

**TALLAHASSEE SENIOR SERVICES
CALENDAR OF WEEKLY PROGRAMS
OCTOBER 15 – NOVEMBER 10, 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 moving to Unity Eastside Church 11/1 & 11/8</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	9:30 Drawing Together
9:00 Portraiture	9:30 <i>Seated Exercise at Chaires moving to Unity Eastside Church 11/1 & 11/8</i>	9:00 Ceramics	9:30 <i>Seated Exercise at Chaires</i>	9:30 <i>Beginner Fitness at Bradfordville NE Library (I)</i>
9:30 French: A	9:30 <i>Beginner Fitness at Bradfordville NE Library (I) (limited space call first 766-6001)</i>	9:00 Nimble Fingers	10:00 Blood Pressure Screening	10:00 Tai Chi
10:00 French: Advanced	10:00 Seniors vs. Crime	10:00 Seniors vs. Crime	10:00 <i>Brain-Body-Balance at Optimist Park</i>	10:00 Social Bingo
10:00 SHINE <i>(by appointment)</i>	10:00 <i>Brain-Body-Balance at Optimist Park</i>	10:00 Tai Chi	10:30 Wii Bowling	10:30 <i>Beginner Fitness at Bradfordville NE Library (II)</i>
10:30 <i>Fitness at Fort Braden moved to Jack McLean early voting</i>	10:30 <i>Beginner Fitness at Bradfordville NE Library (II)</i>	10:00 Blood Pressure Screening	11:00 Beginning Spanish: 1	11:00 French: Advanced
11:00 French: D	10:30 Reiki	10:00 Glucose Screening	11:00 Counseling <i>(by appointment)</i>	11:00 Chair Yoga
11:00 Counseling <i>(by appointment)</i>	10:30 Wii Bowling	10:30 <i>Fitness at Fort Braden moved to Jack McLean early voting</i>	11:15 <i>Senior Fitness at Miccosukee</i>	11:30 <i>Senior Fitness at Bradfordville NE Library (III)</i>
12:00 Senior Dining	11:00 Mindful Movement	11:00 Legal Services <i>(by appointment)</i>	12:00 Senior Dining	11:30 Pickleball
12:00 Quilting Bees	11:15 <i>Senior Fitness at Miccosukee</i>	11:30 Pickleball Basic Lesson	12:00 Canasta	12:00 Senior Dining
12:30 Canasta	11:30 <i>Senior Fitness at Bradfordville NE Library (III)</i>	12:00 Senior Dining	12:30 Line Dance	12:30 Beginning Acrylic Painting
12:30 Drawing Like Durer & Friends – Pen & Ink	12:00 Senior Dining	12:30 Bridge-a- Dears	1:00 Friends Connection	1:00 <i>Senior Fitness at Bradfordville NE Library (IV)</i>
1:15 French: B <i>(note level; returns 9/10/18)</i>	1:00 Senior Singers	1:00 Oil & Acrylic	1:00 French Study	1:00 Model Ship Building
1:30 <i>Yoga at Bradfordville NE Library (limited space call first 766-6001)</i>	1:00 Watercolor Etc.	1:30 <i>Draw with Your Eyes, Paint with Your Heart at Bradfordville NE Library</i>	1:00 Drawing Etc. – <i>Still Life & Portraits</i>	2:00 Dancing for Fun
1:30 Brain-Body-Balance	1:00 <i>Senior Fitness at Bradfordville NE Library (IV)</i>	2:00 <i>Brain-Body Balance at Allegro</i>	1:00 <i>Mindful Movement at Lake Jackson moved to Fellowship Baptist Church early voting</i>	5:30 Ballroom and Swing Dance Lessons
1:30 Bridge 99'ers	1:00 <i>Canasta, Cards and Games at Lake Jackson</i>	1:30 Capital City Duplicate Bridge	1:30 Capital City Duplicate Bridge	6:30 Capital City Duplicate Bridge
3:00 Friends Connection	1:00 <i>Brain-Body-Balance at SouthWood</i>	2:00 <i>Yoga at Lake Jackson moved to Fellowship Baptist Church early voting</i>	2:15 Ping-Pong	7:15 Beginners Al-Anon
5:30 Yoga	2:15 Scrabble	5:30 Yoga	5:30 Zumba® Gold	
6:00 Round Dance	2:15 Ping-Pong	6:30 TDBC Bridge	5:30 Line Dance w/ Gina	
6:30 TDBC Bridge	2:15 Mahjongg	7:15 Family Al-Anon	6:00 Novice Bridge Lesson	
7:00 Capital City Carvers	2:30 Spanish Inter.	7:30 Adult Ballet	6:30 TDBC Bridge	
7:00 Twirlers Square Dance	6:00 Guitar		7:00 Writers Workshop	
	8:00 SA Support		7:00 Capital Chordsmen	

