Active LIVING

Stay active, stay healthy

Keep connected with virtual classes
Make friends with technology

Hella Spellman
Tallahassee Senior Center

Now more than ever, you need technology to be your friend! Senior Center volunteers are available to assist you with your technology challenges. Thanks to a partnership with the FSU Institute for Successful Longevity, volunteers got special training to provide assistance with Zoom.

In addition to Zoom, our volunteers are skilled to provide assistance with other technological challenges such as email, iPhone, iPad, uploading photos and various photo software, smart phones, and e-book to name a few. If you need assistance with any type of technology, call and we will match you up. These folks are standing by ready to assist. Call 850-891-4000 for assistance and/or for a Zoom User Guide Resource Card.

LIFELONG LEARNING CLASSES

During the Pandemic, the LifeLong Learning program is offering a variety of virtual classes at no cost to participants. Below are a few of our upcoming classes!

**Sopp Chop Summer Salad**, Wed., July 15, 2 – 3:00 p.m. Join Tapestry Senior Living Walden’s chef extraordinaire, Ryan Siler, for a live cooking class featuring his summer Sopp-Chop Salad. This tantalizing summer salad features soppressata (dry Italian salami) and the chef’s special buttermilk dressing. Recipe will be made available to participants.

**Five Feet High and Rising: The Geology and History of Great Floods**, Thursdays, July 23 & 30, 1:30 - 3 p.m. Floods are awesome spectacles and are an essential part of the shaping of our landscape. All the geologic processes of rivers are on display during floods. Hydrogeologist Joe Haberfeld will introduce the stream processes which transport water and sediment during normal flow and during floods. Examine the history of some of the great floods in American and around the world. Coastal storms, glaciers, and volcanic eruptions can bring flooding, while man-made structures designed to protect against flooding have failed causing great loss of life and property. This is a 2-session class.

**Breakfast Around the World: Preparing an English Breakfast with Chef Jessica at KitchenAble**, Wed., July 29, 10 – 11:30 a.m. Join, virtually, Chef Jessica Bright McMullen of Tallahassee’s KitchenAble culinary school as she virtually prepares “Breakfasts Around the World.”

**Breakfast Around the World: Breakfast with a French Twist**, Wed., Aug. 26, 10 – 11:30 a.m. Join, virtually, Chef Jessica Bright McMullen of Tallahassee’s KitchenAble culinary school in her kitchen as she teaches you to prepare a delicious French-themed breakfast - luscious croissant French toast with strawberry compote, delectable crepes with assorted fillings, and French press coffee. There is no charge for the class but participants have the option to pre-order tasting boxes, containing a generous sample of the foods (that you can eat it during the Zoom class), from KitchenAble for $12/per person (plus tax). To preorder tasting box, find link, location, and pick-up details in registration/description for class.

**Breakfast Around the World: Breakfasts Around the World.”**

ABOUT THE PUBLICATION

Active Living is a bi-monthly publication of the Tallahassee Senior Center (TSC), 1400 N Monroe St., Tallahassee, FL 32303. 850-891-4000.

Sheila Salyer, Senior Services Manager, City of Tallahassee and Executive Director, Tallahassee Senior Foundation

Audrey Byrne, Managing Editor
Martha Gruender, Coordinating Copy Editor

The mission of Tallahassee Senior Services is to offer programs, activities, and opportunities designed to encourage active living, optimal aging, and social fitness for independent adults age 50+. Disclaimer of Endorsement: Reference herein to any specific commercial products, process, or service by trade name, trademark, manufacturer, or otherwise does not necessarily constitute or imply its endorsement, recommendation or favoring by Tallahassee Senior Services or the Tallahassee Senior Foundation.

For more information on Tallahassee Senior Services, the TSC & Foundation, activities, and 15 neighborhood venues, contact 850-891-4000 or visit www.talgov.com/seniors and www.TallahasseeSeniorFoundation.org. “Like” us at Facebook.com/TallahasseeSeniorCenter. For Leon County Senior Outreach, read the LCSO Gazette, call 850-891-4065, or visit cms.leoncountyfl.gov. To receive the TSCF bi-weekly newsletter, email Lisa.DollarCovert@talgov.com.

On the cover

Senior Center staffers send well wishes. The TSCF misses you and hopes you are staying active, healthy & safe!
Since April, our popular Lifelong Learning classes have been offered virtually on the Zoom platform. Given the uncertainty of when it will be safe to reopen to the public and resume group activities, a modified version of the 11th Annual Lifelong Learning Extravaganza (L3X) will also be offered virtually in September 2020. If conditions are determined to be safe, a limited number of outdoor activities where social distancing can be practiced may be considered.

While this year’s L3X will be different, we are still excited to offer a variety of opportunities exploring art, music, culture, science, technology, nature, history, literature, food, drink, travel, and more. Some upcoming classes include: The Apalachee: Tallahassee’s Indigenous People, Buddhism, Mark Twain, the First Cruiser, Sketching Your Travels, Florida Geology, Patagonia, Iceland, Ask an Archaeologist, America’s Alligator, cooking classes, and more.

Our affordable programs are open to any participants 18 years and older and many of our L3X programs are in the evenings to accommodate working people. Learn something new, plan your next trip, or an amazing meal. Schedule virtual family time together with your adult children and grandchildren, even if they live out of town.

People can participate from any location with internet access. Check out our L3X classes at our virtual launch party on Thu., Aug. 20, from 6 – 7:30 p.m. on Zoom. Instructors will be available to answer questions about their classes. Registration for classes will open on Mon., Aug. 24. Be sure to read the weekly Constant Contact emails from Sheila Salyer for more details (to sign up for emails, https://tinyurl.com/r2wgkq3).

Again, these classes will be offered online. If you would like to learn how to use Zoom, please call 850-891-4000 and senior center staff will set you up with a volunteer who can help you over the phone or computer.

For more information on L3X, contact Maureen.Haberfeld@talgov.com. For sponsorship opportunities, contact Lori.Swanson@talgov.com.
When the sewing gets tough, the tough get sewing

Susan Davis
Leon County Senior Outreach Coordinator

Once it became apparent that wearing a mask was important to help prevent the dreaded Coronavirus, people started scrambling to find them. These masks haven’t always been that easy to access though.

Thank goodness for the “Mask Angels.” These are volunteers in our community, and communities everywhere who stepped up to the plate and started sewing. With “Safer at Home” commands, and thus a lot of time on their hands, volunteers have often sat for hours to make their contributions in the mask department.

The Tallahassee Senior Center has been fortunate to have some very special Mask Angels. A call was sent out for masks, and they delivered. These sewn-with-love masks are going to house-holds who need them most. One woman contributed 60 hand sewn masks. That is a lot of sewing! Our thanks to all who contributed. Your hard work and generosity are greatly appreciated.


Keep watching your local paper, TV broadcast, and Leon County updates to know when we will meet again. There will be welcoming smiles waiting for you.

