

UPCOMING COMMUNITY EVENTS

SEP

WHAT'S SO SPECIAL ABOUT SEPTEMBER?

September is the first month of fall in the Northern Hemisphere and spring in the Southern Hemisphere.

September's full moon is called the Harvest Moon because it's the closest to the autumnal equinox. However, it can sometimes fall into October, in which case it's called the Corn Moon. September also has two minor

meteor showers. September flowers are said to be dyed in purple, gold, and red. It is a time to rejoice in the season's abundance and is referred to as the harvest month. September also signals the end of the scorching summer days and the beginning of cooler weather in the northern hemisphere. Meanwhile, in the southern hemisphere, September marks the arrival of spring, with flowers in bloom. Out of all 12 months of the year, September is spelled with the most letters. It contains nine letters, and happens to be the ninth month of the year. Also, a little-known, but highly significant holiday falls in September. September 17th is Constitution Day, which marks the day that the U.S. Constitution was adopted!

NATIONAL ASSISTED LIVING WEEK

National Assisted Living Week begins on Grandparents' Day, making it the perfect opportunity to celebrate together, with inspirational stories and photographs. We will be offering activities during September 8th through the 14th celebrating this annual observance. We plan on inviting guests to bring photos of their grandparents and to share inspirational stories with each other. Grandparents' Day is a great excuse to honor and show some love for the older generations in our families. We also honor "grand-friends" for their contributions to our families, neighborhoods and communities, giving children strength, information and guidance they all need.

Allegro in Boynton Beach

11450 Hagen Road
Boynton Beach, FL 33437
(561) 536-3859



FLOURISH

SEPTEMBER 2024

WHAT'S INSIDE

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Social Calendar

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Upcoming Events + News

"CHEERS TO A NEW MONTH AND ANOTHER CHANCE FOR US TO GET IT RIGHT."

—OPRAH WINFREY

Sunday

- 1**
 10:00 **Bus** Trip to Church Services
 10:15 **PAT** Famous Folks Trivia
 11:00 **B** Knitting Club
 1:30 **GT** Afternoon Movie -Your Choice
 2:00 **CR** Musical Nostalgia-The Music of Andrew L.W.
 3:00 **CR** Finish the Lines
 4:00 **B** Happy Hour
 7:30 **GT** Evening Movie-Hit Man

- 8**
CR Nat'l Assisted Living Week
 9:30 **A** Walking Club-Meet in the Atrium
 10:00 **Bus** Trip to Church Services
 11:00 **B** Knitting Club
 11:00 **CR** Grandparents' Day and Ice Cream
 1:30 **GT** Afternoon Movie- Your Choice!
 2:00 **CR** Musical Nostalgia-The Big

- 15**
 10:00 **Bus** Trip to Church Services
 10:00 **A** Terry - Watch Repair Man
 10:15 **PAT** Famous Folks Trivia
 11:00 **B** Knitting Club
 1:30 **GT** Afternoon Movie - Residents' Choice
 2:00 **CR** National Wildlife Day-Endangered Species
 3:00 **CR** Finish the Lines
 4:00 **B** Happy Hour

- 22** First Day of Autumn
 9:30 **A** Walking Club-Meet in the Atrium
 10:00 **Bus** Trip to Church Services
 10:15 **PAT** Famous Folks Trivia
 11:00 **B** Knitting Club
 1:30 **GT** Afternoon Movie-Residents' Choice
 3:00 **CR** Finish the Lines
 4:00 **B** Happy Hour
 7:30 **GT** Evening Movie-Living

- 29**
 10:00 **Bus** Trip to Church Services
 10:15 **PAT** Famous Folks Trivia
 11:00 **B** Knitting Club
 1:30 **GT** Afternoon Movie - Residents' Choice
 2:00 **CR** Musical Nostalgia-The Music of Neil Diamond
 3:00 **CR** Finish the Lines
 4:00 **B** Happy Hour
 7:30 **GT** Evening Movie-Victoria and

Monday

- 2** Labor Day
 10:15 **CR** Gentle Stretching with Stacy
 11:00 **CR** Word Wall
 1:30 **MC** Men's Club Pow Wow
 2:00 **P** Water Aerobics
 4:00 **B** Happy Hour
 7:30 **GT** Evening Movie-The Long Game

