

TALLAHASSEE SENIOR CENTER CALENDAR OF WEEKLY PROGRAMS NOVEMBER 15 – DECEMBER 11, 2021



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	9:00 English 2nd Language ZM (KC)
9:00 Portrait Studio		9:00 Nimble Fingers	9:00 Life Exercise	9:00 Oil Painting Adv.
9:30 <i>Fitness at Woodville</i>	9:00 Pastels	9:30 Acrylic Painting	9:00 <i>Brain-Body-Balance at Optimist Park PRR (WB)</i>	9:30 <i>Fitness NE Library PRR (SV)</i>
10:00 SHINE PRR	9:30 <i>Fitness NE Library PRR (SV)</i>	9:30 <i>Fitness at Woodville</i>	9:30 <i>Sit & Fit at Chaires</i>	10:00 Movement Meditation
10:30 Adv. French ZM (KC)	9:30 <i>Sit & Fit at Chaires</i>	10:00 Seniors vs. Crime	10:30 Ballet	10:30 <i>Senior Fitness Beg. NE Library PRR (SV)</i>
10:30 <i>Fitness at Fort Braden</i>	10:00 Seniors vs. Crime	10:00 Movement Meditation	11:00 Senior Counseling <i>(by appointment)</i>	11:30 <i>Senior Dining (PRR or Bring a Lunch)</i>
11:00 Senior Counseling <i>(by appointment)</i>	10:00 Wii Bowling	10:30 <i>Fitness at Fort Braden</i>	11:15 <i>Fitness at Miccosukee</i>	11:30 Pickleball
11:30 Yoga ends 11/15	10:30 <i>Fitness Beg. NE Library PRR (SV)</i>	11:30 Pickleball Lesson	1:00 TDBC Bridge	11:30 <i>Fitness Adv. NE Library PRR (SV)</i>
12:30 Hands-On Art History	10:45 <i>Brain Body Balance at Southwood PRR (WB)</i>	11:30 Pickleball	1:00 Friends Connection	1:00 Model Building
1:00 Brain-Body-Balance	11:00 Mindful Movement	1:00 Oil & Acrylics	1:00 Feeling Fit	1:00 TDBC Bridge
2:30 <i>Yoga for Women NE Library PRR (SV)</i>	11:15 <i>Fitness at Miccosukee</i>	1:30 <i>Draw with Your Eyes, Paint with Your Heart at NE Library</i>	1:00 Watercolor	7:00 Al-Anon Newcomers
3:00 Friends Connection	11:30 <i>Senior Dining (PRR or Bring a Lunch)</i>	2:00 <i>Beg. Yoga at Lake Jackson</i>	1:00 French Study Group ZM (KC)	
5:00 Round Dance	11:30 <i>Fitness Adv. NE Library PRR (SV)</i>	4:15 <i>Beg. Yoga NE Library PRR (SV)</i>	1:00 <i>Mindful Movement at Lake Jackson</i>	
6:00 Twirlers Square Dance	1:00 Friends Connection ZM (ML)	6:00 <i>Yoga begins 12/1</i>	2:30 Ping-Pong	
6:00 Capital City Carvers	1:00 TDBC Bridge		6:00 Capital Chordsmen	
6:00 Intermediate German	1:00 Senior Singers			
	1:00 <i>Canasta at Lake Jackson</i>			
	2:30 Ping-Pong			
	4:00 Guitar			

TALLAHASSEE SENIOR SERVICES

Monthly, Bi-monthly & Special Events and Programs on Back!

Purchase Deck the Hall Tickets: TallahasseeSeniorFoundation.org/deck-halls

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

Please reference LEGEND below

NOVEMBER 15 – DECEMBER 11, 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
NOV 15 1p Advisory Council (SS)	NOV 16 <i>11a Ft. Braden Drive & Wave</i> 2p Ask the Expert: Update on Post COVID Conditions & Hope for Long Haulers ZM (RN) 2:15 UPSLIDE Games	NOV 17 8:30a Capital Coalition on Aging ZM (KC) 11a Protecting Your Head: Epilepsy FB (RN) <i>11a Wellness Circle Jake Gaither</i> 11:30a GAP Drive & Wave 1p LCSO Advisory Council 3:30p Foundation Board Meeting	NOV 18 <i>11a Lake Jackson Drive & Wave</i> <i>11a Healthy for Life Jake Gaither PRR (WB)</i> 11a Meal Planning for the Holidays ZM (RN) 1:30p LLL Apalachicola Pearl H (MH) 6p LLL - Deck-Tini Making PRR ZM (MH)	NOV 19 <i>11a Woodville Drive & Wave</i>	NOV 20 CENTER CLOSED
NOV 22 1p Poetry Group 7p GAP Circle of Parents ZM (KB)	NOV 23 <i>11a Chaires Drive & Wave</i> Center Close at 5p	NOV 24 <i>11:30a GAP Vause Park PRR (KB)</i> <i>1p Friends Connection LNC</i> Center Close at 5p	NOV 25 CLOSED Thanksgiving	NOV 26 CLOSED Thanksgiving	NOV 27 CENTER CLOSED
NOV 29	NOV 30 5:30p Public Meeting	DEC 1	DEC 2 <i>11a Miccosukee Drive & Wave</i> 11a Cooking with Herbs ZM (RN) <i>11a Healthy for Life Jake Gaither PRR (WB)</i>	DEC 3 <u>No programs in Auditorium ALL day</u> 1p No programs center wide 6:30p DECK THE HALL- Tickets Available	DEC 4 10a TDBC Holiday Social
DEC 6 7p Community Band of TCC Concert <i>7p GAP Circle of Parents ZM (KB)</i>	DEC 7 9:15a LLL - Women Artists PRR (MH) <i>12:30p Friends Connection at Miccosukee</i> 6p Capital Twirlers	DEC 8 <i>11a Bradfordville Drive & Wave</i> <i>1p Friends Connection LNC</i> 2:30p LOP- Bicycling for Women PRR (SD)	DEC 9 <i>11a Woodville Drive & Wave</i> <i>11a Healthy for Life Jake Gaither PRR (WB)</i> 2p LLL- Weeki Wachee City of Mermaids H(MH) 6p Capital Chordsmen Concert	DEC 10	DEC 11 CENTER CLOSED

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:** Register Online at www.TallahasseeSeniorFoundation.org
 - **PRR** = Pre-registration Required; **LOP** = Lifelong Outdoors Pursuits
 - () = 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;
 (RN) Ruth.Nickens@talgov.com; (SD) Susan.Davis@talgov.com;
 (SV) Sarah.Vernon@talgov.com; (WB) Wendy.Barber@talgov.com