A program of the TSC Foundation and primarily funded by the Leon County Board of Commissioners. For information, e-mail Susan.Davis@talgov.com or call 850-891-4065.

Sue Doker coordinated, sewed and delivered beautifully sewn masks from her group of friends.

GRANDPARENTS AS PARENTS OFFERS SUPPORT

The Grandparents as Parents (GaP) program is a support program for grandparents who are the primary caregivers for their grandchildren. GaP offers support groups, informational luncheons, access to community agencies, legal services and health screenings plus social activities for the whole grand-family. GaP is continuing to meet virtually during the COVID-19 pandemic.

Remember these dates:

GaP Support Lunch Drive Thru: None in July! Next one on Wed, Aug, 26, 12 – 1:30 p.m. Location TBA. Complimentary lunch provided for grandparents and other relative caregivers. Reservations are required.

GaP Evening Support Group: Mondays, July 6 & 20, and Aug. 3 & 17, 7-8:00 p.m. Join other grandparents raising their grandchildren meeting virtually via Zoom to discuss your unique situation.

For more information about the GaP program, how to access resources and services, or register to attend a virtual meeting, please contact Karen Boebinger at Karen.Boebinger@talgov.com or 850-891-4027. Zoom links/phone numbers or to RSVP for any events above! GaP is a program of the Tallahassee Senior Foundation funded by the Leon County Commission, grants and donations.

Tallahassee Senior Center Fitness now on TV and virtual

Ruth Nickens, RN
Health & Wellness Coordinator

The TSCF offers a variety of virtual fitness classes at 9 a.m. on Mondays, Wednesday, Fridays and Saturdays on WCOT (Channel 13 on cable or Talgov.com/WCOT) and M-F at 11 a.m. On the TSCF Facebook page (www.facebook.com/TallahasseeSeniorCenter/), and on-demand at www.tallahasseeese-niorfoundation.org/on-demand-fit-ness/. Tune in!

Mindful Movement w/ Lori Roberts, certified NIA yoga instructor

Monday on WCOT at 9 a.m.; Tuesday at 11 a.m. on Facebook

This dynamic, yet gentle, yoga-based fitness class uses music and motion to help enhance muscle strength, maintain flexibility, and reduce falls. You will need a chair and some water. The Mindful Movement class is provided in partnership with Capital Health Plan.

Gentle Yoga w/ Ferdouse Sultana, E-RYT® 500

Wednesdays on WCOT at 9 a.m. and 11 a.m. on Facebook

This gentle yoga class includes both standing and mat poses for balance, but using a chair is an option. Benefits include improved range of motion, flexibility, balance, and strength. It also focuses on breathing exercises for stress reduction and relaxation, which we all need right now! Wear comfy clothes, have yoga mat handy.

Brain-Body-Balance w/ Merisha Johnson Phillips, AFAA-CPT

Friday on WCOT at 9 a.m.; Mondays at 11 a.m. on Facebook

Brain-Body-Balance is an active-aging, fall prevention program specifically created to be fun. The curriculum fuses physical movement with brain-enhancing drills to improve balance, memory, brain health, reflexes, and daily life. Have a chair and water on hand. Equipment will be items you have at home.

Stretch & Flex w/ Robin Perry Davis, ACSM

Saturday on WCOT at 9 a.m.; Thursdays at 11 a.m. on Facebook

This new class will help you stay strong, flexible, and mobile through gentle yoga-like movement. The safe stretching routines serve to maintain joint mobility and muscle flexibility. Some classes use a in chair, others a mat, but viewers can move between.

G Gentle Seated Yoga with Bridget Welch, LMT

Fridays at 11 a.m. on Facebook

This class is a gentle seated yoga and is designed to reduce stress, improve circulation, and promote healthy joints and muscle flexibility. It also helps boost the immune system, enhances lung function, and strengthen the pelvic floor muscles to maintain urinary continence. This is a good entry level class for everyone, especially people living with mobility challenges or chronic pain. Wear comfy clothes and have a water bottle on hand.

For questions on fitness, health and wellness, contact Ruth.Nickens@talgov.com. Thanks to Presenting Health & Wellness Sponsor McDonnell Hearing Solutions, LLC.
Instructor shares passion for movement with yoga

Ruth Nickens, RN
Health & Wellness Coordinator

With a warm smile and colorful tie-dyed leggings, Ferdouse Sultana, skillfully teaches exercise and yoga for the Tallahassee Senior Center, Leon County Senior Outreach, and Premier Health & Fitness Center. She is also certified to teach four evidence-based programs: Walk with Ease and Matter of Balance are falls prevention curricula; and, Chronic Disease Self-Management and Diabetes Self-Management, are disease prevention curricula. To stay fit and juggle her busy agenda, she cleverly comments that “flexibility is the key!”

A longtime yoga devotee, Ferdouse’s adaptable style of teaching encourages students to challenge themselves within their own limitations. She creates an atmosphere in which moving is fun, and it feels even better.

Her passion for fitness started when she was a young girl in Bangladesh. Says Ferdouse, “I always liked exercise, and I taught myself yoga by reading books and watching TV.”

She came to the U.S. for her education, earning a master’s degree in Geographic Information Systems (GIS) and Remote Sensing. She worked for the State of Florida until she decided to pursue a career using her passion for exercise and teaching. She started teaching with TSC in 2015, and is currently a certified Group Fitness Instructor, Certified Personal Trainer, and Certified Yoga instructor.

See YOGA, Page 8

Connect with classes

Cyber Scams: Using the Internet Safely, Thu., July 16 at 1 p.m.
Stay safe online is increasingly important as technology continues to advance. Join Secure Florida for an online safety webinar discussion about best practices for safely using your email, internet browsing, and some of the most common scams both on and offline. Presented by Ashley Hall, Florida Department of Law Enforcement. To receive a link to join this informative webinar, email Maureen.Haberfeld@talgov.com by 7/15.

Monday Mindfulness with Nicolette
Mon., Aug. 3 & Sept. 7 (first Monday of the month) at 10 a.m., www.facebook.com/TallahasseeSeniorCenter/

Mindfulness is known to improve mental and physical health, including reducing stress, improving focus, and decreasing pain. This informative video explores what mindfulness means, the benefits it provides, and ways to incorporate practice into daily life. It concludes with a 10-minute guided mindfulness meditation activity that can also be practiced on your own. Presented by Nicolette Castagna, MA, MPH, RMHCI, TSC UPSLIDE Program Counselor. For more info, email Ruth.Nickens@talgov.com.

The Psychosocial Impact of Covid and Social Injustice: Examining our Own Views
Wed, Aug. 12, 1-3 p.m. Presented by Kenneth Fowler, PhD, LMHC
This thought-provoking presentation will review the psychological and social impacts of this historic landscape of pandemic and social unrest that we find ourselves in. There is much to consider in terms of understanding and addressing the context and the forces at work. It will also be an opportunity to explore how individuals can cope, adapt, and become agents of positive change. Please join us for an important, interactive webinar with Dr. Fowler. For more info, email Ruth.Nickens@talgov.com.

