

Active LIVING

*The magazine for Tallahassee's
active boomer and senior community*



Sandra Stoutamire takes a turn with the hula hoop.



Heather Frost, Renee Ryals and Anne Cleare serve up ice cream.



Archie and Charlotta Ivy dance to '50s tunes.



Mary R. Johnson enjoys a cool treat at the Ice Cream Social.

COOL SUMMER FUN ICE CREAM SOCIAL SPARKS SMILES

September is L3X Month

Maureen Haberfeld

For more info or to register, go to TallahasseeSeniorFoundation.org/L3X or email Maureen.Haberfeld@talgov.com

Model Trains, Sept. 14, 4–5:30 p.m. Ask seniors about their favorite toy under the Christmas tree and many say it was a train set. Sam Miller has been collecting, operating, and selling vintage model trains for 35 years. See what memories Sam brings back when he talks about his favorite hobby-passion. Hybrid class in person and on Zoom. Fee \$7

MagLab Virtual Escape Room, Sept. 15, 6:30–8 p.m. Tallahassee is fortunate to have the National Magnetic Field Laboratory (known as the MagLab) in our community. Bring your science sleuthing skills 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 individually or as a team for prizes. Virtual on Zoom. Fee \$7

Behind the Curtain, Sept. 16, 10–11:30 a.m. While enjoying classical music performances, have you ever wondered what the view is like from the other side of the curtain? Soprano Dr. Carla Connors shares experiences that took her from small town South Dakota to singing at Carnegie Hall, with New York City Opera, and performing around the world. Hear the inside scoop about education; auditioning; touring; the worlds of opera and recital singing; working with conductors, directors, and musicians; and humorous happenings along the way. Virtual on Zoom. Fee \$7

The Moon, Sept. 16, 4–5:30 p.m. The moon has dominated the interest of humans and the behavior of many species for thousands of years. Dr. Steve Blum-sack will enlighten us on an accepted theory for the origin of the moon, ways the moon affects life on earth including the tides, what we have learned about the moon from scientific studies and landings. Virtual on Zoom. Fee \$7

The Pursuit of Justice After the Holocaust, Sept. 17, 1:30–3 p.m. After the Holocaust, Nazi leaders and perpetrators were tried for war crimes and crimes against humanity. Join Lauren Ray, volunteer docent at the Dallas Holocaust and Human Rights Museum, for a focus on the pursuit of justice following the Holocaust, including international trials, Holocaust survivor testimonies, as well as perpetrators who initially escaped and assumed new identities. The ongoing pursuit of justice for property stolen by the Nazis during the Holocaust will also be discussed. Virtual on Zoom. Fee \$7

Native American Cosmology, Sept. 20, 1:30–3 p.m. Recently retired National Park Service Archeologist Guy Prentice will provide an overview of major cosmological themes shared among the Late Pre-Columbian agrarian societies that inhabited the Southeast between AD 1000-1500. Cosmological concepts related to life cycles based on recorded mythology and religious beliefs shared by native cultures. Virtual on Zoom. Fee \$7

Perception: How Your Brain Understands the World, Sept. 20, 7–8:30 p.m. Perception is the process by which the brain gathers and interprets information that it receives through our senses. But perception is more than a passive relay of information from your eyes and ears to your brain. Your brain interprets information from sensory organs and actively creates your perception of the world. Scientist Dana Boebinger will explore how your brain makes sense of your sensations, and what happens when this process goes wrong. Virtual on Zoom. Fee \$7

Asturias, Spain, Sept. 22, 1:30–3 p.m. Spain is a union of communities, each with their own history, culture, and cuisine and some languages. Asturias, a northern, coastal region is often described as a natural paradise between mountain and sea. Lilli Reilly, who has spent 2 years working in Spain, and her

partner Rodrigo Lopez Gutierrez, a proud Asturian will discuss the history of the region, traditions, local foods, and the region's unique language and accent. Virtual on Zoom. Fee \$7

Baseball: Only the Ball Was Dead, Sept. 22, 4–5:30 p.m. America's National Pastime had a period of growth and excitement known as the Dead Ball Era. It filled the gap between baseball's first quarter century and the coming of Babe Ruth's Bronx Bombers (aka the New York Yankees). It began with the birth of the American League and the World Series and ended with its biggest scandal. Pitchers set records which will probably never be equaled. Lifelong baseball fan Joe Haberfeld leads you on a trip back to one of baseball's most exciting periods. Virtual on Zoom. Fee \$7.

OCTOBER LIFELONG LEARNING OFFERINGS

Passing Through History: The Tales That Turds Tell, Oct. 21, 1:30–3 p.m. Many think archaeology is about finding arrowheads and bottles. Artifacts. Things. However, Archaeology is all about discovering the untold stories of our past and these things are tools which help reveal that past. While these artifacts may be pretty, sometimes the ugliest and most disgusting ones tell the best stories. Join Tristan Harrenstein, of the Florida Public Archaeology Network, to learn how ancient feces can produce amazing nuggets of truth about our past. Hybrid class in person at TSC and on Zoom. Fee \$5

Introduction to Underwater Archaeology, Oct. 28, 1:30–3 p.m. This presentation discusses the differences and similarities between terrestrial and underwater archaeology. Barbara Clark of the Florida Public Archaeological Network provides a good basic understanding of how archaeologists conduct underwater excavations. It also touches on the preservation issues relating to objects archaeologists find. Hybrid class in person at TSC and on Zoom. Fee \$5

ABOUT THE PUBLICATION

Active Living is a bi-Monthly publication of the Tallahassee Senior Center (TSC), 1400 N Monroe St., Tallahassee, FL 32303. 850-891-4000.

Sheila Salyer, Senior Services Manager, City of Tallahassee and Executive Director, Tallahassee Senior Foundation, and Karin Caster, Communications & Development

Martha Gruender, Coordinating Copy Editor

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+. Disclaimer of Endorsement: Reference herein to any specific commercial products, process, or service by trade name, trademark, manufacturer, or otherwise does not necessarily constitute or imply its endorsement, recommendation or favoring by Tallahassee Senior Services or the Tallahassee Senior Foundation.

