

**TALLAHASSEE SENIOR SERVICES  
CALENDAR OF WEEKLY PROGRAMS  
MAY 14 – JUNE 9, 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 Lab	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 (ends 6/6/18)	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 (ends 6/4/18)	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 (ends 5/31/18)	10:00 Social Bingo
10:00 SHINE (by appointment)	10:30 <i>Beginner Fitness at Bradfordville NE Library (II)</i>	10:00 Tai Chi (New series began 5/9/18)	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	11:15 <i>Senior Fitness at Miccosukee</i>	11:00 French: Advanced
11:00 French: C (ends 6/4/18)	10:30 Wii Bowling	10:30 <i>Fitness at Fort Braden</i>	12:00 Senior Dining	11:00 Chair Yoga
11:00 Counseling (by appointment)	11:00 Mindful Movement	11:00 Legal Services (by appointment)	12:00 Canasta	11:30 <i>Senior Fitness at Bradfordville NE Library (III)</i>
12:00 Senior Dining	11:15 <i>Senior Fitness at Miccosukee</i>	10:00 Glucose Screening	12:00 <i>Cards, Etc. at Allegro</i>	11:30 Pickleball
12:00 Quilting Bees	11:30 <i>Senior Fitness at Bradfordville NE Library (III)</i>	10:30 Pickleball Basic Lesson	12:30 Line Dance	12:00 Senior Dining
12:30 Canasta	12:00 Senior Dining	12:00 Senior Dining	1:00 Friends Connection	12:30 Beginning Acrylic Painting
12:30 Drawing Like Durer & Friends – Pen & Ink	1:00 Watercolor Lab	12:00 Pickleball	1:00 French Study	1:00 <i>Senior Fitness at Bradfordville NE Library (IV)</i>
1:15 French: A (ends 6/4/18)	1:00 <i>Senior Fitness at Bradfordville NE Library (IV)</i>	12:30 Bridge-a- Dears	1:00 Drawing Etc. – Still Life & Portraits	1:00 Model Ship Building
1:30 <i>Yoga at Bradfordville NE Library</i>	1:00 <i>Canasta, Cards and Games at Lake Jackson</i>	1:00 Oil & Acrylic Lab	1:00 <i>Mindful Movement at Lake Jackson</i>	2:00 Dancing for Fun
1:30 Brain-Body-Balance	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 Bridge 99'ers	2:15 Scrabble	2:00 <i>Brain-Body Balance at Allegro</i>	2:15 Ping-Pong	6:30 Capital City Duplicate Bridge
5:30 Yoga	2:15 Ping-Pong	5:30 Yoga	2:15 Bean Bag Toss	7:15 Beginners Al-Anon
6:30 TDBC Bridge	2:15 Mahjongg	6:30 TDBC Bridge	5:30 Zumba® Gold	
7:00 Capital City Carvers	2:30 Spanish Intermediate	7:15 Family Al-Anon	5:30 Line Dance w/ Gina	
7:00 Twirlers Square Dance	6:00 Guitar		6:00 Novice Bridge Lesson	
	8:00 SA Support		6:30 TDBC Bridge	
			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**  