UPSLIDE selected as best program at conference

Melanie Lachman
LCSW, UPSLIDE Program Coordinator

Before the COVID-19 pandemic, loneliness and isolation were already at epidemic proportions, and now, with social distancing and stay-at-home recommendations, they are being experienced at even greater levels! UPSLIDE (Utilizing and Promoting Social Engagement for Loneliness, Isolation and Depression in the Elderly), funded by a Florida Blue Foundation grant, addresses these potentially devastating conditions by connecting people to each other and to meaningful activities.

On June 9, 2020, the TSC UPSLIDE program won the best Health & Wellness Program in the country for the National Institute of Senior Centers (NISC) Programs of Excellence Award. Winners were chosen from 81 nominees in eight different program areas. NISC Programs of Excellence Awards are designed to honor and promote outstanding efforts made by senior centers throughout the nation to offer innovative, creative, and replicable programs for older adults.

Since 2018, over 300 older adults have become socially connected through Friends Connections, individual counseling, field trips, dinners out, transportation to activities, and fun, creative endeavors. As a result of UPSLIDE, communities of friendships have been created — communities where members support each other in times of need; where meaningful dialogue sparks introspection and tolerance; where shared laughter further strengthens the bonds.

These connections continue today, even as Covid-19 necessitated the transition to virtual services via phone and social media. While UPSLIDE participants miss meeting in person, they continue to share experiences and to lift each other up. As one participant stated, “We are an empathetic, sympathetic and hilarious group, and I feel very grateful for UPSLIDE at the Tallahassee Senior Center.”

If you have questions or if you or someone you know could benefit from being part of UPSLIDE, please email Melanie Lachman at Melanie.Lachman@talgov.com or call 850-891-4066.
Senior Games athletes stay active during shutdown

**Nick Gandy**

On Friday, March 13 Kyle Kilga rolled her final ball down the lane on the way to her third bowling medal of the 2020 Capital City Senior Games.

She hasn’t thrown a strike, or a spare, or a ball in four months due the outbreak of the Coronavirus, which shut down the Capital City Senior Games and all other sporting events in the country.

Following their successes of the 11th Annual Capital City Senior Games, the athletes have not been resting on their laurels and will be ready to continue, when restrictions are cleared.

While Kilga has not increased her scores to personal bests on the bowling lanes, she has been able to lower her scores on the golf course, playing as much as three times a week, at Southwood Golf Course. Local golf courses remained open with added protocols for cleanliness and social distancing, with only one player riding in a cart.

“I found something in my swing to improve it and I dropped my handicap by six points,” Kilga said. “I’m also doing a better job at putting the ball where I want it to go and have more distance on my drives.”

Even though she misses her time at the bowling alley, Kilga won’t be returning to the indoor game anytime soon. She canceled an outing to the Florida State Open, a tournament in the Tampa Bay area held over five successive weekends.

“Tallahassee pools were closed for two months. Within the last month, pools have opened to a limited number of swimmers and Dix is making appointments for the Premier Fitness Center Pool once again.

Dix has been keeping himself ready to return to the pool on his bicycle doing quite a bit more riding than usual. As someone who has been in the water or nearby all of his life, the two months have been a challenge.

“I go a little nuts when I can’t get in the water,” Dix admitted. “I grew up in Daytona Beach and I’ve been swimming all of my life.”

Recently, Premier Fitness Center has been taking appointments for swimmers to occupy one lane of its pool for a limited amount of time. “The schedule fills up pretty quick,” Dix said.

After winning a pair of Capital City Senior Games Pickleball gold medals, Pat Sargeant’s calendar of events was busy for the next couple of months with tournaments scheduled in Naples and in Alabama.

Those were not held and she is scheduled to play in a tournament in Foley, Alabama, in late August. Sargeant and her women’s doubles partner Jodi Yambor have been able to compete on outdoor courts at Tom Brown Park and the Northside Community Center recently.

But while facilities were closed for two months, Sargeant’s driveway was converted into a makeshift pickleball surface with a portable net.

“It was a way to practice shots and not lose the feel of the ball and paddle,” Sargeant said. “It’s like if you swim and don’t go in the pool for a while, you lose the feel of the water. We were just trying not to lose the feel on the court.”

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The feel of the outdoor courts versus indoor courts may create some issues for Sargeant and Yambor. All of their Senior Games athletes stay active during shutdown

See ATHLETES, Page 8
TALLAHASSEE SENIOR CENTER FOR THE ARTS

TSC FOR THE ARTS ONLINE GALLERY

The Art Potpourri Exhibit, showcasing drawings, sculptures, fiber art, pastels, colored pencils and mixed media artworks, is now available to view virtually through August. To view the 42 artworks by Tallahassee Senior Center artists, visit www.tallahasseeseniorfoundation.org/art-potpourri/. People’s Choice – Art Potpourri – Vote for your favorite artworks – visit https://forms.gle/8BXjPCMYsYznAmfrS.

The next online gallery exhibit will be Pantone Color of the Year: Classic Blue. A call to artists will be made in August. For more information about the TSC Arts Program, please email Jennifer.Haskins@talgov.com.

ZOOM INTO ART WITH THE TSC

Ongoing art classes and workshops (below) are being offered via Zoom. Register for virtual classes online; visit www.tallahasseeseniorfoundation.org and click virtual classes, register for online classes. Art cards can be used for on-going classes (not workshops); art cards are $70 – 8 classes for the price of 7 and apply as you take a class. For questions or more information, email Jennifer.Haskins@talgov.com. Special thanks to our Art Sponsor Tapestry Senior Living Walden.

Hands-On Art History with Mark Fletcher, Mondays, July - August, 12:30 – 3:30 p.m. Create your own art by applying and combining the methods of various artists like Van Gogh, Monet, Durer and others. This is an on-going class and can be joined at any time.

Beginner Basics of Art with Mark Fletcher, Tuesdays, July 14- September 1, 9:30-12:30 p.m. (8-week workshop), $80. Learn the basic terms, techniques, and fundamentals of art and apply the basic elements. This class is offered in preparation for Intermediate Drawing and Painting Classes.

Draw With Your Eyes, Paint With Your Heart, Mark Fletcher, Wednesdays, July 29, 1:30 – 4:30 p.m. Pen & Ink with a little watercolor. At least one prior art class is highly recommended (like Beginner Basics). This is an on-going class and can be joined at any time.

Acrylic and Mixed Media Online, Robin Gray, Thursdays, July 16 – September 3, 9:30 – 12:00 p.m., 8-week workshop), $80. Acrylic paint is a wonderful medium, equally at home in fine art and personal journals. Whether you prefer realistic painting or experimental abstracts this is the class for you. You’ll learn to use color, shape, value, and size. You can practice applying paint (to paper, canvas or wood) that will allow your drawings to come to life. Learn how to make do-it-yourself stencils and stamps to create exciting papers for collage work. At least one prior art class highly recommended.