For more information on Tallahassee Senior Services, the TSC & Foundation, activities, and 15 neighborhood venues, contact 850-891-4000 or visit TallahasseeSeniorFoundation.org.

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Technology help available

TSC volunteers are available to assist with technology challenges, from Zoom, email, e-books, smartphones and iPads, to uploading photos and more. A partnership with FSU Institute for Successful Longevity. Call 850-891-4000 from 8am to 4pm, Mon.–Fri. for assistance or for a Zoom User Guide.

L3X will conclude with two special programs

Leon Anderson Band Jazz Concert

On Thursday, Sept. 23, from 6:30-8:30 p.m., Leon Anderson and his band will present an exciting outdoor Jazz Concert at The Grove at Canopy. Leon



Anderson

Anderson is a world class jazz drummer and 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 the Jacksonville Jazz Festival. He has also performed with the Baton Rouge Symphony Orchestra and the Louisiana Philharmonic Orchestra. Attendees can bring chairs, snacks, and beverages to enjoy this casual, outdoor event. A food truck will be on site to purchase refreshments and you can pre-order a charcuterie platter. The concert is \$15 per person. Thanks to The Grove at Canopy and



Home Instead Senior Care for their generous support of this event.



Lewis

L3X Closing Luncheon: The Revolution within the Revolution

On Friday, Sept. 24 at 11:30 a.m., author and former judge, Terry Lewis, will be the featured speaker at our L3X Closing Luncheon in the Tallahassee

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Senior Center auditorium. Lewis' recent book Incognito is the 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. Lewis will discuss "The Revolution Within the Revolution," a story of how a small band of radicals in 1770's Philadel-

phia 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. The cost is \$16 and includes lunch.

Transitions is a program that offers non-medical support to Veterans living with a serious illness.



SERVICES PROVIDED TO VETERANS THROUGH TRANSITIONS INCLUDE:

- Valor Ceremonies to Honor Their Services
- Vet-to-Vet Companionship visits by Trained Volunteers
- Wellness Calls from a Fellow Veteran
- Assistance by a Social Worker to connect to available Community Resources

TRANSITION SERVICES ARE APPROPRIATE FOR VETERANS THAT:

- Have a serious diagnosis
- Are not yet ready or qualified for hospice care
- Want to remain in their own home with support
- Have been hospitalized or needed emergency care several times in the past year

Call (850) 671-6090 for information on this FREE service

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Have a grand grandparents day

Karen Boebinger
GaP Coordinator

Grandparents Day has been a national holiday since 1979 when Pres. Jimmy Carter signed the bill which says that the purpose of the holiday is "to honor grandparents, to give grandparents an opportunity to show love for their children's children, and to help children become aware of the strength, information, and guidance older people can offer."

The celebration of Grandparents Day occurs in over 20 countries around the world. Most celebrations center around family activities or civic events which recognize grandparents in the community. Whatever type of family you are with today – do something GRAND to celebrate Grandparents Day!

Our "grand" parents can be biological family members or the inter-generational families that we create from peo-

ple in our neighborhoods. Grandparents Day recognizes all types of grandparents – including grandparents who are raising their grandchildren (if you can imagine doing that again!) Did you know that 4 million children in 3 million households in the USA are being raised by their grandparents? These grandparents are special people to take on the role of "parent" again in order to keep their families together. It's challenging and hard work but also joyful and fulfilling – and these grandparents wouldn't have it any other way!

If you are raising your grandchildren, or know anyone who is, then the Senior Center has a great program for you! GaP (Grandparents as Parents) is a fun and supportive group of grandparents who socialize and learn together how to better navigate this new lifestyle. GaP meets monthly with Zoom presentations, support groups and drive-thru events.



Martha Beverly, Bobbie Roberts and Vivian Collins enjoy support and fellowship of the Gap program.

SOUTHSIDE SENIOR SERVICES & PROGRAMS

Wendy Barber
Southside Outreach Coordinator

Monthly Wellness Circles 11-noon, Tues., Sept. 14 at Jack McLean on and Wed., Sept. 15 at Jake Gaither. "Fruit and Vegetable BINGO" learn how different nutrients and vitamins work to help maintain health and vitality; then have a ball playing BINGO. If you can't attend one, you are welcome to attend the other, providing class is not full. Limited to 15 people. Suggested donation: \$2 per class.

Resources Nick Schrader, Resource Coordinator with the Tallahassee Senior Center will guide you through accessing resource cards that provide an array of information you probably didn't know you didn't know. He will share resources specifically on two timely topics, depression and loneliness and provide you with updated Covid-19 and the Delta Variant. Zoom workshop Sept., 16, 11 am – noon.

Virtual CarFit Workshop with the FDOT, Sept., 22 from 11–12:30. Learn what you can do to make your personal

vehicle safer for you and others on the road. You can register by typing this link into your web browser...bit.ly/carfit922. Those who register will receive a gift for participating in the class. Gifts are limited, so register early.

Healthy for Life fall series will meet at Jake Gaither. Limited to 15 people. Kate Frisby with UF IFAS will be our guest on Oct. 7 and Oct. 14, presenting "Eat Healthy, Be Active." Kate will prepare healthy dishes that are diabetic friendly.

In-person DEEP (Diabetes Empowerment Education Program) classes will take place on Oct. 21 and 28 and Nov. 4.

Learn what you can do to reduce the risks associated with this disease.

Brain Body Balance indoor classes, Tues. and Thurs. 9–10 a.m. at Optimist Park in Indian Head Acres. Improve agility, balance, coordination, flexibility and strength. Space is limited so registration is required. Suggested donation: \$3/class. Fitness Cards are available for \$25 for 10 classes, a savings of \$5. For more information or to enroll in these classes, contact Wendy.Barber@talgov.com or call 850-891-4052

UPSLIDE

If you are feeling lonely and would like to meet new people, then UPSLIDE's Friends Connection group is for you! UPSLIDE is an award-winning program that addresses loneliness, isolation & depression, and Friends Connection is a great way to make friends, share ideas

and engage in meaningful conversation. It is a welcoming and accepting community of support and, mostly, just plain fun. We have begun meeting in person again and would love for you to join us! UPSLIDE also offers no cost on-line and in-person counseling. For more information, email Melanie.Lachman@talgov.com or call 850-

891-4066.