- 9**
 10:15 **CR** Gentle Stretching with Stacy
 10:30 **Bus** Trip to Pinewood Shopping Center.and Lunch
 11:00 **CR** Word Wall
 12:00 **CR** Inspiring Generations-PJ's and Pancakes. Wear your pajamas!
 1:30 **MC** Men's Club Pow Wow
 4:00 **B** Happy Hour

- 16**
 9:30 **A** Walking Club-Meet in the Atrium
 10:15 **CR** Gentle Stretching with Stacy
 11:00 **CR** Word Wall
 1:30 **MC** Men's Club Pow Wow
 4:00 **B** Happy Hour
 7:30 **GT** Evening Movie-The Man from U.N.C.L.E.
 7:30 **CR** "Wine" Down With Bingo at

- 23**
 10:15 **CR** Gentle Stretching with Stacy
 10:15 **Bus** Trip to Isles Casino
 11:00 **CR** Word Wall
 1:30 **MC** Men's Club Pow Wow
 1:30 **CR** Frozen Yogurt Party
 4:00 **B** Happy Hour
 7:30 **GT** Evening Movie-Jack Reacher
 7:30 **CR** "Wine" Down With Bingo at night!

- 30**
 9:30 **A** Walking Club-Meet in the Atrium
 10:00 **CR** Book of Extraordinary Facts
 10:15 **CR** Gentle Stretching with Stacy
 11:00 **CR** Word Wall
 1:30 **MC** Men's Club Pow Wow
 2:00 **P** Water Aerobics
 4:00 **B** Happy Hour

Tuesday

- 3**
 10:00 **CR** Mindful Meditation
 10:00 **Bus** "Loop" Trip Around Town
 11:00 **CR** Moving with Mary
 11:00 **C** Inspirational Quotes and their Meanings
 2:00 **GT** Bingo
 4:00 **B** Happy Hour- Margarita Mixer
 7:30 **GT** Evening Movie-Wicked Little Letters

- 10**
 9:30 **A** Walking Club-Meet in the Atrium
 10:00 **CR** Mindful Meditation
 10:00 **Bus** "Loop" Trip Around Town
 11:00 **CR** Moving with Mary
 11:00 **C** Inspiring Generations -Sharing Favorite Family Stories
 2:00 **GT** Bingo
 4:00 **B** Happy Hour

- 17**
 10:00 **Bus** "Loop" trip around town
 10:00 **CR** Mindful Meditation
 11:00 **CR** Moving with Mary
 12:00 **Bus** Lunch Outing-Henry's
 2:00 **CR** Bingo
 4:00 **B** Happy Hour
 7:30 **GT** Evening Movie-On the Basis of Sex
 7:30 **GT** Table Top Bowling

- 24**
 9:30 **A** Walking Club-Meet in the Atrium
 10:00 **Bus** "Loop" trip around town
 10:00 **CR** Mindful Meditation
 11:00 **C** You Be the Judge
 11:00 **CR** Moving with Mary
 2:00 **DR** Entertainment with Jaycee
 4:00 **B** Happy Hour
 7:30 **GT** Evening Movie-La La Land
 7:30 **CR** Music and Movie Trivia

Wednesday

- 4**
 10:00 **P** The Music of Broadway
 10:15 **CR** Gentle Stretching with Stacy
 11:15 **Bus** Delray Movies
 2:30 **B** Entertainment with Don
 4:00 **B** Happy Hour
 7:30 **CR** "High Stakes" Super Bingo
 7:30 **GT** Evening Movie-May December

- 11**
 10:00 **GT** Town Hall Meeting
 10:15 **CR** Gentle Stretching with Stacy
 11:00 **Bus** Trip to the Library
 11:00 **CR** Capturing the Moment in Paint with Charlene.
 1:30 **GT** Inspiring Generations Having Your Picture Taken in our Theatre. Wear Your Favorite Hat!