Wacky Birds – Paper Mache workshop, Leslie Cohen, Fridays, July 17, 24 and 31, 10 a.m. – 12 p.m. $30. Everybody could use a smile these days. Zoom with me and create your own unique fun-loving paper mache bird! Materials: 6+ Recycled grocery plastic bags, 3+ cardboard toilet or paper towel rolls, wide masking tape, acrylic paints, brushes, flour, water container for cleaning brushes, water, clear glossy paint or varnish or hair spray, hanging hardware, thread or fishing wire to hang bird.

SMALL ART, BIG IMPACT

The Tallahassee Senior Center is looking for artists to create and donate small artworks (on 4.5” by 6.5” rectangles cut from fine art paper such as watercolor paper) or create greeting cards (order blank cards, envelopes included from Cheap Joes) to be used as a greeting card fundraiser for the Tallahassee Senior Center & Foundation. These can be collages, mixed media, paintings, drawing, photography, colored pencil. Let loose your creativity!

We hope you will consider participating in this fun and easy way to show your support of the Tallahassee Senior Center as you bring beauty and cheer to those who receive a unique greeting card! If interested, contact art coordinator Jennifer Haskins via email. Jennifer.Haskins@talgov.com by July 17.
Yoga

Continued from Page 5

and yoga class for the Senior Center and outreach sites. During COVID, she teaches a virtual yoga class on Thursdays at 11 a.m. on Facebook (www.facebook.com/TallahasseeSeniorCenter/) and Wednesdays at 9 a.m. on WCOT (Cable Channel 13), which she enjoys, but looks forward to the time that she can be with her students again in person. Her classes are also available on demand at www.tallahasseeisbad.org/on-demand-fitness/.

Beyond exercise, she is an inquisitive soul. She loves to travel, and two of her favorite places are Redwoods National Park, San Francisco Bay, Glacier National Park, and anywhere on the beach.

"When you exercise, multiple things happen – all the good chemicals are generated in your body and brain, and you feel good," Ferdouse says. "Not only is exercise fun, but the classes are also great places to make friends!" Join Gentle Yoga with Ferdouse and find a perfect formula for healthy and positive aging!

Athletes

Continued from Page 6

practice time will be on outdoor surfaces leading up to the Alabama tournament in August.

During the last couple of months, athletes of all ages have been creative in finding ways to stay active and healthy. If you’re not one to construct a pickleball court in your driveway, the Tallahassee Senior Center has provided many activities to follow online. The lessons range from Yoga to basic stretching and seated activities. Visit the Tallahassee Senior Center page (Talgov.com/Seniors) or their Facebook page for the latest updates.

VIRTUAL ICE CREAM SOCIAL

Here’s the Scoop!
You’re invited to a VIRTUAL Ice Cream Party To celebrate YOU!

Have your favorite ice cream ready and “tune in” to the Tallahassee Senior Center Facebook Page from the comfort of your own home for our 1st online Ice Cream Social. We’ll play some trivia and eat virtually together!

Tallahassee Senior Center – Facebook LIVE
Monday, July 13th at 12:30p

Presenting Sponsor: McDonnell Hearing Solutions * All Care Senior Consulting * Audio Rehab Lab * Centerfield of Tallahassee
B. Ann Cleare, Realtor Emeritus with Coldwell Banker Hartung * Covenant Care * Faith Funeral Home
Physical Therapy & Balance Centers * The Grove at Canopy * Sanitation Products of America

For more information, please call (850) 891-4008.
As a matter of fact, YOU are the reason we continue to make phone calls, send weekly messages like this one, and offer quality virtual classes on Zoom, Facebook, and WCOT TV.

You are the reason we love our jobs with the Tallahassee Senior Center & Foundation! You are the reason we are sprucing up, cleaning and painting. We want to be ready when the time comes, and our City management feels it is safe for you to join us in person.

Until then, I must brag on our incredible, quick-pivoting TSC Team. In record time, they transformed many of our classes and services from in-person to virtual. We may not be offering our usual 180 activities each month, but 50 different classes are now available on our YouTube channel (Tallahassee Senior Foundation). You can watch on Facebook, on demand, or on the City’s Channel 13.

Ok, I know it’s not the same. And technology is not for everyone. But protecting you from COVID-19 is more important right now so that you can come back when we reopen. I encourage you to follow the guidelines: wear your mask in public, wash your hands often, and yes, stay physically 6 feet away from other people. The better we do that, the fewer people will be affected.

Your Senior Center is here for you now via phone and virtually, and will be here for years to come for all our age 50+ residents. We value the diversity of your backgrounds, lifestyles, interests, neighborhoods, and technological abilities – that’s what makes the Senior Center a wonderful place! We conscientiously strive to ensure everyone feels welcome and finds purpose at TSC and our satellite sites. And, now, while we can’t be together socially, we hope you feel personally connected to one of our staff, your instructor, or your fellow classmates.

If you are feeling lonely or isolated please give us a call. Someone is answering the phone from 8 am to 4 pm, Monday through Friday - or send me an email at Sheila.Salyer@talgov.com - and one of us will get back with you. You have been amazingly resilient during these past four months, and we want to help support you even though the buildings remain closed for now.

Our goal has always been that no one feels alone, even though you may be home alone. Thanks to many of you who have renewed your Membership or joined for the first time, as well made several generous donations – including a few who have donated their stimulus money – programs continue to be offered. This would not be possible without your support.

Sheila Salyer, Manager Senior Services & Executive Director, TSC Foundation.

**Alzheimer’s Project looks at re-entry**

A caregiver was by our office today. It was the first time she had left her house in three and a half months. Due to her compromised immune system she had been afraid to go out. But she finally got to a point where she was ready.

Last time our article talked about loneliness and isolation. Being at home for 100 days can certainly lead to that. Getting out is a way to solve that but how do you do it now? Why do you go out? When do you go out? These are all legitimate concerns. The best news is that all of this is up to you.

It is up to you to determine if you are ready. Being anxious is perfectly normal. Here are some ideas to venture out safely. Take a car ride, in the mornings or evenings when it’s not as hot, maybe roll the windows down for fresh air. If you are getting out of the car, wear a mask, you won’t be alone as others will have one on too. Find a park bench to sit on. If someone sits too close, politely ask them to maintain social distance. As much as handshakes and hugs used to be the norm, it’s now just as normal for someone to say “do you mind social distancing?” or “do you mind putting on a mask?”

As a reminder, here are some good tips to stay safe: wear a mask; go during off-peak hours (mid-morning or mid-afternoon); keep 6 feet away from people; and if you cannot hear someone, ask them to speak up, instead of leaning in to hear them.

We are beginning to do our support groups in-person. We hope to open re-spite care soon. As we open, our priority will be the health and safety of our clients, caregivers and staff. We look forward to providing more in-person services soon. We will make an announcement when that will be. Until then, call us for our telephone support and other services we are currently offering, at 850-386-3778 or at www.alzheimersproject.org.

