

# TALLAHASSEE SENIOR CENTER CALENDAR OF WEEKLY PROGRAMS MARCH 2023



1400 N. MONROE ST. • TALLAHASSEE, FL 32303 • (850) 891-4000 • TallahasseeSeniorFoundation.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 <i>Fitness at Chaires</i>	8:30 <i>Fitness at Bradfordville I PRR (SV)</i>	8:30 <i>Fitness at Chaires</i>	9:00 Ceramics	8:30 <i>Fitness at Bradfordville I PRR (SV)</i>
9:00 Quilting Bees	9:00 Life Exercise	9:00 Ceramics	9:00 Experimental Watercolor Inter./Adv.	8:30 <i>Fitness at Chaires</i>
9:00 Portrait Studio	9:00 <i>Brain-Body-Balance at Optimist Park PRR (WB)</i>	9:00 Nimble Fingers	9:00 Life Exercise	<b>9:00 English 2<sup>nd</sup> Language ZM (KC)</b>
9:30 <i>Fitness at Woodville</i>	9:00 Landscapes in Soft Pastels	9:30 Oil and Acrylic with Debbie (All Levels)	9:00 <i>Brain-Body-Balance at Optimist Park PRR (WB)</i>	9:00 Oil Adv.
9:30 French Int.	9:30 <i>Fitness at Bradfordville II PRR (SV)</i>	9:30 <i>Fitness at Woodville</i>	9:30 <i>Sit &amp; Fit at Chaires</i>	9:30 <i>Fitness at Bradfordville II PRR (SV)</i>
10:00 SHINE PRR	9:30 <i>Sit &amp; Fit at Chaires</i>	10:00 Seniors vs. Crime	10:30 Ballet	10:00 Tai Chi Practice
<b>10:30 Adv. French ZM (KC)</b>	10:00 Seniors vs. Crime	10:30 <i>Fitness at Fort Braden</i>	11:00 Senior Counseling (by appointment)	10:30 <i>Brain Body Balance at Fort Braden</i>
10:30 <i>Fitness at Fort Braden</i>	10:00 Wii Bowling	11:00 AARP Tax Aide (2/1-4/18:by appointment 850-891-4030)	11:00 AARP Tax Aide (2/1-4/18:by appointment 850-891-4030)	10:30 <i>Senior Fitness Beg. at Bradfordville PRR (SV)</i>
11:00 Senior Counseling (by appointment)	10:30 <i>Fitness Beg. at Bradfordville PRR (SV)</i>	11:30 Pickleball Lesson	11:15 <i>Fitness at Miccosukee</i>	11:00 AARP Tax Aide (2/1-4/18:by appointment 850-891-4030)
11:00 AARP Tax Aide (2/1-4/18:by appointment 850-891-4030)	10:45 <i>Brain Body Balance at Southwood PRR (WB)</i>	11:30 Pickleball	1:00 Tai Chi Basics	11:30 Senior Dining (PRR or Bring a Lunch)
11:00 French Adv.	11:00 Mindful Movement	1:00 Oil and Acrylic with Debbie Int./Adv.	1:00 TDBC Bridge	11:30 Pickleball
1:00 Brain-Body-Balance	11:00 AARP Tax Aide (2/1-4/18:by appointment 850-891-4030)	1:00 Canasta / Pinoche	1:00 Friends Connection	11:30 <i>Fitness Adv. at Bradfordville PRR (SV)</i>
1:30 French Beg.	11:15 <i>Fitness at Miccosukee</i>	<b>1:30 Draw with Your Eyes, Paint with Your Heart ZM (SV)</b>	1:00 Experimental Watercolor Inter./Adv.	1:00 Model Building
1:30 <i>Yoga for Women at Bradfordville PRR (SV)</i>	11:30 Senior Dining (PRR or Bring a Lunch)	1:30 <i>Beg. Yoga at Bradfordville-PRR (SV)</i>	<b>1:00 French Study Group ZM (KC)</b>	1:00 Oil and Acrylic, Beg.
2:30 Pickleball	11:30 <i>Fitness Adv. at Bradfordville PRR (SV)</i>	2:00 <i>Beg. Yoga at Lake Jackson</i>	1:00 <i>Mindful Movement at Lake Jackson</i>	5:30 Ballroom and Swing
3:00 Friends Connection	<b>1:00 Friends Connection ZM (ML)</b>	5:30 Yoga	2:30 Ping-Pong	7:00 Al-Anon Newcomers
5:45 Intermediate German Study Group	1:00 TDBC Bridge	7:00 Pickleball	7:00 Capital Chordsmen	
6:00 Round Dance	1:00 Senior Singers	7:15 Al-Anon Family	7:00 Writers Workshop	
7:00 Twirlers Square Dance	1:00 <i>Canasta at Lake Jackson</i>			
7:00 Capital City Carvers	2:30 Ping-Pong			
	4:00 Guitar			
	7:00 Line Dance			
	8:00 SA Support Group			