- 18**
 9:30 **A** Walking Club-Meet in the Atrium
 10:00 **B** Food Committee Meeting
 10:15 **CR** Gentle Stretching with Stacy
 11:00 **GT** Activities Committee Meeting
 11:15 **Bus** Delray Movies
 2:30 **B** Entertainment with Garth
 4:00 **B** Happy Hour

- 25**
 10:00 **B** Here's the Scoop!
 10:15 **CR** Gentle Stretching with Stacy
 11:00 **DR** Resident Council Meeting
 11:00 **Bus** Trip to Library
 11:00 **CR** Painting with Charlene
 4:00 **B** Happy Hour
 7:30 **GT** Evening Movie-Spencer Confidential

Thursday

- 5**
 10:00 **C** Wordical Challenge
 10:30 **C** Learning Mah-Jongg
 11:00 **Spa** Moving with Mary
 2:00 **GT** Bingo
 4:00 **B** Happy Hour and Hors D'oeuvres
 4:15 **Bus** Dinner Outing - Italian Fare
 7:30 **GT** Evening Movie-A Man called Otto

- 12**
 9:30 **A** Walking Club-Meet in the Atrium
 10:00 **C** Wordical Challenge
 10:00 **CR** Nutrition- Sixty Ways to Live a Healthier Life
 10:30 **C** Learning Mah-Jongg
 11:00 **Spa** Moving with Mary
 11:00 **CR** Inspiring Generations in Family Photos-Let's Start a Scrapbook!

- 19**
 10:00 **C** Wordical Challenge
 10:30 **C** Learning Mah-Jongg
 10:30 **GT** Lecture with Ed Lamont
 11:00 **Spa** Moving with Mary
 2:00 **GT** Bingo Madness
 3:00 **CR** Family Support Group
 4:00 **B** Happy Hour and Hors D'oeuvres
 4:15 **Bus** Dinner Outing - American Fare

- 26**
 9:30 **A** Walking Club-Meet in the Atrium
 10:00 **C** Wordical Challenge
 10:30 **C** Learning Mah-Jongg
 10:30 **GT** All about "Senior Bullying"
 11:00 **Spa** Moving with Mary
 2:00 **GT** Bingo Madness
 4:00 **B** Happy Hour and Hors D'oeuvres

Friday

- 6**
 9:30 **A** Walking Club-Meet in the Atrium
 10:00 **CR** Giant Crossword Puzzles
 10:00 **GT** Book Club Meeting
 1:30 **Bus** Banking Day
 2:00 **CR** Cookies and Conversation
 3:15 **GT** Shabbat Services
 4:00 **B** Happy Hour
 7:30 **GT** Evening Movie-Miller's Girl

- 13**
 9:30 **A** Walking Club-Meet in the Atrium
 10:00 **CR** Giant Crossword Puzzles
 1:30 **Bus** Banking Day
 1:30 **Spa** Inspiring Generations with a Lovely Hand Massage and Make-Up Application!
 2:00 **CR** Older and Wiser Quotes and Conversation
 3:15 **GT** Shabbat Services

- 20**
 9:30 **A** Walking Club-Meet in the Atrium
 10:00 **CR** Giant Crossword Puzzles
 1:30 **Bus** Banking Day
 2:00 **CR** Cookies and Conversation
 3:15 **GT** Shabbat Services
 4:00 **B** Happy Hour
 7:30 **GT** Evening Movie-The Wonderful Story of Henry Sugar

- 27**
 9:30 **A** Walking Club-Meet in the Atrium
 10:00 **CR** Giant Crossword Puzzles
 1:30 **Bus** Banking Day
 2:00 **CR** Cookies and Conversation
 3:15 **GT** Shabbat Services
 4:00 **B** Happy Hour
 7:30 **GT** Evening Movie-Eat Pray Love

Saturday

- 7**
 10:00 **CR** Name that Tune
 10:30 **Bus** Publix
 11:00 **CR** Crafting with Josephine and Deena
 1:30 **CR** Word Wall
 1:30 **GT** Afternoon Movie-Residents' Choice
 2:00 **Bus** Trip to Delray Playhouse-"A Chorus Line"
 3:00 **CR** You Be the Judge

- 14**
 9:30 **A** Walking Club-Meet in the Atrium
 10:00 **CR** Name that Tune
 10:30 **Bus** Publix
 11:00 **CR** Crafting with Josephine and Deena
 1:30 **CR** Word Wall
 1:30 **GT** Afternoon Movie-Residents' Choice
 2:30 **LR** Therapy Dogs

