

Tallahassee Senior Center

9th ANNUAL REGIONAL



SEPTEMBER 4 – 28, 2018

An eXciting month of

Classes ~ Tours ~ Field Trips ~ Entertainment

eXploring

Arts ~ Culture ~ History ~ Nature ~ Science



eXPLORE ~ eXAMINE ~ eXPERIENCE



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Tallahassee Moose Lodge 1075



2018 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 non-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 2018 possible!



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

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!

- **Online registration** with a credit card is the quickest and most efficient way to register!
- 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 – classes cannot be held.
- **NO REFUNDS** will be provided unless the class is cancelled!
- 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 bring your own refillable water bottle.
- 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

Mon. – Fri., 8:00 a.m. – 5:00 p.m.

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

FALL & WINTER 2018 “SNEAK PEAK”

Learn Year-Round!

Here's a preview of just some of the Fall & Winter 2018

Lifelong Learning opportunities coming up!

Contact Maureen Haberfeld, Lifelong Learning Coordinator, for more info!

CLASSES

Poetry from A to Z

What Was Tallahassee Like in 1492?

Storytelling

Non-verbal communication

FIELD TRIPS

Swamp Gravy

Gadsden Art Museum

Butterflies at St. Marks

Permaculture Garden

CLASSES AT A GLANCE

TUESDAY, SEPTEMBER 4

- 001 Behind the Scenes at State Archives (1)
- 002 "Tell it True:" Gathering Awesome Personal Stories to Craft & Tell

WEDNESDAY, SEPTEMBER 5

- 003 Director's Tour of the Grove Museum
- 004 Beware of Skimming: How to Protect Your Credit Card at the Gas Pump
- 005 "Give Me That Old Time Music" Southern Dinner

THURSDAY, SEPTEMBER 6

- 006 Old City Cemetery Tour
- 007 "Dear Friends at Home:" Becoming Acquainted with a Civil War Soldier Through His Letters Home

FRIDAY, SEPTEMBER 7

- 008 Exploring Florida Caverns with a Geologist
- 009 A Local Treasure: Goodwood Museum Tour
- 010 Toast of the Coast: Preparing Fresh, Local Seafood

MONDAY, SEPTEMBER 10

- 011 Historic Tour of St. John's Episcopal Cemetery & Church
- 012 Traveling the Balkans
- 013 Beer Cocktails in College Town

TUESDAY, SEPTEMBER 11

- 014 Historic Tour of Cascades Park by Segway (1)
- 015 Kayak with the Manatees
- 016 A Life of Sorrow: The Life & Times of Carter Stanley

WEDNESDAY, SEPTEMBER 12

- 017 A Brief History of Calligraphy
- 018 Curator's Wine & Cheese Tour of the Historic Capitol
- 019 Don't Act Up, Act Out!

THURSDAY, SEPTEMBER 13

- 020 Thomasville Tour: Flowers Bakery & Lapham-Patterson House
- 021 Discover the Mysteries of a Leper Island & A Mississippi Farm¹⁴
- 022 Night Skies Over Tallahassee

FRIDAY, SEPTEMBER 14

- 023 Public Safety Complex – The Experience!
- 024 Behind the Scenes at State Archives (2)

MONDAY, SEPTEMBER 17

- 025 Byrd Hammock Archaeological Tour
- 026 The Genius of Michelangelo – "Il Divino"
- 027 "Into the Deep" – Deep Brewery Tour & Tasting

TUESDAY, SEPTEMBER 18

- 028 Organic Orchard Pond Farm Touring
- 029 Birding Around South America

WEDNESDAY, SEPTEMBER 19

- 030 Eight Steps of Zentangle
- 031 Gulf Speciman Marine Lab & Dock Tour
- 032 Historic Tour of Cascades Park by Segway (2)

THURSDAY, SEPTEMBER 20

- 033 Discover Fort Ward
- 034 Basket Making with Pine Needles
- 035 The Hysterical Hystory of Hymour
- 036 Traditional Afternoon Tea at the English Rose

FRIDAY, SEPTEMBER 21

- 037 Tall Timbers Tour
- 038 Candle Making Workshop
- 039 FSU Master Craftsman Studio & Heritage Museum
- 040 Fusion of Music & Poetry

MONDAY, SEPTEMBER 24

- 041 Temple Israel Tour
- 042 The Orkney & Shetland Islands
- 043 Wine O' Wine

TUESDAY, SEPTEMBER 25

- 044 Wild Edibles
- 045 Florida Geological Survey Museum Tour
- 046 An Evening of Irish Music & Dance

WEDNESDAY, SEPTEMBER 26

- 047 Mag Lab Tour: Magnets Explore Materials, Energy, & Life
- 048 Behind the Scenes of Opening Nights
- 049 Happy Goats Make Happy Soap (1)
- 050 Pushing Paint: Painting Demo with Renowned Artist Dean Gioia
- 051 Trivia Night at the Historic Capitol

THURSDAY, SEPTEMBER 27

- 052 Tallahassee Solar Farm Tour
- 053 Happy Goats Make Happy Soap (2)
- 054 Climate Change & Its Impact on Cultural Resources in Florida

FRIDAY, SEPTEMBER 28

- 055 CLOSING LUNCHEON!
"Opening Nights – Bringing the World to You"

Class information is in numerical order by class number in the booklet

001 BEHIND THE SCENES AT STATE ARCHIVES (1)**Fee:** \$7.00**INSTRUCTOR:** Dr. Josh Goodman, Florida Archives Staff Historian**Class Time:** 9:45 – 11:15 a.m.**Location:** Senior Center Dining Room (meeting location)**Special Information/ Instructions:** The facility is fully ADA-compliant. Neither food nor beverages will be permitted in the Archives stacks area, and lockers will be provided for bags, purses, and other personal belongings.

The State Archives of Florida is home to nearly 60,000 cubic feet of records documenting Florida's history and culture from the 16th century to the present. Join staff historian Dr. Josh Goodman for a behind the scenes tour of the Archives and its rarest treasures, including maps dating from the colonial Spanish era, Civil War letters, handwritten 19th century Florida recipes, and daguerreotype photographs. All participants will also receive information regarding best practices for storing and preserving archival materials at home.

002 “TELL IT TRUE:” GATHERING AWESOME PERSONAL STORIES TO CRAFT & TELL**Fee:** \$12.00**INSTRUCTOR:** Linda Schuyler Ford**Class Time:** 1:00 – 4:00 p.m.**Location:** Senior Center, 1st floor, Activity Room

“Tell it True”! A story telling workshop by professional storyteller, Linda Schuyler Ford, 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.



“Story is the song line of a person’s life. We need to sing it and we need someone to hear the singing. Story told. Story heard. Story written. Story read creates the web of life in words.”

Christina Baldwin

Storycatcher

003 DIRECTOR'S TOUR OF THE GROVE MUSEUM**Fee:** \$7.00**INSTRUCTOR:** John Grandage, Executive Director**Class Time:** 10:00 a.m. – 12:00 noon**Location:** The Grove Museum, 902 N. Monroe St.

