

**TALLAHASSEE SENIOR SERVICES
CALENDAR OF WEEKLY PROGRAMS
JUNE 12 – JULY 8, 2017**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 <i>Fitness at Woodville</i>	9:00 Watercolor Studio	8:30 <i>Fitness at Woodville</i>	9:00 Watercolor Studio	8:30 <i>Fitness at Chaires</i>
8:30 <i>Fitness at Chaires</i>	9:00 Ceramics	8:30 <i>Fitness at Chaires</i>	9:30 Life Exercise	9:00 English 2 nd Language
9:00 Crafting Bee	9:30 Life Exercise	9:00 French: A <i>(ends June 14)</i>	9:30 <i>Seated Exercise at Chaires</i>	9:00 Oil Painting Advanced
9:00 Portraiture	9:30 <i>Seated Exercise at Chaires</i>	9:00 Ceramics	10:00 Blood Pressure Screening	9:30 Drawing Together
9:00 Artistry in Clay	9:30 <i>Beginner Fitness at Bradfordville (I)</i>	9:00 Pastels <i>(meet June 14; resume July 5)</i>	10:00 <i>Brain-Body-Balance at Optimist Park</i>	9:30 <i>Beginner Fitness at Bradfordville (I)</i>
9:30 French: C <i>(ends June 12)</i>	10:00 Seniors vs. Crime	9:00 Nimble Fingers	10:30 Wii Bowling	10:00 Tai Chi
10:00 French: Advanced	10:00 <i>Brain-Body-Balance at Optimist Park</i>	10:00 Seniors vs. Crime	11:00 Counseling <i>(by appointment)</i>	10:00 Social Bingo
10:00 SHINE <i>(by appointment)</i>	10:30 <i>Beginner Fitness at Bradfordville (II)</i>	10:00 Tai Chi	11:15 <i>Senior Fitness at Miccosukee</i>	10:30 <i>Beginner Fitness at Bradfordville (II)</i>
10:30 <i>Fitness at Fort Braden</i>	10:30 Reiki	10:00 Blood Pressure Screening	12:00 Senior Dining	11:00 French: Advanced
11:00 French: B <i>(ends June 12)</i>	10:30 Wii Bowling	10:00 Glucose Screening	12:00 Canasta	11:00 Chair Yoga
11:00 Counseling <i>(by appointment)</i>	11:00 Mindful Movement	10:30 <i>Fitness at Fort Braden</i>	12:00 <i>Cards, Etc. at Allegro</i>	11:00 French: Advanced
12:00 Senior Dining	11:15 <i>Senior Fitness at Miccosukee</i>	11:00 Legal Services <i>(by appointment)</i>	12:30 Line Dance	11:30 <i>Senior Fitness at Bradfordville (III)</i>
12:00 Quilting Bees	11:30 <i>Senior Fitness at Bradfordville (III)</i>	11:30 Pickleball Basic Lesson	1:00 French Study	11:30 Pickleball
12:00 <i>Bridge at Bradfordville</i>	12:00 Senior Dining	12:00 Senior Dining	1:00 Drawing Etcetera-Portraits	12:00 Senior Dining
12:30 Canasta	12:00 Senior Dining	12:00 Pickleball	1:00 <i>Mindful Movement at Lake Jackson</i>	12:30 Beginning Acrylic Painting
12:30 Drawing Like Durer & Friends – Pen & Ink	1:00 Watercolor	12:30 Bridge-a- Dears	1:30 Capital City Duplicate Bridge	1:00 <i>Senior Fitness at Bradfordville (IV)</i>
1:15 French: D <i>(ends June 12)</i>	1:00 <i>Senior Fitness at Bradfordville (IV)</i>	1:00 Oil & Acrylic	1:00 <i>Mindful Movement at Lake Jackson</i>	1:00 <i>Senior Fitness at Bradfordville (IV)</i>
1:30 <i>Yoga at Bradfordville (starts June 5)</i>	1:00 <i>Senior Fitness at Bradfordville (IV)</i>	1:30 <i>Draw with Your Eyes, Paint with Your Heart at Bradfordville</i>	1:00 <i>Mindful Movement at Lake Jackson</i>	1:00 <i>Senior Fitness at Bradfordville (IV)</i>
1:30 Brain-Body-Balance	1:00 TDBC Bridge	1:30 <i>Draw with Your Eyes, Paint with Your Heart at Bradfordville</i>	2:15 Ping-Pong	1:00 Model Ship Building
1:30 Bridge 99'ers	1:00 <i>Canasta, Cards and Games at Lake Jackson</i>	1:30 Capital City Duplicate Bridge	2:15 Bean Bag Toss	2:00 Dancing for Fun
5:30 Yoga	1:00 <i>Brain-Body-Balance at SouthWood</i>	2:00 <i>Brain-Body-Balance at Allegro</i>	5:30 Zumba® Gold	2:00 Dancing for Fun
6:30 TDBC Bridge	2:15 Wii Games	5:30 Yoga	6:00 Novice Bridge Lesson	5:30 Ballroom and Swing Dance Lessons
6:30 Early Rounds – Capital Twirlers	2:15 Ping-Pong	6:00 TDBC Bridge	6:30 TDBC Bridge	6:30 Capital City Duplicate Bridge
7:00 Capital City Carvers <i>(watch for summer schedule)</i>	2:15 Mahjongg	7:15 Family Al-Anon	7:00 Writers Workshop	7:15 Beginners Al-Anon
7:00 Twirlers Square Dance	6:00 Guitar		7:00 Capital Chordsmen	
	8:00 SA Support			

