

**TALLAHASSEE SENIOR SERVICES
CALENDAR OF WEEKLY PROGRAMS
FEBRUARY 11 – MARCH 9, 2019**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 <i>Fitness at Woodville</i>	9:00 Watercolor Int.	8:30 <i>Fitness at Woodville</i>	9:00 Watercolor Int.	8:30 <i>Fitness at Chaires</i>
8:30 <i>Fitness at Chaires</i>	9:00 Ceramics	8:30 <i>Fitness at Chaires</i>	9:00 Spanish: 2	9:00 English 2 nd Language
9:00 Crafting Bee	9:30 Life Exercise	9:00 French: C	9:30 Life Exercise	9:00 Oil Painting Adv.
9:00 Portraiture	9:30 <i>Seated Exercise at Chaires</i>	9:00 Ceramics	9:30 <i>Seated Exercise at Chaires</i>	9:30 Drawing Together
9:30 French: A	9:30 <i>Beginner Fitness at Bradfordville NE Library (I)</i> <i>(limited space call first 878-1685)</i>	9:00 Pastels	10:00 Blood Pressure Screening	9:30 <i>Beginner Fitness at Bradfordville NE Library (I)</i> <i>(limited space call first 878-1685)</i>
10:00 French: Advanced	10:00 Seniors vs. Crime	9:00 Nimble Fingers	10:00 <i>Brain-Body-Balance at Optimist Park</i>	
10:00 SHINE <i>(by appointment)</i>	10:00 <i>Brain-Body-Balance at Optimist Park</i>	10:00 Seniors vs. Crime	10:30 Wii Bowling	
10:30 <i>Fitness at Fort Braden</i>	10:30 <i>Beginner Fitness at Bradfordville NE Library (II)</i> <i>(limited space call first 878-1685)</i>	10:00 Tai Chi	10:45 Adult Ballet	10:00 Tai Chi
11:00 French: D	10:30 Reiki	10:00 Blood Pressure Screening	11:00 Beginning Spanish: 1	10:00 Social Bingo
11:00 Counseling <i>(by appointment)</i>	10:30 Wii Bowling	10:00 Glucose Screening	11:00 Counseling <i>(by appointment)</i>	10:30 <i>Beginner Fitness at Bradfordville NE Library (II)</i> <i>(limited space call first 878-1685)</i>
12:00 Senior Dining	11:00 Mindful Movement	10:30 <i>Fitness at Fort Braden</i>	11:15 <i>Senior Fitness at Miccosukee</i>	
12:00 Quilting Bees	11:15 <i>Senior Fitness at Miccosukee</i>	11:00 Legal Services <i>(by appointment)</i>	12:00 Senior Dining	11:00 French: Advanced
12:30 Canasta	11:30 <i>Senior Fitness at Bradfordville NE Library (III)</i> <i>(limited space call first 878-1685)</i>	11:30 Pickleball Basic Lesson	12:00 Canasta	11:00 Chair Yoga
12:30 Drawing Like Durer & Friends – Pen & Ink	12:00 Senior Dining	12:00 Senior Dining	12:30 Line Dance	11:30 <i>Senior Fitness at Bradfordville NE Library (III)</i> <i>(limited space call first 878-1685)</i>
1:15 French: B	1:00 Senior Singers	12:00 Pickleball	1:00 Friends Connection	11:30 Pickleball
1:30 Tax Aide (2/1 thru 4/15)	1:00 Watercolor Adv.	12:30 Bridge-a- Dears	1:00 French Study	12:00 Senior Dining
1:30 <i>Yoga at Bradfordville NE Library</i> <i>(limited space call first 766-6001)</i>	1:00 <i>Senior Fitness at Bradfordville NE Library (IV)</i> <i>(limited space call first 878-1685)</i>	1:00 Oil & Acrylic	1:00 Drawing Etc. – Still Life & Portraits	12:30 Beginning Acrylic Painting
1:30 Brain-Body-Balance	1:00 TDBC Bridge	1:30 Tax Aide (2/1 thru 4/15)	1:00 <i>Mindful Movement at Lake Jackson</i>	
1:30 Bridge 99'ers	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 Tax Aide (2/1 thru 4/1)	1:00 <i>Senior Fitness at Bradfordville NE Library (IV)</i> <i>(limited space call first 878-1685)</i>
3:00 Friends Connection	1:00 <i>Brain-Body-Balance at SouthWood</i>	1:30 Capital City Duplicate Bridge	1:30 Capital City Duplicate Bridge	1:00 Model Ship Building
5:30 Yoga	1:30 Tax Aide (2/1 thru 4/15)	2:00 <i>Brain-Body Balance at Allegro</i>	1:30 Capital City Duplicate Bridge	1:30 Tax Aide (2/1 thru 4/15)
6:00 Round Dance	2:15 Scrabble	2:00 <i>Yoga at Lake Jackson</i>	2:15 Ping-Pong	2:00 Dancing for Fun
6:30 TDBC Bridge	2:15 Ping-Pong	5:30 Yoga	5:30 Zumba® Gold	5:30 Ballroom and Swing Dance Lessons
7:00 Capital City Carvers	2:15 Mahjonn	6:30 TDBC Bridge	5:30 Line Dance w/ Gina	6:30 Capital City Duplicate Bridge
7:00 Twirlers Square Dance	2:30 Spanish Int.	7:15 Family Al-Anon	6:00 Novice Bridge Lesson	7:15 Beginners Al-Anon
	6:00 Guitar		6:30 TDBC Bridge	
	8:00 SA Support		7:00 Writers Workshop	
			7:00 Capital Chordsmen	

