

TALLAHASSEE SENIOR CENTER CALENDAR OF WEEKLY PROGRAMS MAY 2023



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 (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 <i>Brain-Body-Balance at Optimist Park PRR (WB)</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 (WB)</i>	9:00 English 2nd Language ZM (KC)
9:30 <i>Fitness at Woodville</i>	9:30 Life Exercise	9:30 Oil and Acrylic with Debbie (All Levels)	9:30 Life Exercise	9:00 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 & Fit at Chaires</i>	9:30 <i>Fitness at Bradfordville II PRR (SV)</i>
10:00 SHINE PRR	9:30 <i>Sit & Fit at Chaires</i>	10:00 Seniors vs. Crime	10:45 Ballet	10:00 Tai Chi Practice
10:30 Adv. French ZM (KC)	10:00 Seniors vs. Crime	10:00 Tai Chi Practice	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	10:30 <i>Fitness at Fort Braden</i>	11:15 <i>Fitness at Miccosukee</i>	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	1:00 Tai Chi Basics	11:30 Senior Dining (PRR or Bring a Lunch)
11:00 French Adv.	10:45 <i>Brain Body Balance at Southwood PRR (WB)</i>	11:30 Pickleball	1:00 TDBC Bridge	11:30 Pickleball
1:00 Brain-Body-Balance	11:00 Mindful Movement	1:00 Oil and Acrylic with Debbie Int./Adv.	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>	1:00 Canasta / Pinoche	1:00 French Study Group ZM (KC)	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 Draw with Your Eyes, Paint with Your Heart ZM (SV)	1:00 <i>Mindful Movement at Lake Jackson</i>	1:00 Oil and Acrylic, Beg.
2:30 Pickleball	11:30 <i>Fitness Adv. at Bradfordville PRR (SV)</i>	1:30 <i>Beg. Yoga at Bradfordville PRR (SV)</i>	2:30 Ping-Pong	5:30 Ballroom and Swing
3:00 Friends Connection	1:00 Friends Connection ZM (ML)	2:00 <i>Beg. Yoga at Lake Jackson</i>	7:00 Capital Chordsmen	7:00 Al-Anon Newcomers
5:45 Intermediate German Study Group	1:00 TDBC Bridge	5:30 Yoga	7:00 Writers Workshop	
6:00 Round Dance	1:00 <i>Canasta at Lake Jackson</i>	7:00 Pickleball		
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 – MAY 2023
Monthly, Bi-monthly & Special Events and Programs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MAY 1 10:30a LLL- Whole Food Plant Based Cooking PRR (MH)	MAY 2 10a Blood Pressure & Glucose Screening 12p Tech Help (KC) 12p Senior Singers Performance 12:30p Friends Connection at Micosukee 1p Yoga PRR (SV)	MAY 3 11a Understanding Sleep with TMH (RN)	MAY 4 10a DEEP PRR (RN) 10:30a Micosukee Lunch & Learn 11a Healthy for Life at Jake Gaither 12:30p LLL-Gulf Coast Hurricane Awareness Tour PRR (MH)	MAY 5 10a Walmart Trip from Micosukee	MAY 6 CENTER CLOSED
MAY 8 10a Mindful Meditation 11a Art Council 11a Nutrition (RN) 1p Poetry Group ZM (KC) 7p GAP Circle of Parents ZM (KB)	MAY 9 11a Wellness Circle at Jack McLean 1p Yoga PRR (SV) 7p Stamp and Cover Club	MAY 10 10:30a Financial Safety (RN) 10:30a Bradfordville Lunch & Learn 12:30p Friends Connection LNC 4:30p Art Reception	MAY 11 10a DEEP PRR (RN) 10a Healing Touch 10:30a Woodville Lunch & Learn 11a Healthy for Life at Jake Gaither 11a Caregiver Support Group (JS) 2p Tech Help (KC)	MAY 12 7:30p Contra Dance – Stubbs Lolley & The Half Baked Biscuits with caller Vicki Morrison	MAY 13 7p USA Dance: Tangoed Up
MAY 15 1:30p Advisory Council (SS)	MAY 16 10:30a Ft. Braden Lunch & Learn 1p Yoga PRR (SV) 2:15 Game Day for ALL 5p TDBC Board Meeting	MAY 17 8:15a Hike (RN) 9a Capital Coalition on Aging (H) (KC) 11a Wellness Circle at Jake Gaither 1p LCSO Advisory Council	MAY 18 10:30a Lake Jackson Lunch & Learn 11a Healthy for Life at Jake Gaither <u>ALL Activities after 5pm are cancelled.</u> Please reserve your spot at <i>Silver Stars</i> . Tickets available at 850-891-4003.	MAY 19 CLOSED Recognition of Emancipation Day	MAY 20 CENTER CLOSED
MAY 22 11a Nutrition PRR (RN) 1p Poetry Group ZM (KC) 7p GAP Circle of Parents ZM (KB)	MAY 23 10a Brain Games (RN) 10:30a Chaires Lunch & Learn 1p Yoga PRR (SV)	MAY 24 11a Lunch & Learn – Stroke PRR (RN) 12:30p Friends Connection LNC 12:30 Lunch & Learn at Jake Gaither PRR (WB) 3:30p Foundation Board Meeting	MAY 25 11a Caregiver Support Group (JS) 11a Healthy for Life at Jake Gaither 11:30a Senior LGBT+ Support Group	MAY 26	MAY 27 CENTER CLOSED
MAY 29 CLOSED MEMORIAL DAY	MAY 30 1p Yoga PRR (SV)	MAY 31 12p GAP Lunch & Learn at Leroy Collins Library			

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:

(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.Salver@talgov.com

(SV) Sarah.Vernon@talgov.com

(WB) Wendy.Barber@talgov.com