

UPCOMING COMMUNITY EVENTS

NATIONAL ASSISTED LIVING WEEK

On Sunday, September 10, Allegro is joining tens of thousands of assisted living communities across the country in celebration of National Assisted Living Week®. This year's theme is "Inspiring Generations."

Sunday, September 8th

Join us for a fun-filled day of BBQ and Bingo - good food, great prizes, and tons of laughs guaranteed! Festivities kick-off at 3:00PM with BINGO!

Monday, September 9th

Listen to our Veterans share their military experiences and life lessons with local students.

Tuesday, September 10th

Learn HOW TO use your "smart" devices and Social Media with local students! Invite your friends!

Wednesday, September 11th

Join us for a game that challenges the Silent Generation, Baby Boomers, Generation Xers, Millennials, and Generation Zers with trivia spanning all five eras.

Thursday, September 12

Every generation leaves its mark through fashion. Don't miss our Fashion Throughout the Generations Fashion Show and VOTE for Mr. and Mrs. Generation!

Friday, September 13

Family Feud, one of America's longest running and most popular game-shows, is LIVE in Allegro!

Saturday, September 14th

Family Day & Generational Fair is an event that allows the whole family to have fun and celebrate each other! Snack booths available, when you need a quick break from the excitement of the games!



Allegro in Tallahassee

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Tallahassee, FL 32309
(850) 273-4579



FLOURISH

SEPTEMBER 2024

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"BY ALL THESE LOVELY TOKENS, SEPTEMBER DAYS ARE HERE. WITH SUMMER'S BEST OF WEATHER AND AUTUMN'S BEST OF CHEER."

—HELEN HUNT JACKSON



September 2024

Sunday

1
 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** Bingo
 3:00 **GR** Scrabble
 5:30 **TH** Movie Night

8 Grandparents Day
 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
 3:00 **AR** Grandparents Day BINGO!
 4:00 **MR** Grandparents Day BBQ
 5:30 **TH** Movie Night

15
 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** Bingo
 3:00 **GR** Scrabble
 3:30 **MR** Fiddlers Performance
 5:30 **TH** Movie Night

22
 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** Bingo
 3:00 **GR** Scrabble
 5:30 **TH** Movie Night

29
 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** Bingo
 3:00 **GR** Scrabble
 5:30 **TH** Movie Night

Monday

2 Labor Day
 9:30 **SU** Publix or Target
 10:00 **L** Jigsaw Challenge
 10:00 **AR** Group Fitness Class
 10:30 **AR** Stretch Yoga
 11:00 **AR** Family Feud
 12:00 **MR** Labor Day Lunch
 2:00 **GR** Bingo
 2:00 **L** Shopping Shuttle
 3:00 **AR** Health Talk w/ SunCrest
 5:30 **GR** Rummy

9
 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 **GR** Bingo
 2:00 **L** Shopping Shuttle
 3:30 **TH** The Great Courses Lecture
 5:30 **GR** Rummy

16
 9:30 **SU** Publix or Target
 10:00 **L** Jigsaw Challenge
 10:00 **AR** Group Fitness Class
 10:30 **AR** Stretch Yoga
 11:00 **AR** Family Feud
 2:00 **GR** Bingo
 2:00 **L** Shopping Shuttle
 3:30 **TH** The Great Courses Lecture
 5:30 **GR** Rummy

23
 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 **GR** Bingo
 2:00 **L** Shopping Shuttle
 3:30 **TH** The Great Courses Lecture
 5:30 **GR** Rummy

30
 9:30 **SU** Publix or Target
 10:00 **L** Jigsaw Challenge
 10:00 **AR** Group Fitness Class
 10:30 **AR** Stretch Yoga
 11:00 **AR** Family Feud
 2:00 **GR** Bingo
 2:00 **L** Shopping Shuttle
 3:30 **TH** The Great Courses Lecture
 5:30 **GR** Rummy

Tuesday

3
 10:00 **L** Jigsaw Challenge
 10:00 **AR** Fitness with Cate
 10:45 **GR** Mindful Meditation
 11:00 **AR** Music Therapy w/ Leah
 12:00 **MR** Lunch Music by Gail
 1:30 **TH** Matinee Movie w/ Popcorn!
 4:30 **MR** Dinner Music w/ Cory Johnson
 5:30 **GR** Scrabble

