

UPCOMING COMMUNITY EVENTS



END OF SUMMER POOL PARTY

We invite you and your family to an Allegro end of the summer pool party. Come join us for fun in the sun. Together, we will party the afternoon away. The pool party will be Sunday September 8, 2024.

Come join us in celebrating National Assisted Living Week September 8-14. Each day, there will be a theme and fun activities. We will be having a spirit week, come dressed in theme and join in on the fun.



MARK YOUR CALENDAR

Spirit Week 9/8-9/14

Kona Ice Truck 9/12

\$ Casino Trip 9/21

\$ J' Mark Resturant 9/24

\$ Butterfly World 9/28

Fort Lauderdale

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



FLOURISH

SEPTEMBER 2024



WHAT'S INSIDE

Pg 2-3
Social Calendar

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Upcoming Events + News

"YOU ONLY LIVE ONCE, BUT IF YOU DO IT RIGHT, ONCE IS ENOUGH."

—MAE WEST

Sunday

- 1**
 10:00 **L** Local Church Shuttle
 11:30 **T** Space oddities
 11:45 **B** Coffee and Conversation
 2:15 **T** Movie Matinee
 2:30 **A** Creative Crafts
 3:00 **GR** Billiards and Board Games
 4:00 **B** Happy Hour
 7:00 **CR** Poker with Patrick
 7:15 **T** The Wizard of Oz

- 8 Assisted Living Week**
 10:00 **L** Local Church Shuttle
 11:00 **W** Jazz Brunch
 2:00 **PD** Pool Party
 3:00 **GR** Billiards and Board Games
 4:00 **B** Happy Hour
 7:15 **T** Oklahoma

- 15**
 10:00 **L** Local Church Shuttle
 11:30 **T** Artist Talk: James Johnson
 11:45 **B** Coffee and Conversation
 2:15 **T** Movie Matinee
 2:30 **A** Creative Crafts
 3:00 **GR** Billiards and Board Games
 4:00 **B** Happy Hour
 7:15 **T** The Guernsey Literary

- 22**
 10:00 **L** Local Church Shuttle
 11:30 **T** Who's in Control-Brain
 11:45 **B** Coffee and Conversation
 1:00 **OUT** Rita's-\$
 2:15 **T** Movie Matinee
 2:30 **A** Creative Crafts
 3:00 **GR** Billiards and Board Games
 4:00 **B** Happy Hour /Football game
 7:15 **T** Julie & Julia

- 29**
 10:00 **L** Local Church Shuttle
 11:30 **T** Roman History
 11:45 **B** Coffee and Conversation
 2:15 **T** Movie Matinee
 2:30 **A** Creative Crafts
 3:00 **GR** Billiards and Board Games
 4:00 **B** Happy Hour
 7:15 **T** Terms of Endearment

Monday

- 2 Labor Day**
 9:00 **L** Trip: CVS/Walgreens
 10:00 **Y** Chair Yoga
 10:15 **CR** Social games
 11:00 **CR** Crossword Challenge
 2:00 **LI** Riddle Hour
 2:15 **T** Movie Matinee
 3:00 **CR** Big Money Bingo Win \$\$
 4:00 **B** Happy Hour
 7:15 **T** Sense And Sensibility

- 9 Assisted Living Week**
 9:00 **L** Trip: CVS/Walgreens
 10:00 **Y** Chair Yoga
 10:15 **CR** Social games
 11:00 **CR** Crossword Challenge
 2:00 **LI** Riddle Hour
 2:00 **CR** Resident Council -AL
 2:15 **T** Movie Matinee
 3:00 **CR** Big Money Bingo Win \$\$
 4:00 **B** Happy Hour
 7:15 **T** Fiddler On the Roof

- 16**
 9:00 **L** Trip: CVS/Walgreens
 10:00 **Y** Chair Yoga
 10:15 **CR** Social games
 11:00 **CR** Crossword Challenge
 2:00 **LI** Riddle Hour
 2:15 **T** Movie Matinee
 3:00 **CR** Big Money Bingo Win \$\$
 4:00 **B** Happy Hour
 7:15 **T** Race

