



Join us for Breakfast  
Monday- Friday  
from 8 am-10 am



## Notes

We want to welcome our new  
Shuttle Driver John!  
When you see him say hello!

Please check the dates  
We have several guest coming to  
present educational lunch and learns  
Presentations on  
Health and Wellness  
Protecting yourself from scams  
Financially and Privately.

## Highlights for the Month:

Wednesday Aug 5<sup>th</sup> at 3:30 pm- 5:00 pm  
The Maine Lobster Guy Food Truck.  
( VOTED # 1 IN SARASOTA )

Friday Night August 14<sup>th</sup> Dinner at DaRuma Japanese Steakhouse

Wednesday Aug 19<sup>th</sup> at 5:00pm-7:00pm Mr. Bulgogi Food Truck

Saturday Aug 22<sup>nd</sup> Omelettes to Order  
with Vicky 8:00am-10:00am

Saturday Aug 29<sup>th</sup> The Hard Rock  
Cafe' Bus Leaves at 10:30am

**ALLORO**  
AT UNIVERSITY GROVES

# AUGUST 2026

**SUN**  
PROGRAM

3540 Broadway Ave  
Sarasota, Florida 34243

Rachel Sweet-Helms  
Property Manager

Tracey Darden  
Assistant Manager

Nancy Taylor  
Lifestyle Coordinator

Louise Aveni  
Front Desk Concierge

Steve Shean  
Maintenance Supervisor

John Haase  
Bus Driver



Be sure to Check out our  
Movie Times on Tuesday  
and Thursday Evenings at  
6:30 pm  
Blockbuster Films