**MAY 14 – JUNE 9, 2018**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>MAY 14</b> <i>9a LOP-Phipps Park</i> <i>10a LLL- American Folk Music at B PRR</i> <b>2:45p Poetry Group</b> <b>4:30p Advanced German</b> <b>6p Creative Aging</b> <b>6p Intermediate German</b>	<b>MAY 15</b> <i>10:30a Lunch &amp; Learn at FB</i> <b>11a Tinnitus: An Unwelcomed Sound</b> <b>6p TDBC Board</b>	<b>MAY 16</b> <b>8a StarMetro Assistance</b> <b>8:30a Capital Coalition on Aging</b> <i>11a Wellness Circle at JG</i> <b>11:30a Access to Independence: Ramps &amp; Steps</b> <b>1p LCSO Advisory Council</b> <b>3p Financial Counseling (by appointment only)</b> <b>6p USA Dance Board Meeting</b> <i>6p Acrylic Painting at SW</i> <b>7:30p Adult Ballet</b>	<b>MAY 17</b> <i>10:30a Lunch &amp; Learn at LJ</i> <i>11a Life Skill: Meal Planning for Diabetics at JG</i> <b>1:30p LLL- Dynamic Aging PRR</b>	<b>MAY 18</b> <b>10a LLL- Goodwood Museum PRR</b> <b>10a Beginner Ukulele</b> <b>11a Ukulele Fingerstyle Class</b>	<b>MAY 19</b> <b>7:30 p USA Dance: Black &amp; White Charity Ball Semi Formal</b>
<b>MAY 21</b> 3 <b>1p Advisory Council</b> <b>4:30p Advanced German</b> <b>6:30p Photoshop Elements</b> <b>6p Intermediate German</b>	<b>MAY 22</b> <b>8:45a LLL-Tour St. Marks Refuge PRR</b> <i>10:30a Lunch &amp; Learn at CC</i>	<b>MAY 23</b> <i>10:30a Friends Connection at FB</i> <b>3:30p Foundation Board Meeting</b> <i>6p Acrylic Painting at SW</i> <b>7:30p Adult Ballet</b>	<b>MAY 24</b> <i>11a Ageless Grace at FB</i> <i>11a Life Skill: Meal Planning for Diabetics at JG</i> <b>ALL Activities after 5pm are cancelled.</b> <b>Please reserve your spot at Silver Stars.</b> <b>Tickets available at 891-4003.</b>	<b>MAY 25</b> <b>11a Ukuleles &amp; Friends</b>	<b>MAY 26</b> <b>CENTER CLOSED</b>
<b>MAY 28</b> <b>CLOSED</b> <b>MEMORIAL DAY</b>	<b>MAY 29</b>	<b>MAY 30</b> <i>12p GaP at LeRoy Collins Library (PRR 891-4027)</i> <i>6p Acrylic Painting at SW</i> <b>7:30p Adult Ballet</b>	<b>MAY 31</b> <i>11a Ageless Grace at FB</i> <i>11a Life Skill: Meal Planning for Diabetics at JG</i>	<b>JUNE 1</b> <i>10a WalMart Trip at M</i> <b>10a Beginner Ukulele</b> <b>11a Ukulele Fingerstyle Class</b> <b>6p Art Reception</b>	<b>JUNE 2</b> <b>CENTER CLOSED</b>
<b>JUNE 4</b> <b>10a Legacy Workshop</b> <b>2:30p Quit Smoking</b> <b>4:30p Advanced German</b> <b>6p Intermediate German</b> <b>6:30p Photoshop Elements</b>	<b>JUNE 5</b> <b>10:30a Meditation</b> <b>11a Healthy Cooking</b> <i>11a Friends Connection at CC</i> <b>6:30p Myasthenia Gravis Support Group</b> <b>7p FFU Investment Club</b>	<b>JUNE 6</b> <b>1p New Insight – Vision Support Group</b> <i>6p Acrylic Painting at SW</i> <b>7:30p Adult Ballet</b>	<b>JUNE 7</b> <b>10a Barbers- Basic Cuts</b> <b>10a Pulse Oximetry</b> <i>10:30a Lunch &amp; Learn at M</i> <i>11a Ageless Grace at FB</i> <i>11a Life Skill: Meal Planning for Diabetics at JG</i>	<b>JUNE 8</b> <b>9:30a TOPS</b> <b>11a Ukuleles &amp; Friends</b> <b>7:30p Contra Dance: The Chestnuts with caller Tom Greene</b>	<b>JUNE 9</b> <b>CENTER CLOSED</b>

**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.tal.gov.com/seniors/neighborhoodsites.aspx>**