

TALLAHASSEE SENIOR CENTER
CALENDAR OF WEEKLY PROGRAMS
MARCH 2024



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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> 9:00 Quilting Bees 9:00 Portrait Studio 9:30 <i>Fitness at Woodville</i> 9:30 French Adv. 10:00 SHINE PRR 10:30 Adv. French ZM (KC) 10:30 <i>Fitness at Fort Braden</i> 11:00 Senior Counseling <i>(by appointment)</i> 11:00 AARP Tax Aide <i>(by appointment 850-891-4030)</i> 11:00 French Beg. 1:00 Brain-Body- Balance 1:00 French Int. 1:30 <i>Yoga for Women at Bradfordville PRR (LB)</i> 2:30 Pickleball 3:00 Friends Connection 5:45 Intermediate German Study Group 6:00 Round Dance 7:00 Twirlers Square Dance 7:00 Capital City Carvers | 8:30 <i>Fitness at Bradfordville I PRR (LB)</i> 9:00 <i>Brain-Body- Balance at Optimist Park PRR (WB)</i> 9:00 Landscapes in Soft Pastels 9:30 Life Exercise 9:30 <i>Fitness at Bradfordville II PRR (LB)</i> 9:30 <i>Sit & Fit at Chaires</i> 10:00 Seniors vs. Crime 10:30 Wii Bowling 10:30 <i>Fitness Beg. at Bradfordville PRR (LB)</i> 10:45 <i>Brain Body Balance at Southwood PRR (WB)</i> 11:00 Mindful Movement 11:00 AARP Tax Aide <i>(by appointment 850-891-4030)</i> 11:15 <i>Fitness at Micosukee</i> 11:30 Senior Dining <i>(PRR or Bring a Lunch)</i> 11:30 <i>Fitness Adv. at Bradfordville PRR (LB)</i> 1:00 Friends Connection ZM (ML) 1:00 TDBC Bridge 1:00 Senior Singers 1:00 Gentle Yoga 1:00 <i>Canasta at Lake Jackson</i> 2:30 Ping-Pong 4:00 Guitar 7:00 Line Dance 8:00 SA Support Group | 8:30 <i>Fitness at Chaires</i> 9:00 Ceramics 9:00 Nimble Fingers 9:30 Oil and Acrylic with Debbie (All Levels) 9:30 <i>Fitness at Woodville</i> 10:00 Seniors vs. Crime 10:00 Tai Chi Practice 10:30 <i>Fitness at Fort Braden</i> 11:00 AARP Tax Aide <i>(by appointment 850-891-4030)</i> 11:30 Pickleball Lesson 11:30 Pickleball 1:00 Oil and Acrylic with Debbie Int./Adv. 1:00 Canasta / Pinocle 1:30 Draw with Your Eyes, Paint with Your Heart ZM (HMc) 1:30 <i>Beg. Yoga at Bradfordville PRR (LB)</i> 2:00 <i>Beg. Yoga at Lake Jackson</i> 5:30 Yoga 7:00 Pickleball 7:15 Al-Anon Family | 9:00 Ceramics 9:00 Experimental Watercolor Inter./Adv. 9:00 <i>Brain-Body- Balance at Optimist Park PRR (WB)</i> 9:30 Life Exercise 9:30 <i>Sit & Fit at Chaires</i> 10:45 Ballet 11:00 Senior Counseling <i>(by appointment)</i> 11:00 AARP Tax Aide <i>(by appointment 850-891-4030)</i> 11:15 <i>Fitness at Micosukee</i> 1:00 Tai Chi Basics 1:00 Friends Connection 1:00 Experimental Watercolor Inter./Adv. 1:00 <i>Mindful Movement at Lake Jackson</i> 2:30 Ping-Pong 7:00 ACA Group 7:00 Capital Chordsmen 7:00 Writers Workshop | 8:30 <i>Fitness at Bradfordville I PRR (LB)</i> 8:30 <i>Fitness at Chaires</i> 9:00 English 2nd Language ZM (KC) 9:00 Hand and Foot/ Euchre 9:00 Oil Adv. 9:30 <i>Fitness at Bradfordville II PRR (LB)</i> 10:00 Chess 10:00 Tai Chi Practice 10:30 <i>Brain Body Balance at Fort Braden</i> 10:30 <i>Senior Fitness Beg. at Bradfordville PRR (LB)</i> 11:00 AARP Tax Aide <i>(by appointment 850-891-4030)</i> 11:30 Senior Dining <i>(PRR or Bring a Lunch)</i> 11:30 Pickleball 11:30 <i>Fitness Adv. at Bradfordville PRR (LB)</i> 1:00 Model Building 1:00 Oil and Acrylic, Beg. 5:30 Ballroom and Swing 5:30 Overeaters Anonymous <i>new time starting 3/8/24 6p</i> 7:00 Al-Anon Newcomers |

