

# Tallahassee Senior Center

12<sup>th</sup> ANNUAL REGIONAL



**SEPTEMBER 7 – 28, 2021**

*An eXciting month of*

Classes ~ Tours ~ Field Trips ~ Entertainment

*eXploring*

Arts ~ Culture ~ History ~ Nature ~ Science



**E**X**PLORE ~ E**X**AMINE ~ E**X**PERIENCE**



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Faith Funeral Home Inc., and Crematory

H2Engineering

Red Hills Retirement Resort

## Bachelor's Degree

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Capital Regional Medical Center

Medical Marijuana Treatment Clinics of Florida

Osher Lifelong Learning at Florida State University



# 2021 is a partnership of

**Tallahassee Senior Center & Foundation  
The City of Tallahassee  
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 2021 possible!

Sheila Salyer, Manager, Tallahassee Senior Services

Hella Spellman, Program Director, Tallahassee Senior Services

Maureen Haberfeld, Lifelong Learning Coordinator, Tallahassee Senior Services

# 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 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 13**

- Preview Party & Application Release (not required to attend) – October 20, 2021
- Program dates: January 19 – March 9, 2022 (every Wednesday as indicated above under “schedule).

**FOR MORE INFORMATION and/or TO BE ADDED TO EMAIL LIST, CONTACT HELLA SPELLMAN  
(850) 891-4007 or [hella.spellman@talgov.com](mailto:hella.spellman@talgov.com)**

# **Important Information About Registering On-Line and Virtual Classes**

- ◆ All **virtual classes** are on the Zoom platform
- ◆ **Zoom and other technical assistance is available!**
  - To request one-on-one training, call 891-4000 between 8:00 a.m. and 4:00 p.m. to get paired with a technology support volunteer. It is recommended that you arrange for training **prior** to your first session. To ensure someone is available and to provide you time to practice if needed, please do not wait until the last minute!
- ◆ A **Zoom User Guide** is available on the webpage.  
([www.tallahasseeSeniorFoundation.org/resources](http://www.tallahasseeSeniorFoundation.org/resources)) or by calling 850-891-4007
- ◆ **Registration Deadlines:** It is important that you note the registration deadlines for the various classes and register by those deadlines! Not registering by the deadline does not automatically exclude you from participating in the class, but there is high probability it will be too late to order any supplies related to the class or get you the Zoom link if applicable.
- ◆ If applicable, you will be emailed a Zoom link for each class by the day of the class.  
***NOTE: This will likely be the evening before or day of the class.***
- ◆ If you **do not find your Zoom link** in your email, please **check your spam or junk folder** prior to calling!

# IMPORTANT REGISTRATION & CLASS INFORMATION!

Register online at:

[www.TallahasseeSeniorFoundation.org/L3X](http://www.TallahasseeSeniorFoundation.org/L3X)

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

Username: \_\_\_\_\_ Password: \_\_\_\_\_

## Important Class Registration & Payment Information

- ◆ **Accepted credit cards:** Visa, MasterCard, & Discover
- ◆ Class and payment confirmations will be emailed to you
- ◆ Full payment is required with your registration – **NO REFUNDS** unless the class is cancelled!

## CONTACT INFORMATION

For **URGENT** issues & assistance, please call

**850-891-4000**

Mon. – Fri., 8:00 a.m. – 4:00 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 Coordinator**

850-891-4033

Maureen.Haberfeld@talgov.com

# CLASS SCHEDULE AT A GLANCE

**NOTE:** *Shaded classes are either virtual or hybrid (virtual and in-person)*

## TUESDAY, SEPTEMBER 7

- 001 10:00 – 11:30 a.m. Cuba: A Country Misunderstood
- 002 12:00 – 1:00 p.m. Age in Place
- 003 3:00 – 4:30 p.m. Finding France in Cleveland: French Art at the Cleveland Museum of Art from Manet to Picasso
- 004 5:30 – 8:30 p.m. KitchenAble: Making Crepes

## WEDNESDAY, SEPTEMBER 8

- 005 10:00 – 11:30 a.m. Alsace – Lorraine, France
- 006 1:30 – 3:00 p.m. Butterfly Gardening with Native Plants

## THURSDAY, SEPTEMBER 9

- 007 10:00 – 11:30 a.m. Florida Archaeological Collections Tour
- 008 12:00 – 1:00 p.m. More Than Skin Deep: Everything you Need to Know About the Body's Largest Organ
- 009 2:00 – 3:00 p.m. Palaces of the Tsars in St. Petersburg, Russia

## FRIDAY, SEPTEMBER 10

- 010 10:00 – 11:30 a.m. John G. Riley Center and Museum Tour
- 011 2:00 – 3:00 p.m. Explore a Local Gem: Goodwood Museum House Tour
- 012 6:00 – 8:00 p.m. Cocktail Making

## MONDAY, SEPTEMBER 13

- 013 9:00 – 11:00 a.m. "Hidden Heritage" Overstreet Hike at Maclay Gardens
- 014 10:00 – 11:30 a.m. Flower Arranging 101: Friends with Flowers
- 015 3:30 – 5:00 p.m. What Happened to Lake Jackson?

## TUESDAY, SEPTEMBER 14

- 016 10:00 – 11:30 a.m. Coffee 101: A Brief Introduction to Coffee
- 017 1:00 – 3:00 p.m. KitchenAble Afternoon Tea
- 018 4:00 – 5:30 p.m. Wish I still had Those Model Trains from When I was Growing Up!

## WEDNESDAY, SEPTEMBER 15

- 019 10:00 a.m. – 2:30 p.m. Goat House Farm Tour and Lunch
- 020 2:30 – 4:00 p.m. Gadsden Arts Center Tour
- 021 6:30 – 8:00 p.m. MagLab Virtual Escape Room



#### **THURSDAY, SEPTEMBER 16**

- 022 10:00 – 11:30 a.m. Behind the Curtain
- 023 1:30 – 3:00 p.m. Cooking with Local Produce
- 024 4:00 – 5:30 p.m. The Moon

#### **FRIDAY, SEPTEMBER 17**

- 025 10:00 – 11:30 a.m. Saints and Sinners: The Story of us All
- 026 1:30 – 3:00 p.m. The Pursuit of Justice After the Holocaust
- 027 6:00 – 8:00 p.m. Senior Artist Showcase Reception

#### **SATURDAY, SEPTEMBER 18**

- 028 9:00 – 11:00 a.m. Fall Foraging Hike

#### **MONDAY, SEPTEMBER 20**

- 029 10:00 – 11:30 a.m. Flower Arranging 101: Friends with Flowers
- 030 1:30 – 3:00 p.m. Native American Cosmology as Expressed in the Archaeological Record of the Southeast
- 031 7:00 – 8:30 p.m. Perception: How Your Brain Understand the World

#### **TUESDAY, SEPTEMBER 21**

- 032 9:00 – 11:30 a.m. Wake Up and Smell the History
- 033 1:00 – 4:00 p.m. Behind the Scenes Tour of the State Archives of Florida and Florida Photographic Collection
- 034 5:30 – 8:30 p.m. KitchenAble: Making Crepes

#### **WEDNESDAY, SEPTEMBER 22**

- 035 10:00 – 11:00 a.m. Cherokee Pollinator Garden Tour (transportation option)
- 036 10:00 – 11:00 a.m. Cherokee Pollinator Garden Tour (no transportation)
- 037 1:30 – 3:00 p.m. Asturias Spain
- 038 4:00 – 5:30 p.m. Only the Ball was Dead

#### **THURSDAY, SEPTEMBER 23**

- 039 10:00 – 11:00 a.m. North Florida Wildlife Center Tour
- 040 11:00 a.m. – 12:00 p.m. North Florida Wildlife Center Tour
- 041 12:00 p.m. – 1:00 p.m. North Florida Wildlife Center Tour
- 042 2:00 – 3:00 p.m. Bucket Garden Program
- 043 6:30 – 8:30 p.m. Leon Anderson Band Jazz Concert at The Grove at Canopy

#### **FRIDAY, SEPTEMBER 24**

- 044 9:00 – 11:00 a.m. The Grove Museum House and Grounds Tour
- 045 11:30 – 1:00 p.m. Closing Luncheon: The Revolution Within the Revolution

Shaded class numbers indicate that the class has a virtual option.