# TALLAHASSEE SENIOR SERVICES - MARCH 2023

## Monthly, Bi-monthly & Special Events and Programs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>MAR 1</b> <u>SENIOR GAMES</u> 6p Torch Run at Cascades Park (KC)	<b>MAR 2</b> 9:30a Quilting at Woodville 10:30a Miccosukee Lunch & Learn 10:30a Matter of Balance PRR (RN) 11a Healthy for Life Jack McLean (WB) <u>SENIOR GAMES</u> 9a Golf at Hilaman Golf Course	<b>MAR 3</b> 10a Walmart Trip from Miccosukee <u>SENIOR GAMES</u> 1p Bowling (S) at Capital Lanes	<b>MAR 4</b> CENTER CLOSED <u>SENIOR GAMES</u> 9:30a Fun Walk at Godby High School 10a Track & Field at Godby High School <b>SUNDAY, MARCH 5</b> <u>SENIOR GAMES</u> 2p Horseshoes at Forest Meadows
<b>MAR 6</b> 9a Yoga with Seshu (RN) 6p Photoshop Elements <u>SENIOR GAMES</u> 11:30a Bag Toss	<b>MAR 7</b> 10a Blood Pressure & Glucose Screening 12p Tech Help (KC) 12:30p Friends Connection at Miccosukee 1p Yoga PRR (SV) <u>SENIOR GAMES</u> 9a Pickleball (S) at Southeast Park	<b>MAR 8</b> 10:30a Driving Safety: Car Fit (RN) 10:30a Bradfordville Lunch & Learn 12:30p Friends Connection LNC 2p Elder Law: Adv. Planning (KC) <u>SENIOR GAMES</u> 9a Pickleball (D) at Southeast Park 6p Swimming at Wade Wehunt Pool at Myers	<b>MAR 9</b> 9a Podiatry 10:30a Matter of Balance PRR (RN) 10:30a Woodville Lunch & Learn 11a Caregiver Support Group (JS) 11a Healthy for Life Jack McLean (WB) <u>SENIOR GAMES</u> 9a Pickleball (M) at Southeast Park 2p Powerlifting at Premier	<b>MAR 10</b> 7:30p Contra Dance – Caller: Alice Raybourn <u>SENIOR GAMES</u> 9a Tennis (D) Forest Meadows 1p Bowling (D) at Capital Lanes 4p Bowling (M) at Capital Lanes	<b>MAR 11</b> CENTER CLOSED <u>SENIOR GAMES</u> 9a Basketball at Sue McCollum 9a Table Tennis at Jack McLean 9a Archery at TLH Archery Club 1p Racquetball at Forest Meadows <b>SUNDAY, MARCH 12</b> <u>SENIOR GAMES</u> 10a Cycling 1p Tennis (M) at Forest Meadows 3p Water Aerobics at Wade Wehunt Pool at Myers
<b>MAR 13</b> 10a Mindful Meditation 11a Art Council 1p Poetry Group ZM (KC) 2p Positive Results of the Pandemic 7p GAP Circle of Parents ZM (KB)	<b>MAR 14</b> 11a Wellness Circle at Jack McLean 1p Yoga PRR (SV) 5:30p Celebration of Athletes 7p Stamp and Cover Club	<b>MAR 15</b> 9a Capital Coalition on Aging (H) (KC) 9:45a Hike (RN) 11a Wellness Circle at Jake Gaither 1p LCSO Advisory Council 6:30p USA Dance Board Meeting	<b>MAR 16</b> 9:30a Quilting at Woodville 10:30a Lake Jackson Lunch & Learn 11a Health for Life at Jack McLean (WB) 11a Disorders of the Brain (H) (RN)	<b>MAR 17</b>	<b>MAR 18</b> 7p USA Dance: Vogue Style with Free Wheelin Band
<b>MAR 20</b> 9a Yoga with Seshu (RN) 10:30a LLL-Cooking Whole Foods PRR (MH) 1:30p Advisory Council (SS) 6p Photoshop Elements	<b>MAR 21</b> 10a Brain Games with Ruth 10a LLL-FL Seashells PRR (MH) 10:30a Ft. Braden Lunch & Learn 1p Yoga PRR (SV) 2:15 Game Day for ALL 5p TDBC Board Meeting	<b>MAR 22</b> 9a Spring Wellness Fling 12:30p Friends Connection LNC 1:30p Organ Donation PRR (MH)	<b>MAR 23</b> 11a Health for Life at Jack McLean (WB) 11a Caregiver Support Group (JS) 1:30p LLL-Spring House Tour PRR (MH)	<b>MAR 24</b> 7:30p Contra Dance – Caller JoLaine Jones-Pokorney	<b>MAR 25</b> 10a-5p – Stamp & Coin Show  <u>Sunday, March 27</u> 10a-3p – Stamp & Coin Show  FREE Entry
<b>MAR 27</b> 8:45a LLL-Beach Exploration PRR (MH) 9a Yoga w/ Seshu (RN) 10a Women's History Month Tea Party PRR (KC) 7p GAP Circle of Parents ZM (KB)	<b>MAR 28</b> 10:30a LLL-Nile in Egypt PRR (MH) 10:30a Chaires Lunch & Learn 1p Yoga PRR (SV)	<b>MAR 29</b> 12p GAP Lunch & Learn 3:45p Foundation Annual Meeting followed by a Sock Hop	<b>MAR 30</b> 11a Health for Life at Jack McLean (WB) 11:30a Senior LGBT+ Support Group	<b>MAR 31</b>	<b>APR 1</b> CENTER CLOSED

**TALLAHASSEE SENIOR CENTER, 1400 N. Monroe Street, 891-4000**

We are now offering **in-person** and **virtual classes**; some which require **pre-registration**. Please note the following **LEGEND**:

- **VIRTUAL LOCATIONS:** FB = Facebook ZM = Zoom
- **HYBRID Classes (virtual + in-person):** H = Hybrid
- **REGISTRATION INFORMATION:** LLL = Lifelong Learning PRR = Pre-registration Required
  - Register Online at [www.TallahasseeSeniorFoundation.org](http://www.TallahasseeSeniorFoundation.org) unless otherwise noted
  - ( ) = Contact staff to pre-register and/or for Zoom link as follows:
    - (JS) [Judy.Shipman@talgov.com](mailto:Judy.Shipman@talgov.com); (KB) [Karen.Boebinger@talgov.com](mailto:Karen.Boebinger@talgov.com); (KC) [Kristy.Carter@talgov.com](mailto:Kristy.Carter@talgov.com);
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