Friends Connection:

Tallahassee Senior Center: Monday 3–4:30 p.m., Thursday 1–2:30 p.m.

Virtual (via Zoom) 2nd and 4th Tuesday 1–2:30 p.m. Call or email for link.

Lincoln Neighborhood Center: 1st and 3rd Wednesday, 1–2 p.m.

Miccosukee Community Center: 1st Tuesday 12:30–1:30 p.m.

Services are provided at no cost to participants, but donations accepted. UPSLIDE is sponsored by the Tallahassee Senior Center Foundation and the City of Tallahassee and Tapestry Senior Living.

HEALTH & WELLNESS PROGRAMS

Buddy Program

Adults age 50+ are paired with FSU College of Nursing students to share life experiences and help meet their educational needs. Conversations via telephone or video chat, and frequency is flexible. Students are back-ground checked and supervised by instructors. For information, email Judy.Shipman@talgov.com or call 850-556-5697

Podiatry Screening and Foot Care

Thur., Sept. 16, 9 a.m.-Noon at TSC
Dr. Gary McCoy, Podiatrist & foot specialist, is back at TSC with Covid-safety protocols. He cuts toenails and treats foot problems. Doctor accepts Medicare, Medicaid, and secondary insurance, which may cover costs. \$25 if not covered by insurance. Appointment required, email: Sarah.vernon@talgov.com or call 850-891-4045

Falls Prevention FSU College of Medicine

Wed., Sept. 22, 10 a.m. on Zoom
To recognize National Falls Prevention Awareness, FSU College of Medicine REACH program presents how to prevent common falls, and how to stay safe and independent in your home. To register, email Tai.Smith@med.fsu.edu or call 850-645-8440

CarFit presentation

Wed., Sept. 22, 11 a.m. on Zoom
How to increase your safety and the safety of others on the road Registration link: bit.ly/carfit922

Skin Health & Cancer Screenings

Thur., Oct. 7, 10 a.m.-Noon at TSC
Dr. Wayne Freilich, MD, and his Dermatology Specialists staff are offering skin screenings at TSC. Appointment required, email Ruth.nickens@talgov.com or call 850-891-4042

About WellCare Medicare Advantage Plans

Thur., Oct. 7, 1:30-2:30 p.m., TSC Activity Rm
Learn how WellCare Medicare Advantage plans help take care of your whole well-being.

The Invisible Epidemic: Substance Abuse in Older Adults

Tues, Oct 12, 6-7:30 p.m., TSC Auditorium

To recognize Mental Health Awareness, Dr. Jeffrey Ferraro discusses the misuse of alcohol and drugs in

older adults. Relevant to families, individuals, health care providers and social workers. \$7 donation for dinner. CEUs available. Register at bit.ly/2Wsyv8

Ageless Grace with Marghi

Thur., Oct 14, Nov 4, 10 – 11 a.m., Activity Rm

This 4-week cutting-edge live, in-person brain fitness program consists of simple exercises based on natural movements that activate the brain. Classes are interactive and fun! In partnership with TMH. \$15 donation for all four classes. Register at bit.ly/389wh1f

Flu Shot Clinic

Tue., Oct. 26, 8:30-11 a.m., TSC Dining Room

It's more important than ever to get your flu shot this year! Bring your Medicare or CHP card. Offered by Leon County Health Department. May be a small fee if no insurance.

Self-Defense/Personal Safety for Seniors

Wed. Oct 27, 10-11:30 a.m., TSC Dining Rm

Learn how to avoid becoming a victim of a physical offense or a virtual scam. When a situation calls for verbal or physical response, you will be more prepared to react with common-sense recommendations of the experts. Presented by Maria Mercuro, TPD, Special Response Team (SRT). Register at bit.ly/2WzOEtN

Pain Management Update

Tue., Nov. 2, 10:30 a.m., at TSC and on Zoom
Dr. Elton Powell, Dynamic Spine and Wellness Center, believes surgery should be the last option. This interactive presentation covers some causes of chronic pain and treatment for managing it. Register at bit.ly/3mluw3C

Healthy Living for the Brain & Body/ Advancing the Science around Alzheimer's & Dementia

Wed., Nov. 10, 10 a.m. on Zoom
November is Alzheimer's Awareness Month! This 2-part webinar shows ways the brain and body are interconnected, and ways to help keep your brain and body healthy, plus current developments in Alzheimer's research. Presented by the Alzheimer's Association. To register, call 800-272-3900



YOURLife™ of Tallahassee invites you to join us as we host two local experts who will offer information and answer questions to improve the lives of caregivers and their loved ones. First, we will explore the heart-health connection with dementia and then learn how to manage the more challenging behaviors commonly associated with memory loss.

Healthy Heart Habits

THURSDAY, SEPTEMBER 16 | 5 P.M.

Presented by Terri Repasky, APRN, MSN, CEN, EMT-P, Accreditation Manager, Tallahassee Memorial Heart & Vascular Center

DINNER WILL BE SERVED.

Managing Dementia-Related Behaviors

THURSDAY, SEPTEMBER 23 | 5 P.M.

Presented by Geno Santopadre, Director of Strategic Communications, Home Instead Senior Care

DINNER WILL BE SERVED.

Events are limited to 20 attendees and reservations are REQUIRED two days prior.

Call Halie or go online to reserve your seat!

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TALLAHASSEE SENIOR CENTER FOR THE ARTS

Email Jennifer.Haskins@talgov.com or call 850 -891-4016 for class information :

Art Exhibit: Tallahassee Senior Artist Showcase now on display at TSC Auditorium & online: TallahasseeSenior-Foundation.org – click on Art. Art Reception: Fri., Sept. 17, 6–8 p.m. Meet the artists and hear them speak about their artwork. Vote for People's Choice – winners announced at the reception. Refreshments will be served.

ON-GOING ART CLASSES AT THE TSC

\$10 per class unless stated otherwise

Portrait Studio Lab

Mondays 9–12, \$5

Draw or paint from live model, bring your own art supplies, no instructor.