Listed on the National Register of Historic Places in 1972, the ca. 1840 Call-Collins House at The Grove is one of the best preserved examples of antebellum Greek Revival architecture in Florida. Join Executive Director John Grandage for an in-depth guided tour of the museum and conversations about topics in American history and historic preservation.

004 BEWARE OF SKIMMING: HOW TO PROTECT YOUR CREDIT CARD AT THE GAS PUMP**Fee:** \$7.00**INSTRUCTOR:** Alexander Warmka, Florida Department of Agriculture & Consumer Services**Class Time:** 1:00 – 2:30 p.m.**Location:** Senior Center, Art Studio Annex

Skimmers are electronic devices that thieves slip into gas pump cabinets to steal credit and debit card data. The average skimmer fraud victim has over \$1,000 taken from their card. Over 560 skimmers were removed from Florida gas pumps in 2017. This presentation, by Alexander Warmka of the Florida Department of Agriculture and Consumer Services, will cover the different types of credit card skimmers used at gas station pumps, explain how skimmers are installed inside pumps, show skimmers retrieved by our department during routine inspections, and provide you with tips on how to protect your credit card information at the pump.

005 "GIVE ME THAT OLD TIME MUSIC" SOUTHERN DINNER**Fee:** \$25.00**INSTRUCTOR:** Frank Lindamood**Class Time:** 6:30 – 8:30 p.m.**Location:** Senior Center, 2nd floor, Auditorium**Special Information/ Instructions:** Southern style dinner and drinks included.

Frank Lindamood is a life-long student of the likes of Leadbelly, Blind Lemon, and Jimmy Rogers. His songs ring with voices and "voicings" from the past." Frank is truly an American treasure, master banjo "resonator," guitar player, and world class singer and songwriter. His love for the Old American Music has gone on fifty years and has led him further and further back into music ever raw, austere and powerful, more primitive and yet in some ways more complex. He will share some of his original compositions along with many old-time tunes that take the listeners back to plantations and riverboats, bawdy houses and mountain cabins, country clapboard churches and cattle ranch bunkhouses.

006 OLD CITY CEMETERY TOUR**Fee:** \$10.00**INSTRUCTOR:** Barbara Clark, Florida Public Archaeology Network**Class Time:** 8:30 – 11:30 a.m.**Location:** Senior Center Dining Room (meeting location)**Special Information/ Instructions:** Outdoors so please wear comfortable walking shoes and dress appropriately for weather.

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 which 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.

007 “DEAR FRIENDS AT HOME:” BECOMING ACQUAINTED WITH A CIVIL WAR SOLDIER THROUGH HIS LETTERS TO HOME**Fee:** \$ 7.00**INSTRUCTOR:** Tristan Harrenstein, Florida Public Archaeology Network**Class Time:** 1:00 – 2:30 p.m.**Location:** Senior Center, 1st floor, Activity Room**Special Information/ Instructions:** You may want to bring magnifying items for reviewing some documents (i.e. reading glasses and/or magnifying glass). Please bring paper and writing utensils.

Melvan Tibbets was a Union soldier who occupied Pensacola for a portion of the Civil War. It is fortunate that the 20 letters that he wrote home to his family in Maine have been preserved. These letters supply a wealth of information about West Florida during the Civil War. They also allow us to get to know Melvan as a person in a way that history books rarely accomplish. This program discusses how much personality is encoded in historic documents. Participants will have the opportunity to transcribe portions of Melvan's letters as well as some letters by a person local to Tallahassee.

008 EXPLORING FLORIDA CAVERNS WITH A GEOLOGIST**Fee:** \$20.00**INSTRUCTOR:** Joe Haberfeld, Professional Geologist**Class Time:** 8:00 a.m. – 3:00 p.m.**Location:** Senior Center Dining Room (meeting location)

Special Information/ Instructions: Please wear comfortable, **non-slip** shoes. Please dress according to weather; bug spray and sunscreen recommended. Picnic lunch included. Some strenuous walking involved and must be able to bend (“duck”) on occasion in the caverns. Please bring water!

Visit the only state park in Florida to offer cave tours to the public. Florida Caverns has dazzling formations of limestone stalactites, stalagmites, soda straws, flowstone, and draperies. Learn about the region’s amazing karst topography from Professional Geologist, Joe Haberfeld. Tour involves 45 minutes of moderately strenuous walking. Enjoy a picnic lunch at the park following the tour.



009 A LOCAL TREASURE: GOODWOOD MUSEUM TOUR**Fee:** \$12.00**INSTRUCTOR:** Goodwood Staff & Volunteers**Class Time:** 1:00 – 3:00 p.m.**Location:** Goodwood Museum, 1600 Miccosukee Dr.; meet at the visitor's center**Special Information/ Instructions:** There is an on-site cafe at which participants may want to enjoy lunch before the tour. Note: *Lunch is not included as part of the class or in the class fee.*

Walk around Goodwood Museum and Gardens and you'll get a feeling of Old Florida charm and splendor. Tour the 1830's main house which is one of the finest antebellum homes built in the region. It features some of the earliest fresco ceilings in Florida and has a vast collection of fine furniture, porcelains, textiles, art, glassware, and more. Learn the fascinating stories of the various owners of the property.

010 TOAST OF THE COAST: PREPARING FRESH, LOCAL SEAFOOD**Fee:** \$ 40.00**INSTRUCTOR:** Jessica Bright McMullen, Owner & Chef**Class Time:** 5:30 – 8:30 p.m.**Location:** KitchenAble Cooking School, Lake Ella Cottages, 1635 N. Monroe St.**Special Information/ Instructions:** You may BYOB

Taste the bounty of the Gulf and enjoy fresh local seafood in this delicious class offered at KitchenAble. Relax in our demonstration kitchen while our chef guides you through this class. Learn where to source local seafood, how to select fresh and local catch and what to do with seafood once you find it. We will be dining on an assortment of delicious fish and shellfish with a menu that includes: Roasted Oysters Au Gratin, Gulf Shrimp Salad, Scallop and Corn Chowder, and Fresh Fish En Papillote with seasonal vegetables. (All dishes are subject to availability.) A generous tasting of all dishes prepared and recipe handout will be provided.



011 HISTORIC TOUR OF ST. JOHN'S EPISCOPAL CEMETERY AND CHURCH Fee: \$ 10.00

INSTRUCTORS: Betty & Phil Ashler, Volunteers at St. John's Episcopal Church

Class Time: 9:00 a.m. – 12:45 p.m. (including optional lunch)

Location: Senior Center Dining Room (meeting location)

Special Information/ Instructions: A lot of walking (some outdoors); please dress accordingly and wear comfortable walking shoes. If you are planning to eat lunch at Lively Café, please bring payment; ***lunch price is NOT included in the tour.***

Tallahassee's St. John's Episcopal Church (est. 1829) is on the National Register of Historic Places. The current church was built in 1880. We will begin with a walking tour of the St. John's historic cemetery established in 1840. Many well-known figures from Tallahassee's early history are buried there. The tour of the church will focus on the history, architecture, beautiful stained-glass windows, altar, and Fisk organ. Participants will also be able to tour the bell tower, learn the history of the tower bells, and will even have an opportunity to ring the bells. The tour will conclude with an optional lunch in St. John's Lively Café. ***Lunch price is not included in the tour.***

012 TRAVELING THE BALKANS

Fee: \$ 7.00

INSTRUCTOR: Thomas Friedman, World Traveler

Class Time: 10:00 – 11:30 a.m.