It is either only virtual or hybrid (virtual and in-person)

## TUESDAY

## SEPTEMBER 7

### 001 Cuba: A Country Misunderstood

FEE: \$7.00

**INSTRUCTOR:** Julie Sullivan

**Class Time:** 10:00 – 11:30 am

**Location:** Zoom or Tallahassee Senior Center Activity Room

**Registration Deadline:** Monday, September 6, 12 noon

**Special Information/ Instructions:** This is a hybrid class that will be offered in person and on Zoom. Participants will be sent an email the day before the class with the Zoom link. If you plan to attend in person, you need to reply to that email to let us know that you will be attending in person.

Growing up in Miami in the mid-1960's, retired Spanish teacher Julie Sullivan always had a desire to travel to Cuba. The attraction was mostly because it was so close to Florida and yet so forbidden. She had the notion that underneath our government's portrayal of the Cuban government as evil, that there was much more to Cuba than the narrow view that was fed to us as a people. She was not able to discover just how mistaken our country's impression was until she made her first trip there in 1998. She is not going to say that everything is rosy in Cuba when in fact the situation is very dire now. During her 28 trips to Cuba, she has learned to have a very different idea of the country, its government, and its people. Her presentation will give a comprehensive overview on Cuba and maybe even convince some people how amazing and rich in culture our 'forbidden' neighbor to the south really is.

### 002 Age in Place

FEE: \$ NA

**INSTRUCTOR:** Ann Cleare

**Class Time:** 12:00 – 1:00 pm

**Location:** Zoom or Tallahassee Senior Center Activity Room

**Registration Deadline:** Monday, September 6, 12 noon

**Special Information/ Instructions:** This is a hybrid class that will be offered in person and on Zoom. Participants will be sent an email the day before the class with the Zoom link. If you plan to attend in person, you need to reply to that email to let us know that you will be attending in person.

There are several home improvements that will make it easier and safer to remain in your home in your golden years. After completing those items that you can accomplish easily yourself, consider hiring a CAPS (Certified Aging in Place Specialist) contractor to complete the rest. Experienced Tallahassee realtor, Ann Cleare will talk about things senior homeowners can do that will make your home safer and more pleasant to live in.

**003 Finding France in Cleveland - French Art at the Cleveland Museum of Art from Manet to Picasso FEE: \$7.00**

**INSTRUCTOR:** Tom Friedman

**Class Time:** 3:00 – 4:30 pm

**Location:** Zoom or Tallahassee Senior Center Activity Room

**Registration Deadline:** Monday, September 6, 12 noon

**Special Information/ Instructions:** This is a hybrid class that will be offered in person and on Zoom. Participants will be sent an email the day before the class with the Zoom link. If you plan to attend in person, you need to reply to that email to let us know that you will be attending in person.

The Cleveland Museum of Art has one of the most comprehensive collections of any art museum in the United States. Although its varied collection spans the ages, it is the museum's rich collection of Impressionist, Post-Impressionist and Modern pieces largely assembled by early 20<sup>th</sup> century titans of Cleveland's heavy industry that we will explore. Tallahassee Senior Center artist, Tom Friedman, will examine works by Picasso, Renoir, Gauguin, van Gogh, Bonnard, and many others. We will discuss each artist and examine various paintings to see why its composition, color, tone, texture, and subject make it is worthy of being in this outstanding collection.

**004 KitchenAble: Making Crepes (1 of 2 offerings) FEE: \$40.00**

**INSTRUCTOR:** Chef Jessica Bright McMullen

**Class Time:** 5:30 – 8:30 pm

**Location:** KitchenAble Cooking School, 967 Briarcliff Rd., Tallahassee

**Registration Deadline:** Thursday, September 2, 12 noon

**Special Information/ Instructions:** We welcome all here at our historic home, however it was built long before accessibility was a consideration. There are a few brick steps (without a handrail) that must be used to get to our front door. Once you are inside there are two steps down from our foyer to the main area of the house. We will gladly assist to get people safely inside. For parking there is a circle drive and street parking in front of our house (on both sides of the road).

This class is also offered on September 21. See class 034 for details.

Come to our chef's kitchen and learn to make the classic French favorite, crêpes! First, we will teach a basic crêpe batter then show you a few of the MANY ways to fill them. Our menu will include Classic Crêpes, Fresh Salad (with our herb vinaigrette dressing), Asparagus, Ham and Brie Crêpes with apple, Mushroom and Cheese Crêpes, and then Citron Crêpes (lemon) for dessert- with fresh berries. Water and decaf coffee will be provided- BYOB if you wish. Though this is a demonstration class we will offer attendees a hands-on opportunity to make a crêpe!

**005    Alsace – Lorraine, France****FEE: \$7.00****INSTRUCTOR:** Colette Clarke**Class Time:** 10:00 – 11:30 am**Location:** Zoom and Tallahassee Senior Center Dining Room**Registration Deadline:** Tuesday, September 7, 12:00 noon

**Special Information/ Instructions:** This is a hybrid class that will be offered in person and on Zoom. Participants will be sent an email the day before the class with the Zoom link. If you plan to attend in person, you need to reply to that email to let us know that you will be attending in person.

Join experienced traveler and tour guide, Colette Clarke, as she highlights the regions of Alsace and Lorraine in northeastern France. Alsace delights us with its distinctive architecture, famous cuisine and wines, and a colorful history dating back to Roman times. It is bordered by the Vosges mountains to the west and the Rhine River to the east and features the famous cultural city of Strasbourg - with a picturesque old town and a glorious gothic cathedral. Lorraine, to the east of Alsace, features two historic and elegant cities, Metz and Nancy, which both contain examples of elegant architecture, historic old centers with small winding streets, fine cuisine and wines. But this is also a unique area between France and Germany, with its own version of Franco-German culture and traditions. We will also discuss the Battle Verdun, the deadliest and most costly battle of WWI, which took place in the province of Lorraine.

**006    Butterfly Gardening with Native Plants****FEE: \$7.00****INSTRUCTOR:** Beth Grant**Class Time:** 1:30 – 3:00 p.m.**Location:** Zoom only**Registration Deadline:** Tuesday, September 7, 12 noon

Butterflies and other pollinators require nectar plants for the adults' food (nectar and pollen). NATIVE plants provide the most nutrition. For reproduction each species of insect requires very specific, mostly NATIVE, host plants that they evolved with, to feed their larvae - caterpillars for butterflies and moths. In exchange, most plants, including our food plants, require pollinators (native insects and hummingbirds or European honeybees), for their reproduction. We would lose much of our food without them. The plants need the insects, and the insects need the plants. Native plants and insects are the foundation of the whole web of natural life. And all wildlife depends on native plants and the insects that grow on them and other animals that eat insects. We can all aid conservation efforts by planting native wildflowers, shrubs, and trees that provide nectar, pollen and larval food for our butterflies, moths, and other insects and, in turn, support all of biodiversity. Beth Grant, the lead gardener at Cherokee Pollinator Garden, in Thomasville, GA, discusses gardening with the plants necessary to support life.

**007 Florida Archaeological Collections Tour****FEE: \$10.00****INSTRUCTOR:** Marie Prentice, Collections Manager**Class Time:** 10:00 – 11:30 am**Location:** Mission San Luis, 2100 West Tennessee St., Tallahassee**Registration Deadline:** Wednesday, September 8, 12 noon**Meeting Time & Location:**

- **Using your own transportation:** By 10:00 am. at Mission San Luis
- **Using Senior Center transportation:** By 9:30 am, Tallahassee Senior Center – Library. Anticipated return time, 12 noon.

The Florida Archaeological Collections staff manages over half a million artifacts ranging from tiny chevron beads to full size 16<sup>th</sup>-century cannons. These artifacts are housed at facilities located on the grounds of Mission San Luis in Tallahassee, while others are on loan to numerous museums and researchers across the country. The collection represents over 12,000 years of human occupation in Florida and includes artifacts from Paleoindian sites through 20<sup>th</sup>-century sites. Experience an exclusive tour of the facility with collections manager, Marie Prentice, and staff.