- 23 First Day of Fall**
 9:00 **L** Trip: CVS/Walgreens
 10:00 **Y** Chair Yoga
 10:15 **CR** Social games
 11:00 **CR** Crossword Challenge
 2:00 **LI** Riddle Hour
 2:15 **T** Movie Matinee
 3:00 **CR** Big Money Bingo Win \$\$
 4:00 **B** Happy Hour
 7:15 **T** Ali 2001

- 30**
 9:00 **L** Trip: CVS/Walgreens
 10:00 **Y** Chair Yoga
 10:15 **CR** Social games
 11:00 **CR** Crossword Challenge
 2:00 **LI** Riddle Hour
 2:15 **T** Movie Matinee
 3:00 **CR** Big Money Bingo Win \$\$
 4:00 **B** Happy Hour
 7:15 **T** A Man Called Otto

Tuesday

- 3**
 9:00 **L** Walking Club
 10:00 **CR** PT Exercise
 11:00 **CR** Brain Power Hour
 2:00 **CR** Activity Committee
 3:00 **GR** Card & Board Games
 3:30 **CR** Painting with Anna
 4:00 **B** Happy Hour
 6:00 **L** Golden Girls-\$
 7:45 **T** Back to the Future

- 10 Assisted Living Week**
 9:00 **L** Walking Club
 10:00 **CR** PT Exercise
 11:00 **T** Movies and TV Lecture
 1:30 **CR** Mahjong lessons
 2:15 **T** Movie Matinee
 3:00 **GR** Card & Board Games
 3:15 **CR** Painting with Anna
 4:00 **B** Happy Hour
 6:30 **B** Bowling
 7:45 **T** Major League II

- 17**
 9:00 **L** Walking Club
 10:00 **CR** PT Exercise
 11:00 **CR** Brain Power Hour
 2:15 **T** Movie Matinee
 3:00 **GR** Card & Board Games
 3:15 **CR** Painting with Anna
 4:00 **B** Happy Hour
 6:30 **B** Bowling
 7:45 **T** The Miracle Club

- 24**
 9:00 **L** Walking Club
 10:00 **CR** PT Exercise
 11:00 **CR** Brain Power Hour
 2:15 **T** Movie Matinee
 3:00 **GR** Card & Board Games
 3:15 **CR** Painting with Anna
 4:00 **B** Happy Hour
 6:30 **B** Bowling
 6:30 **OUT** J Mark's Restaurant -\$
 7:45 **T** Steel Magnolias

Wednesday

- 4**
 9:00 **L** Trip: Publix Grocery Store
 10:00 **Y** Chair Yoga
 11:00 **CR** Words In A Word
 2:00 **SK** Resident Council-IL
 2:00 **Y** Zumba
 2:15 **T** Movie Matinee
 3:30 **LI** Writing Club
 4:00 **B** Happy Hour
 7:00 **B** Karaoke Night
 7:45 **T** The Wedding Planner

- 11 Assisted Living Week**
 9:00 **L** Trip: Publix Grocery Store
 10:00 **Y** Chair Yoga
 11:00 **CR** Words In A Word
 1:30 **CR** Mahjong Lesson Day 2
 2:00 **Y** Zumba
 2:15 **T** Movie Matinee
 4:00 **B** Happy Hour/Family Fued
 7:00 **B** Karaoke Night
 7:45 **T** My Girl 2

- 18**
 9:00 **L** Trip: Publix Grocery Store
 10:00 **Y** Chair Yoga
 11:00 **CR** Words In A Word
 1:00 **CR** Painting with a Twist
 2:00 **Y** Zumba
 2:15 **T** Movie Matinee
 3:00 **B** Hump Day Happy Hour
 7:00 **B** Karaoke Night
 7:45 **T** Uncle Buck

