

8th ANNUAL REGIONAL



SEPTEMBER 11 – 15, 2017

An eXciting week of

Classes ~ Tours ~ Field Trips ~ Entertainment

eXploring

Arts ~ Culture ~ History ~ Nature ~ Science

eXPLORE ~ eXAMINE ~ eXPERIENCE



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DOCTORATE DEGREE



MASTER'S DEGREE



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2017 is a partnership of

Tallahassee Senior Center & Foundation



Leon County Senior Outreach



TALLAHASSEE SENIOR SERVICES MISSION

Tallahassee Senior Services is a Division of Parks, Recreation, & Neighborhood Affairs, City of Tallahassee

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 +

TALLAHASSEE SENIOR FOUNDATION PURPOSE

Established in 1980, TSF is an independent, private no-profit organization that exists for the sole purpose of generating funding to support programs, services, and participants of Tallahassee Senior Services.

A SPECIAL THANK YOU!

We would like to extend our deepest gratitude to our sponsors, partners, staff, instructors, and all those who so graciously contributed to making L3X 2017 possible!



Sheila Salyer, Manager, Tallahassee Senior Services
Hella Spellman, Program Director, Tallahassee Senior Services
Maureen Haberfeld, Lifelong Learning Coordinator, Tallahassee Senior Services

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CLASS PAGES & REGISTRATION WORKSHEET

	NO.	CLASS	Page	TIME	COST	DUE
MONDAY	001	Leon Sinks Hike	7	8:30 am – 1:30 pm	\$25	
	002	Tell It True	7	9:00 am – 12 pm	\$12	
	003	Meek Eaton Black Archives Tour at FAMU	7	9:30 am – 12 pm	\$7	
	004	Art of Flower Arranging	8	10 – 11:30 am	\$15	
	005	Historical Tour of Cascades Park by Segway	8	10 am – 12 pm	\$45	
	006	Creative Quilts: Capital City Quilt Show & Tour	8	12:45 – 2:45 pm	\$7	
	007	State Archives Treasure Tour	9	1:30 – 3:30 pm	\$10	
	008	Holocaust	9	2 – 4 pm	\$7	
	009	Boxing & Brews	9	2:45 – 5:15 pm	\$25	
	010	A Life of Sorrow – The Life & Times of Carter Stanley	10	4 – 6:30 pm	\$20	
	011	The Fascinating Culture of Artisanal Cheese	10	5:30 – 8:30 pm	\$42	
	012	National Weather Service Tour & Weather Balloon Launch	11	5:30 – 7:30 pm	\$10	
	013	Healing Sound Journey with Metamorphosis	11	6:30 – 8 pm	\$25	
	014	Dancing with Ageless Elegance	11	7 – 9 pm	\$7	
TUESDAY	015	Saving Wakulla Springs Overland Tour	12	9am – 2 pm	\$30	
	016	Birdsong Nature Center Hike, Tour, & Lunch	12	9 – 11:30 am	\$19	
	017	Introduction to Balinese Gamelon Music: A Hands-On Workshop	13	9:30 am – 12 pm	\$10	
	018	From Freedmen to Free Men: African American Political Leaders in Tallahassee & Leon County	13	10 – 11:30 am	\$7	
	019	Happy Goats Make Happy Soap (1)	13	11 am – 1 pm	\$10	
	OLLIE Showcase		14	1 – 3:30 pm	NA	
	020	Understanding Islam	14	1 – 3 pm	\$10	
	021	Destination Florida	14	2:45 – 4:45 pm	\$7	
	022	An Evening in Spain	15	7 – 10 pm	\$40	

WEDNESDAY	023	Bird Watching for Beginner	17	8 – 10 am	\$10	
	024	Florida Friendly Landscaping	17	9 – 11 am	\$10	
	025	Rope Making at Mission San Luis	17	10 am – 4 pm	\$20	
	026	Magnets Explore Materials, Energy, & Life	18	10 am – 2 pm	\$15	
	027	Backwoods Crossing: Farm to Table Tour & Lunch	18	11am – 2 pm	\$26	
	028	Happy Goats Make Happy Soup! (2)	19	11 am – 1 pm	\$10	
	029	Kayak Eco Tour	19	12 – 4 pm	\$35	
	030	Traveling to Wild Places	19	1 – 2 pm	\$7	
	031	Lose Yourself in Zentangle	20	1 – 4 pm	\$12	
	032	Farm to Table Cooking Class	20	2:30 – 5:30 pm	\$30	
	033	Voices of Civil Rights Lawyers	20	3 – 4:30 pm	\$7	
	034	Traditional Afternoon Tea	21	4 – 6 pm	\$37	
	035	Cocktail Making in College Town	21	4:45 – 7:15 pm	\$22	
	036	Wine, Cheese, & Florida History	21	4:45 – 7:15 pm	\$22	
	037	Revolution & Evolution: Appreciating American Folk Music Old & New	22	6:30 – 8:30 pm	\$30	
THURSDAY	038	Old City Cemetery Tour	23	8:45 – 11:15 am	\$10	
	039	Walking with Mastodons	23	9 am – 12 pm	\$35	
	040	We're Getting There: The What, When, Why, & How of Travel	24	9:30 am – 12:30 pm	\$7	
	041	Pine Needle Basket Making	24	10 am – 12 pm	\$20	
	042	Savor the South	25	10 am – 1:30 pm	\$25	
	043	Happy Goats Make Happy Soap !(3)	25	11 am – 1 pm	\$10	
	044	Behind the Brush: The Life & Works of Dean Gioia	26	1 – 3 pm	\$10	
	045	Afternoon Tea & Treats	26	1 – 3 pm	\$30	
	046	"On Stage" & Behind the Scenes:" Tour of the FSU Museum of Fine Arts	27	1:15 – 3:15 pm	\$10	
	047	All About Sharks	27	1 – 6 pm	\$17	
	048	FSU Master Craftsman Studio Tour	27	2:30 – 5 pm	\$10	
	049	"Sweet Hobby:" Honey Bees & Beekeeping	28	6 – 7 pm	\$7	
	050	All that Jazz, Again!	28	6:45 – 9:15 pm	\$35	
	051	Experience the Carolina Shag	28	7 – 9 pm	\$17	
FRIDAY	052	Stress & Anxiety: Friend or Foe During Aging?	29	9:30 – 11 am	\$10	
	053	Guided Tour of the Grove Museum	29	9:45 – 11:15 am	\$7	
	054	Old World Craftsmanship: Building Guitars & Mandolins by Hand	29	10 – 11:30 am	\$15	
	055	CLOSING LUNCHEON "Artistic Science & Scientific Art"	30	12 – 2 pm	\$12	
				TOTAL DUE		

REGISTRATION INFORMATION

Register online at:

TallahasseeSeniorFoundation.org/L3X

For convenience and ease, please remember your username and password to avoid having to reset it!

