

**TALLAHASSEE SENIOR SERVICES  
CALENDAR OF WEEKLY PROGRAMS  
MARCH 12 – APRIL 7, 2018**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
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 <sup>nd</sup> 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
9:30 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 Etc. – Portraits & Still Life	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>	1:30 Tax Aide (2/1 thru 4/17)
1:30 Tax Aide (2/1 thru 4/17)	1:00 <i>Canasta, Cards and Games at Lake Jackson</i>	1:30 Tax Aide (2/1 thru 4/17)	1:30 Tax Aide (2/1 thru 4/17)	2:00 Dancing for Fun
1:30 <i>Yoga at Bradfordville NE Library</i>	1:00 <i>Brain-Body-Balance at SouthWood</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 TDBC Bridge	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>Canasta, Cards and Games at Lake Jackson</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>Brain-Body-Balance at SouthWood</i>	5:30 Yoga	2:15 Bean Bag Toss	
6:30 TDBC Bridge	1:30 Tax Aide (2/1 thru 4/17)	6:30 TDBC Bridge	5:30 Zumba® Gold	
7:00 Capital City Carvers	2:15 Scrabble	6:00 Spanish Plus	6:00 Novice Bridge Lesson	
7:00 Twirlers Square Dance Lesson	2:15 Ping-Pong	7:15 Family Al-Anon	6:30 TDBC Bridge	
8:00 Twirlers Square Dance	2:15 Mahjongg		7:00 Writers Workshop	
	2:30 Spanish Intermediate		7:00 Capital Chordsmen	
	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**  
**MARCH 12 – APRIL 7, 2018**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>MAR 12</b> 2:45p Poetry Group 6p Creative Aging 6p Beginning German  <u>SENIOR GAMES</u> <i>9a Golf at Hilaman</i> 5:30p Celebration of Athletes	<b>MAR 13</b> 8a StarMetro Assistance <i>11a Wellness Circle at JM</i> 12p Art Council 5:30p Aphasia Learning Group 5:30p TALL Graduation 6p TDBC Board 7:30p Stamp and Cover Club	<b>MAR 14</b> <i>10:30a Lunch &amp; Learn at B</i> 1:30pm NARFE 6p USA Dance Board Meeting	<b>MAR 15</b> 10a Falls Risk Assessment <i>10:30a Lunch &amp; Learn at LJ</i> <i>11a Ageless Grace at FB</i> 11a Mat Yoga 2p LLL-Telling My Stories PRR	<b>MAR 16</b> 10a Beginner Ukulele 11a Ukulele Fingerstyle Class <i>11a Life Skills at JG</i>	<b>MAR 17</b> 7:30 p USA Dance: <i>March Madness</i>
<b>MAR 19</b> <i>10a LLL-Maclay Gardens at B PRR</i> 1p Advisory Council 6p Beginning German 6:30p Photoshop Elements	<b>MAR 20</b> <i>10:30a Lunch &amp; Learn at FB</i> 10:30a Meditation	<b>MAR 21</b> 8a StarMetro Assistance 8:30a Capital Coalition on Aging <i>11a Wellness Circle at JG</i> 1p LCSO Advisory Council 3p Financial Counseling ( <i>by appointment only</i> )	<b>MAR 22</b> 10a Memory Screenings <i>11a Ageless Grace at FB</i> 11a Mat Yoga	<b>MAR 23</b> <i>11a Life Skills at JG</i> 11a Ukuleles & Friends 7:30p Contra Dance – Whistlin’ Rufus & Caller Doug Singleton	<b>MAR 24</b> CENTER CLOSED
<b>MAR 26</b> 2:45p Poetry Group 6p Beginning German	<b>MAR 27</b> 8a LLL-Flowers Bakery PRR <i>10:30a Lunch &amp; Learn at CC</i> 5:30p Movie-Resilience	<b>MAR 28</b> 11a Overview of Kidney Health <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	<b>MAR 29</b> <i>11a Ageless Grace at FB</i> 11a Mat Yoga 2p LLL-Patterns that Shaped Chinese People PRR	<b>MAR 30</b> 9:15a LLL-Happy Goats Make Happy Soap PRR	<b>MAR 31</b> CENTER CLOSED
<b>APR 2</b> <i>10a LLL-Philippines WWII at B PRR</i> 2:30p Quit Smoking 6p Beginning German 6:30p Photoshop Elements	<b>APR 3</b> 6:30p Myasthenia Gravis Support Group 7p FFU Investment Club	<b>APR 4</b> 1p New Insight – Vision Support Group 6:30p Adv. Digital Photography PRR	<b>APR 5</b> 10a Pulse Oximetry <i>10:30a Lunch &amp; Learn at M</i> 11a Mat Yoga 2p LLL-Patterns that Shaped Chinese People PRR	<b>APR 6</b> <i>10a WalMart Trip at M</i> 10a Beginner Ukulele 11a Ukulele Fingerstyle Class <i>11a Life Skills at JG</i> 6p Art Reception	<b>APR 7</b> 10a-5p – Stamp & Coin Show  <u>Sunday, April 8</u> 10a-3p – Stamp & Coin Show

**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>