

TALLAHASSEE SENIOR CENTER CALENDAR OF WEEKLY PROGRAMS JANUARY 2026



Point your smartphone camera here to view our calendar online

TallahasseeSeniorFoundation.org/calendar

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 (LB)</i>	8:30 <i>Fitness at Chaires</i>	9:00 Ceramics	8:30 <i>Fitness at Bradfordville I PRR (LB)</i>
9:00 Quilting Bees	9:00 <i>Brain-Body-Balance at Optimist Park PRR (RN)</i>	9:00 Ceramics	9:00 Experimental Watercolor Inter./Adv.	8:30 <i>Fitness at Chaires</i>
9:00 Portrait Studio	9:00 Landscapes in Soft Pastels	9:00 Nimble Fingers	9:00 <i>Brain-Body-Balance at Optimist Park PRR (RN)</i>	9:00 Oil Adv.
9:30 <i>Fitness at Woodville</i>	9:30 Life Exercise	9:30 Oil and Acrylic with Debbie (All Levels)	9:30 Life Exercise	9:30 <i>Fitness at Bradfordville II PRR (LB)</i>
9:30 French Int.	9:30 <i>Fitness at Bradfordville II PRR (LB)</i>	9:30 <i>Fitness at Woodville</i>	9:30 <i>Sit & Fit at Chaires</i>	9:30 Chess
10:00 SHINE PRR	9:30 <i>Sit & Fit at Chaires</i>	10:00 Seniors vs. Crime	10:30 <i>Brain Body Balance at Southwood (RN)</i>	10:00 Cards & Games
10:30 Adv. French ZM (KC)	10:00 Seniors vs. Crime	10:00 Tai Chi Practice	10:45 Ballet	10:00 Tai Chi Practice
10:30 <i>Fitness at Fort Braden</i>	10:30 <i>Fitness Beg. at Bradfordville PRR (LB)</i>	10:30 <i>Fitness at Fort Braden</i>	11:00 Senior Counseling (by appointment)	10:30 <i>Brain Body Balance at Fort Braden</i>
11:00 Line Dance	10:45 <i>Brain Body Balance at Southwood (RN)</i>	11:30 Pickleball Lesson	11:15 <i>Fitness at Miccosukee</i>	10:30 <i>Senior Fitness Beg. at Bradfordville PRR (LB)</i>
11:00 Senior Counseling (by appointment)	11:00 Mindful Movement	11:30 Pickleball	12:00 Mindful Movement	11:00 Senior Dining (PRR or Bring a Lunch)
11:00 French Adv.	11:00 Senior Dining (PRR or Bring a Lunch)	1:00 Oil and Acrylic with Debbie Int./Adv.	1:00 Tai Chi Basics	11:30 Pickleball
1:00 Brain-Body-Balance	11:15 <i>Fitness at Miccosukee</i>	1:00 Pinoche	1:00 Friends Connection	11:30 <i>Fitness Adv. at Bradfordville PRR (LB)</i>
1:00 French Beg.	11:30 <i>Fitness Adv. at Bradfordville PRR (LB)</i>	1:30 <i>Beg. Yoga at Bradfordville PRR (LB)</i>	1:00 Experimental Watercolor Inter./Adv.	1:00 Model Building
1:30 <i>Yoga for Women at Bradfordville PRR (LB)</i>	1:00 Friends Connection ZM (ML)	2:00 <i>Beg. Yoga at Lake Jackson</i>	1:00 Clay Pinch Coil Slab	1:00 Oil and Acrylic, Beg.
2:30 Pickleball	1:00 TDBC Bridge	5:30 Yoga	2:30 Ping-Pong	5:30 Ballroom and Swing
3:00 Friends Connection	1:00 Senior Singers		2:30 Mah Jongg (experienced only)	6:00 Overeaters Anonymous
5:45 Intermediate German Study Group	1:00 Gentle Yoga		6:00 Two Step Dancing	7:00 Al-Anon Newcomers
6:00 Capital City Carvers	1:00 <i>Canasta at Lake Jackson</i>		7:00 ACA Group	
6:00 Round Dance	2:30 Ping-Pong		7:00 Capital Chordsmen	
7:00 Twirlers Square Dance	2:30 Wii Bowling		7:00 Writers Workshop	
	4:00 Guitar			
	5:00 Pickleball			
	8:00 SA Support Group			