Username: _____ Password: _____

- Accepted payments online: Visa, MasterCard, & Discover
- Class and payment confirmations will be sent to your email address.

REGISTRATION ASSISTANCE

Staff will be available at the Senior Center to assist with online registration and/or take non-electronic payments as follows:

- Monday – Thursday, 9 a.m. – 4 p.m.
- Friday, 9 – 11 a.m.

IMPORTANT INFORMATION AND TIPS!

- Registration is on a first come, first serve basis
- Registration for each class remains open until the class is full
- Register early because some classes have very limited space!
- Full payment is required with your registration
- **NO REFUNDS** will be provided unless the class is cancelled!
- Online registration with a credit card is the quickest and most efficient way to register!
- To expedite online registration, use the “Table of Contents and Registration Worksheet” on the previous two pages as a guide in selecting your classes prior to registering on-line.
- If applicable, please pay attention to the “**Special Information**” regarding the class!
- When scheduling back to back classes, please be sure to factor in transportation time!
- Please help us be sustainable and refill the water bottle we’ve provided!
- Feel free to come solo or encourage a friend to register and attend with you.

CONTACT INFORMATION

For ***URGENT*** issues, please call

850-891-4000

and you will be directed to the L3X on-call staff member



For non-urgent matters regarding L3X or other information about other Lifelong Learning Classes:

Maureen Haberfeld

Lifelong Learning & L3X Coordinator

850-891-4033

Maureen.Haberfeld@talgov.com

LEARN YEAR-ROUND SNEAK PREVIEW!

**Watch for details about these upcoming
Lifelong Learning Fall & Winter 2017
Classes and Field Trips!**

Classes:

Iceland

Islam

Iran vs. Saudi Arabia

Climate Change

Restoration of The Grove

Field Trips:

Florida's First Highwaymen Exhibit and Lunch at the Gadsden Arts Center and Museum
Apalachicola Tour

And More...

001 LEON SINKS HIKE**Time:** 8:30 a.m. – 1:30 p.m.**Fee:** \$25**Location:** Leon Sinks Geological Area, 7 miles south of Tallahassee on U.S. 319**Meeting Time and Location:**

- **Using your own transportation:** By 8:30 a.m., Leon Sinks Parking Lot
- **Using provided transportation:** By 8:00 a.m., Tallahassee Senior Center, Dining Room

Special Information: *Bring water, sunscreen, insect repellent, and wear comfortable walking shoes. Participants must be in good physical condition and able to hike on a 2.5-mile trail over uneven ground with tree roots and some stairs. Be prepared in case of rain. The only restroom is at the beginning / end of hike.*

Leon Sinks Geological area, located just south of Tallahassee in the Apalachicola National Forest, offers a fascinating introduction to the wonders of karst topography. Don't miss this opportunity to visit an amazing array of wet and dry sinkholes, stare into colorful pools of water, peek into a watery cave, watch a stream vanish into the underground cave system, and enjoy the biodiversity of our unique Big Bend Area. Local geologist Joe Haberfeld and Rob Williams of the Apalachee Audubon Society will lead the hike and be available to answer questions on flora and fauna of the area as well as the local geology of our world famous karst region, the Floridan Aquifer, that supplies our drinking water. Don't forget to bring your camera! Following the hike enjoy a delicious meal at the Seinyard Restaurant in Woodville.

002 TELL IT TRUE**Time:** 9 a.m. – 12 p.m.**Fee:** \$12**Location:** Tallahassee Senior Center, Activity Room

"Tell it True"! A story telling workshop will lead participants through activities that allow memories to bubble to the surface. Participants will then work with prompts to come up with at least 3 personal stories. The group will explore structure related to creative writing and storytelling. Group members will learn about storytelling opportunities, share their writing, and hear personal stories performed.

003 MEEK EATON BLACK ARCHIVES TOUR AT FAMU**Time:** 9:30 a.m. – 12 p.m.**Fee:** \$7**Location:** Meet at Tallahassee Senior Center, Dining Room

Experience a guided tour of the Meek – Eaton Black Archives in the Carnegie Library on the historic FAMU campus. In 1976, Carnegie Library became the founding home of the Black Archives Research Center and Museum. Carnegie Library is listed on the National Register of Historic Places. The majority of the center's archival holdings consist of records relating to the history of Africans and African Americans. The center has an impressive holding of manuscripts, rare books, journals, magazines, maps, newspapers, and photographs. Some of these records are unique resources that are not available anywhere else.

004 ART OF FLOWER ARRANGING**Time:** 10 – 11:30 a.m.**Fee:** \$15**Location:** Leon County Library, NE Branch, 5513 Thomasville Rd., Tallahassee**Special Information:** *All supplies included in the fee.*

Join Master Gardener, Carol Murrell, as she shares her knowledge of the art of making beautiful floral arrangements. Learn the best flowers and greenery to use to make appealing and lasting arrangements. She will also discuss plants we can grow in our local gardens that can be used in arrangements in our homes. Each participant will take home a beautiful arrangement of their own creation.

005 HISTORICAL TOUR OF CASCADES PARK BY SEGWAY**Time:** 10 a.m. – 12 p.m.**Fee:** \$45**Location:** Meet at Tallahassee Segway Tours, 1500 South Monroe St.

Special Information: *As a general guideline, people can ride a Segway if they are able to climb and descend stairs without any assistance or use of a handrail and can stand for 1 ½ - 2 hours. Tour will be outdoors. Requires good balance and ability to stand the length of the tour 1 ½ to 2 hours. Wear clothes that are easy to move in and sunscreen. Flat shoes with a secure heel are required. Safety helmets are provided for all participants.*

Burt Altman and Tallahassee Segway tours will lead us on a historical tour of Cascades Park, covering such sights as the old Waterworks Building, the Leon County Jail (formerly Firestone Bldg.), Centennial Park, Smokey Hollow, and the Edison (formerly electric plant). We'll leave from the Tallahassee Segway Tours shop where we'll provide instruction on using the Segway. Total tour time including instruction and practice will be two hours.