Location: Leon County Library, NE Branch, 5513 Thomasville Rd., Meet in the Community Room

Do you love to travel and learn about new places? Travel with Tom Friedman throughout the Balkan region (the former Yugoslavia and the present Slovenia, Croatia, Bosnia and Montenegro). Featured are Roman ruins (Diocletian's Palace), beautiful Lake Bled, gorgeous national parks, waterfalls, mountain fjords, and breathtaking scenery. We will visit the famous, well preserved City of Dubrovnik and the quaint Austro-Hungarian garrison city of Mostar.

"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 the generous support of our members, volunteers, and sponsors that we can offer this and many other programs that promote and support **active aging!***

See Foundation Membership insert for more information
and/or
visit our website

www.TallahasseeSeniorFoundation.org

850.891.4007

013 BEER COCKTAILS IN COLLEGE TOWN**Fee:** \$ 23.00**INSTRUCTOR:** Eric Pounders, Marketing Director, Madison Social**Class Time:** 5:30 – 7:30 p.m.**Location:** Township Gastropub, 619 S. Woodward**Meeting Time & Location:**

- **Using your own transportation:** By 5:30 p.m. at Township Gastropub
- **Using Senior Center transportation:** By 5:15 p.m., Senior Center Dining Room. Will return by 8:00 p.m.

Special Information/ Instructions: Appetizers and cocktails included

Mixing beer into cocktails is a great idea! Why should liquor have all the fun. Join mixologist extraordinaire, Eric Pounders, at Township Gastropub as he educates you in the art of making delicious beer cocktails and pairing them with food. Sample appetizers and 3 featured cocktails and then select your favorite cocktail to enjoy in full size.



014 HISTORIC TOUR OF CASCADES PARK BY SEGWAY (1)**Fee:** \$ 45.00**INSTRUCTOR:** Burt Altman, Local Historian**Class Time:** 10:00 a.m. – 12 noon**Location:** Tallahassee Segway Tours, 1500 S. Monroe St.

Special Information/ Instructions: 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. We 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. 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 participants will be provided with instruction on riding the Segway. Total tour time including instruction and practice will be two hours.



015 KAYAK WITH THE MANATEES**Fee:** \$ 35.00**INSTRUCTOR:** Harry Smith, Owner, Harry Smith Outdoors**Class Time:** 12:15 – 4:45 p.m.**Location:** Senior Center Dining Room (meeting location)**Special Information/ Instructions:** You will be on the water about 3 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.

Carrying the outflow from Wakulla Springs, the Wakulla River flows 11 miles to the St. Marks River. The river is known for its clear, clean water that is often used by filmmakers and photographers to capture beautiful underwater shots. From blue heron, to mullet, to manatees, the river is packed with wildlife. Enjoy a relaxing kayak trip on this slow-moving river that is suitable for all ages and is a great place for beginners to learn how to paddle.

016 A LIFE OF SORROW: THE LIFE AND TIMES OF CARTER STANLEY**Fee:** \$ 22.00**INSTRUCTOR:** Gary Reid, Performer**Class Time:** 5:00 – 7:30 p.m.**Location:** Tallahassee Senior Center, 2nd floor, Auditorium**Special Information/ Instructions:** Appetizers and drinks included

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 Gary Reid following the performance. Appetizers and drinks will be served.

017 A BRIEF HISTORY OF CALLIGRAPHY**Fee:** \$ 10.00**INSTRUCTOR:** Leslie Puckett, Art Program Coordinator, Tallahassee Senior Services**Class Time:** 9:30 – 11:30 a.m.**Location:** Senior Center, Art Studio Annex**Special Information/ Instructions:**

*“Whence did the wond’rous mystic art arise, Of painting speech, and speaking to the eyes?
That we by tracing magic lines are taught, How to embody, and to colour thoughts?”*

William Massey 1763

Leslie Puckett, calligrapher, artist, and teacher, gives a brief history of 2,000 years of the development of letters & *kallos graphia* – beautiful writing. Some demonstration and if time permits, opportunity for hands-on writing with calligraphic tools.

018 CURATOR’S WINE & CHEESE TOUR OF THE HISTORIC CAPITOL**Fee:** \$ 15.00**INSTRUCTOR:** Tiffany Baker, Director, Historic Capitol Museum**Class Time:** 5:30 – 7:00 p.m.**Location:** Historic Capitol Museum, 400 S. Monroe St.**Meeting Time & Location:**

- **Using your own transportation:** By 5:30 p.m. at the Historic Capitol Lobby
- **Using Senior Center transportation:** by 5:00 p.m., Senior Center, 1st floor, 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.

019 DON’T ACT UP, ACT OUT!**Fee:** \$ 12.00**INSTRUCTORS:** Acting Up! actors will perform**Class Time:** 7:00 – 8:30 p.m.**Location:** Senior Center, 2nd floor, Auditorium

Acting Up! Is Theatre Tallahassee’s senior acting troupe featuring performers age 50 and up. The Acting Up Players will present their original production of “Caution: Senior Moment in Progress.” Don’t miss this humorous look at the ups and downs of senior life. Refreshments and drinks will be served.

Don’t forget the OLLIE Fall Showcase is today
olli.fsu.edu

TALLAHASSEE ACTIVE LIFELONG LEADERS

“Such to me is the new image of aging: growth in self and service for all mankind”

Ethel Percy Andrus

TALLAHASSEE ACTIVE LIFELONG LEADERS...

...an educational experience for older adults seeking to explore creative and productive roles for their retirement years.

...an opportunity for active older adults to pursue leadership and civic engagement opportunities.

“Make a TALL Difference” Broaden your knowledge. TALL classmates meet with area leaders and go on site visits for a better understanding of the community’s cultural, political, safety, legal & justice, educational, health, human service, and other public services or public-private initiatives. By sharing resources and gaining insight, TALL graduates will be better equipped to enhance positive change in their community through advocacy and volunteerism.

“TALLahassee is Rich in Human Resources” Tallahassee offers a large number of mature adults and retirees who possess a wealth of knowledge, talents, and skills. TALL – a Lifelong Learning Program – brings together those seniors with community leaders, experts, and policy-makers.

“Why TALL?” Discover creative ways to use your energy. Learn more about your area. Explore self-enrichment and volunteer opportunities. Meet new friends who share your intellectual curiosity and commitment.

BECOME A TALL SENIOR!

