsaw Challenge
10:00 **AR** Fitness with Cate
10:45 **GR** Mindful Meditation
12:00 **DH** Piano Music by Louise
2:00 **TH** Faith-Based Movie Matinee
3:30 **GR** Beer & Billiards
5:30 **TH** Movie Night

4 PINK Out Day
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 **SU** Lunch Outing
2:00 **GR** UNO
3:30 **HC** Social Hour
5:30 **GR** Chess & Checkers

11 PINK Out Day
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 **SU** Lunch Outing
2:00 **GR** UNO
3:30 **HC** Social Hour
5:30 **GR** Chess & Checkers

18 FSU @ Duke
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 **SU** Lunch Outing
2:00 **GR** UNO
3:30 **HC** Social Hour
5:30 **GR** Chess & Checkers

25 PINK Out Day
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 **SU** Lunch Outing
2:00 **GR** UNO
3:30 **HC** Social Hour
5:30 **GR** Chess & Checkers



5 FSU vs Clemson
9:00 **L** Walking Club
10:00 **GR** Hand & Foot
10:00 **AR** Yoga & Stretching
10:00 **L** Jigsaw Challenge
11:00 **AR** Mindful Meditation
2:00 **GR** B-I-N-G-O!
3:30 **AR** Fall Arts & Craft
5:30 **GR** Evening Games w/ Friends

12
9:00 **L** Walking Club
10:00 **GR** Hand & Foot
10:00 **AR** Yoga & Stretching
10:00 **L** Jigsaw Challenge
10:00 **CY** Fall Festival!
11:00 **AR** Mindful Meditation
2:00 **GR** B-I-N-G-O!
3:30 **AR** Fall Arts & Craft
5:30 **GR** Evening Games w/ Friends

19
9:00 **L** Walking Club
10:00 **GR** Hand & Foot
10:00 **AR** Yoga & Stretching
10:00 **L** Jigsaw Challenge
11:00 **AR** Mindful Meditation
1:00 **MR** Tallahassee Youth Orchestra
2:00 **GR** B-I-N-G-O!
3:30 **AR** Fall Arts & Craft
5:30 **GR** Evening Games w/ Friends

26 FSU @ Miami
9:00 **L** Walking Club
10:00 **GR** Hand & Foot
10:00 **AR** Yoga & Stretching
10:00 **L** Jigsaw Challenge
11:00 **AR** Mindful Meditation
2:00 **GR** B-I-N-G-O!
3:30 **AR** Fall Arts & Craft
5:30 **GR** Evening Games w/ Friends

Around our Community

October Special Events

Breast Cancer Awareness Month

On Fridays we wear PINK
Wear pink to raise awareness and money for breast cancer research.

Halloween

Show off your spooky spirit...
Join us this October by participating in our Halloween Door Decorating Contest from October 11 - 20, 2024. Judging will take place on October 21, 2024. Participation is absolutely free and all are welcome. Happy Decorating!

LOCATION KEY

- L** Lobby
- AR** Activity Room
- GR** Game Room
- TH** Theatre
- MR** Magnolia Room
- LI** Library
- CR** Camellia Room
- SU** Sign Up
- HC** Heritage Club
- C** Chapel