006 CREATIVE QUILTS: CAPITAL CITY QUILT SHOW AND TOUR**Time:** 12:45 – 2:45 p.m.**Fee:** \$7**Location:** Meet at Tallahassee Senior Center, Dining Room

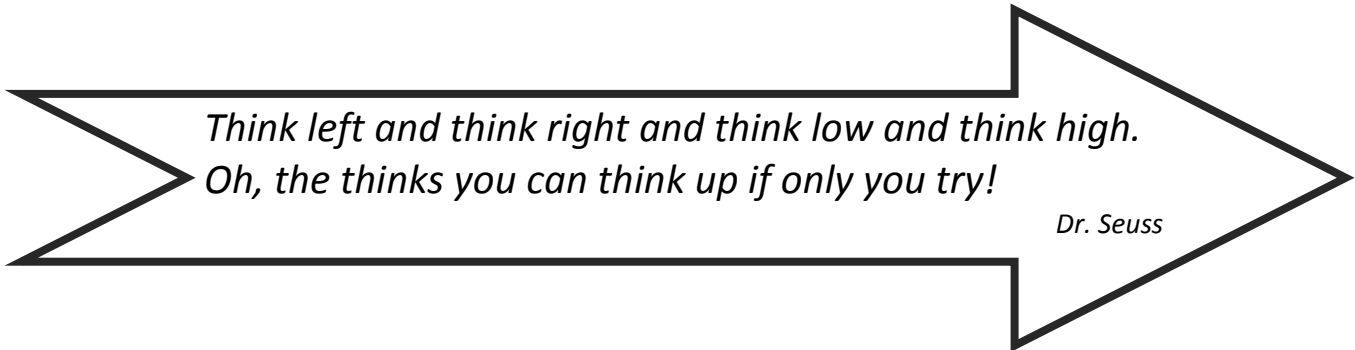
Travel to the Museum of Florida History to get a guided tour of the Capital City Quilt Show. This year's theme is *Sentimental Journey*. Take a sentimental journey through this beautiful display of over 40 hand-crafted and machine made quilts. Time will be allotted to view the other exhibits in the museum.

007 STATE ARCHIVES TREASURE TOUR**Time:** 1:30 – 3:30 p.m.**Fee:** \$10**Location:** Meet at Tallahassee Senior Center, Dining Room

Kathryn Palmer, Archives Historian, will offer a behind-the-scenes tour of the State Archives of Florida. Visitors will be escorted into the climate controlled Archives stacks, where over 50,000 cubic feet of records related to the history and government of Florida are stored. Some of the Archives' "treasures" will be on display, including a hand-colored 16th century map of Sir Francis Drake's siege on St. Augustine – the oldest item in the Archives. Basic archival practices will be explained as well as information about how patrons can use the resources at the State Library and Archives for their own research.

008 HOLOCAUST**Time:** 2 – 4 p.m.**Fee:** \$7**Location:** Tallahassee Senior Center, Activity Room

The Holocaust was a state sponsored systematic persecution and annihilation of Europe's Jews by Nazi Germany between 1933 and 1945. Millions of people who did not fit the Nazi ideal, or who opposed National Socialism were also targeted for destruction. Today, many of us ask how and why this happened in a civilized, cultured, democratic society. This course will present an overview of how the long history of anti-Semitism and the rise and actions of the Nazi Party collided to culminate in this horrific crime against humanity. Why take this course? So that you can understand and teach the next generation the consequences of apathy toward others.



*Think left and think right and think low and think high.
Oh, the thinks you can think up if only you try!*

Dr. Seuss

009 BOXING & BREWS**Time:** 2:45 – 5:15 p.m.**Fee:** \$25**Location:** Meet at Tallahassee Senior Center, Dining Room

Visit Train-Fight-Win MMA and Fitness gym where co-owner Sky Rudloe, will enlighten participants in the various techniques, skills, and strategies needed to compete in the popular sport of Mixed Marshal Arts. Coaches from the gym will demonstrate some of their techniques. After the presentation at the gym, we will head over to Grasslands Brewery where owner Gabe Grass will lead us on a tour of the brewery, a guided sampling of their craft beers, and a questions and answer session.

010 A LIFE OF SORROW - THE LIFE AND TIMES OF CARTER STANLEY**Time:** 4 – 6:30 p.m.**Fee:** \$20**Location:** Tallahassee Senior Center, Auditorium

A theatrical, one-person play that combines storytelling and music to bring to life a long-deceased Appalachian mountain music treasure. As one-half of the legendary Stanley Brothers duo, Carter Stanley was at the forefront in the development of the style of music known today as bluegrass. He wrote the songs, he played the music, and... he self-destructed. Gone from the music scene for 50 years, his legacy is largely forgotten. *A Life of Sorrow* affords today's audiences an opportunity to connect with the man behind the music. He was known to Florida audiences in the late 1950s/early '60s through TV shows in Jacksonville, Tallahassee, Orlando, Tampa, and Fort Myers that were sponsored by Jim Walter Homes. Meet and greet reception with instructor Gary Reid following the performance. Appetizers and drinks will be served.

***“The excitement of learning separates youth from old age.
As long as you’re learning, you’re not old.”***

Rosalyn S. Yalow

011 THE FASCINATING CULTURE OF ARTISANAL CHEESE**Time:** 5:30 – 8:30 p.m.**Fee:** \$42**Location:** Liam's Restaurant, 113 E. Jackson St., Thomasville, GA**Meeting Time and Location:**

- **Using your own transportation:** By 5:30 p.m. at Liam's
- **Using provided transportation:** By 4:30 p.m. at Tallahassee Senior Center, Dining Room

Rhonda Foster, owner of Liam's Restaurant and cheese connoisseur extraordinaire, will lead participants on an exploration of the current farmstead cheese revolution. Come, learn all about it -- the intriguing history of cheese, how it's made, different milks available for cheese making, qualifications needed for cheese certification, and much more. Ms. Foster will teach participants how to create a beautiful, balanced cheese board and offer advice on accompaniments and beverage pairings. Participants will also sample a wide variety of cheeses from around the world, along with accompaniments, beer and wine pairings. This is a special evening that promises to please cheese novices, cheese aficionados, and the ever-curious. Say cheese!

012 NATIONAL WEATHER SERVICE TOUR AND WEATHER BALLOON LAUNCH**Time:** 5:30 – 7:30 p.m.**Fee:** \$10**Location:** Meet at Tallahassee Senior Center, Dining Room**Special Information:** *Note that accessing the balloon launch requires climbing one flight of stairs.*

This is a unique opportunity to visit the National Weather Service office located on the FSU campus. The tour will include the main operations area where staff will demonstrate the computer systems we use to forecast the weather and issue severe weather warnings. We will also experience the launch of a weather balloon at 7 PM EDT.

013 HEALING SOUND JOURNEY WITH METAMORPHOSIS**Time:** 6:30 – 8 p.m.**Fee:** \$25**Location:** Abundance Wellness Center, 325 John Knox Rd., Building T, Tallahassee**Special Information:** *Your comfort during Sound Journey is important to us. Wear comfortable clothing and bring a pillow, blanket and or a mat to make yourself comfortable. Participants usually lie down but sitting is also an option.*

Metamorphosis invites you to come relax and recharge as you listen and experience the healing waves and harmonic frequencies created by the sounds of Himalayan singing bowls, gongs, drums, rattles, flutes, chimes, and bells. The transformative power of these instruments rests in sustained harmonic tones and frequencies that invite physical relaxation, mental clarity, and emotional well-being. Coupled with focused intention, a healing sound journey will relieve the effects, stress, anxiety, and disharmony and bring about a sense of peace, harmony, and balance within body, mind, and spirit.