- 25**
 9:00 **L** Publix Grocery Store
 10:00 **Y** Chair Yoga
 11:00 **CR** Words In A Word
 2:00 **Y** Zumba
 2:15 **T** Movie Matinee
 3:00 **CR** Book Club
 3:30 **LI** Writing Club
 4:00 **B** Happy Hour
 7:00 **B** Karaoke Night
 7:45 **T** The Perfect Storm

Thursday

- 5**
 10:00 **CR** PT Exercise
 10:30 **L** The Galleria
 11:00 **GR** Trivia
 2:00 **Fa** Cooking Demo
 2:15 **T** Movie Matinee
 3:00 **CR** Card Games
 3:00 **LI** Lady's Club
 4:00 **B** Happy Hour/Live Music
 6:00 **GR** Rummikub Lessons
 7:45 **T** Boy Who Harnessed

- 12 Assisted Living Week**
 10:00 **CR** PT Exercise
 10:30 **L** Coral Ridge
 11:00 **GR** Trivia
 1:30 Mahjong Lesson Day 3
 2:00 **Fa** Cooking Demo
 2:15 **T** Movie Matinee
 3:00 **CR** Card Games
 4:00 **B** Happy Hour & Live Music
 6:00 **B** Rummikub Lessons
 7:45 **T** Queen Bees

- 19**
 10:00 **CR** PT Exercise
 10:30 **L** The Galleria
 11:00 **GR** Trivia
 2:00 **Fa** Cooking Demo
 3:00 **CR** Card Games
 3:00 **LI** Lady's Club
 4:00 **B** Happy Hour & Live Music
 6:00 **B** Rummikub Lessons
 7:45 **T** Parkland 2013

- 26**
 10:00 **CR** PT Exercise
 10:30 **L** Coral Ridge
 11:00 **GR** Trivia
 1:30 **T** Ms.Sauget & Dr.Lemonick
 2:00 **Fa** Cooking Demo
 3:00 **LI** Lady's Club
 4:00 **B** Happy Hour/ Live music
 6:00 **B** Rummikub Lessons
 7:00 **P**oker with Patrick
 7:45 **T** Message in a Bottle



Friday

- 6**
 10:00 **Y** Chair Yoga - All Levels
 11:00 **CR** Spanish Lessons
 11:00 **LI** Remember When
 1:30 **CR** Poker Games
 2:15 **T** Movie Matinee
 3:00 **A** Jewelry Making
 3:00 **SK** Men Clubs
 4:00 **B** Happy Hour
 7:15 **T** Twisters 2024

- 13 Assisted Living Week**
 10:00 **Y** Chair Yoga - All Levels
 11:00 **CR** Town Hall Meeting
 1:30 **CR** Poker Games
 2:15 **T** Movie Matinee
 3:00 **SK** Men Clubs
 4:00 **B** Happy Hour
 7:15 **T** Don't Look up

- 20**
 10:00 **Y** Chair Yoga -Intermediate
 11:00 **CR** Spanish Lessons
 11:00 **Y** Chair Yoga -beginner
 1:30 **CR** Poker Games
 2:00 **L** Trip:Enchanted Jewelz-\$
 2:15 **T** Movie Matinee
 3:00 **SK** Men Clubs
 4:00 **B** Happy Hour
 5:30 **W** New Resident Mix/Mingle
 7:15 **T** Spider-Man 2

- 27**
 10:00 **Y** Chair Yoga - All Levels
 11:00 **CR** Spanish Lessons
 11:00 **Y** Chair Yoga -beginner
 1:30 **CR** Poker Games
 2:15 **T** Movie Matinee
 3:00 **SK** Men Clubs
 4:00 **B** Birthday Celebration
 7:15 **T** Nights in Rodanthe