**008 More Than Skin Deep: Everything you Need to Know About the Body's Largest Organ****FEE: \$ NA****INSTRUCTOR:** Wayne Freilich, M.D.**Class Time:** 12:00 – 1:00 pm**Location:** Zoom and Tallahassee Senior Center Activity Room**Registration Deadline:** Wednesday, September 8, 12 noon

**Special Information/ Instructions:** This is a hybrid class that will be offered in person and on Zoom. Participants will be sent an email the day before the class with the Zoom link. If you plan to attend in person, you need to reply to that email to let us know that you will be attending in person.

Hey! Is your “epidermis” showing? Have you been “itching” to learn more about skin? If so, Board-Certified Dermatologist, Wayne Freilich, MD, will provide an opportunity to “peel” back the layers and look deeply at the history, anatomy, function, disorders, and maintenance of the skin. This live and virtual interactive presentation is guaranteed to create newfound appreciation of your own complex integumentary system. Offered by Dermatology Specialists.

**009 Palaces of the Tsars in St. Petersburg, Russia****FEE: \$7.00****INSTRUCTOR:** Tom Friedman**Class Time:** 2:00 – 3:30 pm**Location:** Zoom and Tallahassee Senior Center Activity Room**Registration Deadline:** Wednesday, September 8, 12 noon

**Special Information/ Instructions:** This is a hybrid class that will be offered in person and on Zoom. Participants will be sent an email the day before the class with the Zoom link. If you plan to attend in person, you need to reply to that email to let us know that you will be attending in person.

The Winter Palace in St. Petersburg, Russia, now known as the Hermitage, houses one of the top ten art collections in the world. Assembled under the Tsars and subsequent governments, the collection is so broad that only a brief survey is possible. Tallahassee Senior Center artist and world traveler Tom Friedman will do a general survey of its collections spanning the ages. Some of the most wonderful Impressionist, Post-Impressionist and Modern works by van Gogh, Renoir, Picasso and others are represented in the Hermitage collections. We'll also visit the Catherine Palace, built by Empress Elizabeth daughter of Catherine the Great, formerly called Tsarskoye Selo known for its famous Amber Room and the Peterhof Palace, constructed as the Russian Versailles by Peter the Great, with its fabulous rooms and extraordinary gardens.



**010 John G. Riley Center and Museum Tour****FEE: \$12.00****Class Time:** 10:00 – 11:30 am**Location:** John G. Riley Center & Museum, 419 E. Jefferson St., Tallahassee**Registration Deadline:** Thursday, September 9, 12 noon**Meeting Time & Location:**

- **Using your own transportation:** By 10:00 am. at the Riley House
- **Using Senior Center transportation:** By 9:30 am, Tallahassee Senior Center – Library. Anticipated return time, 12 noon.

The Riley House was constructed circa 1890 on the fringe of a community called Smokey Hollow. Its owner, John Gilmore Riley, rose to prominence as an educator and civic leader. He received formal education from public and private institutions. Riley began his first teaching job in 1877 at a school in Wakulla County. In 1892 he became principal of the Lincoln Academy where he served until his retirement in 1926. Riley was among the few African Americans in Tallahassee to own property at the turn of the century. The Riley historic home represents the thriving black neighborhood, known as Smokey Hollow, that once existed in what is just east of downtown Tallahassee.

**011 Explore a Local Gem: Goodwood Museum House Tour****FEE: \$15.00****Class Time:** 2:00 – 3:30 pm**Location:** Goodwood Museum, 1600 Miccosukee Rd., Tallahassee**Registration Deadline:** Thursday, September 9, 12 noon**Meeting Time & Location:**

- **Using your own transportation:** By 2:00 pm. at Goodwood Museum
- **Using Senior Center transportation:** By 1:30 pm, Tallahassee Senior Center – Library. Anticipated return time, 4:00 pm

Goodwood's story parallels the history of North Florida. The 1830's main house was and the other three antebellum buildings on the property were built by enslaved craftspeople. The house features some of the earliest fresco ceilings in Florida and has a vast collection of fine furniture, antiques, porcelains, textiles, art, glassware and more. Learn the fascinating history of the owners and residents of the property over the last 180 years during a tour of the main house.

**012 Cocktail Making****FEE: \$20.00****INSTRUCTOR:** Michael Spellman**Class Time:** 6:00 – 8:00 pm**Location:** Tallahassee Senior Center Dining Room**Registration Deadline:** Thursday, September 9, 12:00 noon**Special Information/ Instructions:** You will get samples and one full drink with a keepsake glass. Must be 21 or older to attend.

Join our resident mixology hobbyist as he shares four of his favorite cocktails – ranging from iconic prohibition-era cocktails that have survived the test of time to one of his own that you won't be able to order in any bar anywhere. Attendees will receive a sample of each drink, and their choice of one of the highlighted cocktails served in a commemorative glass.



**013 “Hidden Heritage” Overstreet Hike at Maclay Gardens FEE: \$7.00**

**Class Time:** 9:00 – 11:00 a.m.

**Location:** Maclay Gardens, 3540 Thomasville Rd., Tallahassee

**Registration Deadline:** Friday, September 10, 12:00 noon

**Special Information/ Instructions:** No transportation offered. Participants are encouraged to carpool since **there is a \$6 per car entrance fee to the park**. Dress for the heat. Wear comfortable closed toe shoes, sunscreen, insect repellent, and bring water.

Maclay Gardens is known for its picturesque brick walkway, secret garden, reflection pool, walled garden, hundreds of azaleas, camellias, and other lovely plants and trees. The gardens were first planted in 1923 by Alfred and Louise Maclay when they purchased the property for their winter home. Few people realize that most of the land that comprises the park was once owned by African Americans who lived in a community along Lakes Hall and Overstreet. The community consisted of landowners and tenant farmers. Some of the community members farmed through the mid-twentieth century and later worked at for the Maclay family. Take a ranger-led hike around the Lake Overstreet trail and learn about some of the history and residents of this community.

**014 Flower Arranging 101: Friends with Flowers (1 of 2 offerings) FEE: \$19.00**

**INSTRUCTOR:** Edna Hall

**Class Time:** 10:00 – 11:30 am

**Location:** Tallahassee Senior Center Activity Room

**Registration Deadline:** Thursday, September 9, 12 noon

**Special Information/ Instructions:** This class is also offered on September 20. See class 029 for details.

Spend a fun filled morning learning basic elements of floral design for personal use from Edna Hall of *A Touch of Class / Celebrations* on Main Florist in Havana, FL. Materials used will be natural to most home gardens, native greens accented with some commercially grown blooms. Supplies will be provided but please bring any materials from your own yard that you think would be fun to add to your centerpiece. Each participant will take home a beautiful arrangement of their own creation.

## 015 What Happened to Lake Jackson?

**FEE:** \$7.00

**INSTRUCTOR:** Harley Means, Assistant State Geologist

**Class Time:** 3:30 – 5:00 pm

**Location:** Zoom and Tallahassee Senior Center Activity Room

**Registration Deadline:** Friday, September 10, 12 noon

**Special Information/ Instructions:** This is a hybrid class that will be offered in person and on Zoom. Participants will be sent an email the day before the class with the Zoom link. If you plan to attend in person, you need to reply to that email to let us know that you will be attending in person.

Harley Means, Assistant State Geologist with the Florida Geological Survey, will discuss the recent draining of Tallahassee's Lake Jackson and the geology of the surrounding area. Learn about how the history of water fluctuation in the lake is related to the Karst topography of the region, the sinkholes in the Lake Jackson basin, and the connection to the Floridan Aquifer which supplies our drinking water.



**016 Coffee 101: A Brief Introduction to Coffee****FEE: \$15.00****INSTRUCTOR:** Jason Card**Class Time:** 10:00 – 11:30 am**Location:** Ology Midtown, 118 E. 6<sup>th</sup> Ave., Tallahassee**Registration Deadline:** Monday, September 13, 12 noon**Special Information/ Instructions:** Ology Midtown is in walking distance of the Senior Center.