MONTHLY, BI-MONTHLY, & SPECIAL EVENTS & PROGRAMS ON BACK!

**TALLAHASSEE SENIOR SERVICES
CALENDAR OF BI-WEEKLY AND MONTHLY PROGRAMS
JUNE 12 – JULY 8, 2017**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
JUNE 12 2:45p Poetry Group 6p Creative Aging 6p Intermediate German 7p * Flag Day Concert	JUNE 13 <i>11a Wellness Circle at JM</i> 12p Art Council 5:30p Aphasia Learning Group 7:30p Stamp and Cover Club	JUNE 14 <i>10:30a Lunch & Learn at B</i> 6p USA Dance Board Meeting	JUNE 15 <i>10:30a Lunch & Learn at LJ</i> <i>10:30a Life Skills at JG PRR</i> 12:30p Podiatry	JUNE 16 9:30a T.O.P.S. 10a Beginner Ukulele 11a Uke Sing Along Hour	JUNE 17 7:30 p USA Dance: <i>Black & White Charity Ball – Semi Formal</i>
JUNE 19 10a Housing Follow Up PRR 728-3525 <i>10a LLL-Telling My Stories at B PRR</i> 1p Advisory Council 6p Intermediate German 6:30p Photoshop Elements	JUNE 20 <i>10:30a Lunch & Learn at FB</i> <i>12p Bookworm at Allegro</i> 6p TDBC Board	JUNE 21 8:30a Capital Coalition on Aging <i>11a Wellness Circle at JG</i> 3p Financial Counseling (by appointment only)	JUNE 22 <i>10:30a Life Skills at JG PRR</i>	JUNE 23 9:30a T.O.P.S. 11a Ukuleles & Friends 7:30p Contra Dance	JUNE 24 CENTER CLOSED
JUNE 26 CLOSED FOR MAINTENANCE <i>10a LLL-Telling My Stories at B PRR</i>	JUNE 27 CLOSED FOR MAINTENANCE <i>10:30a Lunch & Learn at CC</i>	JUNE 28 CLOSED FOR MAINTENANCE <i>12p GaP location TBA (PRR 891-4027)</i> 3:30p Foundation Board Meeting	JUNE 29 CLOSED FOR MAINTENANCE	JUNE 30 CLOSED FOR MAINTENANCE	JULY 1 CLOSED FOR MAINTENANCE
JULY 3 CENTER CLOSED to the Public	JULY 4 CENTER CLOSED FOR INDEPENDENCE DAY	JULY 5 1p New Insight – Vision Support Group	JULY 6 10a Pulse Oximetry	JULY 7 9:30a T.O.P.S. <i>10a WalMart Trip at M</i> 10a Beginner Ukulele 11a Uke Sing Along Hour	JULY 8 CENTER CLOSED

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

**LEGEND - Class in italics off-site: A= Allegro; B= Bradfordville (NE Branch Library);
CC= Chaires-Capitola; FB= Fort Braden; JM= Jack McLean; JG= Jake Gaither;
LJ= Lake Jackson; M= Miccosukee; SW= Southwood; WO= Westminster Oaks; WV= Woodville.
PRR= Pre-Registration Required; LLL=Lifelong Learning**

Specific addresses can be located at <http://www.tal.gov.com/seniors/seniors-satellite.aspx>




1400 N. MONROE ST. • TALLAHASSEE, FL 32303 • 850-891-4000

Find Us Online Talgov.com/Seniors 

Twitter.com/TLHSeniorCenter 

Facebook.com/TallahasseeSeniorCenter 

www.TallahasseeSeniorFoundation.org