**As summer heats up, Elder Care keeps seniors cool**

Christopher Mahon
Elder Care Services

As the temperatures begin to rise, many seniors will find themselves struggling to stay cool during the summer heat. Seniors are an especially at-risk population. For many income-restricted seniors in Tallahassee, running the air conditioning all day is unaffordable and not an option. That’s where Elder Care Services’ Keep Seniors Cool Fan Drive comes in.

The organization collects and distributes fans to seniors in need year-round, with the official Fan Drive beginning in mid-June. Generous individuals and organizations from all corners of the Tallahassee community donate fans to Elder Care’s main office on 2518 West Tennessee Street, where they go right back out to seniors in need. Last year the organization was able to distribute over 360 fans.

“The high heat in our area every summer can be difficult for seniors, but with the need to stay at home during a pandemic, comfortable home temperatures will be especially vital this year.” said Nicole Dallas, Elder Care’s Director of Fund Development.

If you would like to support the fan drive financial gifts may be made through the webpage eldercarebigbend.org/donate or by check. Donated fans may be brought to their main office during their normal business hours from 9 a.m. to 4 p.m. New box fans are preferred, however gently used fans are also accepted. Seniors interested in receiving a fan should call 850-921-5554 to check their eligibility and to be put on the distribution list.
Caregivers are facing extreme challenges due to COVID-19 and the effects of social distancing and isolation.

More than 43 million Americans have provided unpaid care to an adult or child within the past 12 months, according to the Family Caregiver Alliance. In normal times, these caregivers experience stress as they provide around-the-clock care to loved ones.

At Big Bend Hospice, we encourage caregivers to ask for help, but how can caregivers access assistance when members of their support network must stay at home due to COVID-19?

As CEO of Big Bend Hospice, the non-profit Hospice provider in our region for 37 years, I want everyone to know that we are here to help patients and caregivers during these challenging times. The need for hospice and the support services we provide doesn’t stop during a pandemic.

Many people think of hospice as a provider of care only in the final days of life. In reality, we offer a continuum of care to enhance quality of life for patients and caregivers. If you’re a caregiver, please don’t suffer in silence. Here are just a couple ways Big Bend Hospice is serving caregivers now when they need us the most:

Transitions: This program offers free, non-medical assistance for individuals who have a life-limiting illness but are not eligible for hospice care. Trained volunteers provide companionship, respite care, assistance with errands and transportation.

Although COVID-19 has limited in-house visits, our volunteers and social workers are calling clients weekly and working to meet their needs. For example, recently, we delivered toilet paper, cleaning supplies and other essentials to clients. For more information, on the Transitions program, call 850-671-6036.

Additional Resources: Members of our Care Team continue to make home visits. We are also offering telehealth as a way for patients and families to connect to us remotely. In addition, the Big Bend Hospice telephone number remains open where you can speak to someone 24/7. We’re happy to receive your call and determine how we can help. Big Bend Hospice 850-878-5310 or 800-772-5862.

You can contact William Wertman, MSW, at wewertman@bigbendhospice.org. Visit BigBendHospice.org to learn more.

Guidance for Your Legacy Giving
Tallahassee Senior Foundation Presents Guidance for Your Legacy Giving
Wed., Aug. 5, 11 a.m. Presented via Webinar
Various ways you can give and leave your legacy: Please join three local members of the Capital City Trust Company team as they lead a discussion on ways to make a present and future charitable gift. We’ll talk about the assortment of popular charitable strategies and methods including the use of bequests, insurance, individual retirement accounts, and trusts.

Capital City Trust Company panel includes:
Allie VanLandingham: Allie serves as an Assistant Vice President and Trust Officer for a variety of families and individuals. She has served this community in various roles for Capital City Bank for 15 years. As a Trust Officer, she functions as the central financial planner for her clients, providing individualized guidance.
Nan O’Kelley: Nan serves as a Wealth Advisor for Capital City Trust Company, guiding her clients through complex trust and investment decisions using a personalized, tailored approach that ensures their needs and goals are met. Previously, she served five years as director of donor relations for the Community Foundation of North Florida.
Ben Bowersox: Ben serves as a Senior Vice President and Wealth Advisor for Capital City Trust Company. Like Nan and Allie, he works to provide clients clarity and confidence before they make a financial decision. Ben serves on both the TCC Foundation and the FSU Foundation’s Planned Giving Councils to help educate community members on ways to make a legacy gift.

For more information or to register, email Karin.Caster@talgov.com.
When life gives you lemons, make lemonade. That’s what the Osher Lifelong Learning Institute at Florida State University has done since the COVID-19 pandemic shut down all in-person classes and activities back in March.

Despite being unable to offer face-to-face classes, OLLI’s Maymester proceeded with eight well-received Zoom-delivered courses.

OLLI member Nancy O’Farrell describes the benefits, including stress relief, of classes and activities offered via Zoom: “Through the teaching genius of distinguished FSU faculty and researchers, I have left the virus behind and plucked myself into other times and other worlds....”

OLLI classes and activities can help older adults cope with the pandemic through offering stimulating opportunities to learn and to interact with others, even though it’s at a distance.

Throughout the summer OLLI has continued to offer a range of activities that provide social interaction and non-academic learning opportunities for its members—individuals over 50 who love to learn. OLLI’s Book Club continues to meet monthly via Zoom, and the weekly Happy Hour has successfully changed its venue to members’ computer screens.

OLLI even gave members a chance to compete and cheer in a version of popular game show Jeopardy.

Many OLLI members love to travel and learn far afield, and they were able to do so virtually with a field trip through Yellowstone National Park. Members also participated in a three-part Summer in Paris event featuring treasures of The Louvre. Paris-based writer Andrew Hussey, supported by Tallahassee instructor, travel guide and artist Bill Walter, escorted members through the glorious art and surprising history of an extraordinary French institution to show that the story of the Louvre is the story of France.

OLLI has also addressed the pandemic crisis directly with a Zoom forum, “Perspectives on COVID,” featuring OLLI instructors who focused on areas including the medical, economic, political, psychological, sociological and spiritual implications of the pandemic.

Also planned for later in July via Zoom: an in-depth look at COVID-19 medical issues affecting older adults and a session on coping with anxiety and maintaining mental health.

For dates of these upcoming events and registration information see olli.fsu.edu. OLLI membership is open to anyone over 50 who loves to learn.

Throughout the summer OLLI has continued to offer a range of activities that provide social interaction and non-academic learning opportunities for its members—individuals over 50 who love to learn. OLLI’s Book Club continues to meet monthly via Zoom, and the weekly Happy Hour has successfully changed its venue to members’ computer screens.
Preparing for hurricane season during COVID-19 crisis

While you continue to take precautions to keep yourself safe from COVID-19, it is important to also begin preparing for hurricane season. Preparations will be a little different this season given the current crisis; you should give yourself more time to prepare and consider social distancing needs when purchasing supplies and preparing evacuation kits.

