

TALLAHASSEE SENIOR CENTER CALENDAR OF WEEKLY PROGRAMS FEBRUARY 13 – MARCH 11, 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>	9:00 Life Exercise	8:30 <i>Fitness at Chaires</i>	9:00 Ceramics	8:30 <i>Fitness at Chaires</i>
9:00 Quilting Bees	9:00 <i>Brain-Body-Balance at Optimist Park PRR (WB)</i>	9:00 Ceramics	9:00 Experimental Watercolor Inter./Adv.	9:00 English 2nd Language ZM (KC)
9:00 Portrait Studio	9:00 Landscapes in Soft Pastels	9:00 Nimble Fingers	9:00 Life Exercise	9:00 Oil Adv.
9:30 <i>Fitness at Woodville</i>	9:30 <i>Fitness at Bradfordville PRR (SV)</i>	9:30 Oil and Acrylic with Debbie (All Levels)	9:00 <i>Brain-Body-Balance at Optimist Park PRR (WB)</i>	9:30 <i>Fitness at Bradfordville PRR (SV)</i>
9:30 French Int.	9:30 <i>Sit & Fit at Chaires</i>	9:30 <i>Fitness at Woodville</i>	9:30 <i>Sit & Fit at Chaires</i>	10:00 Tai Chi Movement Meditation
10:00 SHINE PRR	10:00 Seniors vs. Crime	10:00 Seniors vs. Crime	10:30 Ballet	10:30 <i>Brain Body Balance at Fort Braden</i>
10:30 Adv. French ZM (KC)	10:00 Wii Bowling	10:00 Tai Chi Movement Meditation	11:00 Senior Counseling (by appointment)	10:30 <i>Senior Fitness Beg. at Bradfordville PRR (SV)</i>
10:30 <i>Fitness at Fort Braden</i>	10:30 <i>Fitness Beg. at Bradfordville PRR (SV)</i>	10:30 <i>Fitness at Fort Braden</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)
11:00 Senior Counseling (by appointment)	10:45 <i>Brain Body Balance at Southwood PRR (WB)</i>	11:00 AARP Tax Aide (2/1-4/18:by appointment 850-891-4030)	11:15 <i>Fitness at Miccosukee</i>	11:30 Senior Dining (PRR or Bring a Lunch)
11:00 AARP Tax Aide (2/1-4/18:by appointment 850-891-4030)	11:00 Mindful Movement	11:30 Pickleball Lesson	1:00 Tai Chi	11:30 Pickleball
11:00 French Adv.	11:00 AARP Tax Aide (2/1-4/18:by appointment 850-891-4030)	11:30 Pickleball	1:00 TDBC Bridge	11:30 <i>Fitness Adv. at Bradfordville PRR (SV)</i>
1:00 Brain-Body-Balance	11:15 <i>Fitness at Miccosukee</i>	1:00 Oil and Acrylic with Debbie Int./Adv.	1:00 Friends Connection	1:00 Model Building
1:30 French Beg.	11:30 Senior Dining (PRR or Bring a Lunch)	1:00 Canasta / Pinoche	1:00 Experimental Watercolor Inter./Adv.	1:00 Oil and Acrylic, Beg.
1:30 <i>Yoga for Women at Bradfordville PRR (SV)</i>	11:30 <i>Fitness Adv. at Bradfordville PRR (SV)</i>	1:30 Draw with Your Eyes, Paint with Your Heart ZM (SV)	1:00 French Study Group ZM (KC)	5:30 Ballroom and Swing
2:30 Pickleball	1:00 Friends Connection ZM (ML)	1:30 <i>Beg. Yoga at Bradfordville-PRR (SV)</i>	1:00 <i>Mindful Movement at Lake Jackson</i>	7:00 Al-Anon Newcomers
3:00 Friends Connection	1:00 TDBC Bridge	2:00 <i>Beg. Yoga at Lake Jackson</i>	2:30 Ping-Pong	
5:45 Intermediate German Study Group	1:00 Senior Singers	5:30 Yoga	7:00 Capital Chordsmen	
6:00 Round Dance	1:00 <i>Canasta at Lake Jackson</i>	7:00 Pickleball	7:00 Writers Workshop	
7:00 Twirlers Square Dance	2:30 Ping-Pong	7:15 Al-Anon Family		
7:00 Capital City Carvers	4:00 Guitar			
	7:00 Line Dance			
	8:00 SA Support Group			