Saturday

- 7**
 10:00 **L** Trip: Trader Joe's + Nordstrom Rack
 11:00 **T** Inside the Mind of a Dog
 11:30 **CR** Dice Games
 1:00 **B** Rummikub Games
 2:00 **GR** Ping Pong/Shuffleboard
 2:15 **T** Movie Matinee
 4:00 **B** Happy Hour
 7:15 **T** The First Man

- 14 Assisted Living Week**
 10:00 **L** Trip: Trader Joe's + Nordstrom Rack
 11:00 **T** Einstein and the Bomb
 11:30 **CR** Dice Games
 1:00 **B** Rummikub Games
 2:00 **GR** Ping Pong/Shuffleboard
 2:15 **T** Movie Matinee
 4:00 **B** Bingo/Happy Hour Night
 7:15 **T** Rescued By Ruby

- 21**
 10:00 **L** Trip: Trader Joe's + Nordstrom Rack
 11:00 **T** Race to the Summit
 11:30 **OUT** Trip:Casino-\$
 1:00 **B** Rummikub Games
 2:00 **GR** Ping Pong/Shuffleboard
 2:15 **T** Movie Matinee
 4:00 **B** Happy Hour
 7:15 **T** Nowhere

- 28**
 10:00 **L** Trip: Trader Joe's + Nordstrom Rack
 11:00 **T** Virunga 2014
 1:00 **B** Rummikub Games
 1:30 **CR** Trip:Butterfly World-\$
 2:00 **GR** Ping Pong/Shuffleboard
 2:15 **T** Movie Matinee
 4:00 **B** Happy Hour
 6:00 **PD** Havdalah
 7:15 **T** Hachi: A Dog's Tale

Happenings

Live Entertainment:

- 9/5 Don Stansfield
- 9/12 Steel Drum Player
- 9/19 Wes Anthony
- 9/26 James Perokwski

New In September

- Cooking Demo Thursday's at 2pm
- Zumba with Tiandra Wednesday's at 2pm
- Family and Friends Bingo Night 9/14
- Resident Council IL 9/4
- Resident Council Assisted Living 9/9

LOCATION KEY

- L** Meet in Lobby
- T** Movie Theater
- B** Bistro
- A** Art Room
- GR** Game Room
- CR** Community Room
- Y** Yoga/Exercise Room
- LI** Library
- SK** Sky Lounge
- FA** Family Room

Hello Fall

Fort Lauderdale

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September 2024

Sunday

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

8
 9:30 **AR** Virtual Church Service
 10:00 **AR** Flex & Relax Class
 11:00 **AR** Daily News/Trivia
 1:00 **IS** Move to the Music/Videos
 2:00 **TR** Refreshments Served/Garden
 3:00 **AR** Table Top Games
 6:00 **IS** Program-Interactive Screen

15
 9:30 **AR** Virtual Church Service
 10:00 **AR** Flex & Relax Class
 11:00 **AR** Daily News/Trivia
 1:00 **IS** Move to the Music/Videos
 2:00 **TR** Refreshments Served/Garden
 3:00 **AR** Table Top Games
 6:00 **IS** Program-Interactive Screen

22
 9:30 **AR** Virtual Church Service
 10:00 **AR** Flex & Relax Class
 11:00 **AR** Daily News/Trivia
 1:00 **IS** Move to the Music/Videos
 2:00 **TR** Refreshments Served/Garden
 3:00 **AR** Table Top Games
 6:00 **IS** Program-Interactive Screen

29
 9:30 **AR** Virtual Church Service
 10:00 **AR** Flex & Relax Class
 11:00 **AR** Daily News/Trivia
 1:00 **IS** Move to the Music/Videos
 2:00 **TR** Refreshments Served/Garden
 3:00 **AR** Table Top Games
 6:00 **IS** Program-Interactive Screen

Monday

2
 10:00 **AR** News & Views
 11:00 **AR** Body Harmony w/ Nohemy
 1:00 **PD** Walking Club
 2:00 **AR** Tea Party, Cookie Baking
 3:00 **AR** Joggin Your Noggin
 4:00 **AR** Uno Game
 6:00 **QR** Aroma Therapy

