

TALLAHASSEE SENIOR CENTER CALENDAR OF WEEKLY PROGRAMS SEPTEMBER 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 Oil and Acrylic with Debbie (All Levels)	9:30 Life Exercise	9:00 Oil Adv.
9:30 French Adv. <i>return Sept. 11, 2023</i>	9:30 <i>Fitness at Bradfordville II PRR (LB)</i>	9:30 <i>Fitness at Woodville</i>	9:30 <i>Sit & Fit at Chaires</i>	9:30 <i>Fitness at Bradfordville II PRR (LB)</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 <i>(by appointment)</i>	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 (LB)</i>
11:00 Senior Counseling <i>(by appointment)</i>	10:30 <i>Fitness Beg. at Bradfordville PRR (LB)</i>	11:30 Pickleball Lesson	1:00 Tai Chi Basics	11:30 <i>Senior Dining (PRR or Bring a Lunch)</i>
11:00 French Beg. <i>return Sept. 11, 2023</i>	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 (LB)</i>
1:00 French Int. <i>return Sept. 11, 2023</i>	11:15 <i>Fitness at Miccosukee</i>	1:00 Canasta / Pinoche	1:00 Experimental Watercolor Inter./Adv.	1:00 Model Building
1:30 <i>Yoga for Women at Bradfordville PRR (LB)</i>	11:30 Senior Dining <i>(PRR or Bring a Lunch)</i>	1:30 Draw with Your Eyes, Paint with Your Heart ZM (HMc)	1:00 French Study Group ZM (KC)	1:00 Oil and Acrylic, Beg.
2:30 Pickleball	11:30 <i>Fitness Adv. at Bradfordville PRR (LB)</i>	1:30 <i>Beg. Yoga at Bradfordville PRR (LB)</i>	1:00 <i>Mindful Movement at Lake Jackson</i>	5:30 Ballroom and Swing
3:00 Friends Connection	1:00 Friends Connection ZM (ML)	2:00 <i>Beg. Yoga at Lake Jackson</i>	2:30 Ping-Pong	7:00 Al-Anon Newcomers
5:45 Intermediate German Study Group	1:00 TDBC Bridge	5:30 Yoga	7:00 Capital Chordsmen	
6:00 Round Dance	1:00 Senior Singers	7:00 Pickleball	7:00 Writers Workshop	
7:00 Twirlers Square Dance	1:00 <i>Canasta at Lake Jackson</i>	7:15 Al-Anon Family		
7:00 Capital City Carvers	2:30 Ping-Pong			
	4:00 Guitar			
	7:00 Line Dance			
	8:00 SA Support Group			

**L3X Lifelong Learning ALL Month Long! Register at:
www.TallahasseeSeniorFoundation.org/L3X**

TALLAHASSEE SENIOR SERVICES – SEPTEMBER 2023

Monthly, Bi-monthly & Special Events and Programs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				SEPT 1 <i>10a Walmart Trip from Miccosukee</i>	SEPT 2 CENTER CLOSED
SEPT 4 CLOSED LABOR DAY	SEPT 5 10a Blood Pressure & Glucose Screening 12p Tech Help (KC)	SEPT 6	SEPT 7 <i>10:30a Miccosukee Lunch & Learn</i>	SEPT 8 1p Watercolor 103 PRR (HM) 7:30p Contra Dance Greasy String Band	SEPT 9 CENTER CLOSED
SEPT 11 10a SHINE-Medicare OPEN 10a Mindful Meditation 11a Art Council 1p Poetry Group ZM (KC) 6p TDBC Bridge <i>7p GAP Circle of Parents ZM (KB)</i>	SEPT 12 <i>11a Wellness Circle at Jack McLean</i> 1p Engage with Your Page PRR (HM) 1p Watercolor 100 PRR (HM) Sold Out 7p Stamp and Cover Club	SEPT 13 10a L3X-Flu Shots <i>10:30a Bradfordville Lunch & Learn</i> <i>12:30p Friends Connection LNC</i>	SEPT 14 10a Healing Touch <i>10:30a Woodville Lunch & Learn</i> 11a Caregiver Support Group (JS) 5p L3X Bird Art Show	SEPT 15	SEPT 16 7p USA Dance: National Ballroom Week
SEPT 18 11:30a L3X: Coffeehouse Concert: Ross Newell 1:30p Advisory Council (SS)	SEPT 19 <i>10:30a Ft. Braden Lunch & Learn</i> 5p TDBC Board Meeting	SEPT 20 8:15a Hike (RN) 9a Capital Coalition on Aging (KC) 11a L3X Prostate Health (RN) <i>11a Wellness Circle at Jake Gaither</i> 1p LCSO Advisory Council 1:30p Intro. to Zentangle PRR (HM) 6p L3X Neurodivergence (RN)	SEPT 21 <i>10:30a Lake Jackson Lunch & Learn</i> 2p Tech Help (KC) <i>6:30p L3X Leon Anderson Concert at the Grove at Canopy (MH)</i>	SEPT 22 9a Drawing for Beginners PRR (HM) 7:30p Contra Dance Wild Bill's Traveling Circus Band with Caller Andy Kane	SEPT 23 CENTER CLOSED
SEPT 25 1p Poetry Group ZM (KC) <i>7p GAP Circle of Parents ZM (KB)</i>	SEPT 26 9a Watercolor 102 PRR (HM) Sold Out <i>10:30a Chaires Lunch & Learn</i>	SEPT 27 12p Fiddle Tunes Jam (KC) <i>12p GAP Lunch & Learn</i> <i>12:30p Friends Connection LNC</i> 3:30p Foundation Board Meeting	SEPT 28 <i>9a Watercolor 101 at the Grove PRR (HM)</i> Sold Out 11:30a Senior LGBT+ Support Group 11a Caregiver Support Group (JS) <i>1:30p Watercolor 200 Int. at the Grove PRR (HM)</i>	SEPT 29	SEPT 30 CENTER CLOSED

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

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