

TALLAHASSEE SENIOR SERVICES SENIOR RESOURCE INFORMATION LIFELONG LEARNING

CONTINUING EDUCATION

<p>Tallahassee Senior Center talgov.com/seniors tallahasseeSeniorFoundation.org 850-891-4033</p> <p>Provides a variety of learning opportunities including foreign and English language classes, workshops, classes on a variety of topics, field trips, periodic expos for active living, leisure learning covering cultural subjects and writing classes. Other programs include “Tallahassee Active Lifelong Leaders” program conducted in partnership with the Tallahassee Chamber of Commerce’s Leadership Tallahassee and “Lifelong Learning Extravaganza” (L3X) -- a month of cultural enrichment classes including lectures, adventure outings, and other hands-on experiences occurring mornings, afternoons and evenings. Virtual options available.</p>
<p>Osher Lifelong Learning Institute olli.fsu.edu 850-644-7947</p> <p>Offers academic courses, writer’s groups, interest groups such as Spanish, walking and book clubs, social and cultural events, lecture series, book discussion groups and field trips/travel opportunities abroad, all in conjunction with the local universities, community college and Pepper Institute on Aging. Virtual options available.</p>
<p>Leon County Adult and Community Education aceleon.org 850-717-2020</p> <p>Provides English classes for speakers of other languages and classes for those who want to complete a high school diploma. Virtual options available.</p>
<p>Florida State University: registrar.fsu.edu 850-644-1050 Florida A&M University: famu.edu/registrar 850-599-3115</p> <p>Audit, non-degree, courses available to seniors age 60 and over provided there is space and the instructor/department approves the request. Each institution has rules for approving these tuition free classes. The registrars’ offices can assist seniors with enrollment procedures. Virtual options available.</p>
<h3>HEALTH</h3>
<p>Tallahassee Senior Center Health and Wellness Program talgov.com/seniors 850-891-4042</p> <p>Provides an ongoing agenda of health education presentations on a wide array of health and wellness-related topics.</p>
<p>Tallahassee Memorial Health Care tmh.org 850-431-5875</p> <p>Promotes and arranges for a variety of healthy living educational programs and regional symposiums.</p>
<p>Capital Health Plan capitalhealth.com 850-523-7441</p> <p>Offers preventive health and savvy senior seminars covering a variety of health-related topics.</p>
<p>Capital Regional Medical Center capitalregionalmedicalcenter.com 850-325-5177</p> <p>Arranges for a variety of preventive health educational programs.</p>
<h3>ART</h3>
<p>Council on Culture & Arts cocatallahasseearts.org 850-224-2500</p> <p>COCA has a wide variety of adult classes and workshops within the arts community. Website has full listing.</p>
<p>The Tallahassee Senior Center for the Arts talgov.com/seniors 850-891-4016</p> <p>Offers a wide variety of art classes for active adults at the Tallahassee Senior Center and other locations within Leon County. Beginning and advanced artists receive guidance from experienced instructors and have the opportunity to exhibit/sell their art. Virtual options available.</p>
<p>Brush & Palette brushandpaletttestudio.com 850-893-1960</p> <p>Variety of art classes for adults taught by experienced Tallahassee artists. Virtual options available.</p>
<p>Lafayette Park Arts and Crafts Center talgov.com/parks 850-891-3945</p> <p>Provides pottery, polymer clay, Sumi-c Asian ink painting, stained glass, crochet, sewing and painting/drawing</p>

LeMoyne Center for the Visual Arts	lemoyne.org	850-222-8800
Offers art education in a wide variety of mediums and participates in cultural activities related to the arts. Virtual options available.		
COOKING		
Publix Aprons	publix.com/cookingschools	850-893-3480
National and local chefs train enrolled students to prepare meals, pair wines with food, cook specialty items such as appetizers and improve techniques for food preparation. Private classes are also available where students prepare dishes themselves under the guidance of a chef.		
Wilton Cake Decorating Courses	michaels.com	850-878-5622
Michael's Stores, Inc., offers courses to help participants master beginning baking from buttercream basics to advanced cake decorating.		
Brown's Kitchen Center	brownskitchen.com	850-385-5665
Conducts hands-on and demonstration classes on preparing a wide variety of single dishes and specialty foods such as grilled or tailgating items. Classes also include topics such as kitchen design and use/care of utensils.		
The Kitchen Goddess	thekitchengoddess.com	850-443-2953
Offers healthy cooking classes and recipes that promote healthy lifestyles.		
KitchenAble Cooking School	kitchenable.net	850-264-2308
Conducts classes on a variety of foods, offering special venues and special cooking sessions.		
TECHNOLOGY		
There are many resources in Leon County for computer classes and support, brain fitness programs and computer use. These resources can be found at: tallahassee senior foundation/resources.org .		
MISCELLANEOUS EDUCATIONAL TOPICS		
FAMU Cooperative Extension Program	famuedu/cooperativeextension	850-599-3546
Offers programs for community gardening, water quality/environmental education, money management, food preparation, safety and nutrition.		
Leon County Extension Office of UF	leon.ifas.ufl.edu	850-606-5200
Provides educational assistance with nutritional health, food preparation, food canning, grand parenting, marital and other family skills, and home maintenance, gardening, composting/lawn health and money matters.		
Community Co-op Market	communitycoopmarket.coop	850-399-2667
Offers hands-on cooking classes using organic ingredients, arranges for local practitioners to discuss health matters, wine and microbrew tasting, household cleaning without harsh chemicals and other, personal enrichment type classes.		
Home Depot/Home Improvement	homedepot.com (DIY projects)	422-2777; 350-9001
Conducts periodic classes on "do-it-yourself" home improvement projects and offers an extensive on-line directory of instructions for many home repairs, installation and trouble-shooting activities.		
TnT Hide-a-Way	tnthideaway.com	850-925-6412
Teaches stand-up paddle boarding and kayaking; offers guided eco-adventures.		
Tallahassee Parks and Recreation	talgov.com/parks	891-4979 (tennis); 891-3981 (swimming)
Offers tennis and swimming lessons for adults.		
Hilaman Golf Lessons	hilaman.com/lessons/	850-210-3680
Golf lessons taught by a PGA teaching professional.		
Tallahassee Museum	tallahassee museum.org	850-575-8684
Provides a variety of hands-on learning opportunities through history and live animal programs.		