Pastels Landscape Lab

Tuesdays 9–12, \$5, no instructor.

Ceramics

Wednesdays and Thursdays 9–12, \$2 lab fee, plus cost of materials and firing fee.

Use mold-made bisque items to paint or glaze. Lead by helpful volunteers.

Acrylic Painting with Debbie Gaedtke

Wednesdays 9:30–12:30

Learn and develop basic skills and techniques with a versatile acrylic medium in a friendly, supportive class. For beginners, as well as continuing artists.

Oil and Acrylics with Debbie Gaedtke

Wednesdays 1–4, Intermediate-Advanced

Explore your creative side among a friendly, supportive group of painters. Work at your own pace on your own projects with feedback and participate in critiques.

Experimental Watercolor with Linda Pelc

Thursdays 9–12 or 1–4, Intermediate-Advanced

Enhance your creativity with projects, techniques and critique that will expand your skill set and knowledge of the medium.

Oil Painting with Eluster Richardson

Fridays 9–12, Advanced level

ON-GOING TSC ART CLASSES OFFERED VIA ZOOM & IN-PERSON

Hands-On Art History with Mark Fletcher

Mondays, 12:30–3:30

Create your own art applying and combining the methods of various artists like Van Gogh, Monet, Durer and others.



A Girl's Best Friend by Audrey Thomson, Overall Favorite from Creativity in Oils and Acrylics.

This is an on-going class and can be joined at any time.

Draw With Your Eyes, Paint With Your Heart with Mark Fletcher

Wednesdays, 1:30–4:00 p.m., NE Library Bradfordville

Pen & Ink with a little watercolor. At least one prior art class highly recommended. This is an on-going class and can be joined at any time.

UPCOMING ART WORKSHOPS

Engage With your Page with Mary Liz Tippin-Moody

6 weeks: Tuesdays, Sept. 21–Oct. 26, 1–3:30

Create images on paper with a variety of media and visual art processes – a

creative time for experimenting with mixed media projects. Use your sketchbook to develop ideas and images with drawing, painting, collage and simple printmaking techniques. Drawing and painting guidance available. \$60

Introductory Zentangle® 'Humble Beginnings' with Midori Okasako, CZT
4 weeks: Weds., Oct. 13, 20, 27, Nov. 3, 1:30–4:30 or 6–8:30 p.m.

In this Introductory 4-week workshop, you will discover and explore the easy-to-learn Zentangle® method, while acquiring a sense of calm and freedom. With every ink stroke and graphite shading, you will create beautiful images of 'tangles' (structured patterns) inspired by your daily surroundings. \$40

People's Choice Winners

Creativity in Oils and Acrylics:

Favorite Landscape: Fran Buie, Abandoned Farm

Favorite Water Scene: Siroos Tamaddoni, A View of Kure Beach from the Pier

Favorite Animal: Brenda Francis, Spring Forward

Favorite Still Life: Karen Stewart, Oranges

Favorite Use of Color: Carol Franchi, Sunset at the Dock and Mary Lou Smith, Sweet Sunset

Overall Favorite: Audrey Thomson, A Girl's Best Friend and Tom Mitas, Red Beauty

Pantone Color Of The Year:

Favorite Landscape: Joyce Rachelson, Symphony Falls

Favorite Use of Color: Joyce Rachelson, The Coming Spring

Favorite Tree: Tom Mitas, Smokey Mtn Gray

Overall Favorite: Audrey Thomson, Splash

Watercolor with Diane Ogorzaly

6 weeks: Fridays, Oct. 1–Nov. 5, 1–3:30
Developing basics with watercolor, for continuing beginners and intermediates. \$60

Watercolor Intermediate with Eluster Richardson

Thursdays, Sept. 2 – Oct. 7, 1:30–4 p.m., NE Library Bradfordville
Develop skills and insight with watercolor. Intermediate Level. \$60

Watercolor Painting for the Absolute Beginner with Gail Bauman

10 weeks: Fridays, Oct. 1–Dec. 10, 9:30–Noon

Discover the fun of watercolors! Learn and develop basic techniques and creative processes for painting with watercolor. \$100

Painting with Oils and Acrylics for the Absolute Beginner with Fran Buie

6 weeks: Fridays, Oct. 1–Nov. 5, 1–4 p.m.
Learn and develop basics in painting as the instructor guides you through a composition of your choice. \$60



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1. Hamstra DA, Mariados N, Sylvester J, et al. Continued benefit to rectal separation for prostate radiation therapy: Final results of a phase III trial. *Int J Radiat Oncol Biol Phys*. 2017 Apr; 97(5): 976-85.

2. Hamstra DA, Mariados N, Sylvester J, et al. Sexual quality of life following prostate intensity modulated radiation therapy (IMRT) with a rectal/prostate spacer: Secondary analysis of a phase 3 trial. *Pract Radiat Oncol*. 2018 Jan - Feb;8(1):e7-e15.

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SILVER STARS SPARKLE



Cynthia Sparks, Amy Porter, Jaclyn Santiago, Doris Carpenter, Shannon Walker from Capital Home Health Corp.



Jeralyn Lucking, Regie & Pat Ashley, Mary Coker.



Judy Westbrook

An exceptional evening was held on July 29, 2021, spotlighting our Silver Stars honorees. More photos on the Tallahassee Senior Center Facebook page. Photos by Betsy Barfield, and City of Tallahassee



Col Washington Sanchez



TSC Foundation Board members Jeanie Martin, Maicel Green, Celena Grant, Kaila Hardee



CHP's Tom Glennon and mom Pat Glennon.



City Commissioner Dianne Williams-Cox and Ann Cleare.

SILVER STARS



Kaila Hardee, Edna Owens, Morgan Patterson and City Commissioner Curtis Richardson.



Paula Roberts, Brenda Williamson, Betty Roberts, Dr. Janie Glenn, Dorothy Bethea and Donna Duffee Kojo.



Robert Austin, Rev Edith Holiday-Austin and family.



Tom Flanagan with Marjorie Turnbull



Tom Hart

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Tallahassee bowler shares love of the game

Nick Gandy

For many, bowling is a sport for life. Something started in the early years. Like a youngster attending a birthday party and thinking, "I like this game."