- 21**
 9:00 **GT** Harry Getzov-Ella Fitzgerald Part 2
 10:00 **CR** Name that Tune
 10:30 **Bus** Publix
 11:00 **CR** Crafting with Josephine and Deena
 1:30 **CR** Word Wall
 1:30 **GT** Afternoon Movie-Residents' Choice
 4:00 **B** Happy Hour

- 28**
 9:30 **A** Walking Club-Meet in the Atrium
 10:00 **CR** Name that Tune
 10:30 **Bus** Publix
 11:00 **CR** Crafting with Josephine and Deena
 1:30 **CR** Word Wall
 1:30 **GT** Afternoon Movie-Residents' Choice
 3:00 **CR** You Be the Judge

HAPPY BIRTHDAY!

- MARTIN ISAACSON 9/02
 LEON PEREZ - 9/11
 KAREN RUBIN - 9/11
 MILDRED BOOK - 9/12
 JUDY BROCKMAN - 9/13
 HELENE STONE - 9/14
 PHYLLIS BARASH- 9/19
 MAYER SANTER - 9/22
 WERNER WOLF - 9/24
 BETTY BONO - 9/28
 SHIRLEY TAFF - 9/30

Pluto is profound and deep, bringing about transformations through letting go and building anew. Visioning how you would structure your life, you could thank your angels for helping you accomplish this, bringing you much closer to your goal.

LOCATION KEY

- Bus** Bus Trip
PAT Patio
B Bistro
GT Grand Theatre
CR Community Room
MC Man Cave
P Pool
C Card Room
Spa Spa
A Atrium

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Sunday

- 1**
 9:00 **LR** In the News
 10:00 **LR** Sweating to the Oldies
 11:00 **LR** Fall Foliage: Tour of New England
 1:30 **AR** Bowling
 2:45 **LR** Name that Tune
 3:30 **AR** Bingo
 6:15 **LR** Movie-Phantom of the Opera

8 Grandparents Day

- 9:00 **LR** In the News
 10:00 **LR** Sweating to the Oldies
 11:00 **LR** Virtual Visit: Yosemite Fall
 1:30 **AR** Bowling
 2:00 **AR** Inspiring Generations-Come for Cookies and Juice
 2:45 **LR** Name that Tune
 3:30 **AR** Bingo
 6:15 **LR** Movie-Top Gun

15

- 9:00 **LR** In the News
 10:00 **LR** Sweating to the Oldies
 11:00 **LR** The Fall Colors of the Appalachian Mts
 1:30 **AR** Bowling
 2:45 **LR** Name that Tune
 3:30 **AR** Bingo
 6:15 **LR** Movie-Get Aboard the Band Wagon

22 First Day of Fall

- 9:00 **LR** In the News
 10:00 **LR** Sweating to the Oldies
 11:00 **LR** Virtual Visit; Havasu Falls
 1:30 **AR** Bowling
 2:45 **LR** Name that Tune
 3:30 **AR** Musical Bingo
 6:15 **LR** Movie-Abbot and Costello

29 Biscotti Day

- 9:00 **LR** In the News
 10:00 **LR** Sweating to the Oldies
 11:00 **LR** Fall Colors in the Pacific Northwest
 1:30 **AR** Bowling
 2:45 **LR** Name that Tune
 3:30 **AR** Bingo
 6:15 **LR** Comedian-Greg Warren

Monday

- 2 Labor Day**
 9:30 **LR** Mediation
 10:00 **LR** Chair Yoga
 10:30 **LR** Word Wall
 1:30 **GT** Movies
 1:30 **LR** Pictionary
 2:00 **AR** Crafts with Lucy
 3:15 **AR** Volleyball
 6:15 **LR** Movie-Everyone's Little Princess

9

- 9:00 **LR** On This Day
 10:00 **LR** Chair Yoga
 10:30 **LR** Fill in the Blanks
 1:30 **GT** Movies
 2:00 **DR** Baking with Jeanne
 3:30 **AR** Karaoke
 6:15 **LR** Movie-Hello Dolly

