

TALLAHASSEE SENIOR CENTER CALENDAR OF WEEKLY PROGRAMS OCTOBER 2024



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TallahasseeSeniorFoundation.org/calendar

1400 N. MONROE ST. • TALLAHASSEE, FL 32303 • (850) 891-4000 • TallahasseeSeniorFoundation.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 <i>Fitness at Chaires</i>	8:30 <i>Fitness at Bradfordville I PRR (LB)</i>	8:30 <i>Fitness at Chaires</i>	8:30 Spanish Life – Int.	8:30 <i>Fitness at Bradfordville I PRR (LB)</i>
9:00 Quilting Bees	9:00 <i>Brain-Body-Balance at Optimist Park PRR (RN)</i>	9:00 Ceramics	9:00 Ceramics	8:30 <i>Fitness at Chaires</i>
9:00 Portrait Studio	9:00 Landscapes in Soft Pastels	9:00 Nimble Fingers	9:00 Experimental Watercolor Inter./Adv.	9:00 English 2nd Language ZM (KC)
9:30 <i>Fitness at Woodville</i>	9:30 Life Exercise	9:30 Oil and Acrylic with Debbie (All Levels)	9:00 <i>Brain-Body-Balance at Optimist Park PRR (RN)</i>	9:00 Oil Adv.
9:30 French Beg.	9:30 <i>Fitness at Bradfordville II PRR (LB)</i>	9:30 <i>Fitness at Woodville</i>	9:30 Life Exercise	9:30 <i>Fitness at Bradfordville II PRR (LB)</i>
10:00 SHINE PRR	9:30 <i>Sit & Fit at Chaires</i>	10:00 Seniors vs. Crime	9:30 <i>Sit & Fit at Chaires</i>	10:00 Hand and Foot/ Euchre
10:30 Adv. French ZM (KC)	10:00 Seniors vs. Crime	10:00 Tai Chi Practice	10:45 Ballet	10:00 Chess
10:30 <i>Fitness at Fort Braden</i>	10:30 <i>Fitness Beg. at Bradfordville PRR (LB)</i>	10:30 <i>Fitness at Fort Braden</i>	11:00 Senior Counseling (by appointment)	10:00 Tai Chi Practice
11:00 Senior Counseling (by appointment)	10:45 <i>Brain Body Balance at Southwood PRR (RN)</i>	11:30 Pickleball Lesson	11:15 <i>Fitness at Miccosukee</i>	10:30 <i>Brain Body Balance at Fort Braden</i>
11:00 French Int.	11:00 Mindful Movement	11:30 Pickleball	12:00 <i>Mindful Movement Lake Jackson at TSC*</i>	10:30 <i>Senior Fitness Beg. at Bradfordville PRR (LB)</i>
1:00 Brain-Body-Balance	11:00 Senior Dining (PRR or Bring a Lunch)	1:00 Oil and Acrylic with Debbie Int./Adv.	1:00 Tai Chi Basics	11:00 Senior Dining (PRR or Bring a Lunch)
1:00 French Adv.	11:15 <i>Fitness at Miccosukee</i>	1:00 Canasta / Pinoche	1:00 Friends Connection	11:30 Pickleball
1:30 <i>Yoga for Women at Bradfordville PRR (LB)</i>	11:30 <i>Fitness Adv. at Bradfordville PRR (LB)</i>	1:30 <i>Beg. Yoga at Bradfordville PRR (LB)</i>	1:00 Experimental Watercolor Inter./Adv.	11:30 <i>Fitness Adv. at Bradfordville PRR (LB)</i>
2:00 Beg. Spanish	1:00 Friends Connection ZM (ML)	2:00 <i>Beg. Yoga at Lake Jackson</i>	2:30 Ping-Pong	1:00 Oil and Acrylic, Beg.
2:30 Pickleball	1:00 TDBC Bridge	5:30 Yoga	2:30 Mah Jongg	5:30 Ballroom and Swing
3:00 Friends Connection	1:00 Senior Singers	7:00 Pickleball	6:00 Two Step Dancing	6:00 Overeaters Anonymous
5:45 Intermediate German Study Group	1:00 Gentle Yoga		7:00 ACA Group	7:00 Al-Anon Newcomers
6:00 Round Dance	1:00 <i>Canasta at Lake Jackson</i>		7:00 Capital Chordsmen	
7:00 Twirlers Square Dance	2:30 Ping-Pong		7:00 Writers Workshop	
7:00 Capital City Carvers	2:30 Wii Bowling			
	4:00 Guitar			
	8:00 SA Support Group			

