

**TALLAHASSEE SENIOR SERVICES
CALENDAR OF WEEKLY PROGRAMS
DECEMBER 11, 2017 – JANUARY 13, 2018**

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	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 Friends Connection	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>Canasta, Cards and Games at Lake Jackson</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>Brain-Body-Balance at SouthWood</i>	1:30 Capital City Duplicate Bridge	2:15 Ping-Pong	6:30 Capital City Duplicate Bridge
1:30 Bridge 99'ers	2:15 Wii Games	2:00 <i>Brain-Body Balance at Allegro</i>	2:15 Bean Bag Toss	7:15 Beginners Al-Anon
5:30 Yoga	2:15 Ping-Pong	5:30 Yoga	5:30 Zumba® Gold	
6:30 TDBC Bridge	2:15 Mahjongg	6:00 TDBC Bridge	6:00 Novice Bridge Lesson	
6:30 Early Rounds – Capital Twirlers	2:30 Spanish Intermediate	6:00 Spanish Plus	6:30 TDBC Bridge	
7:00 Capital City Carvers	6:00 Guitar	7:15 Family Al-Anon	7:00 Writers Workshop	
7:00 Twirlers Square Dance	8:00 SA Support		7:00 Capital Chordsmen	

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

**TALLAHASSEE SENIOR SERVICES
CALENDAR OF BI-WEEKLY AND MONTHLY PROGRAMS
DECEMBER 11, 2017 – JANUARY 13, 2018**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DEC 11 2:45p Poetry Group 6p Creative Aging 6p Beginning German	DEC 12 10a Massage <i>11a Wellness Circle at JM</i> 12p Art Council 5:30p Aphasia Learning Group 7p Capital Chordsmen Concert - Tickets 570-3148 7:30p Stamp and Cover Club	DEC 13 <i>10:30a Lunch & Learn at B</i> 4:30p Mentor Up (PRR 577-5165) 6p USA Dance Board Meeting	DEC 14 <i>10:30a Lunch & Learn at WV</i> 11a Lighten Up Holiday Fare	DEC 15 10a Beginner Ukulele 11a Uke Sing Along Hour 12p L3X – Closing Luncheon – tickets at 891-4033	DEC 16 7:30 p USA Dance: <i>Semi-Formal Rocking Around the Christmas Tree</i>
DEC 18 6p Beginning German 6:30p Photoshop Elements	DEC 19 <i>10:30a Lunch & Learn at FB</i> CENTER CLOSSES at 5p	DEC 20 8:30a Capital Coalition on Aging <i>11a Wellness Circle at JG</i> 3p Financial Counseling (by appointment only) CENTER CLOSSES at 5p	DEC 21 <i>10:30a Lunch & Learn at LJ</i> 12:30p Podiatry 1p TALL Advisory Council CENTER CLOSSES at 5p	DEC 22 11a Ukuleles & Friends CENTER CLOSSES at 5p	DEC 23 CENTER CLOSED
DEC 25 CENTER CLOSED FOR HOLIDAY	DEC 26 CENTER CLOSSES at 5p	DEC 27 CENTER CLOSSES at 5p	DEC 28 CENTER CLOSSES at 5p	DEC 29 CENTER CLOSSES at 5p	DEC 30 CENTER CLOSED
JAN 1 CENTER CLOSED FOR HOLIDAY	JAN 2 10:30a Meditation	JAN 3 1p New Insight – Vision Support Group	JAN 4 11a Ageless Grace 10a Pulse Oximetry	JAN 5 <i>10a WalMart Trip at M</i> 10a Beginner Ukulele 11a Uke Sing Along Hour <i>11a Life Skills at JG</i>	JAN 6 7p Mark Russell Concert – tickets available at tallahassee-senior-foundation.org
JAN 8 2:30p Tools to Quit 2:45p Poetry Group 6p Creative Aging 6p Beginning German	JAN 9 12p Art Council 5:30p Aphasia Learning Group 7p FFU Investment Club 7:30p Stamp and Cover Club	JAN 10 10a Hearing Screening <i>10a Hiking Workshop at Forest Meadows PRR 891-4065</i> 1:30pm NARFE	JAN 11 11a Ageless Grace	JAN 12 11a Ukuleles & Friends <i>11a Life Skills at JG</i> 7:30p Contra Dance	JAN 13 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>