Requirements: Must be 50 or older; have a desire to explore new ways to become involved

Schedule: TALL meets every Tuesday for 8 weeks from mid-January to mid- March. Program days start at *approximately* 8:00 / 8:30 a.m. and end at *approximately* 5:00 / 5:30 p.m. (except graduation, the final day which will start mid-day and end with a graduation reception). ***Please note that the days are long and, although we take breaks, we stay relatively busy and engaged throughout the entire day.***

Participation: To fully benefit from the program, participation in all program days is encouraged.

Cost: If selected, you will be billed. This fee covers all costs for the 8-week program which includes all supplies, snacks throughout the program days, lunch every program day, and any other program day costs. (Note: Scholarships are available; if needed, please contact Hella Spellman). Fee will be \$150 or less.

Selection: Applicants are selected based on their demonstrated interest in meeting the program’s goal of ***equipping active older adults with insights and knowledge to enhance positive change in the community through advocacy and volunteerism.***

NEXT TALL PROGRAM - CLASS 11

- Preview Party & Application Release – Tuesday, October 9, 2018, 5:30 – 7:00 p.m.
- Tentative program dates: January 22 – March 19, 2019 (every Tuesday as indicated above under “schedule.”)

**FOR MORE INFORMATION, CONTACT HELLA SPELLMAN
(850) 891-4007 or hella.spellman@talgov.com**



020 THOMASVILLE TOUR: FLOWERS BAKERY & LAPHAM-PATTERSON HOUSE**Fee:** \$ 18.00**INSTRUCTORS:** NA**Class Time:** 9:00 a.m. – 1:00 p.m.**Location:** Senior Center Dining Room (meeting location)

Special Information/ Instructions: *IMPORTANT FOR BAKERY TOUR:* Specific safety and FDA requirements are closed-toe, non-slip shoes; no jewelry, ties, scarves or loose clothing; and long pants are required. You **MUST** be able to walk up 2 flights of stairs; no canes, walkers, or walking devices are allowed.

Flowers Baking Company of Thomasville opened in 1919 and expanded to include 49 bakeries in 18 states. Products include brand names such as Nature's Own, Wonder, Merita, and Tastykake. Tour this historic building/operating bakery and bring a sample home! Later, tour the architecturally significant Lapham Patterson house which was built in 1885 and is on the National Register of Historic Places. This fascinating home is a monument to the imagination and craftsmanship of the Victorian era. After the tours there will be time for shopping and lunch on your own in downtown Thomasville.

*"The excitement of learning separates youth from old age.
As long as you're learning, you're not old."*

Rosalyn S. Yalow

021 DISCOVER THE MYSTERIES OF A LEPER ISLAND & A MISSISSIPPI FARM**Fee:** \$ 7.00**INSTRUCTOR:** Marina Brown, Journalist, Author, and Painter**Class Time:** 2:00 – 3:30 p.m.**Location:** Senior Center, 1st floor, Activity room

Join Tallahassee journalist, author, and painter Marina Brown as she discusses and reads from her two Gold-Medal Award winning novels, *Land Without Mirrors* and *Lisbeth*, and shares some of her prize-winning paintings. Though the novels are historical fiction, Brown sailed to the mysterious island off the coast of Trinidad where secrets seem to rise from the mist. Writing her second novel, she lived in the Mississippi town where Jim Crow would wreak havoc in the lives of two intertwined families, one black and one white. Brown will also discuss "A White Artist's View of the Black Experience" by sharing her painting and sketches of African American life and the black diaspora.

022 NIGHT SKIES OVER TALLAHASSEE**Fee:** \$ 7.00**INSTRUCTOR:** Various members of the Tallahassee Astronomical Society**Class Time:** 8:00 – 9:30 p.m.**Location:** Lake Ella (Monroe Street between Tharpe & 7th Ave). Look for telescopes that will be readily visible.**Special Information/ Instructions:** *SUBJECT TO RESCHEDULING* - this event can only be held if there are clear skies. It will be rescheduled if the weather conditions are unfavorable. Registrants will be notified by email (or phone) if class has to be rescheduled.

Join members of the Tallahassee Astronomical Society at Lake Ella for telescope viewing and learning how to use sky charts to identify celestial objects in the night sky. The Tallahassee Astronomical Society is a non-profit educational and scientific society whose purpose is to share the joy of viewing the starry sky.

Supporting our Mission Today, Tomorrow and Forever

You, as members and participants, have the opportunity to enhance and grow the programs of the Tallahassee Senior Center by giving to our Endowment Fund.

Tallahassee Senior Center Foundation's endowment provides stability and is a permanent source of funding for our organization. This ongoing support is invaluable as it provides more resources to be focused on our mission and programs.

Individuals may give to support the general activities of the Senior Center or designate their gifts for a specific program of their choice. An endowment gift enables our organization to plan on the income from one year to the next. It also presents an excellent option for donors who want to invest in the Tallahassee Senior Center today or through their will or estate plan.

Planned giving is an easy way to leave a lasting legacy that will help ensure that future seniors can enjoy all of the programs and offerings that you enjoy today. We hope you will consider designating the Tallahassee Senior Center Foundation in your will or the beneficiary of a trust, annuity, life insurance, IRA, or other asset.

For more information on how you can contribute, please visit:

<https://www.TallahasseeSeniorFoundation.org/give> or contact Karin Caster (850) 891-4041.

023 PUBLIC SAFETY COMPLEX – THE EXPERIENCE!**Fee:** \$ 10.00**INSTRUCTOR:** Staff at Public Safety Complex**Class Time:** 9:00 – 11:00 a.m.**Location:** Public Safety Complex, 911 Easterwood Dr.**Meeting Time & Location:**

- **Using your own transportation:** By 9:00 a.m. at the Public Safety Complex
- **Using Senior Center transportation:** By 8:30 a.m., Senior Center Dining Room

Special Information/ Instructions: Participants should be able to endure a 90 minute event. Mobility is required whether self or assisted. Building is maintained at 73 degrees.

Take a 90-minute tour the Public Safety Complex including the facility's independent power and water plant, Automated Traffic Management (I-Max style traffic displays), Leon County Emergency Management, and the Consolidated Dispatch Agency (911) where 500,000 calls for service are processed annually.

024 BEHIND THE SCENES AT STATE ARCHIVES (1)**Fee:** \$7.00**INSTRUCTOR:** Dr. Josh Goodman, Staff Historian**Class Time:** 1:15 – 2:45 p.m.**Location:** Senior Center Dining Room (meeting location)

Special Information/ Instructions: The facility is fully ADA-compliant. Neither food nor beverages will be permitted in the Archives stacks area, and lockers will be provided for bags, purses, and other personal belongings.

The State Archives of Florida is home to nearly 60,000 cubic feet of records documenting Florida's history and culture from the 16th century to the present. Join staff historian Dr. Josh Goodman for a behind the scenes tour of the Archives and its rarest treasures, including maps dating from the colonial Spanish era, Civil War letters, handwritten 19th century Florida recipes, and daguerreotype photographs. All participants will also receive information regarding best practices for storing and preserving archival materials at home.