16

- 9:00 **LR** On This Day
 10:00 **LR** Chair Yoga
 10:30 **LR** Word Wall
 11:30 **Bus** Lunch Outing
 1:30 **GT** Movies
 1:30 **LR** Pictionary
 2:00 **AR** Crafts with Lucy
 3:15 **AR** Volleyball
 6:15 **LR** Movie-Funny Girl

23

- 9:00 **LR** On This Day
 10:00 **LR** Chair Yoga
 10:30 **LR** Fill in the Blanks
 1:30 **GT** Movies
 2:00 **AR** Fall Crafts
 3:15 **AR** Karaoke
 6:15 **LR** Movie-Peter Pan

30

- 9:45 **LR** Mediation
 10:00 **LR** Chair Yoga
 10:30 **LR** Word Wall
 1:30 **GT** Movies
 1:30 **LR** Pictionary
 2:30 **LR** Entertainment
 3:45 **LR** Music Trivia
 6:15 **LR** Movie-Topper

Tuesday

- 3**
 9:00 **AR** Fun Facts
 10:00 **LR** 50's workout
 11:00 **AR** Guess the Name or Place
 1:00 **AR** Finish the Phrase
 2:00 **AR** Exercise with Ashley
 3:30 **AR** Bingo Bonanza
 6:15 **LR** Musical- A Chorus Line

10

- 8:15 **DR** Homemade Waffles
 9:00 **AR** Fun Facts
 10:00 **AR** Babies With Amy
 11:00 **AR** Guess the Name or Place
 1:00 **AR** Finish the Phrase
 1:30 **Bus Trip** Ice Cream Outing
 2:00 **AR** Exercise with Ashley
 3:30 **AR** Word Wall
 6:15 **LR** Movie-Find Me Falling

17 Harvest Moon

- 9:00 **AR** Fun Facts
 10:00 **LR** 50's Workout
 11:00 **AR** Guess the Name or Place
 1:00 **AR** Finish the Phrase
 2:00 **AR** Exercise with Ashley
 3:30 **AR** Pokeno
 6:15 **LR** Movie-Young Woman at the Sea

24

- 9:00 **AR** Fun Facts
 10:00 **AR** Babies With Amy
 11:00 **AR** Guess the Name or Place
 1:00 **AR** Finish the Phrase
 2:00 **AR** Exercise with Ashley
 3:30 **AR** Entertainment
 6:15 **LR** Movie-Cheaper By the Dozen

Wednesday

- 4**
 9:00 **AR** Back When
 10:00 **AR** Puzzles, Checkers and Scrabble
 11:00 **AR** Chair Yoga
 11:15 **LR** Pictionary
 1:15 **AR** Bowling
 2:30 **LR** Karaoke
 3:45 **AR** Pokeno
 6:15 **LR** Movie-Gypsy

11

- 9:00 **AR** Back When
 10:00 **AR** Painting With Charlene
 11:00 **AR** Chair Yoga
 1:00 **AR** Badminton
 2:30 **LR** Sharing Family Photo's
 3:45 **AR** Family Feud
 6:15 **LR** Wine Down Wednesday

18

- 9:30 **AR** Mediation
 10:00 **AR** Puzzles, Checkers and Scrabble
 11:00 **AR** Chair Yoga
 11:15 **Bus Trip** Movie Outing
 1:15 **AR** Bowling
 2:30 **LR** Karaoke
 3:45 **AR** Music of the 40's
 6:15 **LR** Musical-No No Nanette

25

- 9:00 **AR** Back When
 10:00 **AR** Painting With Charlene
 11:00 **AR** Chair Yoga
 1:00 **AR** Finish The Saying
 2:30 **LR** Karaoke
 3:45 **AR** Build a Word
 6:15 **LR** Wine Down Wednesday

Thursday

- 5 Cheese Pizza Day**
 9:00 **LR** Memory Lane
 10:00 **LR** Sweating to the Oldies
 10:30 **LR** What Did it Cost
 1:15 **LR** Bowling
 2:15 **LR** Wheel of Fortune
 3:30 **AR** Music Trivia
 6:15 **LR** Musical-The Lion King

12 Choc Milkshake Day

- 9:00 **LR** Memory Lane
 10:00 **LR** Sweating to the Oldies
 10:30 **LR** What Did it Cost
 1:15 **AR** Movie Trivia
 2:15 **LR** Wheel of Fortune
 3:30 **AR** Entertainment
 6:15 **LR** Movie-The Little Rascals