Coffee is a beverage that is a vital part of most American's day, but few people understand where it comes from, or the complicated journey it takes to reach their cup. Jason Card, barista, and coffee hustler at Ology Coffee Company, gives a brief overview of the coffee supply stream, from farm to finished cup, as well as a discussion of home brewing. The class will include sampling of several different coffees along with a sweet treat, demonstrations of brewing methods, and plenty of time to answer your questions.

**017 KitchenAble Afternoon Tea****FEE: \$35.00****INSTRUCTOR:** Chef Jessica Bright McMullen**Class Time:** 1:00 – 3:00 pm**Location:** KitchenAble, 967 Briarcliff Rd., Tallahassee**Registration Deadline:** Thursday, September 9, 12 noon

**Special Information/ Instructions:** We welcome all here at our historic home, however it was built long before accessibility was a consideration. There are a few brick steps (without a handrail) that must be used to get to our front door. Once you are inside there are two steps down from our foyer to the main area of the house. We will gladly assist to get people safely inside. For parking there is a circle drive and street parking in front of our house (on both sides of the road).

We love afternoon tea at KitchenAble! This year we are celebrating the tradition with Scottish flavors. Join us for a class in the beautiful historic home built by Thomas Angus MacEwan of Edinburgh Scotland in the 1930's; it is on the Tallahassee Historic Registry. Menu taught will feature our signature blend of hot tea with fresh, hot, flaky scones, clotted cream, lemon curd, and butter. We will also have finger sandwiches filled with Scottish smoked salmon or Curried Egg Salad and sweet treats that include Classic Scottish Shortbread and Dundee Cake. In addition to a delicious helping of each dish you will also receive a recipe packet with each recipe we have created and a tour of this beautiful historic home.

**018****Wish I Still Had Those Model Trains from When I Was Growing Up!****FEE: \$7.00****INSTRUCTOR:** Sam Miller**Class Time:** 4:00 – 5:30 pm**Location:** Zoom and Tallahassee Senior Center Auditorium**Registration Deadline:** Monday, September 13, 12 noon

**Special Information/ Instructions:** This is a hybrid class that will be offered in person and on Zoom. Participants will be sent an email the day before the class with the Zoom link. If you plan to attend in person, you need to reply to that email to let us know that you will be attending in person.

Ask seniors what was their favorite toy under the Christmas tree? Many guys will say it was a Lionel or American Flyer train set. Santa could have delivered the pink Lionel Girl's Train too, but if not, many gals remember their brothers' toy trains. Everyone seems to love model trains. Hundreds attended the Big Bend Model Railroad Association's 30<sup>th</sup> Anniversary Model Train Show and Sale at the Fairgrounds in June, which has become one of the largest model train shows in the Southeast. For years, the Heartland Express Lionel layout was one of the most popular features at the Festival of Lights downtown. Sam Miller has been collecting, operating, and selling vintage model trains for 35 years. See what memories Sam helps resurrect when he talks about his favorite hobby-passion.



*Do you feel isolated or lonely?  
Were the holidays hard for you?  
Would you like to be more socially connected?*

## **UPSLIDE is here to help!**

### **WHAT IS UPSLIDE?**

**UPSLIDE is a program that helps seniors who feel lonely or isolated**

UPSLIDE stands for Utilizing & Promoting Social Engagement for Loneliness, Isolation & Depression in the Elderly

### **Available no-cost services\* include:**

- **Assessment Visits** – Find out if UPSLIDE is right for you
- **Individual Counseling** – Professional psychosocial support
- **Friendly Chat Groups** – Meet new people and make new friends
- **Social Engagement Support** – To help you get connected
- **Transportation Assistance** – Get where you need to go
- **Telephone Buddy Program** – Engage with an FSU Nursing student
- **Resource Support** – Connect to available helpful community services
- **Technology Assistance** – Learn to use current technology to stay connected



*Get support, get involved, get happier, get healthier!*

**For more information call (850) 891- 4066**

**[Melanie.Lachman@talgov.com](mailto:Melanie.Lachman@talgov.com)**



**019 Goat House Farm Tour & Lunch****FEE: \$20.00****Class Time:** 10:00 am – 2:30 pm**Location:** Meet at Tallahassee Senior Center in the Dining Room (transportation provided)**Registration Deadline:** Monday, September 13, 12:00 noon**Special Information/ Instructions:** Dress for the heat. Wear comfortable walking shoes, sunscreen, insect repellent. Bring water to drink.

Goat House Farm is locally owned micro-farm on beautiful Lake Talquin. The farm has its humble beginnings in the summer of 2015 with four acres, four goats, and four chickens. Founded on the love of animals and a passion for sustainability, we remain committed to compassionate practices and the most natural care of our land and animals as possible. The farm is home to a happy herd of Pygmy and Nigerian Dwarf goats; our moody Lamancha Nigerian cross Aspen and her girls; Breeze and Corrie Ann, the wacky Nubians; the reserved Onyx, her red girls, and her sister Opal; a flock of happy chickens, including several rare and exotics; a spoiled hog named Houdini; some lazy barn cats; and a bunch of busy bees! To support our endeavors, we sell chicken eggs, specialty cottage goods, honey, natural goat milk, and honey products. We offer handcrafted goods made right on the farm! Tour the farm, meet the friendly goats and other animals, and enjoy a picnic lunch which is included.

**020 Gadsden Arts Center Tour****FEE: \$12.00****Class Time:** 2:30 – 4:00 pm**Location:** Gadsden Arts Center ,13 N. Madison St., Quincy**Registration Deadline:** Tuesday, September 14, 12 noon**Meeting Time & Location:**

- **Using your own transportation:** By 2:30 pm at the Gadsden Arts Center
- **Using Senior Center transportation:** By 1:45 pm, Tallahassee Senior Center – Dining Room. Anticipated return time, 4:30 pm

Enjoy a tour of the 33rd Annual Art in Gadsden at the Gadsden Arts Center. This annual tradition of Gadsden Arts showcases recent art by the area's top artists and artists new to the region. Some of our Tallahassee Senior Center Artists are exhibiting in this show. Exhibited works span the mediums of watercolor, egg tempera, acrylic, oil, photography, clay, encaustic, wood, metal, glass, and serigraph. In addition, celebrate the creativity of eight women artists represented in the museum's Permanent Collection in thirteen paintings and sculptures by women from the Southeastern United States and view other works in this nationally accredited gem of a museum in Quincy.