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

NOTE: Bradfordville will have some adjustments due to early voting – Oct. 19-Nov. 6. Fitness I & Yoga will meet at the School House. Fitness II, III, IV will meet at Killearn Lakes Taekwando on Thomasville Road.

**TALLAHASSEE SENIOR SERVICES
CALENDAR OF BI-WEEKLY AND MONTHLY PROGRAMS
OCTOBER 15 – NOVEMBER 10, 2018**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
OCT 15 10a LLL-What Was TLH like in 1492? 1p Advisory Council 6p Intermediate German 6:30p Photoshop Elements	OCT 16 10:30a Meditation <i>10:30a Lunch & Learn at FB</i> 6p TDBC Board 6p Capital Regional Bike Meeting	OCT 17 8a StarMetro Assistance 8:30a Capital Coalition on Aging <i>11a Wellness Circle at JG</i> 11:30a Hospice-Americorps 3p Financial Counseling (by appointment only) 6p USA Dance Board Mtg.	OCT 18 10a Barbers are Coming <i>10:30a LJ Field Trip – RSVP-891-4065</i>	OCT 19 10a Beginner Ukulele 11a Ukulele Fingerstyle Class <i>11a Healthy for Life at Oakridge School</i> 12p Tech Help – One on One	OCT 20 7:30p USA Dance: Chili Cha Cha
OCT 22 2:45p Poetry Group 6p Intermediate German	OCT 23 8:45a LLL- Butterflies RSVP <i>891-4033</i> 10a Massage <i>10:30a Lunch & Learn at CC</i> 3p LLL-Constitutional Amendments 5:30p Red Carpet	OCT 24 <i>10:30a Friends Connection at FB</i> 3:30p Foundation Board Meeting 4:30p Mentor Up (PRR-577-5165) 6:30p Paint Shop Pro Advanced	OCT 25	OCT 26 11a Ukuleles & Friends <i>11a Healthy for Life at Oakridge School</i> 7:30p Contra Dance – In Cahoots with Caller Rachel Flemming	OCT 27 CENTER CLOSED
OCT 29 11a Legacy Reception PRR 891-4041 6p Intermediate German	OCT 30 <i>10a LOP-Open House at Goodwood Museum</i> 5:30p Legacy Reception PRR 891-4041	OCT 31 10a LLL-Ghost Stories PRR 891-4033 <i>12p GaP at LeRoy Collins Library (PRR 891-4027)</i> 6:30p Paint Shop Pro Personal Objectives	NOV 1 10a LLL-Tour WTXL PRR 891-4033 10a Pulse Oximetry <i>10:30a M Field Trip – RSVP 891-4065</i>	NOV 2 <i>10a WalMart Trip at M</i> 10a Beginner Ukulele 11a Ukulele Fingerstyle Class <i>11a Healthy for Life at Oakridge School</i> 12p Tech Help – One on One 3p Brats & Brews - Holiday Market 5p Brats & Brews – Beer Garden 6p Art Reception	NOV 3 CENTER CLOSED
NOV 5 2:30p Quit Smoking 6p Intermediate German 6:30p Photoshop Elements	NOV 6 10a Energy Healing through Sound & Reiki <i>11a Friends Connection at CC</i> 1p GaP Advisory Council 6:30p Myasthenia Gravis Support Group 7p FFU Investment Club	NOV 7 6:30p Introduction to Digital Photography PRR	NOV 8 10a Barbers are Coming <i>10:30a WV Field Trip – RSVP-891-4065</i> 12:30p Podiatry	NOV 9 11a Ukuleles & Friends 7:30p Contra Dance – Greasy String Band with Caller Tom Greene	NOV 10 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.talgov.com/seniors/neighborhoodsites.aspx>