19

- 9:00 **LR** Memory Lane
 10:00 **LR** Sweating to the Oldies
 10:30 **LR** What Did it Cost
 1:15 **LR** Bowling
 2:15 **LR** Unscramble the Word
 3:30 **AR** Bingo Bonanza
 6:15 **LR** Movie-Finians Rainbow

26 Key Lime Pie Day

- 9:00 **LR** Memory Lane
 10:00 **LR** Sweating to the Oldies
 10:30 **LR** What Did it Cost
 1:15 **AR** Chair Basketball
 1:30 **DR** Baking our Dessert with Jeanne
 2:15 **LR** Unscramble the Word
 3:30 **AR** Bingo Bonanza
 6:15 **LR** Movie-The Pirate

Friday

- 6**
 9:00 **LR** In The News
 10:30 **LR** Matching Objects
 11:00 **PAT** Crossword Puzzle
 2:00 **LR** Word Wall
 3:30 **GT** Shabbat
 3:30 **AR** Pictionary
 6:15 **LR** Comedian-Jeanne Robertson

13

- 9:30 **LR** Mediation
 10:30 **LR** Matching Objects
 11:00 **PAT** Crossword Puzzle
 2:00 **LR** Making Memories-Photo Shoot
 3:30 **GT** Shabbat
 3:30 **AR** Karaoke
 6:15 **LR** Musical- Buddy Holly Story

20

- 9:00 **LR** In The News
 10:30 **LR** Matching Objects
 11:00 **PAT** Crossword Puzzle
 2:00 **LR** Word Wall
 2:30 **LR** Cocktails and Snacks
 3:30 **GT** Shabbat
 3:30 **AR** Music Trivia of the 40's
 6:15 **LR** Comedian-Jim Gaffigan

27

- 9:00 **LR** In The News
 10:30 **LR** Matching Objects
 11:00 **PAT** Crossword Puzzle
 2:00 **LR** Word Wall
 3:30 **GT** Shabbat
 3:30 **AR** Pos-ti-vi Tea
 6:15 **LR** Musical-Guys and Dolls

Saturday

- 7**
 9:00 **LR** Good News
 10:00 **AR** Guess the person or place
 11:00 **AR** Music of the 40's
 1:15 **LR** Watercolors On Canvas
 2:00 **AR** Scrabble or Rummy Q
 3:15 **AR** Word Wall
 6:15 **LR** Movie-Oklahoma

14

- 9:00 **LR** Good News
 10:00 **AR** Guess the person or place
 11:00 **AR** Remember When
 1:15 **LR** Watercolors On Canvas
 2:00 **AR** Scrabble or Rummy Q
 2:30 **LR** Therapy Dogs
 3:15 **AR** Bingo Bonanza
 6:15 **LR** Movie-7 Brides for 7 Brothers

21

- 9:00 **LR** Good News
 10:00 **AR** Guess the person or place
 11:00 **AR** Music of the 50's
 1:15 **LR** Watercolors On Canvas
 2:00 **AR** Scrabble or Rummy Q
 3:15 **AR** Big Band Music
 6:15 **LR** Musical- Bye Bye Birdie

28

- 9:00 **LR** Good News
 10:00 **AR** Guess the person or place
 11:00 **AR** Remember When
 1:15 **LR** Watercolors On Canvas
 2:00 **AR** Scrabble or Rummy Q
 3:15 **AR** Entertainment
 6:15 **LR** Movie-And So it Goes

Sept Happenings

Sept Birthdays

- Geoffrey 09/23
 Judith 09/29

Entertainments

- Stone Silk 9/12
 JC Revue 9/24
 Chris Autore 9/28
 Still Jammin 9/30

Assisted Living Week

9-8 thru 9-14

At the close of this month we are hoping Oct brings some cooler weather for possibly an outdoor luncheon and outdoor outings for us to go on. We will keep you posted.

All activities are subject to change.

LOCATION KEY

- LR** Living Room
AR Activity Room
GT Grand Theatre
PAT Patio
DR Dining Room
BT Bus Trip

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"Pina Coladas" Enjoyed by all



Grandparent's Day