## 021 MagLab Virtual Escape Room

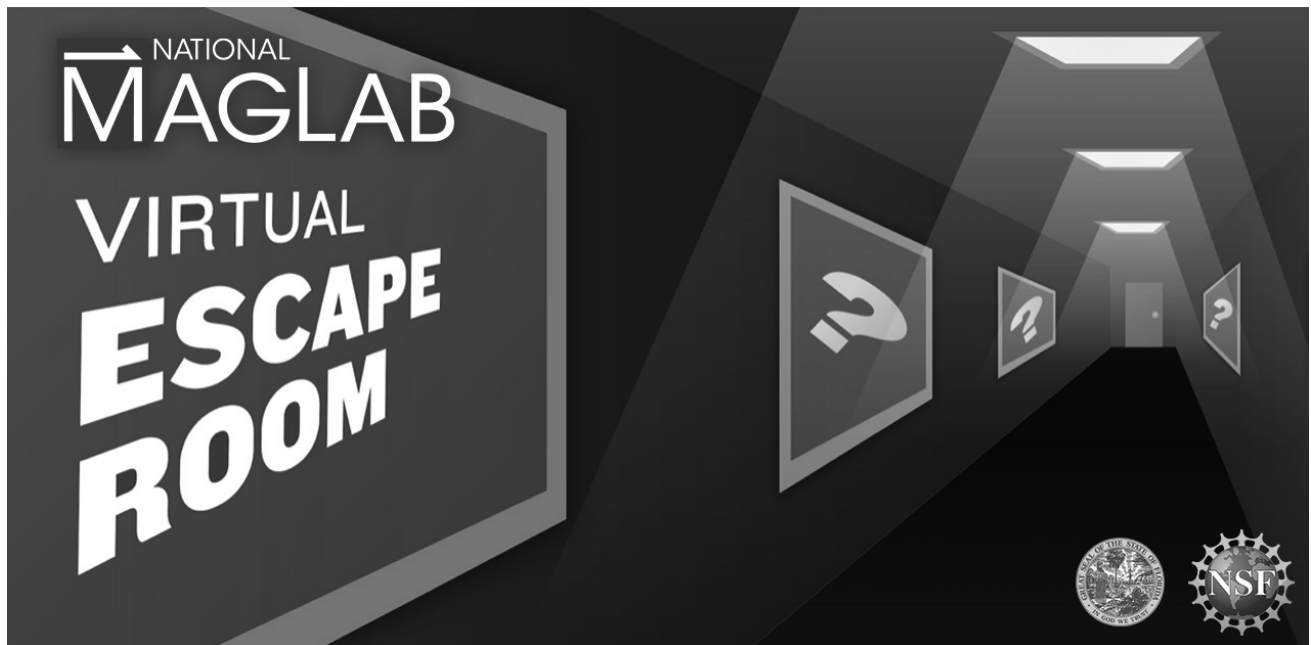
FEE: \$7.00

**Class Time:** 6:30 – 8:00 pm

**Location:** Zoom

**Registration Deadline:** Tuesday, September 14, 12 noon

Tallahassee is very fortunate to have the National Magnetic Field Laboratory otherwise known as the MagLab in our community. The staff of this world - renown research facility is generous in offering community outreach and educational programs. Bring your best science sleuthing skills to the **MagLab Virtual Escape Room**. Exercise your brain to solve a series of puzzles created by the MagLab staff and see if you can save a groundbreaking discovery from being lost forever. Compete as an individual or a team for some fun prizes.



**022 Behind the Curtain****FEE: \$7.00****INSTRUCTOR:** Dr. Carla Connors, Soprano**Class Time:** 10:00- 11:30 am**Location:** Zoom**Registration Deadline:** Wednesday, September 15, 12 noon

Through the years audiences everywhere have enjoyed seeing and hearing classical music performances in concert halls from their view in front of the curtain. Have you ever wondered what the view is like from the other side of the curtain? What is the path taken by the singer to prepare for “curtain up”? Soprano Dr. Carla Connors will share some of the experiences that took her from a small town in South Dakota to singing at Carnegie Hall, singing with New York City Opera, and performing around the U.S. and abroad. Hear the inside scoop about educational paths; auditioning; apprenticeships; touring; the different worlds of opera, oratorio, and recital singing; working with conductors, directors, and collaborative musicians; and humorous happenings along the way. Increase your knowledge of the lives of the performers whom you hear on the stage.





## 023 Cooking with Local Produce

**FEE:** \$12.00

**INSTRUCTOR:** Heidi Copeland, UF IFAS

**Class Time:** 1:30 – 3:00 pm

**Location:** Tallahassee Senior Center, Activity Room

**Registration Deadline:** Wednesday, September 15, 12 noon

Join Heidi Copeland, University of Florida Institute of Food and Agricultural Sciences Family and Consumer Sciences (FCS) Extension Agent (UF IFAS) demonstrate the use of a seasonal, Red Hills produce bundle. Red Hills Small Farm Alliance will provide the produce bundle from products grown or produced at farms within a 100-mile radius of Tallahassee. Heidi will provide recipes and techniques that appreciate the locally sourced foods. Sample tastes will be provided. Attendees are encouraged to engage in an interactive, enjoyable experience.

## 024 The Moon

**FEE:** \$7.00

**INSTRUCTOR:** Dr. Steve Blumsack

**Class Time:** 4:00 – 5:30 pm

**Location:** Zoom and Tallahassee Senior Center Activity Room

**Registration Deadline:** Wednesday, September 15, 12 noon

**Special Information/ Instructions:** This is a hybrid class that will be offered in person and on Zoom. Participants will be sent an email the day before the class with the Zoom link. If you plan to attend in person, you need to reply to that email to let us know that you will be attending in person.

The moon has dominated the interest of humans and the behavior of many species for thousands of years. Dr. Steve Blumsack will enlighten participants on an accepted theory for the origin of the moon, ways in which the moon affects life on earth including the tides, what we have learned about the moon from scientific studies and landings, and how the moon has infiltrated various past and present cultures of humanity. Terms such a "lunacy" are derived from "lunar", lunar calendars are based upon the motion of the moon, plus books, music, and movies.

**025 Saints and Sinners: The Story of us All****FEE: \$7.00****INSTRUCTOR:** Linda Schuyler Ford**Class Time:** 10:00 – 11:30 am**Location:** Tallahassee Senior Center Auditorium**Registration Deadline:** Thursday, September 16, 12 noon

Linda Schuyler Ford introduces us to saints, sinners, and everyone in-between in this 90-minute spoken word concert. These are the stories of practically *perfect* and unspeakably *imperfect* people, told in folk and fairy tales and personal narrative. The characters will delight you for their pure humanness. Have you ever felt like you keep drawing the short straw? You'll relate to *The Man Who Had No Luck*. Were you ever wise enough to follow a hunch? Mend a relationship? Try to please *everyone*? You 're bound to recognize someone you know in these stories! Linda Schuyler Ford has been described as "the storyteller who slips her hand into yours and immerses you in other worlds, then gently brings you home again."

John Henry Redgate said: "Linda is exceptional for being about to be lighthearted while working soul-deep!" Learn more about Linda Schuyler Ford as an entertainer, healing story practitioner, and popular educator at [SchuylerFord.com](http://SchuylerFord.com).

**026 The Pursuit of Justice After the Holocaust****FEE: \$7.00****INSTRUCTOR:** Lauren Ray, Volunteer Docent, Dallas Holocaust Museum**Class Time:** 1:30 – 3:00 pm**Location:** Zoom**Registration Deadline:** Thursday, September 16, 12 noon

After the Holocaust, Nazi leaders and perpetrators were tried for war crimes and crimes against humanity in military courts throughout Europe. This presentation, by Lauren Ray who is a volunteer docent at the Dallas Holocaust and Human Rights Museum, will focus on the pursuit of justice following the Holocaust, including the international trials, evidence presented at trials, Holocaust survivor testimonies, and hunting perpetrators. Perpetrators who initially escaped and assumed new identities and will also be discussed; some were hunted and captured many years later and tried in court; others escaped justice entirely. The ongoing pursuit of justice for property stolen by the Nazis and their collaborators during the Holocaust will also be covered.

**027 Senior Artist Showcase Reception****FEE: \$ NA****Class Time:** 6:00 – 8:00 pm**Location:** Tallahassee Senior Center Auditorium**Registration Deadline:** Friday, September 17, 12 noon

Come experience some of the best art from local artists. The Tallahassee Senior Artist Showcase is an annual juried fine art exhibit open to all artists age 50+ in Tallahassee and the surrounding areas. The reception is the party to celebrate the artists, hear about their work, announce award winners, and admire the art. We hope you will join us!

