

TALLAHASSEE SENIOR CENTER CALENDAR OF WEEKLY PROGRAMS SEPTEMBER 12 – OCTOBER 8, 2022



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 Inter./Adv.	9:00 English 2nd Language ZM (KC)
9:00 Portrait Studio	9:00 Pastels Landscapes	9:00 Nimble Fingers	9:00 Life Exercise	9:00 Oil Painting Adv.
9:30 <i>Fitness at Woodville</i>	9:30 <i>Fitness at Bradfordville PRR (SV)</i>	9:30 Oil & Acrylic Inter. Painting	9:00 <i>Brain-Body-Balance at Optimist Park PRR (WB)</i>	9:30 <i>Fitness at Bradfordville PRR (SV)</i>
9:30 French Int.	9:30 <i>Sit & Fit at Chaires</i>	9:30 <i>Fitness at Woodville</i>	9:30 <i>Sit & Fit at Chaires</i>	10:00 Movement Meditation
10:00 SHINE PRR	10:00 Seniors vs. Crime	10:00 Seniors vs. Crime	10:30 Ballet	10:30 <i>Brain Body Balance at Fort Braden</i>
10:30 Adv. French ZM (KC)	10:00 Wii Bowling	10:00 Movement Meditation	11:00 Senior Counseling (by appointment)	10:30 <i>Senior Fitness Beg. at Bradfordville PRR (SV)</i>
10:30 <i>Fitness at Fort Braden</i>	10:30 <i>Fitness Beg. at Bradfordville PRR (SV)</i>	10:30 <i>Fitness at Fort Braden</i>	11:15 <i>Fitness at Miccosukee</i>	11:30 Senior Dining (PRR or Bring a Lunch)
11:00 Senior Counseling (by appointment)	10:45 <i>Brain Body Balance at Southwood PRR (WB)</i>	11:30 Pickleball Lesson	1:00 TDBC Bridge	11:30 Pickleball
11:00 French Adv.	11:00 Mindful Movement	11:30 Pickleball	1:00 Friends Connection	11:30 <i>Fitness Adv. at Bradfordville PRR (SV)</i>
1:00 Brain-Body-Balance	11:00 <i>Line Dance at Woodville</i>	1:00 Oil & Acrylics Adv.	1:00 Watercolor Inter./Adv. (return Sept 22, 2022)	1:00 Model Building
1:30 French Beg.	11:15 <i>Fitness at Miccosukee</i>	1:00 Canasta / Pinoche <i>NEW</i>	1:00 French Study Group ZM (KC)	1:00 Painting with Oils and Acrylics, Beg
2:30 Pickleball	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>	5:30 Ballroom & Swing
2:30 <i>Yoga for Women at Bradfordville PRR (SV)</i>	11:30 <i>Fitness Adv. at Bradfordville PRR (SV)</i>	2:00 <i>Beg. Yoga at Lake Jackson</i>	2:30 Ping-Pong	7:00 Al-Anon Newcomers
3:00 Friends Connection	1:00 Friends Connection ZM (ML)	4:15 <i>Beg. Yoga at Bradfordville-PRR (SV)</i>	7:00 Capital Chordsmen	
5:45 Intermediate German Study Group	1:00 TDBC Bridge	5:30 Yoga	7:00 Writers Workshop	
6:00 TDBC Bridge	1:00 Senior Singers	7:00 Pickleball		
6:00 Round Dance	1:00 <i>Canasta at Lake Jackson</i>	7:15 Al-Anon Family		
7:00 Twirlers Square Dance	1:30 <i>Mahjongg at The Grove</i>			
7:00 Capital City Carvers	2:15 Bag Toss			
	2:30 Ping-Pong			
	4:00 Guitar			
	7:00 Line Dance			
	8:00 SA Support Group			

BI-WEEKLY AND MONTHLY PROGRAMS SEPTEMBER 12 – OCTOBER 8, 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SEPT 12 10a FOOT Expo 11a Art Council 1p Poetry Group ZM (KC) 7p Twirlers Open House 7p GAP Circle of Parents ZM (KB)	SEPT 13 11a Wellness Circle at Jack McLean 1p Yoga PRR (SV) 7p Stamp and Cover Club	SEPT 14 10:30a Falls Prevention & Home Safety 10:30a Bradfordville Lunch & Learn 12:30p Friends Connection LNC	SEPT 15 10:30a Lake Jackson Lunch & Learn 1p Tai Chi Basics	SEPT 16 6p Art Reception – Senior Artist Showcase	SEPT 17 7p USA Dance: California Dreams
SEPT 19 1:30p Advisory Council (SS) 6p Photoshop Elements	SEPT 20 10:30a Ft. Braden Lunch & Learn 1p Yoga PRR (SV) 2:15 UPSLIDE Games	SEPT 21 8:30a Capital Coalition on Aging ZM (KC) 10a Explorer’s Corner: Baby Boom 10a Hike (RN) 11a Wellness Circle at Jake Gaither 1p LCSO Advisory Council 6:30p USA Dance Board Meeting	SEPT 22 1p Tai Chi Basics	SEPT 23 3:30p Tech Help 7:30p Contra Dance: Just for Fun Band (Bobby Lolley & Friends) with caller Vicki Morrison	SEPT 24 CENTER CLOSED
SEPT 26 1p Poetry Group ZM (KC) 7p GAP Circle of Parents ZM (KB)	SEPT 27 10:30a Chaires Lunch & Learn 1p Yoga PRR (SV) 5p TDBC Board Meeting	SEPT 28 9a National Coffee Day 12p GAP Lunch & Learn 12:30p Friends Connection LNC 1p Legacy Chat 2p LBB-Vision Loss Support Group 3:30p Foundation Board Meeting	SEPT 29 10a Lively Barbers Haircuts and Trims 11:30a Senior LGBT+ Support Group 1p Tai Chi Basics	SEPT 30	OCT 1 CENTER CLOSED
OCT 3 6p Photoshop Elements	OCT 4 10a Blood Pressure & Glucose Screening 12p Tech Help (KC) 12:30p Game Day at Miccosukee 2:30p Walk with Ease at the Grove PRR (SV)	OCT 5	OCT 6 10a Hearing Screening 10:30a Miccosukee Lunch & Learn 1p Tai Chi Basics 2:30p Walk with Ease at the Grove PRR (SV)	OCT 7	OCT 8 CENTER CLOSED

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

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:**
 - LLL** = Lifelong Learning **PRR** = Pre-registration Required
 - Register Online at www.TallahasseeSeniorFoundation.org unless otherwise noted
 - () = 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; Sheila.Salyer@talgov.com
 - (SV) Sarah.Vernon@talgov.com; (WB) Wendy.Barber@talgov.com