

**TALLAHASSEE SENIOR SERVICES
CALENDAR OF WEEKLY PROGRAMS
AUGUST 14 – SEPTEMBER 9, 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: B (<i>note level; returns 9/20/17</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 NE Library (I)</i>	9:00 Pastels	10:00 <i>Brain-Body-Balance at Optimist Park</i>	9:30 <i>Beginner Fitness at Bradfordville NE Library (I)</i>
9:30 French: D (<i>note level; returns 9/18/17</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 Beginning Spanish (<i>returns 9/21/17</i>)	10:00 Social Bingo
10:00 SHINE (<i>by appointment</i>)	10:30 <i>Beginner Fitness at Bradfordville NE Library (II)</i>	10:00 Tai Chi	11:00 Counseling (<i>by appointment</i>)	10:30 <i>Beginner Fitness at Bradfordville NE Library (II)</i>
10:30 <i>Fitness at Fort Braden</i>	10:30 Reiki	10:00 Blood Pressure Screening	11:15 <i>Senior Fitness at Miccosukee</i>	11:00 French: Advanced
11:00 French: C (<i>note level; returns 9/18/17</i>)	10:30 Wii Bowling	10:30 <i>Fitness at Fort Braden</i>	12:00 Senior Dining	11:00 Chair Yoga
11:00 Counseling (<i>by appointment</i>)	11:00 Mindful Movement	11:00 Legal Services (<i>by appointment</i>)	12:00 Canasta	11:30 <i>Senior Fitness at Bradfordville NE Library (III)</i>
12:00 Senior Dining	11:15 <i>Senior Fitness at Miccosukee</i>	11:30 Pickleball Basic Lesson	12:00 <i>Cards, Etc. at Allegro</i>	11:30 Pickleball
12:00 Quilting Bees	11:30 <i>Senior Fitness at Bradfordville NE Library (III)</i>	12:00 Senior Dining	12:30 Line Dance	12:00 Senior Dining
12:00 <i>Bridge at Bradfordville Schoolhouse</i>	12:00 Senior Dining	12:00 Pickleball	1:00 French Study	12:30 Beginning Acrylic Painting
12:30 Canasta	1:00 Senior Singers (<i>returns 9/5/17</i>)	12:30 Bridge-a- Dears	1:00 Drawing Etcetera - <i>Portraits</i>	1:00 <i>Senior Fitness at Bradfordville NE Library (IV)</i>
12:30 Drawing Like Durer & Friends – Pen & Ink	1:00 Watercolor	1:00 Oil & Acrylic	1:00 <i>Mindful Movement at Lake Jackson</i>	1:00 Model Ship Building
1:15 French: A (<i>note level; returns 9/18/17</i>)	1:00 <i>Senior Fitness at Bradfordville NE Library (IV)</i>	1:30 <i>Draw with Your Eyes, Paint with Your Heart at Bradfordville NE Library</i>	1:30 Capital City Duplicate Bridge	2:00 Dancing for Fun
1:30 <i>Yoga at Bradfordville NE Library</i>	1:00 TDBC Bridge	1:30 Capital City Duplicate Bridge	2:15 Ping-Pong	5:30 Ballroom and Swing Dance Lessons
1:30 Brain-Body-Balance	1:00 <i>Canasta, Cards and Games at Lake Jackson</i>	2:00 <i>Brain-Body Balance at Allegro</i>	2:15 Bean Bag Toss	6:30 Capital City Duplicate Bridge
1:30 Bridge 99'ers	1:00 <i>Brain-Body-Balance at SouthWood</i>	5:30 Yoga	5:30 Zumba® Gold	7:15 Beginners Al-Anon
5:30 Yoga	2:15 Wii Games	6:00 TDBC Bridge	6:00 Novice Bridge Lesson	
6:30 TDBC Bridge	2:15 Ping-Pong	6:00 Spanish Plus (<i>returns 9/20/17</i>)	6:30 TDBC Bridge	
6:30 Early Rounds – Capital Twirlers	2:15 Mahjonn	7:15 Family Al-Anon	7:00 Writers Workshop	
7:00 Capital City Carvers	2:30p NEW Spanish Intermediate (<i>starts 9/19/17</i>)		7:00 Capital Chordsmen	
7:00 Twirlers Square Dance	6:00 Guitar			
	8:00 SA Support			

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

**TALLAHASSEE SENIOR SERVICES
CALENDAR OF BI-WEEKLY AND MONTHLY PROGRAMS
AUGUST 14 – SEPTEMBER 9, 2017**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AUG 14 2:45p Poetry Group 6p Creative Aging 6p Intermediate German	AUG 15 8:15a Walk with Ease <i>10:30a Lunch & Learn at FB</i> <i>12p Bookworm at Allegro</i> 5p Pickleball-Summer 5p Quit Smoking 6p TDBC Board	AUG 16 8:15a Walk with Ease 8:30a Capital Coalition on Aging <i>11a Wellness Circle at JG</i> 3p Financial Counseling <i>(by appointment only)</i> 6p USA Dance Board Meeting	AUG 17 8:15a Walk with Ease <i>10:30a Lunch & Learn at LJ</i> <i>10:30a Life Skills at JG PRR</i> 12:30p Podiatry 2p Loneliness Chat	AUG 18 10a Beginner Ukulele 11a Uke Sing Along Hour	AUG 19 7:30 p USA Dance: <i>Schoolhouse Rock</i>
AUG 21 <i>10a LLL-Finding Your Roots at B PRR</i> 1p Advisory Council 2:30p Tools to Quit 6p Intermediate German 6:30p Photoshop Elements	AUG 22 8:15a Walk with Ease 10a Joint Health Screening <i>10:30a Lunch & Learn at CC</i> 3p New Comers 6p AARP-Movie Lives Well Lived RSVP	AUG 23 8:15a Walk with Ease 3:30p Foundation Board Meeting	AUG 24 8:15a Walk with Ease <i>10:30a Life Skills at JG PRR</i>	AUG 25 11a Ukuleles & Friends 7:30p Contra Dance	AUG 26 6p Zero Birthday Bash Tickets at: Tallahassee senior foundation.org
AUG 28 <i>10a LLL-How to Help Your Grands w/ Homework at B PRR</i> 2:45p Poetry Group 6p Intermediate German	AUG 29 8:15a Walk with Ease	AUG 30 8:15a Walk with Ease <i>12p GaP at LeRoy Collins Library (PRR 891-4027)</i>	AUG 31	SEPT 1 <i>10a WalMart Trip at M</i> 10a Beginner Ukulele 11a Uke Sing Along Hour 6p Art Reception	SEPT 2 CENTER CLOSED
SEPT 4 CENTER CLOSED LABOR DAY	SEPT 5 10:30a Meditation 7p FFU Investment Club	SEPT 6 11a Living with Pain 1p New Insight – Vision Support Group	SEPT 7 10a Pulse Oximetry <i>10:30a Lunch & Learn at M</i> 11a What's New in Organ & Tissue Donation	SEPT 8 <i>10:30a Health Fair at JG</i> 11a Ukuleles & Friends 7:30p Contra Dance	SEPT 9 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.talgov.com/seniors/neighborhoodsites.aspx>

SPECIAL NOTE:

Movie: AARP – Lives Well Lived 6p, Tuesday, August 22. RSVP at 877-926-8300

L3X: 8th Annual Regional Life Long Learning Extravaganza – September 11-15, 2017