

TALLAHASSEE SENIOR SERVICES CALENDAR – VIRTUAL +

We are now offering online classes some which require pre-registration for the Zoom link. Please note the initials in the parenthesis after the class title. The corresponding contact name and registration email address is noted at the bottom of the calendar. **Description and Registration located at: TallahasseeSeniorFoundation.org**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
JAN 11 10:30a Adv. French ZM (KC) 11a Art Council ZM (JH) 11a Brain Body Balance FB (RN) 12:30p Hands-On Art History ZM (JH) 1p Advisory Council (SS) 2:45p Poetry Group ZM (KC) 3p Friends Connection ZM (ML)	JAN 12 Quit Smoking Now PRR (RN) 224-9340 11a Mindful Movement FB (RN)	JAN 13 11a Gentle Yoga FB (RN) 11:15a Adv. Painting Critique ZM (JH) 1p Friends Connection LNC ZM (ML) 1:30p Draw with Your Eyes ZM (JH) 7:15p Al-Anon-tallyalanon.org	JAN 14 10a Meditation FB (RN) 11a Stretch & Flex FB (RN) 1p Friends Connection ZM (ML) 7p Capital Chordsmen ZM (KC)	JAN 15 9a English 2 nd Language (KC) 11a Seated Yoga FB (RN) 11a Ukulele Fingerstyle PRR ZM (KC)
JAN 18 Martin Luther King Holiday	JAN 19 Quit Smoking Now PRR (RN) 224-9340 11a Mindful Movement FB (RN)	JAN 20 8:30a Capital Coalition on Aging (KC) 10a Falls Prevention FB (RN) 11a Gentle Yoga FB (RN) 11:15a Adv. Painting Critique ZM (JH) 1p LCSO Advisory Council (SD) 1:30p Draw with Your Eyes ZM (JH) 7:15p Al-Anon-tallyalanon.org	JAN 21 11a Stretch & Flex FB (RN) 1p Friends Connection ZM (ML) 1:30p LLL-Great Artists of Spain ZM (MH) 7p Capital Chordsmen ZM (KC)	JAN 22 9a English 2 nd Language ZM (KC) 11a Seated Yoga FB (RN)
JAN 25 10:30a Adv. French ZM (KC) 11a Brain Body Balance FB (RN) 12:30p Hands-On Art History ZM (JH) 2:45p Poetry Group ZM (KC) 3p Friends Connection ZM (ML)	JAN 26 Quit Smoking Now PRR (RN) 224-9340 11a Mindful Movement FB (RN) 3p LLL-Mindfulness ZM (MH)	JAN 27 11a Gentle Yoga FB (RN) 11:15a Adv. Painting Critique ZM (JH) 1p Foundation Board Meeting ZM (SS) 1p Friends Connection LNC ZM (ML) 1:30p Draw with Your Eyes ZM (JH) 7:15p Al-Anon-tallyalanon.org	JAN 28 10a Beg. Ipad/Iphone ZM (KC) 11a Stretch & Flex FB (RN) 1p Friends Connection ZM (ML) 1:30p LLL-USSR-Russia Myths ZM (MH) 7p Capital Chordsmen ZM (KC)	JAN 29 9a English 2 nd Language ZM (KC) 11a Seated Yoga FB (RN)
FEB 1 10a Mindfulness FB (RN) 10:30a Adv. French ZM (KC) 11a Brain Body Balance FB (RN) 11a Beginner's Ukulele PRR ZM (KC) 12:30p Hands-On Art History ZM (JH) 3p Friends Connection ZM (ML) 7p GAP Circle of Parents ZM (KB)	FEB 2 Quit Smoking Now PRR (RN) 224-9340 11a Mindful Movement FB (RN) 1p GaP Advisory Council ZM (KB)	FEB 3 9:30a Healthy Living for Your Brain Health ZM (RN) 11a Gentle Yoga FB (RN) 11:15a Adv. Painting Critique ZM (JH) 1:30p Draw with Your Eyes ZM (JH) 7:15p Al-Anon-tallyalanon.org	FEB 4 11a Stretch & Flex FB (RN) 1p Friends Connection ZM (ML) 1:30p LLL-A Trip Through Time ZM (MH) 7p Capital Chordsmen ZM (KC)	FEB 5 9a Virtual Office Hours with Ruth ZM (RN) 9a English 2 nd Language (KC) 11a Seated Yoga FB (RN) 11a Ukulele Fingerstyle PRR ZM (KC)
FEB 8 10:30a Adv. French ZM (KC) 11a Art Council ZM (JH) 11a Brain Body Balance FB (RN) 12:30p Hands-On Art History ZM (JH) 2:45p Poetry Group ZM (KC) 3p Friends Connection ZM (ML)	FEB 9 Quit Smoking Now PRR (RN) 224-9340 11a Mindful Movement FB (RN)	FEB 10 9:30a Understanding Alz. & Dementia ZM (RN) 11a Gentle Yoga FB (RN) 11:15a Adv. Painting Critique ZM (JH) 1p Friends Connection LNC ZM (ML) 1:30p Draw with Your Eyes ZM (JH) 7:15p Al-Anon-tallyalanon.org	FEB 11 10a Meditation FB (RN) 11a Stretch & Flex FB (RN) 1p Friends Connection ZM (ML) 1:30p LLL-So, You Think You're Smart ZM (MH) 7p Capital Chordsmen ZM (KC)	FEB 12 9a English 2 nd Language (KC) 11a Seated Yoga FB (RN)

