

**TALLAHASSEE SENIOR SERVICES
CALENDAR OF WEEKLY PROGRAMS
JULY 9 – AUGUST 11, 2018**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 <i>Fitness at Woodville</i>	9:00 Watercolor Studio Lab	8:30 <i>Fitness at Woodville</i>	9:00 Watercolor Studio Lab	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 Ceramics	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 Pastels	10:00 Blood Pressure Screening	9:30 Drawing Together
10:00 French: Advanced	9:30 <i>Beginner Fitness at Bradfordville NE Library (I)</i> <i>(limited space call first 766-6001)</i>	9:00 Nimble Fingers	10:00 <i>Brain-Body-Balance at Hartsfield Elementary until 8/9/18</i>	9:30 <i>Beginner Fitness at Bradfordville NE Library (I)</i>
10:00 SHINE <i>(by appointment)</i>	10:00 Seniors vs. Crime	10:00 Seniors vs. Crime	10:30 Wii Bowling	10:00 Tai Chi
10:30 <i>Fitness at Fort Braden</i>	10:00 <i>Brain-Body-Balance at Optimist Park at Hartsfield Elementary until 8/9/18</i>	10:00 Blood Pressure Screening	11:00 Counseling <i>(by appointment)</i>	10:00 Social Bingo
11:00 Counseling <i>(by appointment)</i>	10:30 <i>Beginner Fitness at Bradfordville NE Library (II)</i>	10:00 Glucose Screening	11:15 <i>Senior Fitness at Miccosukee</i>	10:30 <i>Beginner Fitness at Bradfordville NE Library (II)</i>
12:00 Senior Dining	10:30 Reiki	10:30 <i>Fitness at Fort Braden</i>	12:00 Senior Dining	11:00 French: Advanced
12:00 Quilting Bees	10:30 Wii Bowling	11:00 Legal Services <i>(by appointment)</i>	12:00 Canasta	11:00 Chair Yoga
12:30 Canasta	11:00 Mindful Movement	11:30 Pickleball Basic Lesson	12:30 Line Dance	11:30 <i>Senior Fitness at Bradfordville NE Library (III)</i>
12:30 Drawing Like Durer & Friends – Pen & Ink	11:15 <i>Senior Fitness at Miccosukee</i>	12:00 Senior Dining	1:00 Friends Connection	11:30 Pickleball
1:15 French: Study Group for Summer; Student Led	11:30 <i>Senior Fitness at Bradfordville NE Library (III)</i>	12:00 Pickleball	1:00 French Study	12:00 Senior Dining
1:30 <i>Yoga at Bradfordville NE Library (limited space call first 766-6001)</i>	12:00 Senior Dining	12:30 Bridge-a- Dears	1:00 Drawing Etc. – <i>Still Life & Portraits</i>	12:30 Beginning Acrylic Painting
1:30 Brain-Body-Balance	1:00 Engage With Your Page	1:00 Oil & Acrylic	1:00 <i>Mindful Movement at Lake Jackson</i>	1:00 <i>Senior Fitness at Bradfordville NE Library (IV)</i>
1:30 Bridge 99'ers	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	1:00 Model Ship Building
5:30 Yoga	1:00 TDBC Bridge	1:30 Capital City Duplicate Bridge	2:15 Ping-Pong	2:00 Dancing for Fun
6:30 TDBC Bridge	1:00 <i>Canasta, Cards and Games at Lake Jackson</i>	2:00 <i>Brain-Body Balance at Allegro</i>	5:30 Zumba® Gold	5:30 Ballroom and Swing Dance Lessons
7:00 Capital City Carvers	1:00 <i>Brain-Body-Balance at SouthWood</i>	2:00 <i>Yoga at Lake Jackson</i>	5:30 Line Dance w/ Gina	5:30 Capital City Duplicate Bridge
7:00 Twirlers Square Dance	1:00 TDBC Bridge	5:30 Yoga	6:00 Novice Bridge Lesson	7:15 Beginners Al-Anon
	1:00 <i>Canasta, Cards and Games at Lake Jackson</i>	6:30 TDBC Bridge	6:30 TDBC Bridge	
	1:00 <i>Brain-Body-Balance at SouthWood</i>	7:15 Family Al-Anon	7:00 Writers Workshop	
	2:15 Scrabble		7:00 Capital Chordsmen	
	2:15 Ping-Pong			
	2:15 Mahjonn			
	6:00 Guitar			
	8:00 SA Support			