That was not the case for Dominic DeMartino, who didn't start bowling until after he moved to Tallahassee in 2001. He joined a bowling league, "about nine years ago," and soon became more than a guy just rolling a ball down the lane and knocking down pins. He soon learned about a Special Olympics Bowling program and signed on as a coach.

He was familiar with the Special Olympics since its early days and was part of one of the original Law Enforcement Torch Runs, a fundraiser to create awareness of the Special Olympics. The early Torch Runs crossed the country from Maine to California and passed through his hometown of North Haven, Connecticut. At that time he was a member of the local fire department and participated.

His current connection finds DeMartino spending Sundays from June through August instructing Special Olympics bowlers at Capital Lanes. The program drew 60 athletes, from Leon and Wakulla County, ranging in age from teenagers to adults over the age of 70, with four other coaches besides DeMartino.

"They come and go over the three months," he said. "We usually have about 20 or more every Sunday, all developmentally handicapped."

Bowlers have the opportunity to advance to a State Championship Tournament in Orlando that draws up to 600 bowlers from around Florida. "We brought home gold medals a few years in a row," he said.

Besides his venture into coaching, the bowling alley has turned out to be a great meeting place for Dom. He met his girlfriend, Marynell Dales, at Capital Lanes. Besides being part of several bowling leagues in Tallahassee, they travel to tournaments in Florida and Georgia.

With a military background, having served in the Army from 1973-79, Dom and Marynell venture to Valdosta to bowl at Moody Air Force Base in a Colorama event, with colored pins randomly placed on the lanes. Hitting the col-



Dominic DeMartino has been spending Sundays from June through August instructing Special Olympics bowlers at Capital Lanes.

ored pins leads to prize money. "We love it so we do it," he said. "It's a way to stay fit and get together with a bunch of people."

Besides their travels, the two are regulars at the Capital City Senior Games and the summer Monday night Allegro Bowling League. "One of the reasons I show up on Monday nights is to bowl with Dominic and enjoy the fellowship," said Sheila Salyer, fellow Capital City Senior Games and Allegro League bowler. "He's a good guy who is very helpful to other people and makes them feel welcome whatever skill level. If he's having a good game but someone else isn't, he's very supportive of others around him."

Dom and Marynell have even agreed to assist with the planning and promoting of the 2022 Allegro League, which begins in June of 2022.

Over his time spent on the bowling lanes, DeMartino holds a 165 game average and usually stays within 10-15 pins in either direction of that base score. He releases the ball from a gloved right hand with force and sends pins flying. The Capital Lanes scoring system records the speed of the ball when it hits the pins and at a recent night of Allegro League bowling, DeMartino registered at 19 mph strike.

He is a student of the game who comes prepared with four bowling balls to use depending on how the lanes were

oiled on a given day. "I pick and choose balls to use based on the one that's good for the lanes on that night," he said. "I have balls for low oil lanes and high oil lanes. I use the 10 minutes of practice time to determine which ones I'll be using. It's a challenge sometimes."

His current three-game high score is 587, which averages out to 196 per game, a good night for DeMartino.

"Now I'm shooting for a 600 series and hopefully a 700," he said.

In the end it all comes down to a love of the game for DeMartino, one that is obvious when you see him on the lanes in action.

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BBH valor team helps meet hospice needs of veterans

One out of four Americans who die each year served in the Armed Forces. According to a 2016 study at Case Western Reserve University, 85% do not receive health services through the Veteran's Administration (VA). Because veterans are strong, independent individuals with the mindset to serve others, it can be challenging to get them to accept help, even when facing a serious illness, which can impact their quality of life.

Big Bend Hospice's Valor Program and pre-hospice program, Transitions, were designed to help meet veterans' unique needs and opportunities at the end of life. After hiring a Veteran Liaison in 2018, BBH became a partner in the "We Honor Veterans" program. The Veteran Liaison, BBH social workers and Transitions' staff, work with veterans and their caregivers to create a "team-approach" to care.

Veterans may face different challenges as they cope with an advanced illness. This could include PTSD, health issues related to military chemical exposures, and guilt connected to wartime experience or being a "survivor." Through targeted coordination and communication, the Veteran Liaison and other team members can improve care for veterans. A large challenge has been getting Vietnam veterans to accept end-of-life care. Many experience long-term medical and psychological health issues. Some have spent years dealing with disabilities because of exposure of



Big Bend Hospice's Valor Program and pre-hospice program, Transitions, were designed to help meet veterans' needs.

Agent Orange. Most did not receive a hero's welcome upon return from service.

According to the Pew Research Center, Gulf War-era veterans now account for the largest share of U.S. veterans. These men and women served from August 1990 to the present. Some were exposed to biological and environmental hazards resulting in "Gulf War Syndrome," chronic symptoms including fatigue, headaches, joint pain, indigestion, insomnia, dizziness, respiratory disorders, and memory problems. Hospice and Palliative Care healthcare pro-

viders anticipate an increase in veterans needing specialized assistance in pain management.

About 25% of veterans today served on active duty after the terrorist attacks of Sept. 11, 2001. Because many were deployed and saw combat, they are more likely to bear physical or mental effects. In addition, 36% say they have suffered from post-traumatic stress (PTS), according to the Pew Research Center.

What does this mean for palliative and hospice organizations? There will be a greater emphasis on the psychological aspect of care. Social workers, like

those in the Transitions program, will be key in connecting veterans to the help they need. Often a veteran will only open up to a fellow veteran.

Our Valor Volunteers offer "Vet-to-Vet" companionship, allowing staff and Volunteers to develop camaraderie with and better serve the veterans. Transitions staff will provide veterans and their caregivers the opportunity to not only accept the recognition they deserve, but also connect them with services they might not even know they are entitled to receive.

In addition, the Veteran Liaison offers a Valor Ceremony, conducted by veterans and support volunteers, to honor veterans for their service. Some are veterans who served during peace time and need to be reminded it's "because they served that there was peace time." Other veterans decline a Valor Ceremony because they were not career military, maybe serving the standard four years. These veterans served to protect our freedom and still deserve to be honored for their service.