| SUNDAY                                                                                                                                                                                       | MONDAY                                                                                                                                                                                                                                                                                                                            | TUESDAY                                                                                                                                                                                                                                                                                                                                                          | WEDNESDAY                                                                                                                                                                                                                                                                                                                                       | THURSDAY                                                                                                                                                                                                                                        | FRIDAY                                                                                                                                                                                                                                                                                                            | SATURDAY                                                                                                                                                                                                                                                                                               |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>2</p> <ul style="list-style-type: none"> <li>◆ 10:00 am Pickle Ball Resident Lead Teams</li> <li>◆ 1:00pm Bocce Ball Resident Lead Teams</li> <li>◆ 3:00 pm Bible Study Group</li> </ul>  | <p>3</p> <ul style="list-style-type: none"> <li>◆ 10:30am Music &amp; Movement(YR)</li> <li>◆ 12:00pm Pool Tournament (B)</li> <li>◆ 12:00pm Water Aerobics (P)</li> <li>◆ 1:00pm Euchre (DR)</li> <li>◆ 3:00pm Rummikub (LR)</li> <li>◆ 2:00 pm Meditation Sound Bath</li> <li>◆ 5:00pm Boca Resturaunt</li> </ul>               | <p>4</p> <ul style="list-style-type: none"> <li>◆ 10:00 am Trader Joes</li> <li>◆ 10:00am Canasta (LR)</li> <li>◆ 12:00pm Stretch &amp; Balance(YR)</li> <li>◆ 12:30pm Chair Dancing (YR)</li> <li>◆ 1:00pm Mah Jong (LR)</li> <li>◆ 2:00pm Sip, Snack, &amp; Paint (B)</li> <li>◆ 5:00pm Philatelic Stamp Club</li> <li>◆ 6:30pm Tuesday Movie Night</li> </ul> | <p>5</p> <ul style="list-style-type: none"> <li>◆ Shuttle 9:00am-4:00pm</li> <li>◆ 10:00 am Strength &amp; Conditioning (FC)</li> <li>◆ 11:30 am Nutrition Lunch &amp; Learn (DR)</li> <li>◆ 1:00pm Cards and Games (LR)</li> <li>◆ 3:30 pm -5pm The Main</li> <li>◆ Lobster Food Truck</li> <li>◆ 4:00pm Wine Down Happy Hour</li> </ul>       | <p>6</p> <ul style="list-style-type: none"> <li>◆ Shuttle 9:00am-4:00pm</li> <li>◆ 11:00am Will &amp; Harper Take a Roadtrip Documentary (MR)</li> <li>◆ 1:00pm Cards and Games (LR)</li> <li>◆ 6:30pm Thursday Movie Night</li> </ul>          | <p>7</p> <ul style="list-style-type: none"> <li>◆ 10:00am Conditioning Yoga (FC)</li> <li>◆ 11:00am Omega 3 Matters (MC)</li> <li>◆ 1:00pm Mah Jong (LR)</li> <li>◆ 1:00pm Publix</li> <li>◆ 1:15pm Curcuit Training (FC)</li> <li>◆ 1:15pm Water Aerobics (P)</li> <li>◆ 4:00PM Friday Fun Happy Hour</li> </ul> | <p>1</p> <ul style="list-style-type: none"> <li>◆ 9:00am Aqua Fitness</li> <li>◆ 10:00 am Pickle Ball</li> <li>◆ 10:00 am Water Aerobics</li> <li>◆ 11:30am Protecting yourself in a world of Financial Scams Lunch &amp; Learn. Presented by Merrill ( DR )</li> </ul>                                |
| <p>9</p> <ul style="list-style-type: none"> <li>◆ 10:00 am Pickle Ball Resident Lead Teams</li> <li>◆ 1:00pm Bocce Ball Resident Lead Teams</li> <li>◆ 3:00 pm Bible Study Group</li> </ul>  | <p>10</p> <ul style="list-style-type: none"> <li>◆ 10:00 am Detwillers</li> <li>◆ 10:30am Music and Movement</li> <li>◆ 12:00pm Pool Tournament (B)</li> <li>◆ 12:00pm Water Aerobics (P)</li> <li>◆ 1:00pm Euchre (DR)</li> <li>◆ 3:00pm Rummikub (LR)</li> <li>◆ 2:00pm Meditation Sound Bath</li> </ul>                        | <p>11</p> <ul style="list-style-type: none"> <li>◆ 10:00am Canasta (LR)</li> <li>◆ 12:00pm Stretch &amp; Balance(YR)</li> <li>◆ 12:30pm Chair Dancing (YR)</li> <li>◆ 1:00pm Mah Jong (LR)</li> <li>◆ 1:00pm Millies Resturaunt</li> <li>◆ 3:00pm Cybersecurity Protection w/Carehawk</li> <li>◆ 6:30pm Tuesday Movie Night</li> </ul>                           | <p>12</p> <ul style="list-style-type: none"> <li>◆ Shuttle 9:00am-4:00pm</li> <li>◆ 10:00am Strength &amp; Conditioning (FC)</li> <li>◆ 1:15pm Chair Dancing (YR)</li> <li>◆ 1:15pm Water Aerobics (P)</li> <li>◆ 2:00pm Hand and Foot Game</li> <li>◆ 4:00pm Triva Happy Hour</li> </ul>                                                       | <p>13</p> <ul style="list-style-type: none"> <li>◆ Shuttle 9:00am-4:00pm</li> <li>◆ 1:00pm Cards and Games (LR)</li> <li>◆ 1:00pm The Patient Trainer(LR)</li> <li>◆ 2:00pm Boost Your Energy</li> <li>◆ 6:30pm Thursday Movie Night</li> </ul> | <p>14</p> <ul style="list-style-type: none"> <li>◆ 10:00am Conditioning Yoga (FC)</li> <li>◆ 1:00pm Mah Jong (LR)</li> <li>◆ 1:00pm Walmart</li> <li>◆ 1:15pm Water Aerobics (P)</li> <li>◆ 1:15pm Circuit Training ( FC)</li> <li>◆ 4:00pm Happy Hour</li> <li>◆ 4:30 pm Da Ruma Japanesse</li> </ul>            | <p>15</p> <ul style="list-style-type: none"> <li>◆ 9:00am Aqua Fitness</li> <li>◆ 10:00 am Pickel Ball Resident Lead Teams</li> <li>◆ 11:00am Sun Pharmacy Presents Your Prescriptions Options &amp; How to Have your medicines brought to you</li> <li>◆ 3:00pm Tumbler Bling Crafts Class</li> </ul> |