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

LEGEND - PRR= Pre-Registration Required; LLL=Lifelong Learning; FB=Facebook; ZM=Zoom Meeting
 (KB) Karen.Boebinger@talgov.com; (KC) Kristy.Carter@talgov.com; (JH) Jennifer.Haskins@talgov.com;
 (MH) Maureen.Haberfeld@talgov.com; (ML) Melanie.Lachman@talgov.com (RN) Ruth.Nickens@talgov.com;
 (SS) Sheila.Salyer@talgov.com

Need computer or technology assistance? Please contact the Tallahassee Senior Center at (850) 891-4000 Monday – Friday; 8am-4pm and we will assist.

Despite our temporarily closed doors, we are working hard to develop and share opportunities (such as virtual, live and on demand classes) to keep our age 50+ participants active, optimally aging, and socially fit. Now more than ever, your support is very important to make this possible and we encourage your donations for virtual and on demand classes – to donate, TallahasseeSeniorFoundation.org; click the donate button (top right hand corner) or to become a member or renew your membership – click the membership tab - or checks can be mailed.

Tallahassee Senior Center Fitness Classes on WCOT

Monday, Wednesday, Friday & Saturday at 9 am

Staying active is one of the most important things we can do to stay healthy and age successfully, and we realize you are missing your weekly in-person classes.

To help you access quality senior fitness, WCOT (Channel 13 on cable or Talgov.com/WCOT) will now be airing four TSC classes with some of your favorite instructors. Fitness classes are provided by the City of Tallahassee Parks, Recreation & Neighborhood Affairs and the Tallahassee Senior Center and Foundation. Learn more by visiting Talgov.com/Seniors. Below are the classes that you can view.

Monday Mindful Movement w/ Lori Roberts, certified NIA yoga instructor

Mindful Movement is a gentle, yoga-based, fitness class focuses on increasing energy, reducing falls, and maintaining flexibility.

Brought to you in partnership with [Capital Health Plan](#).

Wednesday Gentle Yoga w/ Ferdouse Sultana, E-RYT® 500

Enjoy a gentle yoga class which includes both standing and mat poses for balance (a chair is an option). Benefits include improved range of motion, flexibility, balance, and strength. It also focuses on breathing exercises for stress reduction and relaxation.

Friday Brain-Body-Balance w/ Merisha Johnson Phillips, AFAA-CPT

An active-aging, fall-prevention program created to be fun while reversing many types of aging. The class fuses physical movement with brain-enhancing drills to improve balance, memory, brain health, reflexes, and daily life. Have a chair on hand.

Saturday Stretch & Flex w/ Robin Perry Davis, ACSM

This class will help you stay strong, flexible, and mobile with gentle yoga-like movement. Safe stretching routines maintain joint mobility and muscle flexibility. Some classes will be seated, others use a mat, viewers can easily move between.

For more info, contact our Health & Wellness Coordinator Ruth.Nickens@talgov.com

[#Senior](#) [#fitness](#) [#flexibility](#) [#Stretching](#) [#mobility](#) [#yoga](#)

Staying active is one of the most important things we can do to keep healthy and age successfully. While we can't be together in person, we encourage to join us for a variety of virtual fitness classes, offered 3 ways for your viewing convenience:

- (1) WCOT (Channel 13 on cable or Talgov.com/WCOT) on TV - M/W/F/& SAT @ 9 a.m.
- (2) On demand: www.TallahasseeSeniorFoundation.org/on-demand-classes/
- (3) Posted on our Foundation page at 11:00 a.m. – Tallahassee Senior Center

The mission of Tallahassee Senior Services is to offer programs, activities, and opportunities designed to encourage active living, optimal aging, and social fitness for independent adults age 50+.

*TSC programs like these Fitness classes are supported by donations to the TSC Foundation. If you would like to contribute or become a member, go to www.tallahassee-seniorfoundation.org or mail your check to:
TSC Foundation, 1400 N. Monroe St. Tallahassee, FL, 32303.*

