

TALLAHASSEE SENIOR SERVICES
Talgov.com/Seniors and tallahasseeSeniorFoundation.org
CALENDAR OF WEEKLY PROGRAMS
JUNE 14 – JULY 10, 2021

We are now offering **in-person** and **virtual** classes; some which require **pre-registration**. Please note the following **LEGEND**:

- NON-BOLD Classes are located at the Tallahassee Senior Center
- *ITALIC CLASSES* are located at noted neighborhood site
- **BOLD** Classes are virtual
- **VIRTUAL LOCATIONS:** **FB** = Facebook **ZM** = Zoom
- **HYBRID** Classes (virtual + in-person): **H** = Hybrid
- **REGISTRATION INFORMATION:**
 - **PRR** = Pre-registration Required
 - **ROL** = Register Online at www.TallahasseeSeniorFoundation.org unless otherwise noted
 - () = **Contact staff to pre-register and/or for Zoom link as follows:**
 - (KB) Karen.Boebinger@talgov.com; (KC) Kristy.Carter@talgov.com;
 - (JH) Jennifer.Haskins@talgov.com; (MH) Maureen.Haberfeld@talgov.com;
 - (ML) Melanie.Lachman@talgov.com (RN) Ruth.Nickens@talgov.com
 - (WB) Wendy.Barber@talgov.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 Brain Body Balance FB (RN) 9:00 Quilting Bees 9:00 Portrait Studio 9:30 <i>Fitness at Woodville</i> 10:30 Adv. French ZM (KC) 10:30 <i>Fitness at Fort Braden</i> 11:00 Senior Counseling (by appointment) 12:30 Hands-On Art History PRR ROL ZM (JH) 1:00 Brain-Body-Balance 3:00 Friends Connection 6:00 Twirlers Square Dance 6:00 Capital City Wood Carvers	8:00 Mindful Movement FB (RN) 9:00 Life Exercise 9:00 <i>Brain-Body-Balance at Optimist Park PRR (WB)</i> 9:00 Pastels 10:45 <i>Brain Body Balance at Southwood PRR (RN)</i> 11:00 Mindful Movement 1:00 Gentle Yoga 2:30 Table Tennis 4:00 Guitar Quit Smoking Now PRR (RN)	8:00 Gentle Yoga FB (RN) 9:00 Ceramics 9:00 Nimble Fingers 9:30 <i>Fitness at Woodville</i> 10:30 <i>Fitness at Fort Braden</i> 11:00 Pickleball 1:00 Oil & Acrylics 1:30 Pickleball 1:30 Draw with Your Eyes, Paint with Your Heart PRR ROL ZM (JH) Al-Anon-tallyalanon.org	8:00 Stretch & Flex FB (RN) 9:00 Watercolor 9:00 Life Exercise 9:00 <i>Brain-Body-Balance at Optimist Park PRR (WB)</i> 11:00 Senior Counseling (by appointment) 1:00 Friends Connection 1:00 Feeling Fit 1:00 Watercolor 1:00 French Study Group 2:30 Table Tennis 6:00 Capital Chordsmen	8:00 Seated Yoga FB (RN) 9:00 English 2nd Language ZM (KC) 9:00 Oil Painting Adv. 11:00 Social Bingo 11:00 Pickleball 1:30 Pickleball 5:30 Ballroom & Swing (returns July 9)

TALLAHASSEE SENIOR SERVICES

Monthly, Bi-monthly & Special Events and Programs

Please reference LEGEND noted on front page

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
JUNE 14 11a Art Council ZM (JH) 1:00p Poetry Group	JUNE 15	JUNE 16 8:30a Capital Coalition on Aging ZM (KC) 10a Ageless Grace PRR ROL (RN) 1p Friends Connection LNC ZM (ML)	JUNE 17 1:30p LLL-Geological Hazards: Earthquakes PRR ROL ZM (MH)	JUNE 18 9:45 T.O.P.S.
JUNE 21 1p Advisory Council <i>7p GAP Circle of Parents ZM (KB)</i>	JUNE 22 1p Friends Connection ZM (ML)	JUNE 23 3:30p Foundation Board Meeting H	JUNE 24 11a Keys to Achieve Safe Mobility for Life ZM (WB)	JUNE 25 9:45 T.O.P.S.
JUNE 28 1:00p Poetry Group	JUNE 29	JUNE 30 1p Friends Connection LNC ZM (ML)	JULY 1	JULY 2 9:45 T.O.P.S.
JULY 5 Senior Services is CLOSED In observance of INDEPENDENCE DAY	JULY 6	JULY 7	JULY 8 10a Meditation FB (RN) 1:30p LLL-Geological Hazards: Volcanoes PRR ROL ZM	JULY 9 9:45 T.O.P.S. 7:30p Contra Dance

TALLAHASSEE SENIOR CENTER
www.TallahasseeSeniorFoundation.org
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 850-891-4000