

**TALLAHASSEE SENIOR SERVICES
CALENDAR OF WEEKLY PROGRAMS
APRIL 9 – MAY 12, 2018**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 <i>Fitness at Woodville</i>	9:00 Watercolor Studio/Lab	8:30 <i>Fitness at Woodville</i>	9:00 Watercolor Studio	8:30 <i>Fitness at Chaires</i>
8:30 <i>Fitness at Chaires</i>	9:00 Ceramics	8:30 <i>Fitness at Chaires</i>	9:30 Life Exercise	9:00 English 2 nd Language
9:00 Crafting Bee	9:30 Life Exercise	9:00 French: B	9:30 <i>Seated Exercise at Chaires</i>	9:00 Oil Painting Advanced
9:00 Portraiture	9:30 <i>Seated Exercise at Chaires</i>	9:00 Ceramics	10:00 Blood Pressure Screening	9:30 Drawing Together
9:30 Artistry in Clay	9:30 <i>Beginner Fitness at Bradfordville NE Library (I)</i>	9:00 Pastels	10:00 <i>Brain-Body-Balance at Optimist Park</i>	9:30 <i>Beginner Fitness at Bradfordville NE Library (I)</i>
9:30 French: D	10:00 Seniors vs. Crime	9:00 Nimble Fingers	10:30 Wii Bowling	10:00 Tai Chi
10:00 French: Advanced	10:00 <i>Brain-Body-Balance at Optimist Park</i>	10:00 Seniors vs. Crime	11:00 Beginning Spanish	10:00 Social Bingo
10:00 SHINE (by appointment)	10:30 <i>Beginner Fitness at Bradfordville NE Library (II)</i>	10:00 Tai Chi	11:00 Counseling (by appointment)	10:30 <i>Beginner Fitness at Bradfordville NE Library (II)</i>
10:30 <i>Fitness at Fort Braden</i>	10:30 Reiki	10:00 Blood Pressure Screening	11:00 Friends Connection	11:00 French: Advanced
11:00 French: C	10:30 Wii Bowling	10:00 Glucose Screening	11:15 <i>Senior Fitness at Miccosukee</i>	11:00 Chair Yoga
11:00 Counseling (by appointment)	11:00 Mindful Movement	10:30 <i>Fitness at Fort Braden</i>	12:00 Senior Dining	11:30 <i>Senior Fitness at Bradfordville NE Library (III)</i>
12:00 Senior Dining	11:15 <i>Senior Fitness at Miccosukee</i>	11:00 Legal Services (by appointment)	12:00 Canasta	11:30 Pickleball
12:00 Quilting Bees	11:30 <i>Senior Fitness at Bradfordville NE Library (III)</i>	11:30 Pickleball Basic Lesson	12:00 <i>Cards, Etc. at Allegro</i>	12:00 Senior Dining
12:00 <i>Bridge at Bradfordville Schoolhouse</i>	12:00 Senior Dining	12:00 Senior Dining	12:30 Line Dance	12:30 Beginning Acrylic Painting
12:30 Canasta	1:00 Senior Singers (Ends 5/1/18)	12:00 Pickleball	1:00 French Study	12:30 Beginning Acrylic Painting
12:30 Drawing Like Durer & Friends – Pen & Ink	1:00 Watercolor Lab	12:30 Bridge-a- Dears	1:00 Drawing Etc. – Still Life & Portraits	1:00 <i>Senior Fitness at Bradfordville NE Library (IV)</i>
1:15 French: A	1:00 <i>Senior Fitness at Bradfordville NE Library (IV)</i>	1:00 Oil & Acrylic Lab	1:00 <i>Mindful Movement at Lake Jackson</i>	1:00 Model Ship Building
1:30 Tax Aide (2/1 thru 4/17)	1:00 <i>Senior Fitness at Bradfordville NE Library (IV)</i>	1:30 Tax Aide (2/1 thru 4/17)	1:30 Tax Aide (2/1 thru 4/17)	1:30 Tax Aide (2/1 thru 4/17)
1:30 <i>Yoga at Bradfordville NE Library</i>	1:00 TDBC Bridge	1:30 <i>Draw with Your Eyes, Paint with Your Heart at Bradfordville NE Library</i>	1:30 Capital City Duplicate Bridge	2:00 Dancing for Fun
1:30 Brain-Body-Balance	1:00 <i>Canasta, Cards and Games at Lake Jackson</i>	1:30 Capital City Duplicate Bridge	2:00 <i>Brain-Body Balance at Allegro</i>	5:30 Ballroom and Swing Dance Lessons
1:30 Bridge 99'ers	1:00 <i>Brain-Body-Balance at SouthWood</i>	2:00 <i>Brain-Body Balance at Allegro</i>	2:15 Ping-Pong	6:30 Capital City Duplicate Bridge
5:30 Yoga	1:30 Tax Aide (2/1 thru 4/17)	5:30 Yoga	2:15 Bean Bag Toss	7:15 Beginners Al-Anon
6:30 TDBC Bridge	2:15 Scrabble	6:30 TDBC Bridge	5:30 Zumba® Gold	
7:00 Capital City Carvers	2:15 Ping-Pong	6:00 Spanish Plus	5:30 Line Dance w/ Gina	
7:00 Twirlers Square Dance Lesson	2:15 Mahjongg	7:15 Family Al-Anon	6:00 Novice Bridge Lesson	
8:00 Twirlers Square Dance	2:30 Spanish Intermediate		6:30 TDBC Bridge	
	6:00 Guitar		7:00 Writers Workshop	
	8:00 SA Support		7:00 Capital Chordsmen	

MONTHLY, BI-MONTHLY, & SPECIAL EVENTS & PROGRAMS ON BACK!