## 028 Fall Foraging Hike

FEE: \$7.00

**INSTRUCTOR:** Greg Haberfeld

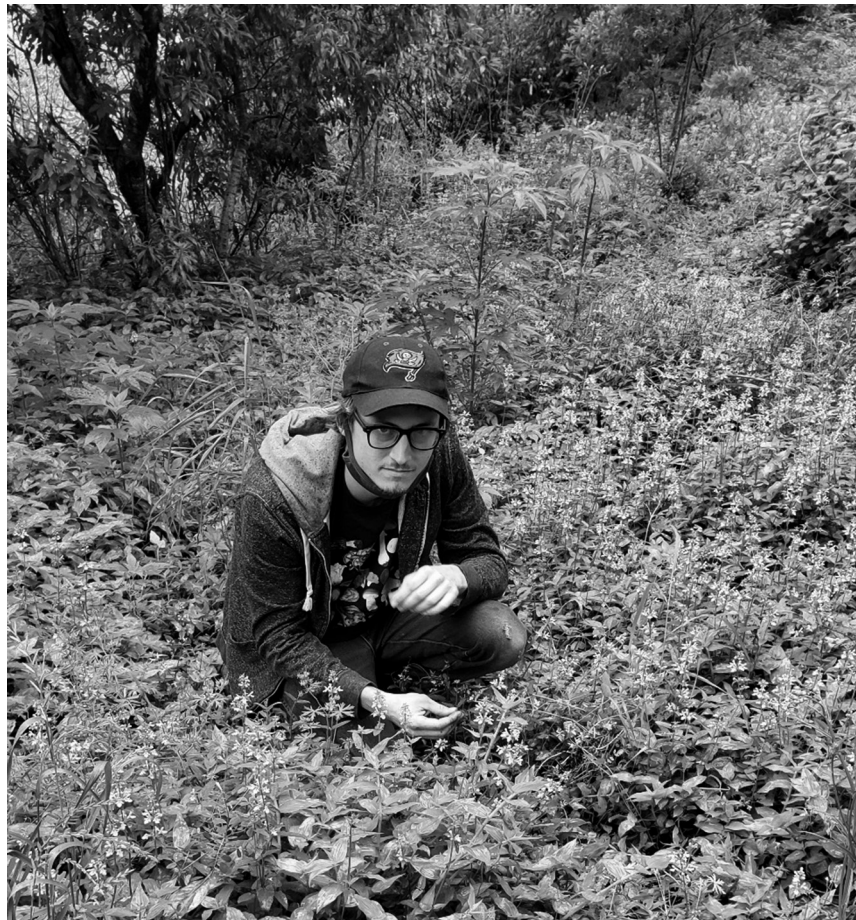
**Class Time:** 9:00 – 11:00 am

**Location:** Fred George Greenway Park, 4830 Fred George Rd., Tallahassee

**Registration Deadline:** Friday, September 17, 12 noon

**Special Information/ Instructions:** Meet at the playground/restrooms in the baseball field parking lot. Dress for the heat. Wear closed toe shoes, sunscreen, insect repellent, and bring water.

Did you know that Tallahassee is an *ethnobotanical* hot spot for wild edible and/or medicinal plants and mushrooms? Fall is one of the best times to forage in the Tallahassee area. Join local forager Greg Haberfeld for a Saturday morning walk at the Fred George Greenway Park. Learn how to seek out, identify, and sample edible plants such as grapes, passion fruit, greens, yaupon holly, chanterelle mushrooms, and other local delights. Foraging and eating wild plants and mushrooms may seem a little intimidating at first, but knowledge and practice can give you the confidence to start foraging on your own.



**029 Flower Arranging 101 Friends with Flowers (1 of 2 offerings) FEE: \$19.00****INSTRUCTOR:** Edna Hall**Class Time:** 10:00 – 11:30 am**Location:** Northeast Public Library, 5513 Thomasville Rd., Tallahassee**Registration Deadline:** Thursday, September 16, 12 noon**Special Information/ Instructions:** This class is also offered on September 13. See class 014 for details.

Spend a fun filled morning learning basic elements of floral design for personal use from Edna Hall of *A Touch of Class / Celebrations* on Main Florist in Havana, FL. Materials used will be natural to most home gardens, native greens accented with some commercially grown blooms. Supplies will be provided but please bring any materials from your own yard that you think would be fun to add to your centerpiece. Each participant will take home a beautiful arrangement of their own creation.

**030 Native American Cosmology as Expressed in the Archaeological Record of the Southeast FEE: \$7.00****INSTRUCTOR:** Guy Prentice, National Park Service Archeologist (Retired)**Class Time:** 1:30 – 3:00 pm**Location:** Zoom and Tallahassee Senior Center Activity Room**Registration Deadline:** Friday, September 17, 12 noon**Special Information/ Instructions:** This is a hybrid class that will be offered in person and on Zoom. Participants will be sent an email the day before the class with the Zoom link. If you plan to attend in person, you need to reply to that email to let us know that you will be attending in person.

Recently retired National Park Service Archeologist Guy Prentice will provide a brief overview of some of the major cosmological themes shared among the Late Pre-Columbian agrarian societies that inhabited much of the Southeast between AD 1000-1500. Basic cosmological concepts related to creation and the cycle of life and death as they were expressed in Southeastern prehistoric iconography are interpreted based on the recorded mythology and religious beliefs shared by the native cultures in the eastern United States.

**031 Perception: How Your Brain Understands the World****FEE: \$7.00****INSTRUCTOR:** Dana Boebinger, PhD Candidate, Harvard University**Class Time:** 7:00 – 8:30 pm**Location:** Zoom**Registration Deadline:** Monday, September 20, 12 noon

Perception is the process by which the brain gathers and interprets information about the world that it receives through our senses. But perception is much more than a passive relay of information from your eyes and ears to your brain. Instead, your brain interprets the information sent from your sensory organs, and actively creates your perception of the world. Despite the ease with which you can see and hear the world around you, this process is extremely complex. In this presentation, scientist Dana Boebinger, will explore how your brain makes sense of your sensations, and what happens when this process goes wrong. Dana Boebinger is a PhD candidate in auditory neuroscience at Harvard and MIT, where she studies neural mechanisms that underlie human perception of complex sounds like speech and music removed."



**032 Wake Up and Smell the History****FEE: \$15.00****Class Time:** 9:00 – 11:30 am**Location:** Meet at the Tallahassee Senior Center in the Dining Room (transportation provided).**Registration Deadline:** Monday, September 20, 12 noon

If you need a morning pick me up, we have just the thing! Wake up and smell the coffee and the history at The Historic Capitol Museum. The Museum will host a caffeine-fueled morning tour exclusively for L3X participants. There is always something new to discover at the Museum, and this unique tour is a great way to start your day! Come join us for a fresh brew with a refreshing view at the Historic Capitol Museum. Enjoy delicious coffee and donuts during your exclusive tour.

**033 Behind-the-Scenes Tour of the State Archives of Florida and Florida Photographic Collection FEE: \$10.00**

**INSTRUCTOR:** Dr. Josh Goodman, State Archives Historian

**Class Time:** 1:00 – 4:00 pm

**Location:** Meet at the Tallahassee Senior Center in the library (transportation provided).

**Registration Deadline:** Monday, September 20, 12 noon

**Special Information/ Instructions:** Bring a jacket or sweater as the Archives are chilly.

The State Archives of Florida is home to about 50,000 cubic feet of historical records, including government records and collections from Florida families, businesses, organizations, and individuals. This trove of historical treasures goes far beyond documenting the minutiae of state government—there are maps, diaries, personal letters, films, hundreds of thousands of photographs, and even handwritten cookbooks dating back more than a century and a half. Participants will join State Archives historian Dr. Josh Goodman for a behind-the-scenes tour featuring some of Florida's rarest and most unusual archival gems, and then meet with photo archivist Adam Watson to learn about the history of photography as seen through the many types of photographs found in the State Archives' collection.

**034 KitchenAble: Making Crepes (1 of 2 offerings) FEE: \$40.00**

**INSTRUCTOR:** Chef Jessica Bright McMullen

**Class Time:** 5:30 – 8:30 pm

**Location:** KitchenAble Cooking School, 967 Briarcliff Rd., Tallahassee

**Registration Deadline:** Thursday, September 16, 12 noon

**Special Information/ Instructions:** We welcome all here at our historic home, however it was built long before accessibility was a consideration. There are a few brick steps (without a handrail) that must be used to get to our front door. Once you are inside there are two steps down from our foyer to the main area of the house. We will gladly assist to get people safely inside. For parking there is a circle drive and street parking in front of our house (on both sides of the road).

This class is also offered on September 7. See class 004 for details.

Come to our chef's kitchen and learn to make the classic French favorite, crêpes! First, we will teach a basic crêpe batter then show you a few of the MANY ways to fill them. Our menu will include Classic Crêpes, Fresh Salad (with our herb vinaigrette dressing), Asparagus, Ham and Brie Crêpes with apple, Mushroom and Cheese Crêpes, and then Citron Crêpes (lemon) for dessert-with fresh berries. Water and decaf coffee will be provided- BYOB if you wish. Though this is a demonstration class we will offer attendees a hands-on opportunity to make a crêpe!

**035 Cherokee Pollinator Garden Tour (with optional transportation to Thomasville)**

**FEE: \$10.00**

**INSTRUCTOR:** Beth Grant

**Class Time:** 10:00 – 11:00 am

**Location:** Cherokee Pollinator Garden, Covington Ave., Thomasville, GA

**Registration Deadline:** Tuesday, September 21, 12 noon

**Meeting Time & Location:**

- **Using your own transportation:** By 10:00 a.m. at Cherokee Pollinator Garden
- **Using Senior Center transportation:** By 9:00 am. Tallahassee Senior Center – Dining Room. Anticipated return time, 11:30 am.

