

**TALLAHASSEE SENIOR SERVICES
CALENDAR OF WEEKLY PROGRAMS
OCTOBER 9 – NOVEMBER 11, 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	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 Lab	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	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	10:00 Social Bingo
10:00 SHINE (by appointment)	10:30 <i>Beginner Fitness at Bradfordville NE Library (II)</i>	10:00 Tai Chi	11:00 Counseling (by appointment)	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	11:00 Antidote for Loneliness Chat Group	11:00 French: Advanced
11:00 French: C	10:30 Wii Bowling	10:00 Glucose Screening	11:15 <i>Senior Fitness at Miccosukee</i>	11:00 Chair Yoga
11:00 Counseling (by appointment)	11:00 Mindful Movement	10:30 <i>Fitness at Fort Braden</i>	12:00 Senior Dining	11:30 <i>Senior Fitness at Bradfordville NE Library (III)</i>
12:00 Senior Dining	11:15 <i>Senior Fitness at Miccosukee</i>	11:00 Legal Services (by appointment)	12:00 Canasta	11:30 Pickleball
12:00 Quilting Bees	11:30 <i>Senior Fitness at Bradfordville NE Library (III)</i>	11:30 Pickleball Basic Lesson	12:00 <i>Cards, Etc. at Allegro</i>	12:00 Senior Dining
12:00 <i>Bridge at Bradfordville Schoolhouse</i>	12:00 Senior Dining	12:00 Senior Dining	12:30 Line Dance	12:30 Beginning Acrylic Painting
12:30 Canasta	1:00 Senior Singers	12:00 Pickleball	1:00 French Study	1:00 <i>Senior Fitness at Bradfordville NE Library (IV)</i>
12:30 Drawing Like Durer & Friends – Pen & Ink	1:00 Watercolor	12:30 Bridge-a- Dears	1:00 Drawing Etcetera - Portraits	1:00 Model Ship Building
1:15 French: A	1:00 <i>Senior Fitness at Bradfordville NE Library (IV)</i>	1:00 Oil & Acrylic	1:00 <i>Mindful Movement at Lake Jackson</i>	2:00 Dancing for Fun
1:30 <i>Yoga at Bradfordville NE Library</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	5:30 Ballroom and Swing Dance Lessons
1:30 Brain-Body-Balance	1:00 <i>Senior Fitness at Bradfordville NE Library (IV)</i>	1:30 Capital City Duplicate Bridge	1:30 Capital City Duplicate Bridge	6:30 Capital City Duplicate Bridge
1:30 Bridge 99'ers	1:00 <i>Senior Fitness at Bradfordville NE Library (IV)</i>	2:00 <i>Brain-Body Balance at Allegro</i>	2:15 Ping-Pong	7:15 Beginners Al-Anon
5:30 Yoga	1:00 <i>Senior Fitness at Bradfordville NE Library (IV)</i>	5:30 Yoga	2:15 Bean Bag Toss	
6:30 TDBC Bridge	1:00 <i>Senior Fitness at Bradfordville NE Library (IV)</i>	6:00 TDBC Bridge	5:30 Zumba® Gold	
6:30 Early Rounds – Capital Twirlers	1:00 <i>Canasta, Cards and Games at Lake Jackson</i>	6:00 Spanish Plus	6:00 Novice Bridge Lesson	
7:00 Capital City Carvers	1:00 <i>Brain-Body-Balance at SouthWood</i>	7:15 Family Al-Anon	6:30 TDBC Bridge	
7:00 Twirlers Square Dance	2:15 Wii Games		7:00 Writers Workshop	
	2:15 Ping-Pong		7:00 Capital Chordsmen	
	2:15 Mahjongg			
	2:30 Spanish Intermediate			
	6:00 Guitar			
	8:00 SA Support			

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

*Friday & Saturday, November 3-4 German Christmas Market – more information at:
www.tallahasseeseniorenfoundation.org*

**TALLAHASSEE SENIOR SERVICES
CALENDAR OF BI-WEEKLY AND MONTHLY PROGRAMS
OCTOBER 9 – NOVEMBER 11, 2017**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
OCT 9 <i>10a LLL-Middle East at NE Library</i> 2:45p Poetry Group 6p Creative Aging 6p Intermediate German	OCT 10 <i>11a Wellness Circle at JM</i> 12p Art Council 5:30p Aphasia Learning Group 5:30p TALL 7:30p Stamp and Cover Club	OCT 11 <i>10:30a Lunch & Learn at B</i> 6:30p Travel Digital Photography PRR	OCT 12 <i>10:30a Lunch & Learn at WV</i> 5p Active Living Expo - ALL Activities after 1p are cancelled	OCT 13 9:30a Active Living Expo- ALL Activities before 5p are cancelled <i>11a GaP Support Group at Jake Gaither</i> 7:30p Contra Dance	OCT 14 CENTER CLOSED
OCT 16 <i>10a LLL-Middle East at NE Library</i> 1p Advisory Council 6p Intermediate German 6:30p Photoshop Elements	OCT 17 <i>10:30a Lunch & Learn at FB</i> <i>12p Bookworm at Allegro</i> 6p TDBC Board	OCT 18 8:30a Capital Coalition on Aging <i>11a Wellness Circle at JG</i> 3p Financial Counseling (by appointment only) 6p USA Dance Board Meeting	OCT 19 <i>10:30a Lunch & Learn at LJ</i> 12:30p Podiatry 2p LLL-Middle East	OCT 20 10a Beginner Ukulele 11a Uke Sing Along Hour <i>11a Life Skills at Jake Gaither</i>	OCT 21 7:30 p USA Dance: Pumpkin Patch
OCT 23 <i>10a LLL-Middle East at NE Library</i> 2:45p Poetry Group 6p Intermediate German	OCT 24 <i>10:30a Lunch & Learn at CC</i> 5:30p Red Carpet Reception	OCT 25 11a Demystifying Guardianship <i>12p GaP at LeRoy Collins Library (PRR 891-4027)</i> 3:30p Foundation Board Meeting 4:30p Mentor Up (PRR-577-5165) 6:30p Basic Digital Photography PRR	OCT 26 2p LLL-Middle East	OCT 27 8a LLL-Apalachicola Tour PRR 11a Ukuleles & Friends <i>11a Life Skills at Jake Gaither</i> 7:30p Contra Dance	OCT 28 CENTER CLOSED
OCT 30 6p Intermediate German	OCT 31	NOV 1 1p New Insight – Vision Support Group 6:30p Adv. Digital Photography PRR	NOV 2 10a Pulse Oximetry <i>10:30a Lunch & Learn at M</i> 2p LLL-Middle East	NOV 3 <i>10a WalMart Trip at M</i> 10a Beginner Ukulele 11a Uke Sing Along Hour <i>11a GaP Support Group @ JG</i> <i>11a Life Skills at Jake Gaither</i> 4p German Christmas Market 6p Art Reception	NOV 4 9a-1p German Christmas Market
NOV 6 10a Downsizing <i>10a LLL-Understanding Climate Change at NE Library</i> 2:30p Quit Smoking 6:30p Photoshop Elements	NOV 7 10:30a Meditation 1p GaP Advisory Council 7p FFU Investment Club	NOV 8 10a Hearing Screening <i>10:30a Lunch & Learn at B</i> 1:30pm NARFE	NOV 9 <i>10:30a Lunch & Learn at WV</i> 2p LLL-Middle East	NOV 10 CENTER CLOSED VETERAN's DAY	NOV 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

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