025 BYRD HAMMOCK ARCHAEOLOGICAL TOUR**Fee:** \$ 15.00**INSTRUCTOR:** Thada Stanton, Southeast Archeological Center**Class Time:** 8:00 a.m. – 12:30 p.m.**Location:** Senior Center Dining Room (meeting location)**Special Information/ Instructions:** Picnic lunch and drinks included. We will be outdoors, so please dress accordingly – sunscreen and bug spray recommended. Ground is unpaved and uneven. ***Closed-toed walking shoes are required.*** Bring water.

Experience a walking tour of this site located off U.S. Highway 98, just west of the Wakulla River which is not open to the public. It has the remains (including burial mounds) of prehistoric Native American villages inhabited between 200 and 900 AD. The site was first identified in 1918 by archaeologist Clarence B. Moore, who found burial mounds and midden, the term for garbage and shells, left by prehistoric people. Since 1972, Byrd Hammock has been designated a National Historic Place. Efforts are underway to have it named a National Historic Landmark. The tour will be conducted by National Park Service archaeologists who have been excavating the site. Enjoy a picnic lunch following the tour.

026 THE GENIUS OF MICHELANGELO – “IL DIVINO”**Fee:** \$ 7.00**INSTRUCTOR:** Linda Davey, Retired Humanities Teacher**Class Time:** 10:00 a.m. – 12:00 noon**Location:** Leon County Library, NE Branch, 5513 Thomasville Rd. Community Room

Michelangelo was described by his 16th century contemporaries as “Il Divino,” or the divine one. His genius was expressed in painting, architecture, poetry, and of course sculpture. He was known for creating a sense of awe. This class will be led by Linda Davey who will explore the how and why his works still leave us with a sense of awe.

027 “INTO THE DEEP:” DEEP BREWERY TOUR & TASTING**Fee:** \$ 20.00**INSTRUCTOR:** Ryan LaPete, Owner & Head Brewer**Class Time:** 6:00 – 8:00 p.m.**Location:** DEEP Brewery, 2524 Cathay Ct., #2**Special Information/ Instructions:** Must be 21 or older

DEEP is a Tallahassee brewery that artfully crafts by hand the finest small batch ales and lagers. Experience an exclusive tour by owner and head brewer Ryan LaPete. Next head to the tasting room to enjoy a flight of their handcrafted libations fresh from the wellspring. Select from their core offerings or their seasonal and small batch specialties which are available only in the tasting room. Take home a souvenir mug.

028 ORGANIC ORCHARD POND FARM TOUR**Fee:** \$ 20.00**INSTRUCTORS:** Staff of Orchard Pond**Class Time:** 9:00 – 11:00 a.m.**Location:** Orchard Pond Organics, 400 Cedar Hill Rd.**Meeting Time & Location:**

- **Using your own transportation:** By 9:00 a.m., Orchard Pond entrance
- **Using Senior Center transportation:** By 8:30 a.m., Senior Center Dining Room

Special Information/ Instructions: Picnic lunch and drinks included. Outdoors so please dress accordingly. Sunscreen and water recommended. Some uneven ground, but walk is not strenuous or very long.

Orchard Pond Farm is a diverse, family-owned organic farm located in the Red Hills region of Tallahassee, Florida. They are dedicated to producing the highest quality foods using sustainable practices. Orchard Pond produce can be found at many local farmer's markets, restaurants, and grocery stores. Tour the farm and learn about their produce, honey and other products. Following the tour, you will have the opportunity to purchase fresh produce, honey, and other items. Picnic lunch is included.

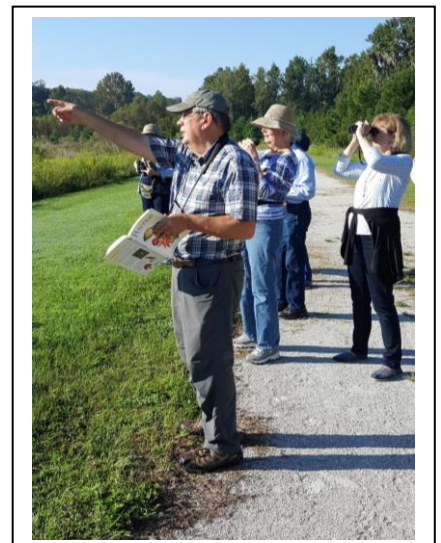
029 BIRDING AROUND SOUTH AMERICA**Fee:** \$ 7.00**INSTRUCTOR:** Bernard Grossman,
Birder & World Traveler**Class Time:** 1:30 – 3:30 p.m.**Location:** Senior Center, 1st floor, Activity Room

Central and South America are spectacularly rich in avian diversity. Bernard Grossman has made five trips to four South American countries, Ecuador, Peru, Brazil, and Chile as well as Costa Rica in search of birds. Join him as he discusses the geographical and ecological reasons for this diversity illustrated with photographs of birds (and other animals) seen. Also included will be pictures of the cities and cultural sites visited such as Machu Picchu.



*"There is an unreasonable joy to be had
from the observation of small birds going
about their bright, oblivious business"*

Grant Hutchison, *The Complete Lachlan*



030 EIGHT STEPS OF ZENTANGLE**Fee:** \$ 18.00**INSTRUCTOR:** Midori Okasako, CTZ (Certified Zentangle Teacher)**Class Time:** 10:00 a.m. – 12 noon**Location:** Senior Center Art Studio**Special Information/ Instructions:** Supplies are included in the cost.

Zentangle is for everyone. It is a 'no-mistake' art form, easy to learn, relaxing, a fun way to create beautiful images by drawing patterns (tangles) inspired by daily surroundings. Certified Zentangle Teacher Midori will gently guide you through the core 8 – steps of Zentangle to slow down, let go of expectations ... to enjoy each moment as you put pen to paper tiles.

031 GULF SPECIMAN MARINE LAB & DOCK TOUR**Fee:** \$ 16.00**INSTRUCTOR:** Staff of Gulf Specimen Marine Lab**Class Time:** 10:00 a.m. – 12:00 noon (Lunch 12:00 – 1:00 p.m.)**Location:** Gulf Specimen Marine Lab, 222 Clark Dr., Panacea**Meeting Time & Location:**

- **Using your own transportation:** By 10:00 a.m. at the Gulf Specimen Marine Lab
- **Using Senior Center transportation:** By 9:00 a.m., Senior Center Dining Room; will return by 2:00 p.m.

Special Information/ Instructions: Optional lunch at Mad Anthony's following the tour.

NOTE: lunch price is NOT included in the price of the class. Some of the time will be spent outdoors so please dress accordingly. Sunscreen and bug spray are recommended.

Gulf Specimen Marine Laboratory was established in 1963. Its mission is to further the knowledge of marine biology; to promote protection of marine life and the marine environment; to collect, classify and disseminate marine biological specimens. Tour the floating dock in the estuarine waters of Dickerson Bay. In this interactive program, participants will be able to observe and learn about some of the marine invertebrates such as barnacles, oysters, and sea slugs that inhabit the floating dock area. There will be a guided tour of the lab following the dock tour. Enjoy lunch at Mad Anthony's on the bay following the tour (NOTE: lunch cost not included).