www.TallahasseeSeniorFoundation.org

TALLAHASSEE SENIOR SERVICES – JANUARY 2026
Monthly, Bi-monthly & Special Events and Programs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			JAN 1 HAPPY NEW YEAR 2026 – CENTER IS CLOSED	JAN 2 HAPPY NEW YEAR 2026 – CENTER IS CLOSED	JAN 3 CENTER CLOSED
JAN 5 8:30a Blood Drive 9a Technology Assistance at Miccosukee 2p Beg. Spanish PRR (ES)	JAN 6 10a Blood Pressure & Glucose Screening 11a Sound Healing 11:30a Tech Help (ES)	JAN 7 1p Southside Friends Connection at BL Perry Library	JAN 8 11a Lunch & Learn – Debunking Common Musculoskeletal Myths (RN) 11a Caregiver Support Group (ML) 11a Adv. Ukuladies (KC) 1p TDBC	JAN 9 7:30p Contra Dance – New Southern Broadcasters Band with caller Vicki Morrison	JAN 10 CENTER CLOSED
JAN 12 10a Mindful Meditation 11a Coffeehouse Concert: Gareth Pearson (RN) 11a Art Council 1p Poetry Group ZM (KC) 1:30p Advisory Council (CG) 2p Beg. Spanish PRR (ES) 7p GAP Circle of Parents ZM (KB)	JAN 13 9:30a Travel Training 10a Therapeutic Touch 11a Wellness Circle at Jack McLean PRR (BW) 7p Stamp and Cover Club	JAN 14 12:30p Friends Connection LNC 6p Coin Club	JAN 15 11a Adv. Ukuladies (KC) 11:30a Drum Fit PRR (RN) 2p Tech Help (ES) 6:30p Apalachee Audubon Society – Sweetwater Wetlands Park	JAN 16 10:30a Diabetes Education	JAN 17
JAN 19 CENTER IS CLOSED – Martin Luther King Day	JAN 20	JAN 21 8:30a Capital Coalition on Aging (KC) 9a Hike (RN) 11a Wellness Circle at Jake Gaither PRR (BW) 1p Southside Friends Connection at BL Perry Library 1p LCSO Advisory Council 4:30p Tech Help (ES)	JAN 22 8:30a Qigong (RN) 11a Caregiver Support Group (ML) 11a Adv. Ukuladies (KC) 11:30a Drum Fit PRR (RN) 1p TDBC	JAN 23	JAN 24 7p USA Dance
JAN 26 1p Poetry Group ZM (KC) 2p Beg. Spanish PRR (ES) 7p GAP Circle of Parents ZM (KB) 6p TDBC Bridge	JAN 27 10:30a Lunch & Learn – Chaires (LB) 1:30p LLL Springhouse Tour PRR (ES)	JAN 28 12p Foundation Board Meeting 12p GAP Lunch & Learn 12:30p Friends Connection LNC	JAN 29 8:30a Qigong (RN) 10a ISL-Dr. Ken Langa – Alzheimer’s 11:30a Senior LGBT+ Support Group 6p LLL-Make Your Own Glass Night Light at Lake Jackson PRR (ES)	JAN 30 2p LLL-The Tudors (ES) 7:30p Contra Dance – Young and Old Fogies with caller Drew Thomas	JAN 31 CENTER CLOSED

TALLAHASSEE SENIOR CENTER, 1400 N. Monroe Street, 850-891-4000

LEGEND

We now offer in-person and virtual classes.

ZM = Virtual Classes on Zoom H = Hybrid Classes (virtual + in-person)

PRR = Pre-registration Required LLL = Lifelong Learning

REGISTRATION INFORMATION:

Register Online at www.TallahasseeSeniorFoundation.org unless otherwise noted

() = Staff Contact for class information as follows:

- (LB) Lisa.Baggett@talgov.com (KB) Karen.Boebinger@talgov.com (KC) Kristy.Carter@talgov.com
 (CG) Ceola.Grant@talgov.com (AH) Abigail.Hines2@talgov.com (ML) Melanie.Lachman@talgov.com
 (HM) HeathHilary.McRae@talgov.com (RN) Ruth.Nickens@talgov.com (NS) Nick.Schrader@talgov.com
 (ES) Emily.Starnes@talgov.com (SV) Sarah.Vernon@talgov.com