**TALLAHASSEE SENIOR SERVICES**

**CALENDAR OF BI-WEEKLY AND MONTHLY PROGRAMS**

**AUGUST 10 – SEPTEMBER 12, 2020**

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

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tbody>
<tr>
<td>AUG 10</td>
<td>10:30a Adv. French ZM (KC)  11a Brain Body Balance FB (RN)  12:30p Hands-On Art History PRR ZM (JH)  3p Friends Connection ZM (ML)</td>
<td>AUG 11</td>
<td>Quit Smoking Now PRR (RN)  224-9340  9:30a Beg. Basic Art ZM (JH)  11a Mindful Movement FB (RN)  12p Art Council ZM (JH)</td>
<td>AUG 12</td>
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<td>AUG 17</td>
<td>10:30a Adv. French ZM (KC)  11a Beg. Ukulele ZM (KC)  11a Brain Body Balance FB (RN)  12:30p Hands-On Art History PRR ZM (JH)  1p Advisory Council ZM (SS)  3p Friends Connection ZM (ML)  7p GAP Circle of Parents ZM (KB)</td>
<td>AUG 18</td>
<td>Quit Smoking Now PRR (RN)  224-9340  9:30a Beg. Basic Art ZM (JH)  11a Mindful Movement FB (RN)</td>
<td>AUG 19</td>
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<td>AUG 24</td>
<td>10:30a Adv. French ZM (KC)  11a Brain Body Balance FB (RN)  12:30p Hands-On Art History PRR ZM (JH)  3p Friends Connection ZM (ML)  7p GAP Circle of Parents ZM (KB)</td>
<td>AUG 25</td>
<td>Quit Smoking Now PRR (RN)  224-9340  9:30a Beg. Basic Art ZM (JH)  11a Mindful Movement FB (RN)</td>
<td>AUG 26</td>
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<td>AUG 31</td>
<td>10:30a Adv. French ZM (KC)  3p Friends Connection ZM (ML)  7p GAP Circle of Parents ZM (KB)</td>
<td>SEPT 1</td>
<td>Quit Smoking Now PRR (RN)  224-9340  9:30a Beg. Basic Art ZM (JH)  11a Mindful Movement FB (RN)</td>
<td>SEPT 2</td>
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<td>SEPT 7 CLOSED Labor Day</td>
<td>SEPT 8</td>
<td>L3X Quit Smoking Now PRR (RN)  224-9340  11a Mindful Movement FB (RN)  12p Art Council ZM (JH)</td>
<td>SEPT 9</td>
<td>L3X 10a Ageless Grace PRR ZM (RN)  11a Gentle Yoga FB (RN)  7:15p Al-Anon-tallyalanon.org</td>
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**TALLAHASSEE SENIOR CENTER**, 1400 N. Monroe Street, 891-4000

**LEGEND** - PRR= Pre-Registration Required; LLL=Lifelong Learning; FB=Facebook; ZM=Zoom Meeting

(KB) Karen.Boeninger@talgov.com; (KC) Kristy.Carter@talgov.com; (JH) Jennifer.Haskins@talgov.com; (MH) Maureen.Haberfeld@talgov.com; (ML) Melanie.Lachman@talgov.com (RN) Ruth.Nickens@talgov.com; (SS) Sheila.Salver@talgov.com

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; 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 in-person classes.

To help you access quality senior fitness, WCOT (Channel 13 on cable or 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. Below are the classes that you can view.

**Monday Mindful Movement w/ Lori Roberts, certified NIA yoga instructor**
This dynamic, yet gentle, yoga-based fitness class uses music and motion to help enhance muscle strength, maintain flexibility, and reduce falls. This class is super-energizing and lots of fun. You will need a chair and some water.

**Wednesday Gentle Yoga w/ Ferdouse Sultana, E-RYT® 500**
This gentle yoga class includes both standing and mat poses for balance, but using 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, which we all need right now! Wear comfy clothes, have yoga mat handy.

**Friday Brain-Body-Balance w/ Merisha Johnson Phillips, AFAA-CPT**
Brain-Body-Balance is an active-aging, fall prevention program specifically created to be fun while reversing many types of aging. The curriculum fuses physical movement with brain-enhancing drills to improve balance, memory, brain health, reflexes, and daily life. Have a chair and water on hand. Equipment will be items you have at home.

**Saturday Stretch & Flex w/ Robin Perry Davis, ACSM**
This new class will help you stay strong, flexible, and mobile through gentle yoga-like movement. The safe stretching routines serve to maintain joint mobility and muscle flexibility. Some classes use a in chair, others a mat, but viewers can move between.

*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.tallahaseseseniorfoundation.org or mail your check to: TSC Foundation, 1400 N. Monroe St. Tallahassee, FL, 32303.*