**Special Information/ Instructions:** Bring water. Wear comfortable walking shoes, sunscreen, and insect repellent. *Instead of riding optional transportation, participants may want to carpool to Thomasville and stay to enjoy lunch and shopping in the beautiful downtown area following the tour.*

**Driving and On-Site Meeting Directions:** From Tallahassee follow Highway 319 into Thomasville and turn right on Madison Street, then in two blocks, left on Smith Avenue. Cherokee Lake is just past the Jail Justice Center. Turn left onto Covington Avenue and park in the Rose Garden parking lot. Walk across the Rose Garden and you will find the butterfly garden on the far side as you approach the woods.

Cherokee Pollinator Garden is next to Thomasville's Rose Garden at Cherokee Lake Park. The main garden is in the shape of a butterfly and can be seen from Google Earth! There are extra areas on a sunny hillside, in the woods, and along a pleasant trail by small creeks. Maintained and expanded by a group of volunteers for over 10 years, the gardens grow almost exclusively native wildflowers, shrubs, and trees. Beth Grant, lead volunteer at the garden, will be giving the tours. If you plan to attend this tour it is recommended that you take L3X class **006 Butterfly Gardening with Native Plants**.





**036 Cherokee Pollinator Garden Tour (*without* optional transportation to Thomasville) FEE: \$10.00****INSTRUCTOR:** Beth Grant**Class Time:** 11:00 am – 12:00 pm**Location:** Cherokee Pollinator Garden, Covington Ave., Thomasville, GA**Registration Deadline:** Tuesday, September 21, 12 noon

**Special Information/ Instructions:** Bring water. Wear comfortable walking shoes, sunscreen, and insect repellent. *Instead of riding optional transportation, participants may want to carpool to Thomasville and stay to enjoy lunch and shopping in the beautiful downtown area following the tour.*

**Driving and On-Site Meeting Directions:** From Tallahassee follow Highway 319 into Thomasville and turn right on Madison Street, then in two blocks, left on Smith Avenue. Cherokee Lake is just past the Jail Justice Center. Turn left onto Covington Avenue and park in the Rose Garden parking lot. Walk across the Rose Garden and you will find the butterfly garden on the far side as you approach the woods.

Cherokee Pollinator Garden is next to Thomasville's Rose Garden at Cherokee Lake Park. The main garden is in the shape of a butterfly and can be seen from Google Earth! There are extra areas on a sunny hillside, in the woods, and along a pleasant trail by small creeks. Maintained and expanded by a group of volunteers for over 10 years, the gardens grow almost exclusively native wildflowers, shrubs, and trees. Beth Grant, lead volunteer at the garden, will be giving the tours. If you plan to attend this tour it is recommended that you take L3X class **006 Butterfly Gardening with Native Plants**.

**037 Asturias Spain FEE: \$7.00****INSTRUCTOR:** Lilli Reilly and Rodrigo Lopez Gutierrez**Class Time:** 1:30 – 3:00 pm**Location:** Zoom**Registration Deadline:** Tuesday, September 21, 12 noon

Spain is a country that is best described as a union of autonomous communities, each with their own history, culture, and cuisine and some even with their own language. Asturias, a northern, coastal region in Spain is often described as “Un paraíso natural entre montaña y mar” (A natural paradise between mountain and sea) because of the different landscapes one can find within its borders. Local Asturians take a lot of pride in their community and will often tell people that Asturias is the “true” Spain. The local language, distinct from Castilian Spanish, has been preserved here and it can be heard trickling out of houses and restaurants. It is just one example of how Asturians have maintained their unique customs and traditions throughout the centuries, tying the area to the past while still having every comfort of the modern world. In this class Lilli Reilly, a Pennsylvania native who has spent the last 2 years working in Spain, and her partner Rodrigo Lopez Gutierrez, a proud Asturian will discuss the history of the region, the traditions of the inhabitants, local foods like cachopo and cider, and the region’s unique language and accent. This class has something for everyone: adventurers, history buffs, nature-lovers, and foodies alike and the presenters are delighted to share this hidden gem of Spain with all of you.

## 038 Only the Ball was Dead

FEE: \$7.00

**INSTRUCTOR:** Joe Haberfeld

**Class Time:** 4:00 – 5:30 pm

**Location:** Zoom and Tallahassee Senior Center Activity Room

**Registration Deadline:** Tuesday, September 21, 12 noon

**Special Information/ Instructions:** This is a hybrid class that will be offered in person and on Zoom. Participants will be sent an email the day before the class with the Zoom link. If you plan to attend in person, you need to reply to that email to let us know that you will be attending in person.

America's National Pastime had a 20-year period full of growth and excitement known as the Dead Ball Era. It filled the gap between baseball's first quarter century of development and the coming of Babe Ruth's Bronx Bombers (aka the New York Yankees). Baseball was already the National Pastime by 1900 but the next 20 years would see it reach new heights of popularity. Despite the ball not being "lively" (a player with 10 home runs in a season might lead the league!), the game had a grip on America. Competition was fierce and runs were at a premium. Pitchers set records which will probably never be equaled. Baseball immortals wore numberless uniforms. The era began with the birth of the American League and the World Series and ended with its biggest scandal. Grab your peanuts and crackerjack and join lifelong baseball fan Joe Haberfeld as he leads you on a trip back to one of baseball's most exciting periods.



**039 North Florida Wildlife Center Tour (1 of 3 offerings)****FEE: \$27.00****Class Time:** 10:00 – 11:00 am**Location:** The Florida Wildlife Center, 1386 Cook Rd., Lamont**Registration Deadline:** Wednesday, September 22, 12 noon**Meeting Time & Location:**

- **Using your own transportation:** By 10:00 am at The Florida Wildlife Center
- **Using Senior Center transportation:** By 9:00 am., Tallahassee Senior Center – Dining Room. Anticipated return time, 12 noon

**Special Information/ Instructions:** Dress for the heat. Wear closed toe shoes, sunscreen, insect repellent and bring water.

The North Florida Wildlife Center is a nonprofit organization in Lamont, Florida dedicated to wildlife conservation through education, field work, and propagation of species. They offer guided tours and animal encounters, where the public can meet the fantastic rare and endangered species that call the center home. Your experience will include a guided facility tour, joey encounter where you will be able to go into the enclosure and interact with our red kangaroo and wallaby joeys, and you will be able to feed our lemurs from the outside of their enclosure while you learn about them.

**040 North Florida Wildlife Center Tour (1 of 3 offerings)****FEE: \$27.00****Class Time:** 11:00 am – 12:00 pm**Location:** The Florida Wildlife Center, 1386 Cook Rd., Lamont**Registration Deadline:** Wednesday, September 22, 12 noon**Meeting Time & Location:**

- **Using your own transportation:** By 11:00 am at The Florida Wildlife Center
- **Using Senior Center transportation:** By 10:00 am., Tallahassee Senior Center – Dining Room. Anticipated return time, 1:00 pm

**Special Information/ Instructions:** Dress for the heat. Wear closed toe shoes, sunscreen, insect repellent and bring water.

The North Florida Wildlife Center is a nonprofit organization in Lamont, Florida dedicated to wildlife conservation through education, field work, and propagation of species. They offer guided tours and animal encounters, where the public can meet the fantastic rare and endangered species that call the center home. Your experience will include a guided facility tour, joey encounter where you will be able to go into the enclosure and interact with our red kangaroo and wallaby joeys, and you will be able to feed our lemurs from the outside of their enclosure while you learn about them.

**041 North Florida Wildlife Center Tour (1 of 3 offerings)****FEE: \$27.00****Class Time:** 12:00 – 1:00 pm**Location:** The Florida Wildlife Center, 1386 Cook Rd., Lamont**Registration Deadline:** Wednesday, September 22, 12 noon**Meeting Time & Location:**

- **Using your own transportation:** By 12:00 pm at The Florida Wildlife Center
- **Using Senior Center transportation:** By 11:00 am., Tallahassee Senior Center – Dining Room. Anticipated return time, 1:00 pm

**Special Information/ Instructions:** Dress for the heat. Wear closed toe shoes, sunscreen, insect repellent and bring water.