014 DANCING WITH AGELESS ELEGANCE**Time:** 7 – 9 p.m.**Fee:** \$7**Location:** Tallahassee Senior Center, Auditorium**Special Information:** *Wear comfortable clothing that allows movement and comfortable footwear with socks.*

Come and spend a couple of hours learning basic dance steps (including ballet or contemporary and liturgical dance forms). Experience the joy of motion through positive movement, thoughts, emotions while radiating the attitude of well-being. A special piece of choreography for the participants will be performed to *Kinder* at the closing of the program. Participants do not need previous dance experience to attend this session. The session will be led by Aurora Torres-Hansen, local dance teacher, choreographer and Artistic Director of the Tallahassee Community College Dance Company.

015 SAVING WAKULLA SPRINGS OVERLAND TOUR**Time:** 9 a.m. – 2 p.m.**Fee:** \$30**Location:** Various**Meeting Time and Location:** By 8:30 a.m. at the Tallahassee Senior Center, Dining Room**Special Information:** *Picnic lunch included!* Bring water, sunscreen, insect repellent and wear comfortable walking shoes.

Don't miss this unique opportunity to follow the amazing underground journey of our precious water "blue gold" with noted biologist, Jim Stevenson, former chief biologist for Florida State Parks. This fascinating tour traces the journey southward of our water from Tallahassee to the world famous Wakulla Springs. Peer into our underground aquifer through pristine sinkholes not accessible to the general public. This is a journey that everyone who lives in our beautiful Big Bend region should experience. We will end with a picnic lunch!

"These people have learned not from books, but in the fields, in the wood, on the river bank. Their teachers have been the birds themselves, when they sang to them, the sun when it left a glow of crimson behind it at setting, the very trees, and wild herbs."

—Anton Chekhov, "A Day in the Country"

016 BIRDSONG NATURE CENTER HIKE, TOUR, & LUNCH**Time:** 9 – 11:30 a.m.**Fee:** \$19**Location:** Birdsong Nature Center, 2106 Meridian Rd., Thomasville, Georgia**Meeting Time and Location:**

- **Using your own transportation:** By 9 a.m. at Birdsong Nature Center
- **Using provided transportation:** By 8:15 a.m., Tallahassee Senior Center, Dining Room

Special Information: *Will be outdoors and walking a lot so please dress and prepare accordingly. Sunscreen and insect repellent also recommended.*

Birdsong Nature Center's 565 acres of wildflower meadows, forests, ponds, and swamps are home to a myriad of birds and other wildlife. Experience a guided hike on the nature trails, visit the extraordinary bird window where over 160 species of birds have been sighted, enjoy the colorful butterfly garden, and tune into the sounds of nature at the Listening Place, a screened pavilion overlooking Big Bay Swamp. A picnic lunch will be provided.

017 INTRODUCTION TO BALINESE GAMELON MUSIC: A HANDS-ON WORKSHOP**Time:** 9:30 a.m. – 12 p.m.**Fee:** \$10**Location:** Meet at Tallahassee Senior Center, Dining Room**Special Information:** www.michaelbakan.com

It's loud. Instructor will provide disposable earplugs. Sitting cross-legged on the floor is customary on most of the instruments. Some instruments use chairs and they can set other instruments up for chair seated if necessary.

Learn about one of the world's greatest musical traditions as you play FSU's hand-crafted gamelan instruments with Dr. Michael Bakan, FSU Professor of Ethnomusicology, Head of World Music Ensembles Program, and director of the Sekaa Gong Hanuman Agung Balinese Gamelan and Omnimusica Intercultural ensembles. You will learn to play the music and appreciate the Hindu-Balinese religion, symbolism, and cultural life.

018 FROM FREEDMEN TO FREE MEN: BLACK POLITICAL LEADERS IN TALLAHASSEE & LEON COUNTY FROM THE CIVIL WAR TO PRESENT**Time:** 10 – 11:30 a.m.**Fee:** \$7**Location:** Tallahassee Senior Center, Activity Room

This class is a history of African-American political leaders who spearheaded the Civil Rights movements in Tallahassee and Leon County from the Civil War to present-day. It will describe their struggles and achievements, and highlight the men and women who have held public offices in city, county, and state government. Don't miss this opportunity to learn about a relatively unknown aspect of our local history.

019 HAPPY GOATS MAKE HAPPY SOAP! (1)**Time:** 11 a.m. – 1 p.m.**Fee:** \$10**Location:** Tallabred Farms, 9039 Deep Well Trail, Tallahassee**Meeting Time and Location:**

- **Using your own transportation:** By 11 a.m. at Tallabred Farms
- **Using provided transportation:** By 10:15 a.m. at Tallahassee Senior Center, Dining Room

Special Information: *This class is also offered on Weds., 11 – 1 and Thur., 11 – 1; feel free to bring a bag lunch.*

Travel to Tallabred Farms in Tallahassee to see how to create a natural, moisturizing bar of goat milk soap. Meet the goats. Learn about the milking process and turning it into a finished product. Discover the benefits of using different base oils and essential oils in natural skin products and pet soaps. Soaps and oils will be available for purchase at a discounted rate. Participants are encouraged to bring their lunch and picnic in the raised gardens in front of the shop.

OLLIE SHOWCASE

Time: 1 – 3:30 p.m.**Fee:** NA**Location:** Turnbull Center at FSU, 555 W. Pensacola St.**Special Information:** *We avoided scheduling too many L3X classes during this time as we strongly encourage you to attend this event!*

OLLI at FSU is a scholarly and exciting program of classes targeted to mature adults who want to learn in a stress-free environment where there are no tests and no homework. Come and listen as Fall 2017 instructors describe their upcoming courses and learn more about OLLI's exciting clubs and activities.



020 UNDERSTANDING ISLAM

Time: 1 – 3 p.m.**Fee:** \$10**Location:** Islamic Center of Tallahassee, 3617 Old Bainbridge Rd.**Meeting Time and Location:**

- **Using your own transportation:** By 1:00 p.m. at Islamic Center of Tallahassee
- **Using provided transportation:** By 12:30 p.m. at Tallahassee Senior Center, Dining Room

Special Information: *Please have shoes that remove easily and wear clothing appropriate for a religious service (no shorts, short sleeve shirts, torn clothing etc.)*

Take an escorted tour to the Islamic Center of Tallahassee to meet with Iman Amro Abdullah who will provide an explanation of Islam. Meet members of the Islamic Center. The Purpose of trip is to promote better understanding of Islam by people in Tallahassee and to provide members of the Islamic Center the opportunity to meet our Seniors.

021 DESTINATION FLORIDA

Time: 2:45 – 4:45 p.m.**Fee:** \$7**Location:** Meet at Tallahassee Senior Center, Dining Room

Destination: Florida: A 30-minute theater presentation, at the museum of Florida History, on the history of tourism in Florida, beginning with 1800s steamboat safaris, the development of railroads and destination hotels, and the shift to automotive tourism by tin can campers and motorists visiting roadside attractions of the 1960s. Time will be allotted to visit other museum exhibits.

