

## TALLAHASSEE SENIOR SERVICES CALENDAR – VIRTUAL + APRIL 12 – MAY 7, 2021

*We are now offering online classes some which require pre-registration for the Zoom link. Please note the initials in the parenthesis after the class title. The corresponding contact name and registration email address is noted at the bottom of the calendar. Description and Registration located at: [TallahasseeSeniorFoundation.org](http://TallahasseeSeniorFoundation.org)*

| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY   |
|--|--|--|---|--|
| <b>APR 12</b><br>10:30a Adv. French ZM (KC)<br>11a Art Council ZM (JH)<br>11a Brain Body Balance FB (RN)<br>12:30p Hands-On Art History ZM (JH)<br>2:45p Poetry Group ZM (KC)<br>3p Friends Connection ZM (ML)<br>7p GAP Circle of Parents ZM (KB) | <b>APR 13</b><br>Quit Smoking Now PRR (RN) 224-9340<br>11a Mindful Movement FB (RN)<br>2p Stay Strong, Live Long ZM (WB)   | <b>APR 14</b><br>10a Staying Safe In Your Home RN (ZM)<br>11a Nutrition Goals ZM (RN)<br>11a Gentle Yoga FB (RN)<br>11:15a Adv. Painting Critique ZM (JH)<br>1:30p Draw with Your Eyes ZM (JH)<br>7:15p Al-Anon-tallyalanon.org                                      | <b>APR 15</b><br>11a Stretch & Flex FB (RN)<br>1p Friends Connection ZM (ML)<br>1:30p LLL-Why Tallahassee? The Emergence of a New Capital ZM (MH)<br>7p Capital Chordsmen ZM (KC) | <b>APR 16</b><br>9a English 2 <sup>nd</sup> Language (KC)<br>11a Seated Yoga FB (RN)<br>11a Ukulele Fingerstyle PRR ZM (KC)<br><br><b>Saturday, April 17</b><br>10:30a LLL-Foraging Walk at Guyte McCord Park PRR (MH) |
| <b>APR 19</b><br>10:30a Adv. French ZM (KC)<br>11a Brain Body Balance FB (RN)<br>11a Beginner's Ukulele PRR ZM (KC)<br>12:30p Hands-On Art History ZM (JH)<br>1p Advisory Council (SS)<br>3p Friends Connection ZM (ML)                            | <b>APR 20</b><br>Quit Smoking Now PRR (RN) 224-9340<br>11a Mindful Movement FB (RN)  | <b>APR 21</b><br>8:30a Capital Coalition on Aging (KC)<br>11a Nutrition Goals ZM (RN)<br>11a Gentle Yoga FB (RN)<br>11:15a Adv. Painting Critique ZM (JH)<br>1p Friends Connection LNC ZM (ML)<br>1:30p Draw with Your Eyes ZM (JH)<br>7:15p Al-Anon-tallyalanon.org | <b>APR 22</b><br>11a Stretch & Flex FB (RN)<br>1p Friends Connection ZM (ML)<br>2p LLL-Bringing Nature Home-Earth Day ZM (MH)<br>7p Capital Chordsmen ZM (KC)                     | <b>APR 23</b><br>9a English 2 <sup>nd</sup> Language ZM (KC)<br>11a Seated Yoga FB (RN)  |
| <b>APR 26</b><br>10:30a Adv. French ZM (KC)<br>11a Brain Body Balance FB (RN)<br>12:30p Hands-On Art History ZM (JH)<br>2:45p Poetry Group ZM (KC)<br>3p Friends Connection ZM (ML)<br>7p GAP Circle of Parents ZM (KB)                            | <b>APR 27</b><br>Quit Smoking Now PRR (RN) 224-9340<br>11a Mindful Movement FB (RN)  | <b>APR 28</b><br>10a Understanding Community Resources ZM (RN)<br>11a Gentle Yoga FB (RN)<br>11:15a Adv. Painting Critique ZM (JH)<br>1:30p Draw with Your Eyes ZM (JH)<br>2p Foundation Board Meeting ZM (SS)<br>7:15p Al-Anon-tallyalanon.org                      | <b>APR 29</b><br>11a Stretch & Flex FB (RN)<br>1p Friends Connection ZM (ML)<br>7p Capital Chordsmen ZM (KC)  | <b>APR 30</b><br>9a English 2 <sup>nd</sup> Language ZM (KC)<br>10a Senior Games – Virtual Torch Lighting FB Live (KC)<br>11a Seated Yoga FB (RN)  |
| <b>MAY 3</b><br>10a Mindfulness FB (RN)<br>10:30a Adv. French ZM (KC)<br>11a Brain Body Balance FB (RN)<br>11a Beginner's Ukulele PRR ZM (KC)<br>12:30p Hands-On Art History PRR ZM (JH)<br>3p Friends Connection ZM (ML)<br><b>SENIOR GAMES</b>   | <b>MAY 4</b><br>Quit Smoking Now PRR (RN) 224-9340<br>11a Mindful Movement FB (RN)<br>1p GaP Advisory Council ZM (KB)<br>3p LLL-Water-Liquid Gold ZM (MH)<br><br><b>SENIOR GAMES</b> | <b>MAY 5</b><br>10a LLL-Guided Tour of Maclay Gardens PRR (MH)<br>11a Gentle Yoga FB (RN)<br>11:15a Adv. Painting Critique ZM (JH)<br>1p Friends Connection LNC ZM (ML)<br>1:30p Draw with Your Eyes ZM (JH)<br>7:15p Al-Anon-tallyalanon.org<br><b>SENIOR GAMES</b> | <b>MAY 6</b><br>11a Stretch & Flex FB (RN)<br>1p Friends Connection ZM (ML)<br>7p Capital Chordsmen ZM (KC)<br><br><b>SENIOR GAMES</b>  | <b>MAY 7</b><br>9a Virtual Office Hours with Ruth ZM (RN)<br>9a English 2 <sup>nd</sup> Language (KC)<br>11a Seated Yoga FB (RN)<br>11a Ukulele Fingerstyle PRR ZM (KC)<br><br><b>SENIOR GAMES</b>                     |

