

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

TALLAHASSEE SENIOR SERVICES – MAY 2024

Monthly, Bi-monthly & Special Events and Programs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		MAY 1 10:30a Ground Breaking – 2 nd Senior Center – parking at 2662 Fleischmann Way	MAY 2 10:30a Miccosukee Lunch & Learn 11a Healthy for Life at Jake Gaither (EM)	MAY 3 10a Walmart Trip from Miccosukee	MAY 4 CENTER CLOSED
MAY 6 10a LLL-Food For Life (MH) 7p GAP Circle of Parents ZM (KB)	MAY 7 9a 10a Blood Pressure & Glucose Screening 12p Tech Help (KC) 1p GaP Advisory Council ZM (KB)	MAY 8 10:30a Bradfordville Lunch & Learn 10a Hearing Screening 11a Hearing Safety 12:30p Friends Connection LNC	MAY 9 10:30a Woodville Lunch & Learn 11a Caregiver Support Group (JS) 11a Healthy for Life at Jake Gaither (EM) 1p TDBC <u>ALL Activities after 4:30pm are cancelled. Silver Stars</u>	MAY 10 8a LLL-Seacrest Wolf Preserve (MH) 7:30p Contra Dance – The Little Mercies Band with Caller Angela DeCarlis of Gainesville	MAY 11 7p USA Dance: Double Down Derby Dance – Semi-Formal Dress
MAY 13 10a Mindful Meditation 10a LLL-Food For Life (MH) 11a Art Council 1p Poetry Group ZM (KC) 1:30p Advisory Council (SS) 6p TDBC Bridge	MAY 14 11a Coffeehouse Concert-Nathan Brown (RN) 11a Wellness Circle at Jack McLean 7p Stamp and Cover Club	MAY 15 8:30a Capital Coalition on Aging (KC) 9a Hike (RN) 10a Poetry & Snapshot Memoir (RN) 11a Wellness Circle at Jake Gaither 1p LCSO Advisory Council 1:30p AHEC-Tools to Quit	MAY 16 8a Farmers Market Coupons 10a DEEP-Diabetes (RN) 10:30a Lake Jackson Lunch & Learn 11a Healthy for Life at Jake Gaither (EM) 1p TDBC 2p Tech Help (KC)	MAY 17	MAY 18 CENTER CLOSED
MAY 20 CLOSED Emancipation Day 7p GAP Circle of Parents ZM (KB)	MAY 21 10:30a Ft. Braden Lunch & Learn 1:30p LLL-Springhouse Tour PRR (MH) 5p TDBC Board Meeting	MAY 22 11a Lunch & Learn-Advantages of Funeral Planning (JN) 12:30p Friends Connection LNC 3:30p Foundation Board Meeting	MAY 23 10a DEEP-Diabetes (RN) 11a Caregiver Support Group (JS) 11a Healthy for Life at Jake Gaither (EM) 1p TDBC	MAY 24 11a LLL-Afternoon Tea at Rabbit Creek PRR (MH)	MAY 25 CENTER CLOSED
MAY 27 CLOSED MEMORIAL DAY 1p Poetry Group ZM (KC)	MAY 28 10:30a Chaires Lunch & Learn	MAY 29 12p GAP Lunch & Learn	MAY 30 10a DEEP-Diabetes (RN) 11a Healthy for Life at Jake Gaither (EM) 11:30a Senior LGBT+ Support Group	MAY 31	

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:

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