032 HISTORIC TOUR OF CASCADES PARK BY SEGWAY (2)**Fee:** \$ 45.00**INSTRUCTOR:** Burt Altman, Local Historian**Class Time:** 4:00 – 6:00 p.m.**Location:** Tallahassee Segway Tours, 1500 S. Monroe St.

Special Information/ Instructions: 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. We 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. 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 participants will be provided with instruction on riding the Segway. Total tour time including instruction and practice will be two hours.



033 DISCOVER FORT WARD**Fee:** \$ 30.00**INSTRUCTOR:** Bonnie Allen, Palmetto Expeditions**Class Time:** 9:00 a.m. – 2:00 p.m.**Location:** Senior Center Dining Room (meeting location)**Special Information/ Instructions:** Picnic lunch and drink included.

Many flags have flown over the fort located at the junction of the St. Marks and Wakulla rivers. The last of these was Fort Ward, the final coastal fort of the Confederacy to lower its flag. Come along on this fun guided tour that will walk you into the past. Explore the 500-year-old site, get a glimpse into the life of a Civil War soldier, and learn about the daily challenges that they faced during the war. View the archaeological treasures from the site displayed in the fort museum. Enjoy a delightful picnic lunch under the beautiful moss-draped oak trees and the scent of the fresh coastal breeze – reminding you of times long ago...

034 BASKET MAKING WITH PINE NEEDLES**Fee:** \$ 20.00**INSTRUCTOR:** Mission San Luis Staff**Class Time:** 10:00 a.m. – 12 noon**Location:** Mission San Luis, 2100 W. Tennessee St. Meet at the museum reception area by the gift shop.**Special Information/ Instructions:** Bring bottled water. Good, closed-toed shoes for walking recommended. Golf cart will be available to transport those who need assistance to basket making site.

Immerse yourself in 17 century Native American lifestyle and culture while expressing 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.

035 THE HYSTERICAL HISTORY OF HUMOR!**Fee:** \$ 7.00**INSTRUCTOR:** Jim Stacey, Comedian & Writer**Class Time:** 1:00 – 2:30 p.m.**Location:** Senior Center, 1st floor, Activity Room

Come laugh and learn. Wit and comedy from the Greeks to the geeks. Aristophanes, Chaucer, Shakespeare, Freud, Vaudeville, the Improv ... all provide proof that we want to laugh as much as we want to breathe. But why? And how? How is a joke written? Why can they be so hard to remember? If laughter is the best medicine, why does your doctor keep prescribing pills? Writer / performer Jim Stacey's collection of comedy started over sixty years ago. He looks forward to sharing it with you. Bring your nitrous oxide to class.

036 TRADITIONAL AFTERNOON TEA AT THE ENGLISH ROSE**Fee: \$ 37.00****INSTRUCTOR:** Millie Smith, Owner, English Rose Cafe**Class Time:** 3:00 – 5:00 p.m.**Location:** English Rose Café, 107 W. 7th Ave., Havana**Meeting Time & Location:**

- **Using your own transportation:** By 3:00 p.m. at the English Rose Cafe
- **Using Senior Center transportation:** By 2:15 p.m., Senior Center Dining Room. We will return by 5:45 p.m.

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.



**AFTERNOON TEA
TIME!
AND
FUN TIME TOO!**



037 TALL TIMBERS TOUR**Fee:** \$ 15.00

INSTRUCTORS: Lane Green, retired Executive Director & Brian Wiebler, Red Hills Outreach & Education Coordinator

Class Time: 9:00 a.m. – 1:00 p.m.

Location: Tall Timbers Research Station, 13093 Henry Beadel Dr.

Meeting Time & Location:

- **Using your own transportation:** By 9:00 a.m. at Tall Timbers, meet in the Education Center
- **Using Senior Center transportation:** By 8:15 a.m., Senior Center Dining Room. Will return by 1:45 p.m.

Special Information/ Instructions: Lunch included. Will be outdoors so please dress accordingly. Walking shoes, sunscreen, insect repellent, and water recommended.

Join land conservation experts Lane Green and Brian Wiebler at Tall Timbers Research Station for a half-day outdoors tour. Tall Timbers is a historic quail hunting plantation that became a wildlife research station in 1958. Located on the north shore of Lake Iamonia in Leon County, Tall Timbers is a leading research institution on fire adapted ecosystem, fire behavior, and local land conservation. Tour the large property by wagon as you learn more about Tall Timbers, local wildlife, and efforts to protect the Red Hills Region of North Florida and Southwest Georgia. Visit the Jones Tenant farm which provides a rare opportunity to experience the cultural lifestyle of African American tenant farm families. Enjoy a picnic lunch on site following the tour.



038 CANDLE MAKING WORKSHOP**Fee:** \$ 20.00**INSTRUCTOR:** Mission San Luis Staff**Class Time:** 10:00 a.m. – 12 noon**Location:** Mission San Luis, 2100 W. Tennessee St.**Special Information/ Instructions:** All supplies provided and included in fee.

Join the staff at the Mission San Luis outdoor Spanish kitchen to "cook up" something essential to colonial life. Learn how to make hand-dipped candles and go away with the perfect gift – or a conversation piece for your own home! Fee includes admission to historic site and museum.

039 FSU MASTER CRAFTSMAN STUDIO & HERITAGE MUSEUM TOUR**Fee:** \$ 10.00**INSTRUCTOR:** Sarah Coakley, Public Relations Director, FSU Master Craftsman Studio**Class Time:** 12:30 – 4:30 p.m.**Location:** Senior Center Dining Room (meeting location)

Staff from the FSU Master Craftsman Studio will be offering a behind the scenes studio tour. Guests will have the opportunity to observe various projects in process as well as seeing an overview of our past installations of public art on campus and in the community. We'll also visit the FSU Heritage Museum in historic Dodd Hall. The over 20 stained glass windows in that room commemorate legacy organizations and individuals important to FSU's history. Each window was designed and fabricated at Master Craftsman Studio.

040 FUSION OF MUSIC & POETRY**Fee:** \$ 28.00**INSTRUCTOR:** Michael Rothenberg, FSU Poet in Residence & cofound of the global arts movement 100 Thousand Poets for Change.**Class Time:** 7:30 – 9:30 p.m.**Location:** Senior Center, 2nd floor, Auditorium**Special Information/ Instructions:** Appetizers and drinks included

Come join FSU Poet in Residence, Michael Rothenberg (co-founder of the global arts movement 100 Thousand Poets for Change) and the Ecosound Ensemble for a collaboration of poetry and music. The Ecosound Ensemble is an all-star lineup of some of Tallahassee's most dynamic musicians including Brian Hall, Vivianne Asturizaga, Michael Bakan, Joel Johnson, and Joshua Cossette. Rothenberg has been writing and performing poetry for nearly 40 years and has published over 20 books of poetry. The group recently performed at Word of the South. Appetizers and drinks will be served.

041 TEMPLE ISRAEL TOUR

Fee: \$ 10.00

INSTRUCTOR: Jack Romberg, Rabbi, Temple Israel

Class Time: 10:00 a.m. – 12:00 noon

Location: Temple Israel, 2215 Mahan Dr.