9
 10:00 **AR** News & Views
 11:00 **AR** Body Harmony w/ Nohemy
 1:00 **PD** Walking Club
 2:00 **D** Tea Party, Cookie Baking
 3:30 **AR** Joggin Your Noggin
 4:00 **AR** New Game, "Trouble"
 6:00 **QR** Aroma Therapy

16
 10:00 **AR** News & Views
 11:00 **AR** Body Harmony w/ Nohemy
 1:00 **PD** Walking Club
 2:00 **AR** Entertainment w/ James!
 3:00 **AR** Joggin Your Noggin
 4:00 **AR** Dominoes
 6:00 **QR** Aroma Therapy

23
 10:00 **AR** News & Views
 11:00 **AR** Body Harmony w/ Nohemy
 1:00 **PD** Walking Club
 2:00 **AR** Tea Party, Fall Pies
 3:00 **AR** Joggin Your Noggin
 4:00 **AR** Uno Game
 6:00 **QR** Aroma Therapy

30
 10:00 **AR** News & Views
 11:00 **AR** Body Harmony w/ Nohemy
 1:00 **PD** Walking Club
 2:00 **AR** Tea Party, Fall Treats
 3:00 **AR** Joggin Your Noggin
 4:00 **AR** New Game, "Trouble"
 6:00 **QR** Aroma Therapy

Tuesday

3
 10:00 **AR** Sit & Stretch
 11:00 **AR** Beading Class
 1:00 **PD** Walking Club
 2:00 **D** Frozen Drink of The Day
 3:00 **AR** Group Game
 4:00 **AR** Big Band Favorites
 6:00 **IS** Program-Interactive Screen

10
 10:00 **AR** Pet Therapy w/ Fran
 11:00 **AR** Sit & Stretch
 1:00 **PD** Walking Club
 2:00 **D** Frozen Drink of The Day
 3:00 **AR** Group Game
 4:00 **AR** Classic TV Program
 6:00 **IS** Program-Interactive Screen

17
 10:00 **AR** Sit & Stretch
 11:00 **AR** Flower Arranging
 1:00 **PD** Walking Club
 2:00 **D** Frozen Drink of The Day
 3:00 **AR** Group Game
 4:00 **AR** Big Band Favorites
 6:00 **IS** Program-Interactive Screen

24
 10:00 **AR** Pet Therapy w/ Fran
 11:00 **AR** Sit & Stretch
 1:00 **PD** Walking Club
 2:00 **D** Fall Drink of The Day
 3:00 **AR** Group Game
 4:00 **AR** Classic TV Program
 6:00 **IS** Program-Interactive Screen

Wednesday

4
 10:00 **AR** Exercise Class
 11:00 **AR** Arts-n-Crafts
 1:30 **L** Scenic Bus Ride
 3:00 **IS** Karaoke Hour!
 4:00 **QR** Reminiscing Stories, Popcorn
 6:00 **QR** Aroma Therapy

11
 10:00 **AR** Exercise Class
 11:00 **AR** Arts-n-Crafts
 1:30 **L** Scenic Bus Ride
 3:00 **AR** Guess Who Game/Popcorn
 4:00 **QR** Reminiscing, Short Stories
 6:00 **QR** Aroma Therapy

18
 10:00 **AR** Exercise Class
 11:00 **AR** Arts-n-Crafts
 1:30 **L** Scenic Bus Ride
 3:00 **AR** Group Word Search/Popcorn
 4:00 **QR** Reminiscing, Short Stories
 6:00 **QR** Aroma Therapy

25
 10:00 **AR** Exercise Class
 11:00 **AR** Arts-n-Crafts
 1:30 **AR** Music Therapy w/ Marianela
 3:00 **AR** Fall Crafts/Popcorn
 4:00 **QR** Reminiscing, Short Stories
 6:00 **QR** Aroma Therapy