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

**TALLAHASSEE SENIOR SERVICES
CALENDAR OF BI-WEEKLY AND MONTHLY PROGRAMS
FEBRUARY 11 – MARCH 9, 2019**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FEB 11 <i>10a LLL- Mastodon Fossils at B PRR</i> 2:45p Poetry Group 6p Creative Aging 6p Beginning German	FEB 12 8a StarMetro Assistance <i>11a Wellness Circle at JM</i> 11:30a How to Ride the Bus <i>12:30p Friends Connection at M</i> 12p Art Council 5:30p Aphasia Learning Group 6p TDBC Board 7:30p Stamp and Cover Club	FEB 13 <i>10:30a Lunch & Learn at B</i> 6p USA Dance Board Mtg.	FEB 14 10:30a Living with Diabetes <i>10:30a Lunch & Learn at WV</i> <i>1p LOP-Hike at Lake Talquin</i> 1:30p LLL-History of Holocaust	FEB 15 10a Beginner Ukulele 10a Tech Support 11a Ukulele Fingerstyle Class <i>11a Healthy for Life at JG</i>	FEB 16 7:30 p USA Dance: Champagne & Roses Semi-Formal
FEB 18 <i>10a LLL- Mastodon Fossils at B PRR</i> <i>11a Wellness Circle at JG</i> 1p Advisory Council 6p Beginning German 6:30p Photoshop Elements	FEB 19 <i>10:30a Friends Connection at LNC</i> <i>10:30a Lunch & Learn at FB</i> 11:30a Federation of the Blind Presentation 5:30p Red Carpet	FEB 20 8a StarMetro Assistance 8:30a Capital Coalition on Aging 11a Colorful Fruits & Veggies for Your Eyes & Body 3p Financial Counseling (by appointment only) 4:30p Mentor Up (PRR-577-5165) 6:30p Travel Photography	FEB 21 10a Barbers are Coming <i>10:30a Lunch & Learn at LJ</i> 1:30p LLL-History of Holocaust	FEB 22 8a LLL-Beach Exploration PRR 10a Tech Support 10a TDBC Bridge Tournament <i>All activities in Auditorium are cancelled</i> 11a Ukuleles & Friends <i>11a Healthy for Life at JG</i>	FEB 23 TDBC Bridge Tournament (www.tdbc.info)
FEB 25 2:45p Poetry Group 6p Beginning German	FEB 26 <i>10:30a Lunch & Learn at CC</i>	FEB 27 <i>10a LOP- Geocaching at Dorothy B. Oven</i> <i>12p GaP at LeRoy Collins Library (PRR 891-4027)</i> 3:30p Foundation Board Meeting 6:30p Video Editing	FEB 28 1:30p LLL-History of Holocaust	MAR 1 <i>10a WalMart Trip at M</i> 10a Tech Support 10a Beginner Ukulele 11a Ukulele Fingerstyle Class <i>11a Healthy for Life at JG</i> SENIOR GAMES <i>1p Bowling (S) at Capital Lanes</i>	MAR 2 CENTER CLOSED SENIOR GAMES <i>9a Archery at Beau Turner Youth Center</i> <i>9a Torch Run</i> <i>9a Javelin</i> <i>9:30a Fun Walk</i> <i>10a Track & Field</i> SUNDAY MAR 3 SENIOR GAMES <i>2p Horseshoes at Forestmeadows</i>
MAR 4 <i>10a LLL-Public Opinion at B</i> 2:30p Quit Smoking 6p Beginning German 6:30p Photoshop Elements SENIOR GAMES <i>11:30a Bag Toss at Jake Gaither</i>	MAR 5 6:30p Myasthenia Gravis Support Group 7p FFU Investment Club SENIOR GAMES <i>9a Pickleball (S) at Jack McLean</i>	MAR 6 SENIOR GAMES <i>9a Pickleball (D) at Jack McLean</i> <i>6p Swimming at Wade Wehunt Pool at Myers</i>	MAR 7 10a Pulse Oximetry <i>10:30a Lunch & Learn at M</i> 1:30p LLL-History of Holocaust SENIOR GAMES <i>9a Pickleball (M) at Jack McLean</i> <i>2p Power Lifting at Premier</i>	MAR 8 10a Tech Support 11a Ukuleles & Friends <i>11a Healthy for Life at JG</i> 7:30p Contra Dance SENIOR GAMES <i>9a Tennis (D) at Forestmeadows</i> <i>1p Bowling (D) at Capital Lanes</i> <i>4p Bowling (M) at Capital Lanes</i>	MAR 9 CENTER CLOSED SENIOR GAMES <i>9a Basketball at Sue McCollum Community Center</i> <i>9a Table Tennis at Jack McLean</i> <i>1p Racquetball (S) at Forestmeadows</i> SUNDAY MAR 10 SENIOR GAMES <i>10a Cycling at Apalachicola National Forest</i> <i>1p Tennis (M) at Forestmeadows</i> <i>3p Water Aerobics at Wade Wehunt Pool at Myers</i>

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; LNC=Lincoln Neighborhood Center; M= Miccosukee; SW= Southwood; 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>

* **Additional Senior Games Information: www.tal.gov.com/seniorgames** *