022 AN EVENING IN SPAIN**Time:** 7 – 10 p.m.**Fee:** \$40**Location:** Tallahassee Senior Center, Auditorium

Relax and enjoy an evening of Spanish food, music, and entertainment with cuisine from Real Paella Catering. The meal will include the colorful Paella Mixta which is pearl rice cooked with saffron, Spanish olive oil, local fresh vegetables, chicken, and seafood or vegetarian paella. There will be Spanish wine, a fresh Spanish salad and delicious flan for dessert. Entertainment will include beautiful Spanish guitar music.

**ARE WE HAVING FUN YET?**

If so, please consider joining the Tallahassee Senior Center Foundation if you are not already a member! It is because of generous support of our members & sponsors that we are able to offer programs like this! Thank you for your consideration!

YOUR MEMBERSHIP SUPPORTS:

- 450 Visitors a Day
- 4,500 Monthly Participants
- Active Adults of all ages
- 400 Volunteers

FOUNDATION MEMBER BENEFITS

- **BRONZE KEY HOLDERS & higher**, receive 2 tickets (\$45 value) to our Signature ***Deck the Halls!***
- **MEMBERS only access to Early Registration** for L3X!
- **ADVANCED NOTICE** of tickets to Senior Center special events such as Welcome Receptions, Silver Stars, and Deck the Halls
- **ANNUAL** Membership Appreciation

SENIOR CENTER ACTIVITIES, PROGRAMS & FUNDRAISERS:

Active Living Expo • Bridge • Center for the Arts • Charity Balls • Craft Classes • Dance • Deck The Halls • Fitness Classes • Grandparents as Parents • Health Screenings • Leon County Lunch & Learn • Senior Games • Silver Stars • Southside Senior Days • AND MUCH MORE!

YOUR MEMBERSHIP HELPS:

Enhance

LifeLong Learning

Enrich

Lives of Active Adults

Active Adults

Fitness & Wellness

Recreation

Social Fitness

Support Hundreds

Of Activities for Area Seniors!

YES, I/WE WANT TO SUPPORT OUR SENIOR CENTER:

Adult (age 55+) - \$25 ☐

Friend (Under 55) - \$35 ☐

Senior Couple - \$40 ☐

Name: _____ Address: _____

City: _____ State: _____ Zip: _____ Phone: _____

E-mail: _____ Amount Enclosed: _____

Key Holder Memberships: \$120 \$240 \$540 \$1,020 \$1,500 \$2,520 \$5,040

In appreciation or honor of: _____

Please make checks payable & mail to: TSC Foundation, 1400 N. Monroe St., Tallahassee, FL 32303

Donations are tax deductible! Donation referred by: _____

Now you can renew on-line! Choose from one time or recurring payments at:

www.TallahasseeSeniorFoundation.org

023 BIRD WATCHING FOR BEGINNERS**Time:** 8 – 10 a.m.**Fee:** \$10**Location:** Meet at Tallahassee Senior Center, Dining Room by 7:45 am**Special Information:** *Outdoors. Wear comfortable walking shoes and insect repellent. Binoculars recommended but not necessary.*

North Florida is a paradise for birders, with over 300 species recorded in Leon County alone. Learn the basics of birding, from practical advice about field guides and binoculars to the identification of some common and conspicuous birds in our area. The group will travel from the Senior Center to Okeeheepkee Prairie Park off North Monroe. Rob Williams, of the Apalachee Audubon Society, will lead participants on a short walk around a wetland marsh near Lake Jackson.

024 FLORIDA FRIENDLY LANDSCAPING**Time:** 9 – 11 a.m.**Fee:** \$10**Location:** Leon County Extension Office, 615 Paul Russell Rd., Tallahassee**Meeting Time and Location:**

- **Using your own transportation:** By 9 a.m., Leon County Extension Office
- **Using provided transportation:** By 8:45 a.m., Tallahassee Senior Center, Dining Room

Special Information: *Participants should wear comfortable shoes for walking. Outdoor walk will last approximately 45 minutes to an hour. Water and light refreshments will be provided.*

Mark Tancig, Horticulture Agent at the UF/IFAS Leon County Extension Office, will provide an introduction to the Florida-Friendly Landscape Program with an inside lecture followed by a tour of the fascinating demonstration gardens at the Extension Office. The class will run for two hours. Participants will receive educational materials to take home with them.

025 ROPE MAKING AT MISSION SAN LUIS**Time:** 10 a.m. – 1 p.m.**Fee:** \$20**Location:** Mission San Luis, 2100 West Tennessee St. Meet at the admissions window.**Special Information:** *This event is outdoors but will be in a shaded area. Bring water and wear comfortable, closed-toed walking shoes.*

Immerse yourself in 17th century Spanish and Native American culture at Mission San Luis and learn a traditional skill from the past. This workshop introduces participants to making rope from three materials: Spanish moss, yucca leaves, and mulberry bark found onsite. The simple reverse twist to ply cordage will be taught using techniques that the Apalachee people used and that have been around for thousands of years. Fee includes admission to the historic site and museum.

026 MAGNETS EXPLORE MATERIALS, ENERGY, & LIFE**Time:** 10 a.m. – 2 p.m.**Fee:** \$15**Location:** National High Magnetic Field Laboratory, 1800 E. Paul Dirac Drive, Innovation Park, Tallahassee**Meeting Time and Location:**

- **Using your own transportation:** By 10 a.m. at the National High Magnetic Field Lab in the entrance hall,
- **Using provided transportation:** By 9:30 a.m., Tallahassee Senior Center, Dining Room

Special Information: *Lunch is included*

Tallahassee is home to the National High Magnetic Field Laboratory, the largest and highest powered lab of its kind in the world! This is your chance to see how they design and construct the world's most powerful magnets and use them as research tools to explore new materials, find energy solutions, and understand the cells that underlie life itself. Take a tour through the facility and make your own magnet during our class! Also, enjoy the chance to have lunch with MagLab experts to learn more about some of the groundbreaking research conducted around the lab.

**027 BACKWOODS CROSSING: FARM TO TABLE TOUR & LUNCH****Time:** 11 a.m. – 2 p.m.**Fee:** \$26**Location:** Backwoods Crossing Restaurant, 6725 Mahan Dr., Tallahassee**Meeting Time and Location:**

- **Using your own transportation:** By 11 a.m. at Backwoods Crossing Restaurant
- **Using provided transportation:** By 10:30 a.m., Tallahassee Senior Center, Dining room

With its fresh fare, homey atmosphere and farm concept, Backwoods Crossing is a special dining experience. Take advantage of this unique opportunity to tour the gardens at Backwoods Crossing and learn about their mission to serve fresh, locally grown food. Following the tour, enjoy a delicious lunch in the restaurant's private dining room.