- Continue to protect yourself when stocking up on supplies; shop online for home delivery or pick-up, whenever possible; wear a face covering for any in-person shopping and utilize designated shopping hours for seniors when available.
- Limit social interaction when refilling prescription medications, use mail order or drive-through pick up whenever possible. Always try to have at least a month worth of medication on hand.
- Prepare two emergency supply kits; a shelter in place kit with two weeks of supplies, and an evacuation kit with three days of supplies. Be sure to include face coverings, hand sanitizer and bar or liquid soap to protect against COVID-19 in the event you need to evacuate.

More detailed information about how to prepare can be found at the following websites: cdc.gov/disasters/hurricanes/covid-19/, fema.gov, and redcross.org/get-help/how-to-prepare-for-emergencies/.

Preparing for evacuation

In the event of even a minor storm, homes may be without electricity and water for days. If you rely on in-home services or suffer from health issues that may be affected by lack of power, staying in your home may not be realistic. Also, evacuation should be done well in advance, and emergency shelters should be a last resort. Have a plan in place and make sure friends, family and/or caregivers are aware of your plan. If you must evacuate to an emergency shelter be sure to maintain social distancing practices. More information on hurricane preparation is available in the City of Tallahassee’s Neighborhood Prep Guide at talgov.com.

Essentials for preparedness: batteries, flashlight, non-perishable foods, medications, portable phone charger, first aid kit, important documents (insurance policies, advanced healthcare directives, legal documents, social security cards, birth and marriage certificates, passports, and a list of important phone numbers) in a waterproof envelope. For more information on having a plan, building your disaster preparedness bucket, and preparing your home, review Leon County’s Disaster Survival Guide at talgov.com/neighborhoodservices.

If you have a loved one in long-term care, talk to the facility about their participant care plan. If you or a loved one have special needs, Special Needs Shelters are designed for persons who require more medical care than what can be provided at other shelters. To sign up for the Leon County Special Needs Registry, call (850) 606-3700 or visit: snr.floridadisaster.org/Signin?client=leon

If you are a pet owner, make sure you plan for your pet’s needs too. Service animals will be accepted into any Red Cross shelter; check Leon County and City of Tallahassee websites for update on shelters that welcome pets. Talk to your vet about boarding options. Prepare essential pet supplies (food, water, feeding dishes, medication, vaccinations/shot records, etc.). Additional information can be found cdc.gov/healthypets.

City and County Resources

Talgov.com, 891-4968
Residents can find important information before, during and after a major weather event on the city’s website, and the city’s customer service call center is staffed 24 hours a day during emergencies.

@COTNews on Twitter and Facebook
Follow @COTNews on social media to view up-to-date information about the City’s response and recovery efforts.

DigiTally app
The City’s official app is free for download, and is the fastest, easiest way to report service issues, such as downed trees and electrical outages. The app sends reports directly to response teams.

Leoncountyfl.gov/ei/
This emergency information portal details the current status of any verified emergency in the area.

@LeonCounty on Twitter and Facebook
Information about Leon County offices, as well as emergency updates, will be posted to these accounts during an emergency activation.

Leon County Citizens Connect app
This app details emergency information verified by public safety agencies and emergency management personnel.

7-1-1 Florida Relay, 606-3700
This citizen information line will detail community resources available, including shelter openings.

Community Resources

RedCross.org/NorthFlorida, 878-6080
If your home is in an evacuation zone, shelters may open; call for locations and special conditions.

Advantage Aging Solutions: Aaasfl.org, 488-0055
AAS (formerly Area Agency on Aging for N. FL) is the local aging and disability resource center.

211BigBend.org, 617-6333
Serves as the gateway to community information, services and support in times of emergencies. Trained hotline counselors also provide emotional support, crisis assistance, information and referrals.

SalvationArmyFlorida.org/Tallahassee, 222-0304
The Salvation Army of Tallahassee serves disaster survivors and relief workers with food, emotional support and other critical services. The Salva-
Tips for staying safe in your community

Staying engaged and active in your community is important to many and, can help maintain your physical and cognitive health. Social engagement combats loneliness, and volunteerism can give you a sense of place and purpose, within your community. Whether you are volunteering, assisting a neighbor, or just heading out for a walk, don’t forget to attend to your own safety in each situation. The key to staying safe is an awareness of what is always happening around you. If you are planning on getting involved in community activities, consider the safety tips below.

- Avoid traveling in high risk areas at any time of day (isolated areas, alleys, vacant lots, abandoned buildings and construction sites). Walk well-lit busy streets, and do not walk alone at night.
- Walk with a group when possible. Walking with two or more people reduces the risk of assault significantly.
- When going out, inform a family member or trusted friend where you are going and when you plan to return, and always carry a cell phone.
- Do not carry any more cash than is necessary, and keep you purse or wallet closed until you need it. Always keep your purse or wallet close; purses should be strapped over your shoulder.
- Have your key ready as you approach your front door upon returning home.
- Have your key ready as you approach your car door, and visually check the back seat before entering the vehicle.
- When stopped in traffic, leave sufficient space between you and the car in front of you in case you need to drive away.
- If a stranger attempts to enter your vehicle, blow the horn to attract attention and drive away.
- Choose well-lit parking areas, and park near entrances when possible.

Staying safe while exercising outdoors

When heading out to exercise, it is also important to be thinking about safety. Have a plan, and, as mentioned above, be sure to let others know where you are going and when you plan to be back. Also, choose well-lit places with other people around, and always bring your cell phone.

- Carry your ID with you, as well as emergency contact information and a small amount of cash.
- If you are wearing headphones, keep the volume low so you can remain alert to your surroundings; also, avoid talking on your phone as you walk for the same reason.
- Wear light or bright colored clothing during the day and reflective materials at night. Also, carry a flashlight and put lights on the front and back of our bike when traveling at night.
- Wear sturdy shoes, appropriate for your activity that provide good footing.

You can find a more complete list, as well as additional information, at the National Institute on Aging (www.nia.nih.gov/health/safety-tips-exercising-outdoors-older-adults).

This Resource Card is a service of Tallahassee Senior Center & Foundation. Find us at Talgov.com/seniors and TallahasseeSeniorFoundation.org. The information on this resource card is not guaranteed to be all-inclusive and does not imply endorsement of any persons, offices, or agencies by Tallahassee Senior Center.

Preparing for and responding to disasters

The Florida Department of Elder Affairs, Division of Consumer Services, provides disaster assistance to seniors during emergencies. The Division of Consumer Services offers a toll-free consumer helpline to assist insurance consumers with inquiries and filing complaints.

This Resource Card is a service of the Florida Department of Elder Affairs, Division of Consumer Services, and the Florida Division of Emergency Management. For a copy of this or other resource cards, call 850.891.4043 or email Sandra.Stoutamire@talgov.com. Note: Information on this resource card is not guaranteed to be all-inclusive and does not imply endorsement of any persons, offices, or agencies by Tallahassee Senior Center.