Meeting Time & Location:

- **Using your own transportation:** By 10:00 a.m., Temple Israel, meet in the lobby
- **Using Senior Center transportation:** By 9:45 a.m., Senior Center Dining Room. Will return by 12:15 p.m.

Temple Israel, Tallahassee was dedicated on February 23, 1940. Over 70 years later, Temple Israel has grown to become the largest Jewish institution on the I-10 corridor between Jacksonville and New Orleans, serving South Georgia, South Alabama, South Mississippi and the Florida Panhandle with over 350 members. Temple Israel identifies as a Reform synagogue. Reform Judaism encompasses beliefs and practices firmly rooted in Jewish tradition, while asserting that a Judaism frozen in time is an heirloom, not a living fountain. Tour the synagogue and community center while learning about Reform Judaism with Rabbi Jack Romberg who has served at Temple Israel since 2001.

042 THE ORKNEY & SHETLAND ISLANDS

Fee: \$ 7.00

INSTRUCTOR: Tom Friedman, World Traveler

Class Time: 10:00 – 11:30 a.m.

Location: Leon County Library, NE Branch, 5513 Thomasville Rd., meet in Community Room

Do you love traveling and learning about new places? Travel with Tom Friedman as he navigates thru the Orkney and Shetland Islands north of Scotland. Many of the islands are deserted, the inhabitants departed early in the 20th century to be able to make a living. The islands abound with birds and other small wildlife and interesting geology. A feature not to be missed is the abundance of Neolithic structures, many predating Stonehenge in England. The scenery features monumental cliffs overlooking the sea and the lovely green landscape that is only found in the UK and Ireland.

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Kristy.Carter@talgov.com

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043 WINE O' WINE!

Fee: \$ 27.00

INSTRUCTOR: Amanda Morrison, Sommelier, For the Table Hospitality

Class Time: 5:00 – 7:00 p.m.

Location: Capital City Country Club, 1601 Golf Terrace Dr.

Special Information/ Instructions: Must be at least 21 years old.

Amanda Morrison of *For the Table Hospitality* will guide you on a brief overview of the wine making process and the history of both Old World and New World wines, all while tasting some of the best and most accessible varietals readily available on the market. Class fee covers four wine tasting samples plus a full glass of your favorite wine. Wines will also be accompanied by a selection of chocolates and cheese pairings.

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044 WILD EDIBLES**Fee:** \$ 20.00**INSTRUCTOR:** Scott Davis, Botanist**Class Time:** 8:30 a.m. – 2:00 p.m.**Location:** Senior Center Dining Room (meeting location)**Special Information/ Instructions:** Picnic lunch and beverage included. Will be outdoors so please dress accordingly; sunscreen and insect repellent recommended. Please wear closed-toe walking shoes.

Do you ever wonder about the weeds in your backyard? Do you want to know what they are called, where they come from, and if they are edible? Are you interested in learning how to supplement your diet with some tasty wild edibles? Travel to St. Mark's National Wildlife Refuge for a presentation by expert botanist Scott Davis on foraging for wild edibles in the Tallahassee Area and then take a short hike to look for some of the plants. Enjoy a picnic lunch at the refuge.

045 FLORIDA GEOLOGICAL SURVEY MUSEUM TOUR**Fee:** \$ 10.00**INSTRUCTOR:** Guy "Harley" Means, P.G.; Assistant State Geologist**Class Time:** 10:00 – 11:00 a.m.**Location:** Florida Geological Survey Office, 3000 Commonwealth Blvd.**Meeting Time & Location:**

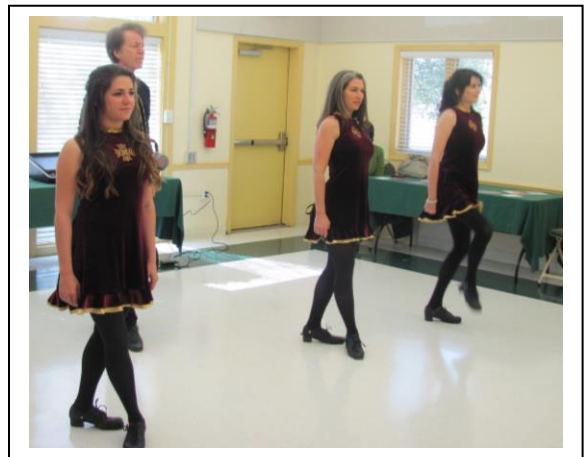
- **Using your own transportation:** By 10:00 a.m. at the Florida Geological Survey Office
- **Using Senior Center transportation:** By 9:30 a.m., Senior Center Dining Room. Will return by 11:30 a.m.

Special Information/ Instructions:

The Florida Geological Survey (FGS), now a Division of Florida Department of Environmental Protection (DEP), was established in 1907 to collect, interpret, and provide information about Florida's water, mineral, and energy resources. Today their geoscientists continue this work alongside their focus on environmental problem-solving, and geological hazards as they relate to public health and safety. Don't miss this opportunity to tour the FGS's Walter Schmidt Museum and FGS offices with Assistant State Geologist, Harley Means. Exhibits include a fossil dugong skeleton, and various other fossils such as shark teeth, vertebrate fossils, and agatized coral heads from the Withlacoochee River. The museum also has rock and mineral samples and educational information about Florida Geology as well as slideshows and videos of some of the activities conducted by FGS.

046 AN EVENING OF IRISH MUSIC & DANCE**Fee:** \$ 26.00**INSTRUCTOR:** Hosted by Irish Step Dancers and FSU Irish Ensemble**Class Time:** 7:00 – 9:00 P.M.**Location:** Senior Center, 2nd floor, Auditorium**Special Information/ Instructions:** Appetizers, wine, and beer included.

It doesn't have to be March 17 to celebrate Irish music and culture. Join us at the Tallahassee Senior Center for an evening of dancing by the Tallahassee Irish Step Dancers, music by the FSU Irish Ensemble, a variety of appetizers with an Irish theme, and of course beer (including Guinness) and wine. Dancers will demonstrate different styles of Irish Dance and who knows; you may even want to try some steps yourself! The FSU Irish Ensemble is a world music ensemble from the College of Music. They perform dance tunes, slow airs, and songs from the Irish Music tradition.



047 MAG LAB TOUR: MAGNETS EXPLORE MATERIALS, ENERGY, AND LIFE Fee: \$ 15.00

INSTRUCTOR: Mag Lab Staff

Class Time: 10:00 a.m. – 1:30 p.m.

Location: National High Magnetic Field Laboratory (Mag Lab), 1800 E. Paul Dirac Dr.

Meeting Time & Location:

- **Using your own transportation:** By 10:00 a.m., Mag Lab, main entrance lobby
- **Using Senior Center transportation:** By 9:30 a.m., Senior Center Dining Room

Special Information/ Instructions: Lunch 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.