The North Florida Wildlife Center is a nonprofit organization in Lamont, Florida dedicated to wildlife conservation through education, field work, and propagation of species. They offer guided tours and animal encounters, where the public can meet the fantastic rare and endangered species that call the center home. Your experience will include a guided facility tour, joey encounter where you will be able to go into the enclosure and interact with our red kangaroo and wallaby joeys, and you will be able to feed our lemurs from the outside of their enclosure while you learn about them.

**042 Bucket Garden Program****FEE: \$ NA****INSTRUCTOR:** Molly Jameson**Class Time:** 2:00 – 3:30 pm**Location:** Tallahassee Senior Center Activity Room**Registration Deadline:** Wednesday, September 22, 12 noon

The Bucket Garden program invites attendees to grow their own garden out of a five-gallon bucket, no yard work or garden beds required. The Leon County Public Library will provide a bucket and needed supplies to all attendees, and Molly Jameson from the University of Florida's Institution of Food and Agricultural Sciences will teach the class how to assemble the bucket (which will be prepped beforehand) and plant and care for crops in the buckets. The library will also provide soil and seeds from its fall seed library for planting. You can even plant more than one seed in the bucket!

**043 Leon Anderson Band Jazz Concert at The Grove at Canopy FEE: \$15.00**

**Class Time:** 6:30 – 8:30 pm

**Location:** The Grove at Canopy, 2601 Crestline Rd., Tallahassee

**Registration Deadline:** Wednesday, September 22, 12 noon

**Special Information/ Instructions:** The charcuterie platter serves at least 2 people and includes a take home board. The cost is \$35.00. To order call Laura at The Grove 850-219-3123. ***All orders must be received by Friday, September 17.***

Leon Anderson is a Jazz drummer the Director of Jazz Studies at FSU. He has been a featured soloist with The Marcus Roberts Trio, the Los Angeles Philharmonic Orchestra at the Hollywood Bowl, and at the Jacksonville Jazz Festival. He has also performed with the Baton Rouge Symphony Orchestra and the Louisiana Philharmonic Orchestra. Enjoy an exciting evening of Jazz with Leon and his band at The Grove at Canopy. Bring your chairs, snacks, and beverages of your choice to enjoy this casual, outdoor event. A food truck will be on site to purchase refreshments and you can pre-order a charcuterie platter to enjoy during the concert. Thanks to The Grove at Canopy and Home Instead Senior Care for their generous sponsorship of this event!

**044 The Grove Museum House and Grounds Tour****FEE: \$8.00****Class Time:** 9:00 – 11:00 am**Location:** The Grove Museum, 902 N. Monroe St., Tallahassee**Registration Deadline:** Thursday, September 23, 12 noon

Built by enslaved craftspeople around 1840, The Grove is one of the best-preserved antebellum residences in Florida. The house is listed on the National Registry of Historic Places and is an example of Greek Revival architecture in Florida. From slavery to civil rights, museum tells the story of critical moments that define the American experience. Experience a guided tour of the house and beautiful grounds that focuses on slavery and civil rights in American history, through the lens of The Grove and its former residents, the Call – Collins families.

## CLOSING LUNCHEON

# “THE REVOLUTION WITHIN THE REVOLUTION”

Featuring

**Terry Lewis**

Friday, September 24  
11:30 a.m. – 1:30 p.m.  
Tallahassee Senior Center

\$16.00



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**INCOGNITO** is a fictional story of a British plot to assassinate key leaders of the Continental Congress in 1776. Interwoven in the novel is a bit of real history. *Incognito* author, attorney, and retired judge, Terry Lewis, discusses “The Revolution Within the Revolution” which is the story of how a small band of radicals in Philadelphia used propaganda, subterfuge, political sleight of hand and physical intimidation to overthrow the recently elected government of Pennsylvania and replace it with one more favorable towards declaring independence from Great Britain.

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**Terry Lewis** received his J.D. (with honors) from FSU College of Law in 1976. He was a Florida trial judge for 30 years. He is now in private practice focusing on arbitrations and mediations. Throughout his career, he was active in professional service with numerous professional affiliations and received many honors and awards. Terry was also heavily involved in legal and judicial education serving as faculty for many courses. He has also been very active with community service and has held many leadership positions.

Shortly after Terry became a judge, he began work on a novel. Seven years, two writing courses and many instructional books and articles later, his first novel, *Conflict of Interest*, was published in 1997. He followed that with *Privileged Information* in 2003, and *Delusional* in 2013. These legal thrillers, set in or near Tallahassee, explore that ambiguous grey area that resides in the conflict between law and morality. His books have all garnered many favorable reviews from a variety of sources.

Terry is a past board member of Mystery Writers of America, Florida Chapter, and the advisory board for the Florida Book Awards. He lives in Tallahassee with his wife, Fran, a former guidance counselor, and their Border Collie Mix, Pepper.


**The Closing Luncheon is Sponsored by**





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## Become a Member of the Tallahassee Senior Center Today!

<b>Annual membership:</b> <b>\$30 per person / \$50 per couple</b>	<b>Become a Key Holder</b> 	<b>Key Holder Benefits</b>														
<b>Membership Benefits</b> <ul style="list-style-type: none"><li>• <b>Early Registration</b> for L3X!</li><li>• <b>Advanced notice</b> of tickets to Senior Center special events such as Silver Stars, Deck the Halls, and Welcome Receptions</li><li>• Annual <b>Membership Appreciation</b></li><li>• <b>Support</b> TSC programs and activities</li></ul>	<table><tr><td>Friend</td><td>\$ 120</td></tr><tr><td>Bronze</td><td>\$ 240</td></tr><tr><td>Silver</td><td>\$ 540</td></tr><tr><td>Gold</td><td>\$ 1,020</td></tr><tr><td>Ruby</td><td>\$ 1,500</td></tr><tr><td>Platinum</td><td>\$ 2,520</td></tr><tr><td>Diamond</td><td>\$ 5,040</td></tr></table>	Friend	\$ 120	Bronze	\$ 240	Silver	\$ 540	Gold	\$ 1,020	Ruby	\$ 1,500	Platinum	\$ 2,520	Diamond	\$ 5,040	<ul style="list-style-type: none"><li>• <b>Become a Key Holder</b> or increase your keyholder membership and receive \$20 gift certificate to a TSC program or activity of your choice.</li><li>• <b>BRONZE Key Holders &amp; higher</b> receive 2 tickets (\$100 value) to our Signature <b>Deck the Halls!</b></li></ul> <p><b>Donations are tax deductible!</b></p>
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### Payment options:

- **Mail a check, made payable to TSC Foundation, 1400 N. Monroe St., Tallahassee, FL 32303**
- **Renew on-line (by credit card):** [TallahasseeSeniorFoundation.org/membership](http://TallahasseeSeniorFoundation.org/membership)
- **Pay credit card:** ☐ Visa ☐ MC ☐ Discover  
Card # \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ Exp. Date: \_\_\_\_/\_\_\_\_ 3-Digit Security #: \_\_\_\_\_  
Name on Credit Card: \_\_\_\_\_
- **Set up automatic monthly or annual payments, complete & return the form found here:** [TallahasseeSeniorFoundation.org/autopay](http://TallahasseeSeniorFoundation.org/autopay) or stop by Tallahassee Senior Center

**Legacy Society:** ☐ I/We would like to learn more about how to leave a lasting gift to Tallahassee Senior Center & Foundation. Please contact me.

### YES, I/WE WANT TO SUPPORT OUR SENIOR CENTER!

☐ Individual (age 50+) - \$30 ☐ Supporter (Under 50) - \$40 ☐ Senior Couple - \$50

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

Name(s): \_\_\_\_\_ Amount Enclosed: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

E-mail: \_\_\_\_\_ Phone: \_\_\_\_\_

**OFFICE USE:** Renew Date \_\_\_\_\_ ☐ Master ☐ Membership ☐ My Senior ☐ Paid \_\_\_\_\_