Thursday

5
 10:00 **AR** Exercise Class
 11:00 **TR** Outdoor Time/Cool Drinx
 1:30 **L** Scenic Bus Ride
 3:00 **AR** Table Game, Snacks/Drinx
 4:00 **B** Happy Hour w/ Live Music
 6:00 **IS** Program-Interactive Screen

12
 10:00 **AR** Exercise Class
 11:00 **TR** Outdoor Time/Cool Drinx
 1:30 **L** Birthday Party w/ Steve!
 3:00 **AR** Let's Get Physical!
 4:00 **QR** Poetry Reading
 6:00 **IS** Program-Interactive Screen

19
 10:00 **AR** Exercise Class
 11:00 **TR** Outdoor Time/Cool Drinx
 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

26
 10:00 **AR** Exercise Class
 11:00 **TR** Outdoor Time/Cool Drinx
 1:00 **L** Scenic Bus Ride
 3:00 **AR** Group Word Search
 4:00 **B** Happy Hour w/ Live Music
 6:00 **IS** Program-Interactive Screen

Friday

6
 10:00 **AR** Chair Yoga
 11:00 **TR** Outdoor Time/Cool Drinx
 1:00 **AR** Balloon Volley/Ice Cream
 2:00 **AR** Bingo Time
 3:30 **IS** Afternoon Musical
 6:00 **IS** Virtual Shabbat Services

13
 10:00 **AR** Chair Yoga
 11:00 **TR** Outdoor Time/Cool Drinx
 1:00 **AR** Balloon Volley/Ice Cream
 2:00 **AR** Bingo Time
 3:30 **IS** Afternoon Musical
 6:00 **IS** Virtual Shabbat Services

20
 10:00 **AR** Chair Yoga
 11:00 **TR** Outdoor Time/Cool Drinx
 1:00 **AR** Balloon Volley/Ice Cream
 2:00 **AR** Bingo Time
 3:30 **IS** Afternoon Musical
 6:00 **IS** Virtual Shabbat Services

27
 10:00 **AR** Chair Yoga
 11:00 **TR** Outdoor Time/Cool Drinx
 1:00 **AR** Balloon Volley/Ice Cream
 2:00 **AR** Bingo Time
 3:30 **IS** Afternoon Musical
 6:00 **IS** Virtual Shabbat Services

Saturday

7
 10:00 **AR** Sit & Stretch
 11:00 **TR** Outdoor Time/Cool Drinx
 1:00 **AR** Table Top Games
 2:00 **AR** Movie Matinee, Snax
 3:30 **AR** Bean Bag Toss
 6:00 **IS** Program-Interactive Screen

14
 10:00 **AR** Sit & Stretch
 11:00 **TR** Outdoor Time/Cool Drinx
 1:00 **AR** Table Top Games
 2:00 **AR** Movie Matinee, Snax
 3:30 **AR** Bean Bag Toss
 6:00 **IS** Program-Interactive Screen

21
 10:00 **AR** Sit & Stretch
 11:00 **TR** Outdoor Time/Cool Drinx
 1:00 **AR** Table Top Games
 2:00 **AR** Movie Matinee, Snax
 3:30 **AR** Bean Bag Toss
 6:00 **IS** Program-Interactive Screen

28
 10:00 **AR** Sit & Stretch
 11:00 **TR** Outdoor Time/Cool Drinx
 1:00 **AR** Table Top Games
 2:00 **AR** Movie Matinee, Snax
 3:30 **AR** Bean Bag Toss
 6:00 **IS** Program-Interactive Screen

Around our Community

TITLE

September Happenings:

Body Harmony w/"Nohemy"

Mondays @ 11:00

Pet Therapy w/ Fran

1st & 3rd Tuesday

Scenic Bus Ride

Wednesdays & Thursdays

9/12

New Entertainer

Steve Michaels

9/16

New Entertainer

James Perkowski

9/25

Music Therapy w/Marianela

9/28

Marty's Birthday!!!!

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

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