028 HAPPY GOATS MAKE HAPPY SOAP (2)!**Time:** 11 a.m. – 1 p.m.**Fee:** \$10**Location:** Tallabred Farms, 9039 Deep Well Trail, Tallahassee**Special Information:** *This class is also offered Tues., 11 – 1 and Thur., 11 – 1*

Travel to Tallabred Farms in Tallahassee to see how to create a natural, moisturizing bar of goat milk soap. Meet the goats. Learn about the milking process and turning it into a finished product. Discover the benefits of using different base oils and essential oils in natural skin products and pet soaps. Soaps and oils will be available for purchase at a discounted rate. Participants are encouraged to bring their lunch and picnic in the raised gardens in front of the shop.

**029 KAYAK ECO TOUR****Time:** 12 – 4 p.m.**Fee:** \$35**Location:** Meet at Tallahassee Senior Center, Dining Room

Special Information: *You will be on the water 3 – 4 hours. Be sure to eat lunch before the trip. Bring water and light snacks in plastic bags. Wear swim suit or quick drying clothing and water shoes or sandals, sunscreen, and insect repellent. There will be opportunities to swim if you choose.*

The Big Bend area has great waterways for kayaking. Don't miss this opportunity to get a basic introduction to this popular activity. Learn basic paddling techniques and kayak maneuvering as we visit springs and explore the flora and fauna of the scenic upper Wacissa River.

030 TRAVELING TO WILD PLACES**Time:** 1 – 2 p.m.**Fee:** \$7**Location:** Tallahassee Senior Center, Activity Room

Did you ever wonder what it would be like to travel to wild and exotic places? Join world traveler, Rhonda Work as she shares experiences, photos, and tales of adventure from some of the wild and exciting places to which she has traveled.

031 LOSE YOURSELF IN ZENTANGLE**Time:** 1 – 4 p.m.**Fee:** \$12**Location:** Tallahassee Senior Center, Art Studio**Special Information:** *All supplies included in the fee.*

The relaxing Zentangle® process, will guide you to focus on your unique, fun, artistic expressions...one stroke at a time. With a pen, and pencil on square paper tiles, discover, explore and create beautiful patterns inspired by the world around you. There are no mistakes in this art form. Participants will complete a tile and the instructor will demonstrate other directions that this art form can take.

032 FARM TO TABLE COOKING CLASS**Time:** 2:30 – 5:30 p.m.**Fee:** \$30**Location:** KitchenAble Cooking School, 1635 N Monroe St., Lake Ella Cottages, Tallahassee

Meet at KitchenAble Cooking School for a brief introduction then wander over to the Lake Ella Grower's Market to meet some of our local producers and learn about shopping at a farmer's market. Afterward, we'll head back to the cooking school and prepare a few fresh and flavorful dishes to "taste" including a fresh green salad, roasted vegetables, and our famous skillet cornbread with locally ground cornmeal and local honey.

033 VOICES OF CIVIL RIGHTS LAWYERS**Time:** 3 – 4:30 p.m.**Fee:** \$7**Location:** Tallahassee Senior Center, Activity Room

While bus boycotts, sit-ins, and other acts of civil disobedience were the engine of the Civil Rights movement, the law was a primary context. Lawyers played a key role amid profound social upheavals. Tallahassee attorney Kent Spriggs discusses the anthology that he edited called *Voices of Civil Rights Lawyers*. The twenty-six contributors to this volume reveal what it was like to be a southern civil rights lawyer in this era. The period covered is 1964-80 with emphasis on the late 60s. These attorneys were among those most involved in desegregating schools, establishing voting rights and attacking discrimination in the workforce.

034 TRADITIONAL AFTERNOON TEA**Time:** 4 – 6 p.m.**Fee:** \$37**Location:** English Rose Café, 107 West 7th Ave., Havana**Meeting Time and Location:**

- **Using your own transportation:** By 4 p.m. at the English Rose Café
- **Using provided transportation:** By 3:15 p.m. at the Tallahassee Senior Center, Dining Room

Dress up in your favorite hat or fascinator and enjoy a traditional afternoon tea in the beautiful English Rose Café in Havana. The English Rose Café is an authentic English Tea Room run by British owners. Full afternoon tea consists of a 3-tier plate consisting of finger sandwiches and savories, scones with English preserves and Devonshire clotted cream, petit cakes and a pot of tea from the tea menu.

035 COCKTAIL MAKING IN COLLEGE TOWN**Time:** 4:45 – 7:15 p.m.**Fee:** \$22**Location:** Meet at Tallahassee Senior Center, Dining Room

Learn how to mix some exciting drinks and kick your social gatherings up a notch! Enjoy a relaxing educational program on learning how to make different cocktails by the knowledgeable staff of Centrale Pizza, Parm, & Bar and Social Events Catering. Sample a Chef's cheese plate and the three featured cocktails then select your favorite cocktail to enjoy in full size.

036 WINE, CHEESE, & FLORIDA HISTORY**Time:** 4:45 – 7:15 p.m.**Fee:** \$22**Location:** Meet at Tallahassee Senior Center, Dining Room

“The Florida Historic Capitol Museum serves to illuminate the past, present, and future connections between the people of Florida and their political institutions through programs of civic education, historic interpretation, and preservation.” Join the museum staff for a private, small group tour where you get to learn about the history and architecture of the different sections of the museum while enjoying delicious cheeses and wines at each stop. Get a special exclusive preview of the new exhibit which opens the next day.

037 REVOLUTION & EVOLUTION: APPRECIATING AMERICAN FOLK MUSIC, OLD AND NEW**Time:** 6:30 – 8:30 p.m.**Fee:** \$30**Location:** The Blue Tavern in Midtown 1206 N. Monroe St., Tallahassee

Meet at the Blue Tavern in Midtown. “Folk music” is so much more than Peter, Paul & Mary! American folk is actually a wellspring, sourced by blues, jazz, bluegrass, soul, roots and rock & roll. Through narration and performance, this program will explore the origins, history, styles, individuals, influences, and movements that produced and evolved into this genre known as *Contemporary New American Folk or Americana*. Led by “the real deal” Frank Lindamood, you will acquire a deeper understanding and appreciation of the role that Americana music has played in reflecting and shaping American culture. Frank is truly an American treasure, master banjo/resonator/guitar player, and world-class singer/songwriter. Southern soul dinner included at the Blue Tavern. Cash bar for drinks.

038 OLD CITY CEMETERY TOUR**Time:** 8:45 – 11:15 a.m.**Fee:** \$10**Location:** Meet at Tallahassee Senior Center, Dining Room**Special Information:** *You will be walking on uneven surfaces. Be sure to wear comfortable walking shoes, sunscreen, insect repellent, and bring water.*

Join Barbara Clark, an expert from the Florida Public Archaeology Network, on a fascinating walking tour of the Tallahassee Old City Cemetery. Learn the meanings of common symbols that are found in historic cemeteries and how they are used in historic research. The Old City Cemetery was established in 1829 and reflects the rich history and development of Tallahassee.