To learn more about how BBH serves veterans, contact Derrick Sykes at dsykes@bigbendhospice.org or 850-878-5310. To learn more about Transitions, a pre-hospice program, contact Fabiola Jean-Charles at fjean-charles@bigbendhospice.org

For information about services, please call 850-878-5310 or visit bigbendhospice.org

Celebrate Elder Care Services 23rd Oktoberfest

Elder Care Services

The Elder Care Services team is gearing up for the 23rd Annual Oktoberfest celebration. On Oct. 10, the community will join together for an afternoon of drinks, food, and entertainment in Cascades Park. Elder Care encourages all attendees to "Celebrate Your Way" with a hybrid event option. Food and drink are available to-go. Whatever way you choose to celebrate with Elder Care, you

are funding critical programs that allow seniors to age in place.

Since the outbreak of the pandemic, Elder Care has not compromised on their mission to improve the quality of life for seniors. Thanks to the support of generous community members and grant funding, the organization increased services in 2020 to meet the need, but there is still work to be done. With a significant increase of vulnerability for seniors due to COVID-19, a tre-

mendous need continues in our community.

The nonprofit hosts this annual tradition to fund vital programs providing direct care to seniors. Elder Care Services invites you to attend Oktoberfest to help support seniors in the community. General admission tickets are \$50 and VIP access tickets are \$100.

As the lead advocate for senior care in the Big Bend region, the non-profit continues to provide kind and compassion-

ate care. For more information or to purchase tickets, visit eldercarebigbend.org or call 850-921-5554.

Elder Care Services, Inc. is a private nonprofit corporation, dedicated to improving the quality of life for seniors in Leon and the surrounding counties, allowing them to remain at home with dignity. For more information, visit ecsbigbend.org or follow us on Facebook at facebook.com/eldercarettally.

Get registered: OLLI returns with nearly 40 classes for fall

Fran Conaway

OLLI Chair of Marketing and Communications

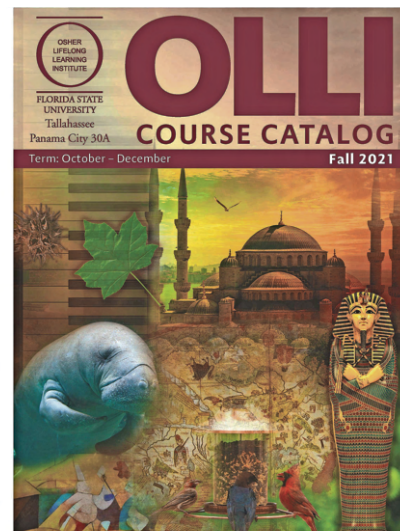
Along with the younger generation, older adults are headed back to class this fall. The Osher Lifelong Learning Institute at Florida State University is once again offering a full slate of classes tailored to lifelong learners hungry for new knowledge in a wide range of topics. With the success of Zoom classes over the past few semesters and the continuing threat of COVID-19, OLLI will continue mostly via remote learning. Some in-person activities will be available.

As Tallahassee Member President Harriet Waas says, "COVID-19 changed our lives, requiring us to devise new and creative ways to keep OLLI moving forward. The silver lining of the pandemic has brought us instructors from many states as well as several countries." Through Zoom, instructors and students from around the country and around the world can affiliate with OLLI at FSU.

With nearly 40 classes being offered

through OLLI at FSU, the schedule is teeming with topics of interest. In addition, OLLI at FSU also features a Panama City partner — OLLI at FSU 30A. While some of those classes are in person, many are available via Zoom, broadening the curriculum even further.

Humanities, physical and social science, history, technology, language, current events, self-improvement and much more are all well-represented in OLLI's curriculum. Consider just Wednesday's options: "Take Control of Your Inbox," "Group Piano Lessons," "Stars, Supernovae, Black Holes," "Fall Container Gardening Techniques," "Extremism: The Power of Extreme Ideologies on the Course of History," "From Prehistory to Picasso: A Dozen Magic Paintings," "The Great Flu Pandemic of 1918/The Great COVID Pandemic of 2019: How Do They Compare?" "Discover What You Can Do With Your Android Phone," "Introduction to Chinese Politics," "Supreme Court Principles and Politics" "The Library of Congress: America's Library," and "A Story of Self: The Magic of the Memoir."



Registration for the Fall Semester opens Sept. 15, and classes run October through December. OLLI

The full Course Catalog is available online at olli.fsu.edu. A virtual Showcase of Classes featuring instructors describing and promoting their classes

will appear online Sept. 14. Registration for the Fall Semester opens Sept. 15, and classes run October through December. Clubs, special free lectures and activities are offered throughout the year.

Beyond classes, membership includes club activities—among them Paddlers, Walking and the Men's Group. Also offered are Spanish Club, book clubs, and tours of art, cultural offerings, nature and other attractions. Membership in OLLI at FSU is open to all adults 50 and older who love to learn in a stress-free environment where there are no tests, no homework and no required reading. There are no education prerequisites. Instructors typically come from the faculty of local institutions of higher education and area experts, but Zoom extends the range of instructors and students, who can join OLLI's classes and activities, regardless of location.

For more information about OLLI at FSU, see olli.fsu.edu. Need help? Contact Deb Herman at dherman@fsu.edu or Terry Aaronson at taaronson@fsu.edu.





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Put a sparkle in the lives of seniors

There is a Chinese proverb that says "If a family has an old person in it, it possesses a jewel." At the Tallahassee Senior Center, we see these folks every day participating in our art classes, Life Long Learning program, fitness classes, and so much more. We meet our mission to keep seniors in our community active and engaged because of the generosity of our supporters. The dollars given to our foundation enable us to offer the programs and classes enjoyed by our participants.

There is a simple way for you to make a powerful impact and put a sparkle in the lives of seniors. We invite you to join our GEM (Give Every Month) club. Setting up a recurring monthly gift is an easy sustainable way to support seniors, with donations that are manageable for your budget.