TALLAHASSEE SENIOR SERVICES – MARCH 2024

Monthly, Bi-monthly & Special Events and Programs

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|---|--|---|--|
| | | | | MAR 1 <i>10a Walmart Trip from Miccosukee</i> | MAR 2 CENTER CLOSED |
| MAR 4 10a LLL-Connect with a Classic (MH) 6p TDBC Bridge | MAR 5 10a Blood Pressure & Glucose Screening 12p Tech Help (KC) | MAR 6 11a Coffeehouse Concert: Dayna Kurtz 12p Fiddle Tunes 3p Newcomers Coffee Chat | MAR 7 10:30a Matter of Balance (RN) 10:30a Miccosukee Lunch & Learn 11a Healthy for Life at Jack McLean 1p TDBC Bridge | MAR 8 7:30p Contra Dance – In Cahoots Band with caller Andy Kane of Gainesville | MAR 9 CENTER CLOSED |
| MAR 11 10a Mindful Meditation 11a Art Council 1p Poetry Group ZM (KC) 2p GAP – Animal Tales 6p TDBC Bridge 7p GAP Circle of Parents ZM (KB) | MAR 12 10a Smoothie Tuesday (RN) 11a Wellness Circle at Jack McLean 7p Stamp and Cover Club | MAR 13 10:30a Auto Safety (RN) 10:30a Bradfordville Lunch & Learn 12:30p Friends Connection LNC 6:30p LLL-St. Patrick’s Day Celebration and Ceili (MH) | MAR 14 9:30a LLL-Film Sophie Scholl at Red Hills (MH) 10:30a Matter of Balance (RN) 10:30a Woodville Field Trip PRR (LB) 11a Caregiver Support Group (JS) 11a Healthy for Life at Jack McLean 1p TDBC Bridge 1:30p LLL-Spring House Tour (MH) | MAR 15 | MAR 16 7p USA Dance: <i>Mad Hatter & the March Hare Dance</i> |
| MAR 18 1:30p Advisory Council (SS) | MAR 19 10:30a Ft. Braden Lunch & Learn at TLH Senior Center 5p TDBC Board Meeting 5:30p Celebration of Athletes | MAR 20 8:30a Capital Coalition on Aging (KC) 9a Hike (RN) 11a Wellness Circle at Jake Gaither 1p LCSO Advisory Council | MAR 21 10:30a Matter of Balance (RN) 10:30a Lake Jackson Lunch & Learn 11a Healthy for Life at Jack McLean 11a Coffee House Concert: Trout Fishing (RN) 2p LLL- Songwriting Workshop (MH) 2p Tech Help (KC) | MAR 22 7:30p Contra Dance – Katie’s Contradiction Band with caller Vicki Morrison | MAR 23 10a-5p – Stamp & Coin Show <u>Sunday, March 24</u> 10a-3p – Stamp & Coin Show FREE Entry |
| MAR 25 1p Poetry Group ZM (KC) 7p GAP Circle of Parents ZM (KB) | MAR 26 10a LLL-Flower Arranging PRR (MH) 10:30a Chaires Lunch & Learn | MAR 27 8a AARP FL- Coffee & Connections 10:30a Science of Happiness (RN) 12p GAP Lunch & Learn 12:30p Friends Connection LNC 3:30p Foundation Annual Meeting followed by a Sock Hop | MAR 28 9a LLL-Pebble Hill Tour (MH) 10:30a Matter of Balance (RN) 11a Caregiver Support Group (JS) 11a Healthy for Life at Jack McLean 11:30a Senior LGBT+ Support Group | MAR 29 10:30a Immune Boosting Foods (RN) | MAR 30 CENTER CLOSED |

LEGEND

PRR = Pre-registration Required
 LLL = Lifelong Learning

We offer in-person and virtual classes:

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

Register Online at www.TallahasseeSeniorFoundation.org unless otherwise noted

() = Staff Contact for class information as follows:

(HM) HeathHilary.McRae@talgov.com
 (JS) Judy.Shipman@talgov.com
 (KB) Karen.Boebinger@talgov.com

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 (RN) Ruth.Nickens@talgov.com

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

Senior Games – February 28 - March 19, 2024

Talgov.com/SeniorGames