TALLAHASSEE SENIOR SERVICES
Monthly, Bi-monthly & Special Events and Programs

FEBRUARY 13 – MARCH 11, 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FEB 13 10a Mindful Meditation 11a Art Council 11a LLL-History of Old Armory (MH) 11a Biometric Health Screening 11a Heart Health 1p Poetry Group ZM (KC) 7p GAP Circle of Parents ZM (KB)	FEB 14 11a Wellness Circle at Jack McLean 1p Yoga PRR (SV) 7p Stamp and Cover Club	FEB 15 9a Capital Coalition on Aging (H) (KC) 9a LLL-Rise Above PRR (MH) 9:45a Hike (RN) 11a Wellness Circle at Jake Gaither 6:30p USA Dance Board Meeting	FEB 16 9:30a Quilting at Woodville 10:30a Lake Jackson Lunch & Learn 10:30a Matter of Balance PRR (RN) 11a Healthy for Life Jack McLean (WB) 1:30p LLL-Hidden Gems of Paris (MH)	FEB 17	FEB 18 7p USA Dance: Dancing Through the Decades – 30-s & 40's – Fire & Ice semi formal
FEB 20 8a LLL-Coastal Plains Hike PRR (MH) 11a Heart Health (RN) 11a Biometric Health Screening 1:30p Advisory Council (SS) 6p Photoshop Elements	FEB 21 10a Bingo Palooza (KC) 10:30a Ft. Braden Lunch & Learn 1p Yoga PRR (SV) 2:15 Game Day for ALL 5p TDBC Board Meeting	FEB 22 9a Spring Wellness Fling (RN) 12p GAP Lunch & Learn 12:30p Friends Connection LNC 1:30p LLL-Spring House Tour PRR (MH) 3:30p Foundation Board Meeting	FEB 23 10:30a Matter of Balance PRR (RN) 11a Caregiver Support Group (JS) 11a Healthy for Life Jack McLean (WB) 11:30a Senior LGBT+ Support Group	FEB 24 3:30p Tech Help 7:30p Contra Dance – In Cahoots Band with Caller: Andy Kane	FEB 25 CENTER CLOSED
FEB 27 11a Heart Health (RN) 11a Biometric Health Screening 1p Poetry Group ZM (KC) 7p GAP Circle of Parents ZM (KB)	FEB 28 10:30a Chaires Lunch & Learn 1p Yoga PRR (SV)	MAR 1 <u>SENIOR GAMES</u> 6p Torch Run at Cascades Park (KC)	MAR 2 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	MAR 3 10a Walmart Trip from Miccosukee <u>SENIOR GAMES</u> 1p Bowling (S) at Capital Lanes	MAR 4 CENTER CLOSED <u>SENIOR GAMES</u> 9:30a Fun Walk at Godby High School 10a Track & Field at Godby High School SUNDAY, MARCH 5 <u>SENIOR GAMES</u> 2p Horseshoes at Forest Meadows
MAR 6 9a Yoga with Seshu (RN) 6p Photoshop Elements <u>SENIOR GAMES</u> 11:30a Bag Toss	MAR 7 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	MAR 8 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	MAR 9 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	MAR 10 3:30p Tech Help 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	MAR 11 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 SUNDAY, MARCH 12 <u>SENIOR GAMES</u> 10a Cycling 1p Tennis (M) at Forest Meadows 3p Water Aerobics at Wade Wehunt Pool at Myers

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 unless otherwise noted
 - () = **Contact staff to pre-register and/or for Zoom link as follows:**
 - (JS) Judy.Shipman@talgov.com; (KB) Karen.Boebinger@talgov.com; (KC) Kristy.Carter@talgov.com;
 - (MH) Maureen.Haberfeld@talgov.com; (ML) Melanie.Lachman@talgov.com; (RN) Ruth.Nickens@talgov.com;
 - (SS) Sheila.Salyer@talgov.com (SV) Sarah.Vernon@talgov.com; (WB) Wendy.Barber@talgov.com

“Show the Love to the TSC” – February is Membership Month

Senior Games: March 1-14, 2023 – Talgov.com/SeniorGames