**WWW.TALGOV.COM/SENIOR GAMES - BEGIN: FRIDAY, APRIL 30**

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

**LEGEND - PRR= Pre-Registration Required; LLL=Lifelong Learning; FB=Facebook; ZM=Zoom Meeting**  
 (KB) [Karen.Boebinger@talgov.com](mailto:Karen.Boebinger@talgov.com); (KC) [Kristy.Carter@talgov.com](mailto:Kristy.Carter@talgov.com); (JH) [Jennifer.Haskins@talgov.com](mailto:Jennifer.Haskins@talgov.com);  
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Need computer or technology assistance? Please contact the Tallahassee Senior Center at (850) 891-4000 Monday – Friday; 8am-4pm and we will assist.

Despite our temporarily closed doors, we are working hard to develop and share opportunities (such as virtual, live and on demand classes) to keep our age 50+ participants active, optimally aging, and socially fit. Now more than ever, your support is very important to make this possible and we encourage your donations for virtual and on demand classes – to donate, [TallahasseeSeniorFoundation.org](http://TallahasseeSeniorFoundation.org); click the donate button (top right hand corner) or to become a member or renew your membership – click the membership tab - or checks can be mailed.

# Tallahassee Senior Center Fitness Classes on WCOT

**Monday, Wednesday, Friday & Saturday at 9 am**

*Staying active is one of the most important things we can do to stay healthy and age successfully, and we realize you are missing your weekly in-person classes.*

*To help you access quality senior fitness, WCOT (Channel 13 on cable or [Talgov.com/WCOT](http://Talgov.com/WCOT)) will now be airing four TSC classes with some of your favorite instructors. Fitness classes are provided by the City of Tallahassee Parks, Recreation & Neighborhood Affairs and the Tallahassee Senior Center and Foundation. Learn more by visiting [Talgov.com/Seniors](http://Talgov.com/Seniors). Below are the classes that you can view.*

## **Monday Mindful Movement w/ Lori Roberts, certified NIA yoga instructor**

Mindful Movement is a gentle, yoga-based, fitness class focuses on increasing energy, reducing falls, and maintaining flexibility.

Brought to you in partnership with [Capital Health Plan](#).

## **Wednesday Gentle Yoga w/ Ferdouse Sultana, E-RYT® 500**

Enjoy a gentle yoga class which includes both standing and mat poses for balance (a chair is an option). Benefits include improved range of motion, flexibility, balance, and strength. It also focuses on breathing exercises for stress reduction and relaxation.

## **Friday Brain-Body-Balance w/ Merisha Johnson Phillips, AFAA-CPT**

An active-aging, fall-prevention program created to be fun while reversing many types of aging. The class fuses physical movement with brain-enhancing drills to improve balance, memory, brain health, reflexes, and daily life. Have a chair on hand.

Brought you in partnership with [AARP Tallahassee](#).

## **Saturday Stretch & Flex w/ Robin Perry Davis, ACSM**

This class will help you stay strong, flexible, and mobile with gentle yoga-like movement. Safe stretching routines maintain joint mobility and muscle flexibility. Some classes will be seated, others use a mat, viewers can easily move between.

For more info, contact our Health & Wellness Coordinator [Ruth.Nickens@talgov.com](mailto:Ruth.Nickens@talgov.com)

[#Senior](#) [#fitness](#) [#flexibility](#) [#Stretching](#) [#mobility](#) [#yoga](#)

Staying active is one of the most important things we can do to keep healthy and age successfully. While we can't be together in person, we encourage to join us for a variety of virtual fitness classes, offered 3 ways for your viewing convenience:

- (1) WCOT (Channel 13 on cable or [Talgov.com/WCOT](http://Talgov.com/WCOT)) on TV - M/W/F/& SAT @ 9 a.m.
- (2) On demand: [www.TallahasseeSeniorFoundation.org/on-demand-classes/](http://www.TallahasseeSeniorFoundation.org/on-demand-classes/)
- (3) Posted on our Foundation page at 11:00 a.m. – Tallahassee Senior Center

*The mission of Tallahassee Senior Services is to offer programs, activities, and opportunities designed to encourage active living, optimal aging, and social fitness for independent adults age 50+.*

*TSC programs like these Fitness classes are supported by donations to the TSC Foundation. If you would like to contribute or become a member, go to [www.tallahassee-seniorfoundation.org](http://www.tallahassee-seniorfoundation.org) or mail your check to: TSC Foundation, 1400 N. Monroe St. Tallahassee, FL, 32303.*

