

TALLAHASSEE SENIOR CENTER CALENDAR OF WEEKLY PROGRAMS JUNE 13 – JULY 9, 2022



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 Watercolor Inter./Adv.	9:00 English 2nd Language ZM (KC)
9:00 Portrait Studio	9:00 Pastels Landscapes	9:00 Nimble Fingers	9:00 Life Exercise	9:00 Oil Painting Adv.
9:30 <i>Fitness at Woodville</i>	9:30 <i>Fitness at Bradfordville PRR (SV)</i>	9:30 Oil & Acrylic Inter. Painting	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>	10:00 Seniors vs. Crime	9:30 <i>Sit & Fit at Chaires</i>	10:00 Movement Meditation
10:00 SHINE PRR	10:00 Seniors vs. Crime	10:00 Movement Meditation	10:30 Ballet	10:30 <i>Fitness at Fort Braden (NEW)</i>
10:30 Adv. French ZM (KC)	10:00 Wii Bowling	10:30 <i>Fitness at Fort Braden</i>	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>	11:30 Pickleball Lesson	11:15 <i>Fitness at Miccosukee</i>	11:30 Senior Dining (PRR or Bring a Lunch)
11:00 Senior Counseling (by appointment)	10:45 <i>Brain Body Balance at Southwood PRR (WB)</i>	11:30 Pickleball	1:00 TDBC Bridge	11:30 Pickleball
11:00 French Adv.	11:00 Mindful Movement	1:00 Oil & Acrylics Adv.	1:00 Friends Connection	11:30 <i>Fitness Adv. at Bradfordville PRR (SV)</i>
1:00 Brain-Body-Balance	11:00 <i>Line Dance at Woodville</i>	2:00 <i>Beg. Yoga at Lake Jackson</i>	1:00 French Study Group ZM (KC)	1:00 Model Building
1:30 French Beg.	11:15 <i>Fitness at Miccosukee</i>	4:15 <i>Beg. Yoga at Bradfordville-PRR (SV)</i>	1:00 Mindful Movement at Lake Jackson	1:00 Painting with Oils and Acrylics, Beg
2:30 Pickleball	11:30 Senior Dining (PRR or Bring a Lunch)	5:30 Yoga	1:00 <i>Ageless Mind & Body at The Grove starts 6/30</i>	5:30 Ballroom & Swing
2:30 <i>Yoga for Women at Bradfordville PRR (SV)</i>	11:30 <i>Fitness Adv. at Bradfordville PRR (SV)</i>	7:00 Pickleball	2:30 Ping-Pong	7:00 Al-Anon Newcomers
3:00 Friends Connection	1:00 Friends Connection ZM (ML)	7:15 Al-Anon Family	7:00 Capital Chordsmen	
5:45 Intermediate German	1:00 TDBC Bridge		7:00 Writers Workshop	
6:00 TDBC Bridge	1:00 <i>Canasta at Lake Jackson</i>			
6:00 Round Dance	1:30 <i>Mahjongg at The Grove starts 6/21</i>			
7:00 Twirlers Square Dance	2:15 Bag Toss			
7:00 Capital City Carvers	2:30 Ping-Pong			
	4:00 Guitar			
	7:00 Line Dance			
	8:00 SA Support Group			

BI-WEEKLY & MONTHLY PROGRAMS - JUNE 13 – JULY 9, 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
JUNE 13 10a SHINE-Medicare Basics A, B, C, D 11a Art Council 1p Poetry Group ZM (KC)	JUNE 14 11a Wellness Circle at Jack McLean 1p Yoga PRR (SV) 7p Stamp and Cover Club	JUNE 15 8:15a Hike – Phipps Park (RN) 8:30a Capital Coalition on Aging ZM (KC) 9a LLL-Popes Museum Tour PRR (MH) 11a Wellness Circle at Jake Gaither 6:30p USA Dance Board Meeting	JUNE 16 9a Podiatry PRR (SV) 10:30a Lake Jackson Lunch & Learn	JUNE 17 7:30-10p USA Dance Symposium – Welcome “Aboard” Social Dance www.usadance 6010.org	JUNE 18 9a-3p USA Dance Symposium Workshops 5:30-10p Semi-Formal Social Dance with Tallahassee Swing Band www.usadance 6010.org
JUNE 20 10a DEEP at Miccosukee 10a LLL-Writing Your Family History at Bradfordville PRR (MH) 1p Advisory Council (SS) 6p Photoshop Elements 7p GAP Circle of Parents ZM (KB)	JUNE 21 10a Brain Games (RN) 10:30a Ft. Braden Lunch & Learn 2:15 UPSLIDE Games	JUNE 22 10a Simple Devices for Daily Independent Living H (KC) 11:30a National Eclair Day PRR (KC) 2p LBB-Vision Loss Support Group 3:30p Foundation Board Meeting	JUNE 23 11:30a Senior LGBT+ Support Group 1p Budget & Finance at Chaires PRR (BM) 1:30p LLL-Geohazards H (MH)	JUNE 24 7:30p Contra Dance: In Cahoots Band with caller: Tom Greene	JUNE 25 CENTER CLOSED
JUNE 27 CLOSED FOR MAINTENANCE 10a DEEP at Miccosukee 10a LLL-Writing Your Family History at Bradfordville PRR (MH)	JUNE 28 CLOSED FOR MAINTENANCE 10:30a Chaires Lunch & Learn	JUNE 29 CLOSED FOR MAINTENANCE	JUNE 30 CLOSED FOR MAINTENANCE	JULY 1 CLOSED FOR MAINTENANCE	JULY 2 CLOSED FOR MAINTENANCE
JULY 4 CENTER CLOSED FOR INDEPENDENCE DAY	JULY 5 10a Blood Pressure & Glucose Screening 12p Tech Help (KC) 12:30p Game Day at Miccosukee	JULY 6	JULY 7	JULY 8	JULY 9 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 unless otherwise noted
 - () = Contact staff to pre-register and/or for Zoom link as follows:
 - (KB) Karen.Boebinger@talgov.com; (KC) Kristy.Carter@talgov.com;
 - (MH) Maureen.Haberfeld@talgov.com; (ML) Melanie.Lachman@talgov.com;
 - (BM) Betty.Morales@talgov.com; (RN) Ruth.Nickens@talgov.com;
 - (SS) Sheila.Salyer@talgov.com; (SV) Sarah.Vernon@talgov.com; (WB) Wendy.Barber@talgov.com

Note: Maintenance Week – June 27-July 4. Modified Auditorium schedule for the weeks of July 5th & 11th; No Pickleball or Ping Pong during this time.