**We are not makers of history.
We are made by history.**

Martin Luther King, Jr.

039 WALKING WITH MASTODONS**Time:** 9 a.m. – 12 p.m.**Fee:** \$35**Location:** Wakulla Springs State Park, 465 Wakulla Park Dr, Crawfordville**Meeting Time and Location:**

- **Using your own transportation:** By 9 a.m. Wakulla Springs State Park parking lot
- **Using provided transportation:** By 8:15 a.m., Tallahassee Senior Center, Dining Room

Special Information: *A picnic lunch is included. Bring water and wear sunscreen, insect repellent, and comfortable walking shoes.*

How would you survive in a world of giant elephants, ground sloths, and bison? How would you keep the dire wolves at bay? Join well known Florida archaeologist, Dr. Jim Dunbar and noted historian, Dr. Madeleine Carr on this fascinating journey back in time as you float over the spring in the Glass Bottom Boat Henry. Then explore the grounds on a historical walk through the park. Discover what made Florida exceptionally different when mastodons made Wakulla their home and learn the relevance of the river to the history of the area from 1528 – 1937.

040 “WE’RE GETTING THERE:” THE WHAT, WHEN, WHY, & HOW OF TRAVEL**Time:** 9:30 a.m. – 12:30 p.m.**Fee:** \$7**Location:** Tallahassee Senior Center, Activity Room

Penny Young will present and lead a discussion on how to prepare for and reveling in travel – physical fitness; mental readiness; openness for adventure; and practicalities. She will use illustrations and examples from her own experiences at home and abroad: Hiking the El Camino Trail; Macchu Pichu, Peru; safari in Amboseli National Park, Kenya; shopping in Istanbul’s ancient market; discovering family roots in Norfolk, England; wading barefoot in the waters of the Sea of Galilee; reading her short story in a bookstore in London, England; splashing down a path in El Yunque rainforest, Puerto Rico; braving a winter storm down the Grand Canyon, Arizona; and more...Participants will share and exchange their queries, answers, challenges, and solutions for the delight and benefit of all. Penny will provide visuals, maps, and refreshments.

**041 PINE NEEDLE BASKET MAKING****Time:** 10 a.m. – 12 pm**Fee:** \$20**Location:** Mission San Luis, 2100 West Tennessee St., Tallahassee Meet at the admissions window.

Special Information: *This event is outdoors, but will be in a shaded area. Bring water and wear comfortable, closed-toed walking shoes.*

Immerse yourself in 17 century Native American lifestyle and culture while you express your creativity. Pine needle basketry is one of the oldest-known coiled basketry techniques and one which many cultures have practiced. In this workshop, participants will learn the basic techniques of making coils from pine needles and stitching them together with natural fibers to make a simple basket. Fee includes admission to the historic site and museum.

042 SAVOR THE SOUTH**Time:** 10 a.m. – 1:30 p.m.**Fee:** \$25**Location:** South Eden Plantation, 301 Showboat Lane, Thomasville, GA**Meeting Time and Location:**

- **Using your own transportation:** By 10 a.m. at South Eden Plantation
- **Using provided transportation:** By 9:15 a.m. at Tallahassee Senior Center, Dining Room

Special Information: *Wear comfortable walking shoes.*

Visit the beautiful and historic South Eden Plantation for lunch, historical lecture, and tour. South Eden Plantation is a boutique resort set in the heart of the South. Originally spanning 1500 acres in the Red Hills Region of South Georgia the site was first known in 1825 as the Coalson Plantation. Anne McCudden of the Thomasville Historical Museum will give a presentation on the history of the Plantation.

043 HAPPY GOATS MAKE HAPPY SOAP! (3)**Time:** 11 a.m. – 1 p.m.**Fee:** \$10**Location:** Tallabred Farms, 9039 Deep Well Trail, Tallahassee**Special Information:** *Also offered Tues., 11- 1 and Weds., 11 – 1; feel free to bring a bag lunch.*

Travel to Tallabred Farms in Tallahassee to see how to create a natural, moisturizing bar of goat milk soap. Meet the goats. Learn about the milking process and turning it into a finished product. Discover the benefits of using different base oils and essential oils in natural skin products and pet soaps. Soaps and oils will be available for purchase at a discounted rate. Participants are encouraged to bring their lunch and picnic in the raised gardens in front of the shop.



044 BEHIND THE BRUSH: THE LIFE & WORKS OF DEAN GIOIA**Time:** 1 – 3 p.m.**Fee:** \$10**Location:** Artist's Studio, 3739 Bobbin Brook Way, Tallahassee**Meeting Time and Location:**

- **Using your own transportation:** By 1 p.m. at the Artist's Studio
- **Using provided transportation:** By 12:30 p.m., Tallahassee Senior Center, Dining Room

Special Information: *There are 6 stairs to the front door and then a steep staircase (with handrail) leading to studio. Not ADA.*

Spend an intimate afternoon in the studio with Florida's living master of light and paint. Treasured local artist Dean Gioia (pronounced Joya) has devoted his career to capturing the light of North Florida on canvas. He will discuss the creation, process, and intention of his sumptuous paintings which find their way into the human psyche, awakening memory, preserving moments and places seemingly frozen in time. His work is in galleries, museums, businesses, boardrooms, and private collections across the country. Gioia has also recently published his second book, "Illuminated", that features 99 of his paintings of the last two decades.

**"You can never get a cup of tea large enough
or a book long enough to suit me."**

— C.S. Lewis

045 AFTERNOON TEA & TREATS**Time:** 1 – 3 p.m.**Fee:** \$30**Location:** KitchenAble Cooking School, Lake Ella Cottages, 1635 N Monroe St., Tallahassee

Come to KitchenAble at Lake Ella for a Proper pot of tea. Learn the lore of proper tea brewing, make and taste a tasty tea sandwich (watercress and tomato with basil butter), enjoy Jessica's famous scones with clotted cream (and berries) and delight in a delicious shortbread recipe from Scotland. The menu will include a delicious helping of these traditional tea treats and our custom blended, loose leaf tea.

046 "ON STAGE" & "BEHIND THE SCENES:" TOUR OF THE FSU MUSEUM OF FINE ARTS**Time:** 1:15 p.m. – 3:15 p.m.**Fee:** \$10**Location:** Meet at Tallahassee Senior Center, Dining Room**Special Information:** *Wear comfortable walking shoes.*

Tour of two exhibitions: On stage look at *The 32nd Annual Tallahassee International & Visions of the Nazca* as well as behind-the-scenes look at the permanent collection. The Visions of the Nazca exhibition presents a group of pre-Columbian ceramic items curated from the Carter Collection, which is held at the FSU Museum of Fine Arts for the Anthropology Department. The 29 selected ceramic objects were produced by the Nazca civilization which flourished between the first and seventh centuries AD on the southern coast of Peru. Nazca pottery features stunning naturalistic and mythological designs on thin-walled vessels in a variety of shapes. In researching the materials, the participants focus on the evolution of Nazca ceramics over time, as well as the cultural and religious significance of the painted motifs. After visiting the Nazca collection, enjoy a rare behind the scenes look at the museum's permanent collection.