Statewide Resources

Florida Division of Emergency Management: FloridaDisaster.org, 815-4110

Plans for and responds to disasters, and maintains the statewide special needs registry.

Florida Department of Elder Affairs: ElderAffairs.org, 800-963-5337

Provides disaster assistance to seniors during emergencies.

Florida Department of Financial Services, Division of Consumer Services: MyFloridaCFO.com/Division/Consumers, 877-693-5236

Offers a toll-free consumer helpline to assist insurance consumers with inquiries and filing complaints.

This Resource Card is a service of Tallahassee Senior Center & Foundation, Talgov.com/seniors, TallahasseeSeniorFoundation.org. For a copy of this or other resource cards, call 850.891.4043 or email Sandra.Stoutamire@talgov.com. Note: Information on this resource card is not guaranteed to be all-inclusive and does not imply endorsement of any persons, offices, or agencies by Tallahassee Senior Center - May 2020.
Learning, living and staying safe

Above: Elder Care Services Larry Arnold and a 4 Rivers Smokehouse representative serve a congregate meal lunch.

Left: Join Tapestry Senior Living Walden’s chef extraordinaire, Ryan Siler, for a virtual/live LifeLong Learning cooking class featuring his summer Sopp-Chop Salad. Email Maureen.Haberfeld@talgov.com for more information.

"Where There’s a ‘Will’, There’s a Way”

You have worked hard for your family home!

My Pledge to you:
• I will protect one of your biggest assets
• I will treat you with the dignity that you deserve
• I will show you the respect that you have earned
• I will listen closely to meet your needs & address your concerns
• I will make a stressful situation structured, manageable, & maybe even fun
• I will help you find your next home or next great adventure!

Will Shepherd • 850-321-2111
NoPlaceLikeHome@WillShepherd.com

Moving America’s Next Greatest Generation

Hydrogeologist Joe Haberfeld instructs a LifeLong Learning class via Zoom on The Geology and History of Great Floods, Thursdays, July 23 & 30, 1:30 - 3 p.m. Email Maureen.Haberfeld@talgov.com for more information.
Ways to support Tallahassee Senior Center programs

Looking for more ways to help yourself and others stay active and connected to your social community at TSC? Here are just a couple of suggestions while you may have a little more time at home right now.

Do you shop on Amazon? Amazon Smile supports nonprofits. Choose the Tallahassee Senior Citizens Foundation, Inc. as your charity of choice, and every time you shop, AmazonSmile donates 0.5% of purchases. Our director, Sheila, has shared that she is doing her part to contribute through her on-line shopping hobby.

IRA RMDs (required minimum distribution) – tax free charitable contributions! Are you finishing up your tax filing this year, and you need to withdraw some of these funds? Please consider donating a portion of your RMD to the TSC Foundation – and not have to pay taxes.

Stimulus “Check” – If you haven’t spent all of that yet, and you’re probably not traveling much this year, think about following Margaret Hamilton’s example and buy a Star on our Galaxy Wall. Or just donate for your favorite TSC program.

To find out more about these opportunities or if you have questions email Lisa.dollarcovert@talgov.com or call 891-4003.

TALLAHASSEE SENIOR FOUNDATION

Be a Key Holder

Become a member! Join the Tallahassee Senior Foundation today. Your contribution pays for programs and enhances services. Mail or drop off your annual membership contribution at the Tallahassee Senior Center, 1400 N. Monroe St., Tallahassee FL 32303 or visit TallahasseeSeniorFoundation.org/Membership for more information or to join online.

Membership

Senior Citizen (Age 50+) $30
Senior Couple $50
Supporter (under age 50) $40

Key Holders

Friend $120
Bronze $240
Silver $540
Gold $1,020
Ruby $1,500
Platinum $2,520
Diamond $5,040

Thank you for being a key to active aging!

Platinum Key Holder
E. Ann Cleare

Silver Key Holders
Jim & Elaine McConnaughhay
Claudia Coaker; Anne Menard; Lee & Joyce Stillwell

Friend Key Holders
Carol Allen; Ken & Carol Allman; Robbie & Sara Brunger; Judith Burgert; Barbara Cohener; Susan Davis; Janet Foy; Gerry Hammond; Laurie McCort; DeVoe & Shirley Moore; Irene Thompson Perry; Susan Perry; Doris Pollock; Betty Roberts; Don Wayne & Suzanne Sommerlin; John Taylor; Chip & June Townsend; Mary Wolfgang

New and Renewing Members and Program and General Donors

Thanks to your generosity, and due to limited space in this issue of Active Living magazine, we need to post these donors on our tallahasseeSeniorFoundation.org website. But please know that we are so touched by your continued support.

It’s because of your contributions that TSC & Foundation is able to continue its mission of offering programs, activities, and opportunities designed to encourage active living, optimal aging, and social fitness. Thank you for understanding that although these activities are not offered in person, in our senior or community centers, our TSC Team is creating many opportunities to help you feel connected and adapt to this new virtual world.

Honorary Donations
In honor of: Edna & Paul Galloway
By: Terry Galloway
In honor of: Yvonne Humphreys
By: Julie Humphreys
In honor of: Madlyn C. Johnson
By: Alanna Steaple
In honor of: Hella Spellman
By: Jodi Gooding
In honor of: Melissa Thomas
By: Kristy Carter

Memorial Donations
In memory of: James Farr
By: Robin Rudicell
In memory of: Dora G. Oliver
By: Dorothy Shearn
In memory of: Dr. Carrimae Marques
By: Sheila Salyer
In memory of: Tadako Knight
By: Sheila Salyer
In memory of: Patti Parkhurst
By: Sheila Salyer

Thanks to all of our new and renewing members. Please visit TallahasseeSeniorFoundation.org/Membership for a current list of members and donors.

COMING UP

Guidance for Your Legacy Giving
Wed., Aug. 5, 11 a.m.
Presented via Webinar by Ben Bowersox, CFP
Capital City Bank
Mark your calendar—more details coming soon!

DECK THE HALLS!

Save the Date! Fri., Dec. 4!
Look for more details soon about changes to the format of this fabulous, holiday event!

Email Lori.Swanson@talgov.com or call her at 850-891-4048.
# TALLAHASSEE SENIOR SERVICES CALENDAR

**JUNE 15 – JULY 11, 2020**

We are now offering online classes some which require pre-registration for the Zoom link. Please note the initials in the parenthesis after the class title. The corresponding contact name and registration email address is noted at the bottom of the calendar.

Description and Registration located at: TallahasseeSeniorFoundation.org

More classes on BACK!