| <p>16</p> <ul style="list-style-type: none"> <li>◆ 10:00 am Pickle Ball Resident Lead Teams</li> <li>◆ 1:00pm Bocce Ball Resident Lead Teams</li> <li>◆ 3:00 pm Bible Study Group</li> </ul> | <p>17</p> <ul style="list-style-type: none"> <li>◆ 10:00 am Mote Marine and Lunch Rocos Tacos</li> <li>◆ 10:30am Music and Movement</li> <li>◆ 12:00pm Pool Tournament (B)</li> <li>◆ 12:00pm Water Aerobics (P)</li> <li>◆ 1:00pm Euchre (DR)</li> <li>◆ 3:00pm Rummikub (LR)</li> <li>◆ 2:00pm Meditation Sound Bath</li> </ul> | <p>18</p> <ul style="list-style-type: none"> <li>◆ 10:00am Canasta (LR)</li> <li>◆ 10:00 am Aldi's</li> <li>◆ 11:30am Know your Prescriptions Lunch &amp; Learn (DR)</li> <li>◆ 12:00pm Stretch &amp; Balance(YR)</li> <li>◆ 12:30pm Chair Dancing (YR)</li> <li>◆ 1:00pm Mah Jong (LR)</li> <li>◆ 6:30pm Tuesday Movie Night</li> </ul>                         | <p>19</p> <ul style="list-style-type: none"> <li>◆ Shuttle 9:00am-4:00pm</li> <li>◆ 10:00am Strength &amp; Conditioning</li> <li>◆ 1:15pm Chair Dancing (YR)</li> <li>◆ 1:15pm Water Aerobics (P)</li> <li>◆ 2:00pm Hand and Foot Game</li> <li>◆ 4:00pm Wine Down Happy Hour</li> <li>◆ 5pm-7pm Mr. Bulgogi Food Truck</li> </ul>              | <p>20</p> <ul style="list-style-type: none"> <li>◆ Shuttle 9:00am-4:00pm</li> <li>◆ 1:00pm Cards and Games (LR)</li> <li>◆ 3:00pm New Resident Orientation (MR)</li> <li>◆ 6:30pm Thursday Movie Night</li> </ul>                               | <p>21</p> <ul style="list-style-type: none"> <li>◆ 10:00am Conditioning Yoga (FC)</li> <li>◆ 1:00pm Mah Jong (LR)</li> <li>◆ 1:00pm Publix</li> <li>◆ 1:15pm Water Aerobics (P)</li> <li>◆ 1:15pm Circuit Training ( FC)</li> <li>◆ 4:00pm Friday Fun Happy Hour</li> </ul>                                       | <p>22</p> <ul style="list-style-type: none"> <li>◆ 8am-10am Omelets to Order</li> <li>◆ 10:00 am Resident Lead Water Aerobics</li> <li>◆ 10:00 am Pickle Ball Resident Lead Teams</li> <li>◆ 1:00pm Better Balance, Better Health</li> </ul>                                                           |
| <p>23</p> <ul style="list-style-type: none"> <li>◆ 10:00 am Pickle Ball Resident Lead Teams</li> <li>◆ 1:00pm Bocce Ball Resident Lead Teams</li> <li>◆ 3:00 pm Bible Study Group</li> </ul> | <p>24</p> <ul style="list-style-type: none"> <li>◆ Traders Joes</li> <li>◆ 10:30am Music and Movement</li> <li>◆ 12:00pm Water Aerobics (P)</li> <li>◆ 1:00pm Euchre (DR)</li> <li>◆ 3:00pm Rummikub (LR)</li> <li>◆ 2:00pm Meditation Sound Bath</li> </ul>                                                                      | <p>25</p> <ul style="list-style-type: none"> <li>◆ 10:00am Canasta (LR)</li> <li>◆ 12:00pm Stretch &amp; Balance (YR)</li> <li>◆ 12:30pm Chair Dancing (YR)</li> <li>◆ 1:00pm Mah Jong (LR)</li> <li>◆ 6:30pm Tuesday Movie Night</li> </ul>                                                                                                                     | <p>26</p> <ul style="list-style-type: none"> <li>◆ Shuttle 9:00am-4:00pm</li> <li>◆ 10:00am Strength &amp; Conditioning</li> <li>◆ 11:30 am Scam Alerts Lunch &amp; Learn (DR)</li> <li>◆ 1:15pm Chair Dancing (YR)</li> <li>◆ 1:15pm Water Aerobics (P)</li> <li>◆ 2:00pm Hand and Foot Game</li> <li>◆ 4:00pm Wine Down Happy Hour</li> </ul> | <p>27</p> <ul style="list-style-type: none"> <li>◆ Shuttle 9:00am-4:00pm</li> <li>◆ 1:00pm Cards and Games (LR)</li> <li>◆ 3:00 The American Experiment</li> <li>◆ Documentary (MR)</li> <li>◆ 6:30pm Thursday Movie Night</li> </ul>           | <p>28</p> <ul style="list-style-type: none"> <li>◆ 10:00am Conditioning Yoga (FC)</li> <li>◆ 10:00am Detwilliers</li> <li>◆ 1:00pm Mah Jong (LR)</li> <li>◆ 1:15pm Water Aerobics (P)</li> <li>◆ 1:15pm Circuit Training (FC)</li> <li>◆ 5:30pm Bingo Blingo Happy Hour</li> </ul>                                | <p>29</p> <ul style="list-style-type: none"> <li>◆ 10:00 am Resident Lead Water Aerobics</li> <li>◆ 10:00 am Pickle Ball Resident Lead Teams</li> <li>◆ 10:30 am The Hard Rock Cafe</li> </ul>                                                                                                         |
| <p>30</p> <ul style="list-style-type: none"> <li>◆ 10:00 am Pickle Ball Resident Lead Teams</li> <li>◆ 1:00pm Bocce Ball Resident Lead Teams</li> <li>◆ 3:00 pm Bible Study Group</li> </ul> | <p>31</p> <ul style="list-style-type: none"> <li>◆ 10:30am Music and Movement</li> <li>◆ 11:30 am Lunch &amp; Learn Fall Prevention</li> <li>◆ 12:00pm Water Aerobics (P)</li> <li>◆ 1:00pm Euchre (DR)</li> <li>◆ 3:00pm Rummikub (LR)</li> <li>◆ 2:00pm Meditation Sound Bath</li> </ul>                                        |                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                        |