048 BEHIND THE SCENES OF OPENING NIGHTS & FSU COLLEGE OF MUSIC Fee: \$ 10.00

INSTRUCTORS: Michael Blachly, Executive Director, Opening Nights & Heather Mayo, Assistant Director of Production & Community Engagement, FSU College of Music

Class Time: 10:00 a.m. – 1:00 p.m.

Location: Senior Center Dining Room (meeting location)

Special Information/ Instructions:

The FSU Opening Nights Program Performing Arts has a commitment to education and to engaging our local community in educational experiences. Learn what is involved in putting on these popular performances and get an exclusive, behind the scenes tour of Ruby Diamond Concert Hall and the FSU College of Music with Director of Opening Nights, Michael Blachly and FSU College of Music's Heather Mayo.

049 HAPPY GOATS MAKE HAPPY SOAP (1)**Fee:** \$ 10.00**INSTRUCTOR:** Cathy Westbrook, Owner, Tallabred Farms**Class Time:** 11:00 a.m. – 1:00 p.m.**Location:** Tallabred Farms, 9039 Deep Well Trail

Special Information/ Instructions: Lunch is NOT provided; you are encouraged to bring your own lunch to enjoy on the farm. Please note that this class does not offer a transportation option; another offering of this class, number 053, does offer optional transportation.

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 other products will be available for purchase at a discounted rate. Participants are encouraged to bring their lunch and enjoy a picnic on the farm following the tour.

050 PUSHING PAINT: PAINTING DEMO WITH RENOWNED ARTIST DEAN GIOIA **Fee:** \$ 10.00**INSTRUCTOR:** Dean Gioia**Class Time:** 2:00 – 4:00 p.m.**Location:** Senior Center Art Annex**Special Information/ Instructions:**

Dean Gioia (pronounced *joy-ya*) is one of Tallahassee's most authentic and treasured artists. His work, gracing walls from the SouthWood Plantation house to private homes, ranges from intricate landscapes to haunted renderings of the mind. Don't miss this rare opportunity to watch him create two small paintings while describing his way of painting and answering questions from the audience.

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051 TRIVIA NIGHT AT THE HISTORIC CAPITOL

Fee: \$ 15.00

INSTRUCTOR: NA

Class Time: 6:00 – 8:00 p.m.

Location: Florida Historic Capitol Museum, 400 S. Monroe St.

Meeting Time & Location:

- **Using your own transportation:** By 6:00 p.m. at Florida Historic Capitol Museum
- **Using Senior Center transportation:** By 5:30 p.m., Senior Center Dining Room. Will return by 8:30 p.m.

Special Information/ Instructions: Appetizers, wine, beer, and soft drinks included.

Bring your friends and family and test your knowledge of important, people, places, and events in Florida's past and present with an evening of nostalgic trivia in the senate chamber of the beautiful, Historic Capitol building. Guests will enjoy wine, beer, soft drinks, and delicious appetizers. Prizes will be awarded at the end of the evening.

NOTES: _____

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052 TALLAHASSEE SOLAR FARM TOUR**Fee:** \$ 10.00

INSTRUCTORS: David Byrne, Manger, Electric System & Integrated Planning, City of Tallahassee and Ben Cowart, Manager, Alternative Energy, City of Tallahassee

Class Time: 8:30 – 11:30 a.m.

Location: Senior Center Dining Room (meeting location)

Solar power has many environmental benefits. It is clean and renewable and can reduce our carbon footprint. Don't miss this opportunity to learn about solar power and its benefits from David Byrne and Ben Cowart from the City of Tallahassee's Electric System Integrated Planning Department. Learn how our city's new solar farm is allowing residents the option of using clean energy without the risk of direct ownership. Tour the solar farm which is located near the Tallahassee International Airport and see the solar panels up close while learning about their operation and maintenance.

053 HAPPY GOATS MAKE HAPPY SOAP (2)**Fee:** \$ 10.00

INSTRUCTOR: Cathy Westbrook, Owner, Tallabred Farms

Class Time: 11:00 a.m. – 1:00 p.m.

Location: Tallabred Farms, 9039 Deep Well Trail

Meeting Time & Location:

- **Using your own transportation:** By 11:00 a.m. at Tallabred Farms
- **Using Senior Center transportation:** By 10:30 a.m., Senior Center Dining Room

Special Information/ Instructions: Lunch is NOT provided; you are encouraged to bring your own lunch to enjoy on the farm.

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 other products will be available for purchase at a discounted rate. Participants are encouraged to bring their lunch and enjoy a picnic on the farm following the tour.



054 CLIMATE CHANGE & ITS IMPACT ON CULTURAL RESOURCES IN FLORIDA

Fee: \$ 7.00

INSTRUCTOR: Barbara Clark, Florida Public Archaeology Network

Class Time: 1:30 – 3:00 p.m.

Location: Senior Center, 1st floor, Activity Room

We frequently talk about climate change in regards to how it will affect humans, but how will our archaeological sites and other cultural resources fare? Florida has a variety of cultural sites, many of which are situated on low lying or coastal areas. Everything from sea level rise to violent storms can take their toll on these sites. This program will look to the environmental factors that are affecting cultural resources and what is being done to mitigate the situation. Participants will also learn how they can actively help archaeologists track changes to archaeological sites that are at risk due to climate change, erosion and other environmental events.

[illegible]

FRIDAY

SEPTEMBER 28

CLOSING LUNCHEON

“OPENING NIGHTS – BRINGING THE WORLD TO YOU”

Featuring

Dr. Michael Blachly

11:30 a.m. – 1:30 p.m.

at the

Tallahassee Senior Center

1400 N. Monroe St. ~ 891-4000

~\$12.00~



With a career in arts expanding over 40 years, Dr. Michael Blachly is currently the Director of Opening Nights at Florida State University, having been Director of Performing Arts at the University of Florida from 2000 to 2015. Other positions in presenting, producing and managing the performing arts include positions as director with UCLA Performing Arts, University of Hawaii, Colorado State University, University of Tennessee, and the 1982 World's Fair. His management experience encompasses serving as Vice President and West Coast Director of Sales for Columbia Artists Management; Vice President of Administration for Bill Fegan Attractions and

Assistant Vice President for the 1982 World's Fair.

Career volunteer and elected/appointed leadership positions include the Association of Performing Arts Professionals, Chamber Music America, Western Arts Alliance, California Presenters, National Association of Campus Activities, Association of College Unions-International, South Arts Performing Arts Exchange, North American Performing Arts Managers and Agents, and the International Society of Performing Arts. Selected panelist for grant application evaluations include the National Endowment for the Arts, California Arts Council, Florida's Division of Cultural Affairs, Western States Arts Federation, The Japan Foundation, Mid-Atlantic Arts Foundation and South Arts.

Dr. Blachly was a Senior Consultant, having served as a Vice President for Facilities & Program Planning, with Arts Consulting Group. In addition, Dr. Blachly now does independent consulting on artistic programming and strategic planning for arts organizations.

Dr. Blachly holds a BA in Speech and Theatre/Psychology from the University of Northern Colorado, an MA in Communication Theory/Sociology, from Washington State University, and a PhD in Educational Psychology/Higher Education Administration from the University of Tennessee.



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