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tbody>
<tr>
<td><strong>JUNE 15</strong></td>
<td><strong>JUNE 16</strong></td>
<td><strong>JUNE 17</strong></td>
<td><strong>JUNE 18</strong></td>
<td><strong>JUNE 19</strong></td>
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<tr>
<td>12:30p Hands-On Art History PRR ZM (JH)</td>
<td>11a Mindful Movement FB (RN)</td>
<td>8:30a Capital Coalition Meeting (KC)</td>
<td>9:30a Acrylic + Mix Media PRR ZM (JH)</td>
<td>10:30a Ukulele PRR ZM (KC)</td>
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<tr>
<td>1p Advisory Council (SS)</td>
<td>11a Quit Smoking Now PRR (RN)</td>
<td>10a Gentle Yoga FB (RN)</td>
<td>1p Friends Connection ZM (ML)</td>
<td>11:10a Ukulele PRR ZM (KC)</td>
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<tr>
<td>1:30p Brain Body Balance FB (RN)</td>
<td>1:30p LLL-Mars: Past, Present, Future PRR ZM (MH)</td>
<td>11a Ageless Grace PRR (RN)</td>
<td>1p Friends Connection ZM (ML)</td>
<td><strong>11:30a</strong> Seated Yoga FB (RN)</td>
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<tr>
<td>3p Friends Connection ZM (ML)</td>
<td><strong>7p</strong> Circle of Parents GAP ZM (KB)</td>
<td>12:30p Friends Connection Lincoln Neighborhood ZM (ML)</td>
<td>1:30p LLL-FL Crossroads PRR ZM (MH)</td>
<td><strong>11:30a</strong> Seated Yoga FB (RN)</td>
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<td><strong>JUNE 22</strong></td>
<td><strong>JUNE 23</strong></td>
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<td>12:30p Hands-On Art History PRR ZM (JH)</td>
<td>11a Mindful Movement FB (RN)</td>
<td>10a Gentle Yoga FB (RN)</td>
<td>9:30a Acrylic + Mix Media PRR ZM (JH)</td>
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<td>11a Quit Smoking Now PRR (RN)</td>
<td>11a Ageless Grace PRR (RN)</td>
<td>1p Friends Connection ZM (ML)</td>
<td><strong>11:30a</strong> Seated Yoga FB (RN)</td>
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<tr>
<td>3p Friends Connection ZM (ML)</td>
<td>130p LLL-Mars: Past, Present, Future PRR ZM (MH)</td>
<td>1p Foundation Board Meeting (SS)</td>
<td>1p GAP Meeting TBA (KB) 891-4027</td>
<td><strong>11:30a</strong> Seated Yoga FB (RN)</td>
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<td><strong>JUNE 29</strong></td>
<td><strong>JUNE 30</strong></td>
<td><strong>JULY 1</strong></td>
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<tr>
<td>1:30p Brain Body Balance FB (RN)</td>
<td>11a Mindful Movement FB (RN)</td>
<td>10a Gentle Yoga FB (RN)</td>
<td>9:30a Acrylic + Mix Media PRR ZM (JH)</td>
<td>CLOSED HOLIDAY</td>
</tr>
<tr>
<td>3p Friends Connection ZM (ML)</td>
<td>11a Quit Smoking Now PRR (RN)</td>
<td>10a LLL-Breakfast Around the World: Preparing a Southern Breakfast PRR ZM (MH)</td>
<td>1p Friends Connection ZM (ML)</td>
<td><strong>10:30a</strong> Seated Yoga FB (RN)</td>
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<td><strong>JULY 6</strong></td>
<td><strong>JULY 7</strong></td>
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<td><strong>JULY 9</strong></td>
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<td>12:30p Hands-On Art History PRR ZM (JH)</td>
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</tr>
<tr>
<td>3p Friends Connection ZM (ML)</td>
<td><strong>7p</strong> Circle of Parents GAP ZM (KB)</td>
<td>1:30p Draw with Your Eyes PRR ZM (JH)</td>
<td>1:30p Quit Smoking Now PRR (RN)</td>
<td><strong>11:30a</strong> Seated Yoga FB (RN)</td>
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<tr>
<td><strong>TALLAHASSEE SENIOR CENTER</strong>, 1400 N. Monroe Street, 891-4000</td>
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**LEGEND** - PRR= Pre-Registration Required; LLL= Lifelong Learning; FB= Facebook; ZM= Zoom Meeting

(KB) Karen.Boebling@talgov.com; (KC) Kristy.Carter@talgov.com; (JH) Jennifer.Haskins@talgov.com; (MH) Maureen.Haberfeld@talgov.com; (ML) Melanie.Lachman@talgov.com; (RN) Ruth.Nickens@talgov.com; (SS) Sheila.Salyer@talgov.com

Tallahassee Senior Center Fitness Classes on WCOT

**Monday, Wednesday, Friday & Saturday at 9 am**

**Tallahassee Senior Center Fitness Classes on WCOT**

Monday, Wednesday, Friday & Saturday at 9 am

**Staying active is one of the most important things we can do to stay healthy and age successfully, and we realize you are missing your weekly in-person classes.**

To help you access quality senior fitness, WCOT (Channel 13 on cable or Talgov.com/WCOT) will now be airing four TSC classes with some of your favorite instructors.

**Fitness classes are provided by the City of Tallahassee Parks, Recreation & Neighborhood Affairs and the Tallahassee Senior Center and Foundation. Learn more by visiting Talgov.com/Seniors. Below are the classes that you can view.”**

**Monday Mindful Movement w/ Lori Roberts, certified NIA yoga instructor**

This dynamic, yet gentle, yoga-based fitness class uses music and motion to help enhance muscle strength, maintain flexibility, and reduce falls. This class is super-energizing and lots of fun. You will need a chair and some water.

**Wednesday Gentle Yoga w/ Ferdouse Sultana, E-RYT® 500**

This gentle yoga class includes both standing and mat poses for balance, but using a chair is an option. Benefits include improved range of motion, flexibility, balance, and strength. It also focuses on breathing exercises for stress reduction and relaxation, which we all need right now! Wear comfy clothes, have yoga mat handy.

**Friday Brain-Body-Balance w/ Merisha Johnson Phillips, AFAA-CPT**

Brain-Body-Balance is an active-aging, fall prevention program specifically created to be fun while reversing many types of aging. The curriculum fuses physical movement with brain-enhancing drills to improve balance, memory, brain health, reflexes, and daily life. Have a chair and water on hand. Equipment will be items you have at home.

**Saturday Stretch & Flex w/ Robin Perry Davis, ACSM**

This new class will help you stay strong, flexible, and mobile through gentle yoga-like movement. The safe stretching routines serve to maintain joint mobility and muscle flexibility. Some classes use a in chair, others a mat, but viewers can move between.

**The mission of Tallahassee Senior Services is to offer programs, activities, and opportunities designed to encourage active living, optimal aging, and social fitness for independent adults age 50+.”**

**TSC programs like these Fitness classes are supported by donations to the TSC Foundation. If you would like to contribute or become a member, go to www.tallahasseeseniorfoundation.org or mail your check to: TSC Foundation, 1400 N. Monroe St. Tallahassee, FL, 32303.”**