As a GEM donor, you will make an impact year-round! The sign up is easy and the amount you choose will be donated each month to our foundation. Be a GEM and visit our website TallahasseeSeniorFoundation.org. Your donation is a precious gift to our Senior community!

Membership Makes Programs Happen

Join the Tallahassee Senior Foundation today! Your Membership and donations allow us to provide programs for active adults, such as Fitness, Art, Life-long Learning and Wellness classes – keeping seniors mentally and physically healthy – with activities, resources, and ideas for staying engaged. Mail your contribution to the Tallahassee Senior Center, 1400 N. Monroe St., Tallahassee FL 32303 or visit TallahasseeSeniorFoundation.org for more information or to join online.

Membership: Senior Citizen (Age 50+) \$30; Senior Couple \$50; Supporter (under age 50) \$40

Key Holders: Friend \$120; Bronze \$240; Silver \$540; Gold \$1,020; Ruby \$1,500; Platinum \$2,520; Diamond \$5,040

Thank you for being a key to active aging!

Silver Keyholders

Geoffrey & Barbara Styles

Bronze Keyholders

Claudia Coaker; Daniel & Jean Conrad; Michael & Phyllis Gelman; Barbara



Judd; Jeanie Martin; Ermine Owenby Friend Keyholders

Rick & Jovita Ashton; Nancy Bivins; Matt and Bev Brown; Diane Carr; Phyllis Causseaux; Elsie Crowell; Judith Evans; Margie McAdoo; Barbara O'Donnell; Judy Westbrook; Fred & Charlene Williams

New and Renewing Members: We are extremely grateful by your continued support. It's because of your contributions that TSC & Foundation is fulfilling its mission of offering programs, activities, and opportunities designed to encourage active living, optimal aging, and social fitness.

HONORARIUM DONATIONS

In honor of: Silver Star Betty Roberts
By: Addie Carroll-Beal; Tracey Golay
In honor of: Silver Star Rev. Edith Holiday-Austin

By: Addie Carroll-Beal
In honor of: Silver Star Judy Westbrook

By: Penny Davis
In honor of: Charles Hazelip
By: Faith Hazelip
In honor of: Art & Fitness
By: Laura Ruane
In honor of: Fitness Classes
By: Carol Gregg

MEMORIAL DONATIONS

In memory of: Jean Carr
By: Elynn Bentley
In memory of: Ed Duffee, Jr.
By: Alberta Duffee
In memory of: Ed Harvey
By: Merry Frisby; Patricia Yacka-
nech-Hughes; Sheila Salyer; Angel &
D'Lo Trejo

In memory of: Fred LaCrone
By: Jodi Gooding
In memory of: Elizabeth Levy
By: James & Jody Brian
In memory of: Alex Pitts
By: Linda Roberts
In memory of: Paul Trusik
By: Klaus & Debbie Boehmke



Save the Date for Deck the Halls! Join Shirley, Emily and Linda for martinis at the Tallahassee Senior Center's Deck the Halls on December 3! To become a Deck the Halls sponsor or make a silent auction donation, please contact the Senior Center 850-891-4000.

Quilters are busy as bees for children's program

Rosetta Land

Quilters across the nation share their fabric stories and finely sewn works of art with a program called "Sleep in Heavenly Peace." Quilts are pieced to fit a twin-sized bed and will ultimately warm a child sleeping on a hand-crafted bed, given to them by Sleep in Heavenly Peace (SHP).

At the Tallahassee Senior Center, Quilting Bees gather each Monday from 9 a.m.-1 p.m. They quilt, share time, and enjoy the comradery. Usually, 10-12 ladies of various ages and skill levels cut, assemble, sew, back and edge quilts for kids and others. Fabrics feature pastel flowers, brightly colored shapes, Dutch girls, teddy bears, and other patterns for little ones to snuggle under. Quilters try to capture a design that will bring comfort and joy to a child.

From the initial selection of squares, experience and decisions vary among quilters. The time involved in construction of a final product can be from hours to weeks. Machine and hand quilting produce magnificently crafted blankets.

Pam Miller likes bright colors in her quilts. She comes to the TSC group from Georgia. This sewing dynamo completed and donated four twin quilts, two for boys and two for girls. Pam's an avid seamstress and when asked how long she's sewn, she laughs and says, "Oh, I've sewn forever!" She never seems to slow down with her quilting, completing gifts and donations of all sizes.

Janice Watson, the "leader of the pack," so to speak, has been coming to the quilting class for five years and is the go-to person for the "Sleep in Heavenly Peace" project. Janice assists others in learning the craft or guiding color and material selection for attendees. "Probably 40 quilts have been donated for the program," she says with a broad smile. Janice remains a patient instructor who shows learners and skilled quilters alike useful tips and tricks.

Sandy Foley so far finished 20 quilts and continues to piece fabric together for yet another. Deb Wilson is a seasoned quilter and she's been in the TSC group 4½ years, Xiuginli (pronounced Cho Chin) is a beginner who is trying very hard to learn English, Juca Cohn hails from Brazil, and Anna Maria Taylor brings her experienced talent to the group. All the Bees just want to help children.



Bernice Brown (left) listens to veteran quilter Sandy Foley. Foley assists her classmates and has quilted almost two dozen unique covers for the Sleep in Heavenly Peace project and as donations for orphanages through her church.

Individual quilters take their finished quilts to one of three Thrift Stores in Tallahassee and those shops forward the blankets to the Tallahassee branch of the SHP national program. Donations of 100% cotton fabric for the children's quilts, thread of any color, NEW batting, cutting mats, and quilting tools are welcome. The ladies could also use a modern sewing machine. If you would like to donate supplies, contact the Senior Center at 850-891-4000.

SHP provides beds to children who don't have the privilege of a safe place to lay their heads because of a fire, flood, hurricane, or other situation. This disaster relief program works alongside other responders and organizations that help families recover. For more information, visit shpbeds.org



Janice Watson shows one of her "girl" quilts that will provide comfort for a child. Leading the Sleep in Heavenly Peace quilting project brings a new joy for Janice.



Making adjustments to her quilt is Juca Cohn from Brazil. Class members finish quilts by machine or hand stitching the blanket, front to the back and, finally the edging.