TALLAHASSEE SENIOR SERVICES
CALENDAR OF BI-WEEKLY AND MONTHLY PROGRAMS
APRIL 9 – MAY 12, 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
APR 9 <i>10a LLL-Philippines WWII at B PRR</i> 2:45p Poetry Group 6p Creative Aging 6p Beginning German	APR 10 8a StarMetro Assistance <i>11a Wellness Circle at JM</i> 12p Art Council 5:30p Aphasia Learning Group 6p Travel Club Interest Mtg. 7:30p Stamp and Cover Club	APR 11 <i>10:30a Lunch & Learn at B</i> 6:30p Travel Digital Photography PRR 7:30p Adult Ballet	APR 12 <i>10:30a Lunch & Learn at WV</i> 11a Opioid Addition Discussion 2p LLL-Patterns that Shaped Chinese People PRR	APR 13 9a LLL-Solar Farm PRR 11a Ukuleles & Friends <i>11a Life Skills at JG</i> 7:30p Contra Dance – In Cahoots Band with caller Rachel Flemming	APR 14 CENTER CLOSED
APR 16 <i>10a LLL-Philippines WWII at B PRR</i> 1p Advisory Council 6p Beginning German 6:30p Photoshop Elements	APR 17 <i>10:30a Lunch & Learn at FB</i> 10:30a Meditation 11:30a Westminster Oaks Choir 6p TDBC Board 6p National Decision Day-Celebrating Life	APR 18 8a StarMetro Assistance 8:30a Capital Coalition on Aging 11a Living with Kidney Disease <i>11a Wellness Circle at JG</i> 3p Financial Counseling (by appointment only) 6p USA Dance Board Mtg. 7:30p Adult Ballet	APR 19 10a LLL-Spring Garden PRR <i>10:30a Lunch & Learn at LJ</i> 2p LLL-Patterns that Shaped Chinese People PRR	APR 20 <i>11a Life Skills at JG</i>	APR 21 10a Ballroom Dance Lessons 7:30 p USA Dance: April Showers
APR 23 <i>10a LLL-Philippines WWII at B PRR</i> 2:45p Poetry Group 6p Beginning German	APR 24 8:30a LLL-Orchard Pond Farm Tour PRR 10a Massage <i>10:30a Lunch & Learn at CC</i>	APR 25 <i>12p GaP at LeRoy Collins Library (PRR 891-4027)</i> 3:30p Foundation Board Meeting 4:30p Mentor Up PRR 577-5165 6:30p Video Editing in Digital Photography PRR 7:30p Adult Ballet	APR 26 12:30p Podiatry	APR 27 11a Ukuleles & Friends 7:30p Contra Dance – Greasy String Band with caller Richard Hopkins	APR 28 CENTER CLOSED
APR 30 <i>10a LLL-American Folk Music at B PRR</i> 6p Beginning German	MAY 1 1p GaP Advisory Council 6:30p Myasthenia Gravis Support Group 7p FFU Investment Club	MAY 2 1p New Insight – Vision Support Group 7:30p Adult Ballet	MAY 3 10a Pulse Oximetry <i>10:30a Lunch & Learn at M</i> 1:30p LLL-Dynamic Aging PRR	MAY 4 <i>10a WalMart Trip at M</i>	MAY 5 CENTER CLOSED
MAY 7 <i>10a LLL-American Folk Music at B PRR</i> 2:30p Quit Smoking 6:30p Photoshop Elements	MAY 8 8a StarMetro Assistance <i>11a Wellness Circle at JM</i> 12p Art Council 5:30p Aphasia Learning Group 7:30p Stamp and Cover Club	MAY 9 10a Hearing Screening <i>10:30a B – Fieldtrip PRR</i> 1:30pm NARFE 7:30p Adult Ballet	MAY 10 <i>10:30a Lunch & Learn at WV</i> 1:30p LLL-Dynamic Aging PRR	MAY 11 11a Ukuleles & Friends 7:30p Contra Dance – Long Forgotten String Band with caller Vicki Morrison	MAY 12 CENTER CLOSED

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

LEGEND - Class in italics off-site: A= Allegro; B= Bradfordville (NE Branch Library);

CC= Chaires-Capitola; FB= Fort Braden; JM= Jack McLean; JG= Jake Gaither;

LJ= Lake Jackson; M= Miccosukee; SW= Southwood; WO= Westminster Oaks; WV= Woodville.

PRR= Pre-Registration Required; LLL=Lifelong Learning; LOP=Lifelong Outdoors Pursuits

Specific addresses can be located at <http://www.tal.gov.com/seniors/neighborhoodsites.aspx>