047 ALL ABOUT SHARKS**Time:** 1 – 6 p.m.**Fee:** \$17**Location:** Meet at Tallahassee Senior Center, Dining Room**Special Information:** *Bring water and wear insect repellent and comfortable walking shoes*

When most people think of sharks they picture solitary hunters like the great white in the movie Jaws. Did you know that there are over 500 species of sharks, that sharks are vital to the oceans' health, and are an important part of the marine biome? Many shark species are currently endangered. Travel to the Gulf Specimen Marine Lab in Panacea where marine biologist Leslie Breland will inform us on the amazing variety of sharks. Observe sharks on display at the lab and learn about their feeding habits and behavior. There will be time to view the other exhibits at the lab.

048 FSU MASTER CRAFTSMAN STUDIO TOUR**Time:** 2:30 – 5 p.m.**Fee:** \$10**Location:** Meet at Tallahassee Senior Center, Dining Room

Master Craftsman Studio is a unique university auxiliary associated with Florida State University's Facilities Department. Faculty, staff, and students specialize in designing, creating, and fabricating one-of-a-kind custom art pieces for the campus and other clients. The program was the first of its kind in the United States. One of their most well-known pieces is the "Declaration" art piece located in the round-about on Gaines Street. Here is your opportunity to have an exclusive tour of this facility to see how the artists create these unique pieces.

049 “SWEET HOBBY:” HONEY BEES & BEEKEEPING**Time:** 6 – 7 p.m.**Fee:** \$7**Location:** Tallahassee Senior Center, Activity Room

No other insect has served the needs of humans like the honey bee. Honey bees pollinate an estimated one third of all the food crops we consume. Join Beth Parramore of the Apalachee Beekeepers Association to learn about these amazing insects and the fascinating hobby of beekeeping. The class will include honey tasting and an observation hive where participants can safely observe these marvelous creatures as they go about their daily activities.

050 ALL THAT JAZZ, AGAIN**Time:** 6:45 – 9:15 p.m.**Fee:** \$35**Location:** Meet at Tallahassee Senior Center, Dining Room

Back by popular demand, enjoy a leisurely evening of entertainment with extraordinary students from the FSU Jazz Studies program. Learn about jazz and hear familiar tunes in this intimate “listening room.” Located in the heart of historic Frenchtown, B Sharp's occupies the beautifully renovated Women's Working Band Building, built in 1921 and on the National Registry of Historic Places. Enjoy hors d'oeuvres and beverages while reminiscing over your favorite jazz tunes at this hidden gem in Tallahassee.

051 EXPERIENCE THE CAROLINA SHAG**Time:** 7 – 9 p.m.**Fee:** \$17**Location:** Tallahassee Senior Center, Auditorium

Special Information: *Participants should bring dance shoes or hard-soled shoes (flats for women and loafers for men). Depending on the registration mix (number of women vs. men), we can provide some dance partners for those without partners.*

If you can imagine the beach, sand between your toes, a cold drink, great music, and a hot date... then learn the smooth rhythmic steps of Carolina Shag. A dance of the South, Carolina Shag is a form of swing that you can dance for your entire life. You'll love the rhythm and blues basics of beach music and feel the need to move your feet. We'll introduce you to the dance, its history, some basic steps, and the resources for your continued learning and enjoyment. Many studies have promoted the long-term benefits of dance on health and well-being. Carolina Shag is a perfect way to get started. Come out, bring your dance partner if you can, but a partner is not necessary. We have some avid "Carolina Shaggers" who love to dance.

052 STRESS & ANXIETY: FRIEND OR FOE DURING AGING?**Time:** 9:30 – 11 a.m.**Fee:** \$10**Location:** Tallahassee Senior Center, Activity Room

Don't let stress and anxiety take time out of your golden years! The purpose of this course is to clarify the essences of the stress and anxiety responses and to explain their differences, possible causes and effects. Particular reference will be made to the aging process. Common strategies for the management and beneficial employment of these phenomena will also be addressed.

053 GUIDED TOUR OF THE GROVE MUSEUM**Time:** 9:45 – 11:15 a.m.**Fee:** \$7**Location:** Meet at Tallahassee Senior Center, Dining Room**Special Information:** *Comfortable walking shoes are recommended.*

Set atop a commanding hill, surrounded by towering magnolias and sprawling live oaks, The Grove Museum in Tallahassee explores the legacy of nearly two centuries of the Call and Collins families, who as public servants, preservationists, and entrepreneurs left an indelible mark on Florida and our nation's history. Enjoy a guided tour of the house and grounds and experience the significance of this incredible home.

054 OLD WORLD CRAFTSMANSHIP: BUILDING GUITARS & MANDOLINS BY HAND**Time:** 10 – 11:30 a.m.**Fee:** \$15**Location:** 1649 Lake Ella Dr.**Special Information:** *This program includes 60 minutes of standing. There may be a few chairs available during the presentation, but space is very limited.*

This program invites you into a sunny studio on Lake Ella for a private tour of Tallahassee's only working luthier shop, where exquisite one-of-a-kind guitars and mandolins are built by hand in a timeless tradition from raw and repurposed materials. The partners/luthiers, Danny Goddard and Debra Amesqua, will elaborate on and demonstrate the entire process of hand-building instruments, from inception to completion. As a finale, Danny, a true renaissance man (professor of Geology, artist, luthier, and accomplished musician) will perform a few tunes on one of his own creations.

CLOSING LUNCHEON

“Artistic Science & Scientific Art”

Featuring

Dr. Greg Boebinger

12:00 – 2:00 p.m.

at the

Tallahassee Senior Center

1400 N. Monroe St. ~ 891-4000

~\$12.00~



Dr. Greg Boebinger has been the director of the National High Magnetic Field Laboratory since 2004. The Mag Lab is the world leading magnet laboratory, developing and operating high magnetic field facilities that more than 1400 scientists use annually for research in physics, biology, bioengineering, chemistry, geochemistry, materials science, and engineering. Dr. Boebinger continues his own research on high-temperature superconductors using the intense magnetic fields to suppress super conductivity. He has received numerous awards and was recently named a fellow of the American Academy of Arts and Sciences. Dr. Boebinger is keenly interested in communicating science to the general public. He has appeared on the History Channel and Discovery Channel and has written articles for Physics Today and Scientific American. He has a special interest in the historical development of materials research and the interplay of the Arts and Sciences.





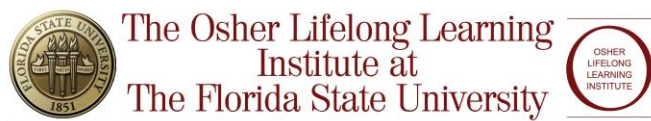
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