TALLAHASSEE SENIOR SERVICES CALENDAR OF WEEKLY PROGRAMS SEPTEMBER 13 – OCTOBER 9, 2021



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 Brain Body Balance FB (RN) 8:30 <i>Fitness at Chaires</i> 9:00 Quilting Bees 9:00 Portrait Studio 9:30 <i>Fitness at Woodville</i> 10:00 SHINE 10:30 Adv. French ZM (KC) 10:30 Fitness at Fort Braden 11:00 Senior Counseling <i>(by appointment)</i> 12:30 Hands-On Art History 1:00 Brain-Body-Balance 2:30 <i>Beg. Yoga NE Library</i> 3:00 Friends Connection 6:00 Twirlers Square Dance 6:00 Capital City Carvers 6:00 Intermediate German	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 9:30 <i>Fitness NE Library</i> 9:30 <i>Sit & Fit at Chaires</i> 10:00 Seniors vs. Crime 10:30 <i>Fitness Beg. NE Library</i> 10:45 <i>Brain Body Balance at Southwood PRR (WB)</i> 11:00 Mindful Movement 11:15 <i>Fitness at Miccosukee</i> 11:30 Senior Dining (<i>PRR or Bring a Lunch</i>) 11:30 <i>Fitness Adv. NE Library</i> 1:00 Yoga PRR (RN) 1:00 TDBC Bridge 1:00 Senior Singers 1:00 <i>Canasta at Lake Jackson</i> 2:30 Ping-Pong 4:00 Guitar	8:00 Gentle Yoga FB (RN) 8:30 <i>Fitness at Chaires</i> 9:00 Ceramics 9:00 Nimble Fingers 9:30 Acrylic Painting 9:30 <i>Fitness at Woodville</i> 10:00 Seniors vs. Crime 10:00 Movement Meditation 10:30 <i>Fitness at Fort Braden</i> 11:30 Pickleball Lesson 11:30 Pickleball 1:00 Oil & Acrylics 1:30 <i>Draw with Your Eyes, Paint with Your Heart at NE Library</i> 2:00 <i>Beg. Yoga at Lake Jackson</i> 4:15 <i>Beg. Yoga NE Library</i>	8:00 Stretch & Flex FB (RN) 9:00 Ceramics 9:00 Watercolor 9:00 Life Exercise 9:00 <i>Brain-Body-Balance at Optimist Park PRR (WB)</i> 9:30 <i>Sit & Fit at Chaires</i> 10:30 Ballet 11:00 Senior Counseling (<i>by appointment</i>) 11:15 <i>Fitness at Miccosukee</i> 1:00 TDBC Bridge 1:00 Friends Connection 1:00 Feeling Fit 1:00 Watercolor 1:00 French Study Group ZM KC 1:00 <i>Mindful Movement at Lake Jackson</i> 2:30 Ping-Pong 6:00 Capital Chordsmen	8:30 <i>Fitness at Chaires</i> 9:00 English 2nd Language ZM (KC) 9:00 Oil Painting Adv. 9:30 <i>Fitness NE Library</i> 10:00 Movement Meditation 10:30 <i>Senior Fitness Beg. NE Library</i> 11:30 Senior Dining (<i>PRR or Bring a Lunch</i>) 11:30 Pickleball 11:30 <i>Fitness Adv. NE Library</i> 1:00 Model Building 1:00 TDBC Bridge 7:00 Al-Anon Newcomers

Monthly, Bi-monthly & Special Events and Programs
L3X Offered ALL Month in SEPTEMBER – Ensure You Reserve Your Spot
www.TallahasseeSeniorFoundation.org/L3X

TALLAHASSEE SENIOR SERVICES Monthly, Bi-monthly & Special Events and Programs Please reference *LEGEND* noted below SEPTEMBER 13 – OCTOBER 9, 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SEPT 13 11a Art Council 1p Poetry Group 7p <i>GAP Circle of Parents ZM (KB)</i>	SEPT 14 11a <i>Wellness Circle JM</i> 1p Friends Connection ZM (ML) 6p Stamp and Cover Club	SEPT 15 8:30a Capital Coalition on Aging ZM (KC) 11a <i>Wellness Circle JG</i> 1p LCSO Advisory Council	SEPT 16 9a Podiatry PRR (RN) 11a Resource Presentation ZM (WB) 11a <i>Lake Jackson Drive & Wave</i>	SEPT 17 6p Art Reception	SEPT 18 6:30p USA Dance: <i>Alumni Dance: Wear Your School Colors</i>
SEPT 20 1p Advisory Council (SS)	SEPT 21 11a <i>Ft. Braden Drive & Wave</i> 2:15 UPSLIDE Games	SEPT 22 10a Falls Prevention ZM (RN) 11a Car Fit – Virtual (WB) 11:30a <i>GAP Lunch – PRR-850-891-4027</i> 1p Friends Connection LNC 3:30p Foundation Board Meeting	SEPT 23	SEPT 24 11:30a L3X - Closing Luncheon PRR (MH)	SEPT 25 CENTER CLOSED
SEPT 27 1p Poetry Group 7p <i>GAP Circle of Parents ZM (KB)</i>	SEPT 28 11a <i>Chaires Drive & Wave</i> 1p Friends Connection ZM (ML)	SEPT 29	SEPT 30	OCT 1	OCT 2 CENTER CLOSED
OCT 4	OCT 5 12:30p <i>Friends Connection at Miccosukee</i> 1p Friends Connection ZM (ML) 7p FFU Investment	OCT 6 1p Friends Connection LNC	OCT 7 10a Skin & Cancer Screening 10:30a <i>Miccosukee Lunch & Learn</i> 11a <i>Healthy for Life JG</i> 1:30 Medicare Advantage Plan	OCT 8	OCT 9 CENTER CLOSED

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

- **VIRTUAL LOCATIONS:** FB = Facebook ZM = Zoom
- **HYBRID Classes (virtual + in-person):** H = Hybrid
- **REGISTRATION INFORMATION:**
 - o **PRR** = Pre-registration Required
 - o **ROL** = Register Online at www.TallahasseeSeniorFoundation.org unless otherwise noted

o (_) = 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