10
 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!
 2:00 **C** Town Hall Meeting
 3:00 **AR** Balloon Volleyball
 4:45 **MR** Dinner Music w/ Leah
 5:30 **GR** Scrabble

17
 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!
 4:30 **MR** Dinner Music w/ Gail
 5:30 **GR** Scrabble

24
 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

Wednesday

4
 10:00 **GR** Hand & Foot
 10:00 **L** Jigsaw Challenge
 10:00 **AR** Move & Stretch w/ SunCrest
 10:30 **AR** Stretch Yoga
 11:00 **AR** Mind & Melody w/ Amelia
 11:00 **GR** Nat'l Wildlife Day Lecture
 2:00 **GR** Bingo
 3:30 **HC** Social Hour
 5:30 **GR** Poker

11 Patriot Day
 10:00 **GR** Hand & Foot
 10:00 **L** Jigsaw Challenge
 10:00 **AR** Move & Stretch w/ SunCrest
 10:30 **AR** Stretch Yoga
 11:30 **PD** September Birthday Lunch
 2:00 **GR** Bingo
 3:30 **HC** Social Hour
 5:30 **GR** Poker

18
 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** Bingo
 2:00 **HC** Celebrate National Milkshake Day!
 3:30 **HC** Social Hour
 5:30 **GR** Poker

25
 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** Bingo
 3:30 **HC** Social Hour
 5:30 **GR** Poker

Thursday

5
 10:00 **GR** Scrabble
 10:00 **L** Jigsaw Challenge
 10:00 **AR** Fitness with Cate
 10:45 **GR** Mindful Meditation
 11:00 **LI** Book Club with Cate
 12:00 **DH** Piano Music by Louise
 2:00 **TH** Movie Matinee (Spiritual)
 3:30 **GR** Beer & Billiards
 3:30 **GR** Activities Planning Mtg.
 5:30 **TH** Movie Night

12
 10:00 **GR** Scrabble
 10:00 **L** Jigsaw Challenge
 10:00 **AR** Fitness with Cate
 10:45 **GR** Mindful Meditation
 11:00 **GR** VA Aid & Attendance Event
 12:00 **DH** Piano Music by Louise
 12:00 **MR** VA Lunch
 3:30 **GR** Beer & Billiards
 3:30 **GR** New Resident Welcome
 5:30 **TH** Movie Night

19
 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** Movie Matinee (Spiritual)
 3:30 **GR** Beer & Billiards
 5:30 **TH** Movie Night

26
 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** Movie Matinee (Spiritual)
 3:30 **GR** Beer & Billiards
 3:30 **GR** Ambassador Meeting
 5:30 **TH** Movie Night

Friday

6
 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

13
 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

20
 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
 3:00 **C** Behavioral Health Doc Talk
 3:30 **HC** Social Hour
 5:30 **GR** Chess & Checkers

27
 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

Saturday

7
 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** Bingo
 3:30 **AR** Fall Arts & Craft
 5:30 **GR** Evening Games w/ Friends

14
 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** Bingo
 3:30 **AR** Fall Arts & Craft
 5:30 **GR** Evening Games w/ Friends

21
 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** Bingo
 3:30 **AR** Fall Arts & Craft
 5:30 **GR** Evening Games w/ Friends

28
 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** Bingo
 3:30 **AR** Fall Arts & Craft
 5:30 **GR** Evening Games w/ Friends

Around our Community

Nat'l ALF Week

- Spirit Week Dress Up:
- 8 | Flannel Day
Dress in Blue Jeans & Flannel
 - 9 | Camo Day
Dress in Camo
 - 10 | Spirit Day
Dress in your Favorite Team
 - 11 | One Color Day
Dress in the Same Color
 - Head to Toe
 - 12 | Generations
Dress in Generation of your Choice
 - 13 | Colorful Generations
Born in / Dress in
1901 - 1924 - Yellow
1925 - 1945 - Orange
1946 - 1964 - Blue
1965 - 1980 - Red
1981 - 1996 - Green
1997 - 2012- Purple

LOCATION KEY

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

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