www.TallahasseeSeniorFoundation.org

TALLAHASSEE SENIOR SERVICES – OCTOBER 2024

Monthly, Bi-monthly & Special Events and Programs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	OCT 1 10a Blood Pressure & Glucose Screening 12p Tech Help (KC) 5:30p GAP Meeting 5:30p Candidate Forum (KC)	OCT 2 3p Newcomers Coffee Chat	OCT 3 9:30a LLL-Library of Congress (MH) 10:30a Matter of Balance (RN) 10:30a Miccosukee Lunch & Learn 1p TDBC 5:30p GAP Meeting	OCT 4 10a Walmart Trip from Miccosukee	OCT 5 CENTER CLOSED
OCT 7 11:30a Medicare 101 PRR (SV) 7p GAP Circle of Parents ZM (KB)	OCT 8 11a Wellness Circle at Jack McLean PRR (BW) 2:15p LLL-Legacy of Henry VIII (MH) 7p Stamp and Cover Club	OCT 9 10a ISL: Aging & Technology 10a LLL-Gadsden Art Center PRR (MH) 10:30a Bradfordville Lunch & Learn 12:30p Friends Connection LNC	OCT 10 9:30a LLL-Library of Congress (MH) 10:30a Matter of Balance (RN) 10:30a Woodville Lunch & Learn 11a Caregiver Support Group (JS)	OCT 11 11a Coffeehouse Concert: Passerine (RN) 7:30p Contra Dance: In Cahoots Band with Caller: Rachel Flemming	OCT 12 CENTER CLOSED
OCT 14 10a Mindful Meditation 11a Art Council 11:30a Medicare 2025 PRR (SV) 1p Poetry Group ZM (KC) 6p TDBC Bridge	OCT 15 9a Lively Haircuts (RN) 10:30a Ft. Braden Lunch & Learn 2:15p LLL-Legacy of Henry VIII (MH) 5p TDBC Board Meeting 6p Martinis & More...Sip & Sample PRR	OCT 16 8:30a Capital Coalition on Aging (KC) 9a Hike (RN) 11a Wellness Circle at Jake Gaither PRR (BW) 1:30p AHEC-Tools to Quit PRR 4:30p Tech Help (KC)	OCT 17 10:30a Lake Jackson Lunch & Learn 10:30a Matter of Balance (RN) 11:30a Volunteer Luncheon-PRR CCCC (KC) 1p TDBC 2p Tech Help (KC)	OCT 18 11a Lunch with the Doctor: Breast Cancer Update (RN)	OCT 19 7p USA Dance: <i>Hot Harvest Moon & Annual Chili Cook Off</i>
OCT 21 1:30p Advisory Council (SS) 7p GAP Circle of Parents ZM (KB)	OCT 22 10:30a Star Metro – Ride Ready PRR (KC) 10:30a Chaires Lunch & Learn 2:15p LLL-Legacy of Henry VIII (MH) 5:30p TALL Preview (LB)	OCT 23 12:30p Friends Connection LNC 3:30p Foundation Board Meeting	OCT 24 10:30a Matter of Balance (RN) 11a Caregiver Support Group (JS) 1p TDBC	OCT 25 7:30p Contra Dance: <i>Bunny Bread Bandits</i> with Caller: <i>Joey Norton</i>	OCT 26 CENTER CLOSED
OCT 28 1p Poetry Group ZM (KC)	OCT 29 10a Star Metro – Ride Ready PRR (KC) 2:15p LLL-Legacy of Henry VIII (MH)	OCT 30 9a LLL-Old City Cemetery Tour PRR (MH) 12p GAP Lunch & Learn	OCT 31 10:30a Matter of Balance (RN) 11a Halloween Party 11:30a Senior LGBT+ Support Group 1p TDBC		

TALLAHASSEE SENIOR CENTER, 1400 N. Monroe Street, 850-891-4000

LEGEND

We now offer in-person and virtual classes.

ZM = Virtual Classes on Zoom **H = Hybrid Classes (virtual + in-person)**

PRR = Pre-registration Required **LLL = Lifelong Learning**

REGISTRATION INFORMATION:

Register Online at www.TallahasseeSeniorFoundation.org unless otherwise noted

() = Staff Contact for class information as follows:

(LB) Lisa.Baggett@talgov.com

(KB) Karen.Boebinger@talgov.com

(KC) Kristy.Carter@talgov.com

(MH) Maureen.Haberfeld@talgov.com

(ML) Melanie.Lachman@talgov.com

(HM) HeathHilary.McRae@talgov.com

(RN) Ruth.Nickens@talgov.com

(SS) Sheila.Salver@talgov.com

(SV) Sarah.Vernon2@talgov.com

(BW) Beverly.Womble@talgov.com