

TALLAHASSEE SENIOR CENTER CALENDAR OF WEEKLY PROGRAMS NOVEMBER 2023



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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>	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 (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 <i>Fitness at Woodville</i>	9:30 Life Exercise	9:00 Oil Adv.
9:30 French Adv.	9:30 <i>Fitness at Bradfordville II PRR (LB)</i>	10:00 Seniors vs. Crime	9:30 <i>Sit & Fit at Chaires</i>	9:00 Hand and Foot/ Euchre
10:00 SHINE PRR	9:30 <i>Sit & Fit at Chaires</i>	10:00 Tai Chi Practice	10:45 Ballet	9:30 <i>Fitness at Bradfordville II PRR (LB)</i>
10:30 Adv. French ZM (KC)	10:00 Seniors vs. Crime	10:30 <i>Fitness at Fort Braden</i>	11:00 Senior Counseling (by appointment)	10:00 Tai Chi Practice
10:30 <i>Fitness at Fort Braden</i>	10:00 Wii Bowling	11:30 Pickleball Lesson	11:15 <i>Fitness at Miccosukee</i>	10:30 <i>Brain Body Balance at Fort Braden</i>
11:00 Senior Counseling (by appointment)	10:30 <i>Fitness Beg. at Bradfordville PRR (LB)</i>	11:30 Pickleball	1:00 Tai Chi Basics	10:30 <i>Senior Fitness Beg. at Bradfordville PRR (LB)</i>
11:00 French Beg.	10:45 <i>Brain Body Balance at Southwood PRR (WB)</i>	1:00 Oil and Acrylic with Debbie Int./Adv.	1:00 TDBC Bridge	11:30 Senior Dining (PRR or Bring a Lunch)
1:00 Brain-Body-Balance	11:00 Mindful Movement	1:00 Canasta / Pinoche	1:00 Friends Connection	11:30 Pickleball
1:00 French Int.	11:15 <i>Fitness at Miccosukee</i>	1:30 Draw with Your Eyes, Paint with Your Heart ZM (HMc)	1:00 Experimental Watercolor Inter./Adv.	11:30 <i>Fitness Adv. at Bradfordville PRR (LB)</i>
1:30 <i>Yoga for Women at Bradfordville PRR (LB)</i>	11:30 Senior Dining (PRR or Bring a Lunch)	1:30 <i>Beg. Yoga at Bradfordville PRR (LB)</i>	1:00 French Study Group ZM (KC)	1:00 Model Building
2:30 Pickleball	11:30 <i>Fitness Adv. at Bradfordville PRR (LB)</i>	2:00 <i>Beg. Yoga at Lake Jackson</i>	1:00 <i>Mindful Movement at Lake Jackson</i>	1:00 Oil and Acrylic, Beg.
3:00 Friends Connection	1:00 Friends Connection ZM (ML)	5:30 Yoga	2:30 Ping-Pong	5:30 Ballroom and Swing
5:45 Intermediate German Study Group	1:00 TDBC Bridge	7:00 Pickleball	7:00 Capital Chordsmen	5:30 Overeaters Anonymous
6:00 Round Dance	1:00 Senior Singers	7:15 Al-Anon Family	7:00 Writers Workshop	7:00 Al-Anon Newcomers
7:00 Twirlers Square Dance	1:00 Yoga			
7:00 Capital City Carvers	1:00 <i>Canasta at Lake Jackson</i>			
	2:30 Ping-Pong			
	4:00 Guitar			
	7:00 Line Dance			
	8:00 SA Support Group			

TALLAHASSEE SENIOR SERVICES – NOVEMBER 2023
Monthly, Bi-monthly & Special Events and Programs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		NOV 1 10a Newcomers Coffee Chat (KH)	NOV 2 10:30a Miccosukee Lunch & Learn 11a Healthy for Life at Jake Gaither (WB) 1:30p LLL-The Holy Land PRR (MH)	NOV 3 10a Walmart Trip from Miccosukee	NOV 4 CENTER CLOSED
NOV 6 7p GAP Circle of Parents ZM (KB)	NOV 7 10a Blood Pressure & Glucose Screening 10a Slow Roll Bike Ride (RN) 12p Tech Help (KC) 1p GaP Advisory Council ZM (KB) 2:30p LLL-Henry VIII His 6 Wives & More (MH)	NOV 8 9:45a Safety: Outdoor Fitness Hiking (RN) 10:30a Bradfordville Lunch & Learn 12:30p Friends Connection LNC 1p Power of Nutrition in Disease ZM (WB)	NOV 9 9a Veteran's Appreciation Coffee (KC) 10a Plein Air Workshop (HM) 10:30a Woodville Lunch & Learn 11a Healthy for Life at Jake Gaither (WB) 11a Caregiver Support Group (JS) 1:30p LLL-Spring House Tour (MH) 2:30p LLL-Oyster Mom (MH)	NOV 10 CENTER CLOSED VETERAN'S DAY	NOV 11 CENTER CLOSED
NOV 13 10a LLL-Banned Books at Bradfordville (MH) 10a SHINE (KC) 10a Mindful Meditation 11a Art Council 1p Poetry Group ZM (KC) 1:30p Advisory Council (SS) 6p TDBC Bridge 7p Square Dance Sampler (KC)	NOV 14 10:30a Brain Games (RN) 11a Wellness Circle at Jack McLean 2:30p LLL-Henry VIII His 6 Wives & More (MH) 7p Stamp and Cover Club	NOV 15 9a Capital Coalition on Aging (KC) 9:45a Hike (RN) 11a Housing & In- Home Services Expo (NS) 11a Wellness Circle at Jake Gaither 1p LCSO Advisory Council 3:30p Foundation Board Meeting	NOV 16 10:30a Lake Jackson Lunch & Learn 11a Healthy for Life at Jake Gaither (WB) 2p Tech Help (KC) 6p LLL-Martinis & More (MH)	NOV 17 7:30p Contra Dance Bunny Bread Band with callers Bronwyn Chelette/Vicki Morrison	NOV 18 7p USA Dance: Rise & Fall
NOV 20 10a LLL-Holocaust: What the World Knew at Bradfordville (MH) 7p GAP Circle of Parents ZM (KB)	NOV 21 10:30a Ft. Braden Lunch & Learn CENTER CLOSES AT 5PM	NOV 22 11a Lunch with Doctor: Common Cancers (RN) 12:30p Friends Connection LNC CENTER CLOSES AT 5PM	NOV 23 CENTER CLOSED THANKSGIVING	NOV 24 CENTER CLOSED THANKSGIVING	NOV 25 CENTER CLOSED
NOV 27 1p Poetry Group ZM (KC)	NOV 28 10:30a Chaires Lunch & Learn	NOV 29 12p GAP Lunch & Learn 12:30p Personal Safety for Elderly at Jake Gaither (WB)	NOV 30 10a Smarter Homes for Better Aging 11:30a Senior LGBT+ Support Group ALL ACTIVITIES IN THE AUDITORIUM ARE CANCELLED AFTER 2p	DEC 1 6p Deck the Halls Tickets Available at: TallahasseeSenior Foundation.org Live music, gourmet food, martini bar, silent auction, & more!	

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

LEGEND & REGISTRATION INFORMATION:

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

Register Online at www.TallahasseeSeniorFoundation.org unless otherwise noted

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Ensure to check out the Art Workshops at:
TallahasseeSeniorFoundation.org