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

Special Features:

Monday, July 9th – Travel Presentation 10am

Monday, July 16th – Ice Cream Social 12:30pm

**TALLAHASSEE SENIOR SERVICES
CALENDAR OF BI-WEEKLY AND MONTHLY PROGRAMS
JULY 9 – AUGUST 11, 2018**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
JULY 9 10a Travel Presentation 2:45p Poetry Group 6p Creative Aging 6p Intermediate German	JULY 10 8a StarMetro Assistance <i>12:30p Friends Connection at M</i> 12p Art Council 1p LOP-Fly Fishing PRR 5p Pickleball Summer 5:30p Aphasia Learning Group 6p Arm Chair Travel – <i>National Parks</i> 7:30p Stamp and Cover Club	JULY 11 10a Hearing Screening 7:30p Adult Ballet	JULY 12 11:30a Tech Support	JULY 13 9:30a TOPS 11a Ukuleles & Friends 7:30p Contra Dance	JULY 14 CENTER CLOSED
JULY 16 12:30p Ice Cream Social 6p Intermediate German 6:30p Photoshop Elements	JULY 17 10:30a What is Physiatry? 1p LOP-Fly Fishing PRR 5p Pickleball Summer 6p TDBC Board	JULY 18 8a StarMetro Assistance 8:30a Capital Coalition on Aging 11a Big Bend Homeless Coalition 1p LCSO Advisory Council 3p Financial Counseling <i>(by appointment only)</i> 6p USA Dance Board Meeting	JULY 19 11:30a Tech Support	JULY 20 9:30a TOPS 10a Beginner Ukulele 11a Ukulele Fingerstyle Class 12p Quilting Bees	JULY 21 7:30 p USA Dance: <i>Dog Days of Summer</i>
JULY 23 10a Downsizing/Declutter 2:30p Quit Smoking Now 2:45p Poetry Group 6p Intermediate German	JULY 24 10:30a Meditation 11a What is UPSLIDE? 1p LOP-Fly Fishing PRR 5p Pickleball Summer	JULY 25 <i>10:30a Friends Connection at FB</i> 3:30p Foundation Board Meeting	JULY 26 11:30a Tech Support	JULY 27 9:30a TOPS 11a Ukuleles & Friends 7:30p Contra Dance	JULY 28 CENTER CLOSED
JULY 30 6p Intermediate German	JULY 31 10:30a Energy Healing through Sound & Reiki 1p LOP-Fly Fishing PRR 5p Pickleball Summer	AUG 1	AUG 2 10a Pulse Oximetry <i>10:30a Lunch & Learn at M</i>	AUG 3 9:30a TOPS <i>10a WalMart Trip at M</i> 10a Beginner Ukulele 11a Ukulele Fingerstyle Class 12p Quilting Bees	AUG 4 CENTER CLOSED
AUG 6 8:30 L3X Launch Party 2:30p Quit Smoking 6:30p Photoshop Elements	AUG 7 <i>11a Friends Connection at CC</i> 1p GaP Advisory Council 1p LOP-Fly Fishing PRR 5:30p L3X Launch 6:30p Myasthenia Gravis Support Group	AUG 8 <i>10:30a Lunch & Learn at B</i>	AUG 9 10a Barbers are Coming <i>10:30a Lunch & Learn at WV</i>	AUG 10 9:30a TOPS 11a Ukuleles & Friends 7:30p Contra Dance – <i>Long Forgotten String Band; Caller Richard Hopkins</i>	AUG 11 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; LOP=Lifelong Outdoors Pursuits

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