

# TSC Health, Wellness & Fitness Classes

## October 2021

### WELLNESS ANNOUNCEMENTS

#### Senior & Students Buddy Program (with FSU College of Nursing)

FSU College of Nursing, in partnership with UPSLIDE, has a Senior "Buddy" program. We are recruiting adults age 50+ to be part of a program that connects older adults with nursing students for companionship and intergenerational experience. If interested, call 850-556-5697 or email [Judy.Shipman@talgov.com](mailto:Judy.Shipman@talgov.com)

### SCREENINGS & WELLNESS EDUCATION

#### Thu, Oct 7 @ 10:00 am – Noon at TSC

##### Skin health & Skin Cancer screenings

Wayne Freilich, MD, and his dermatology staff are offering no-cost head-to-toe or skin spot screenings at TSC. Sponsored by Dermatology Specialists. Appointment required [ruth.nickens@talgov.com](mailto:ruth.nickens@talgov.com) or 850-891-4042.

#### Thu, Oct 7 @ 1:30 – 2:30 pm, TSC Act Rm

##### "About WellCare Medicare Advantage Plans"

Join this presentation to learn about how WellCare Medicare Advantage plans help take care of your whole well-being. Sponsored by WellCare

#### Tue, Oct 12 @ 6:00 – 7:00 pm, on Zoom

##### "The Invisible Epidemic: Substance Abuse in Older Adults"

Dr. Jeffrey Ferraro will present virtually on the "invisible epidemic" -- the overuse or misuse of alcohol and drugs in older adults. Dr. Ferraro is the Medical Director of the CRMC Behavioral Health Center, board-certified by American Board of Psychiatry & Neurology, and the American Board of Addiction Medicine. Relevant to families, individuals, health care providers, social workers, and the community. CEUs, Exhibitors, resources. Register <https://www.tallahasseeseniorfoundation.org/?p=8612> to receive link.

#### Thu, Oct 14 – Nov 4 @ 10:00 – 11:00 am, TSC

##### "Ageless Grace with Marghi"

Back by very popular demand, this **4-week** cutting-edge live, in-person brain fitness program that consists of simple exercises based on natural movements that activate all 5 functions of the brain. The classes are interactive, habit-forming, and super-fun! In partnership with TMH. \$15 class donation for all 4 classes. More info [ruth.nickens@talgov.com](mailto:ruth.nickens@talgov.com) Register <https://www.tallahasseeseniorfoundation.org/?p=8179>

#### Tue, Oct 26 @ 8:30 – 11:00 am, TSC Dining Room

##### "Flu Shot Clinic"

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. There may be a small fee if no insurance.

#### Wed, Oct 27, 10:00 – 11:30 am, TSC Dining Rm

##### "Self-Defense & Personal Safety for Seniors"

This workshop will teach how to avoid becoming a victim. When verbal or physical response is needed to counter an immediate threat to you and/or your home, you will be prepared to react and have a favorable outcome if you are familiar with common-sense recommendations of the experts. Presented by Tallahassee Police Department

### FITNESS

*Staying active is one of the most important things we can do to stay healthy and age successfully. Live in-person classes are happening now, and virtual fitness classes can be viewed! For more info, email [Ruth.nickens@talgov.com](mailto:Ruth.nickens@talgov.com)*

1) WCOT TV - [Talgov.com/WCOT](http://Talgov.com/WCOT) Mon, Wed, Fri and Sat @ 9 am (Channel 13 on Comcast)

2) On-Demand - [Tallahassee Senior Foundation website](http://Tallahassee Senior Foundation website) (click this link)

Brain-Body-Balance w/ Merisha Johnson Phillips, AFAA-CPT [Click here.](#)

Mindful Movement w/ Lori Roberts, certified NIA yoga instructor [Click here.](#)

Gentle Yoga with Ferdouse Sultana, E-RYT® 500 [Click here.](#)

Stretch & Flex with Robin Perry Davis, ACSM. [Click here.](#)

## IN-PERSON FITNESS OPPORTUNITIES (TSC)

Class	Day	Time	Instructor	Location	Staff contact
<b>Brain-Body-Balance</b> (Mostly seated for brain/body)	Mon	1:00 pm	Merisha	Auditorium	Judy.Shipman@talgov.com
<b>Yoga (TPD and community)</b> (Chair and mat, gentle for all)	Mon	11:30 am	Seshu	Auditorium	Kristy. Carter@talgov.com
<b>Life Exercise</b> (Aerobic, balance, strength)	Tue/Thu	9:00 am	Pomeroy	Auditorium	Ruth.Nickens@talgov.com
<b>Mindful Movement</b> (Mostly seated movement & music)	Tue	11:00 am	Lori	Auditorium	Judy.Shipman@talgov.com
<b>Gentle Yoga (pre-reg)</b> (Chair and mat, gentle for all)	Tue	1:00 pm	Ferdouse	Act Rm	Sarah.Vernon@talgov.com
<b>Feeling Fit</b> (Aerobic, balance, stretch, flex)	Thu	1:00 pm	Robin	Auditorium	Ruth.Nickens@talgov.com

## IN-PERSON FITNESS OPPORTUNITIES (OUTREACH SITES)

Class	Day	Time	Instructor	Location	Staff contact
<b>Brain-Body-Balance</b>	Tue/Thu	9:00 am	Wendy Ferdouse	Optimist Park	Wendy.Barber@talgov.com
<b>Brain-Body-Balance</b>	Tue	10:45 am	Wendy	SouthWood	Wendy.Barber@talgov.com
<b>Senior Fitness</b>	Tue/Fri	9:30 am	Ferdouse	NE Library	Sarah.Vernon@talgov.com
<b>Sr Fitness Beginner (pre-reg)</b>	Tue/Fri	10:30 am	Llona	NE Library	Sarah.Vernon@talgov.com
<b>Sr Fitness Advanced (pre-reg)</b>	Tue/Fri	11:30 am	Llona	NE Library	Sarah.Vernon@talgov.com
<b>Yoga for Women (pre-reg)</b>	Mon Wed	2:30 pm 4:15 pm	Ferdouse	NE Library	Sarah.Vernon@talgov.com
<b>Sit &amp; Fit</b>	Tue/Thu	9:30 am	Judy	Chaires	Sarah.Vernon@talgov.com
<b>Sr Fitness</b>	Mon/Wed/Fri	8:30 am	Judy	Chaires	Sarah.Vernon@talgov.com
<b>Sr Fitness</b>	Mon/Wed	10:30 am	Wendy	Ft. Braden	Sarah.Vernon@talgov.com
<b>Beginner Yoga</b>	Wed	2:00 pm	Lori	Lake Jackson	Sarah.Vernon@talgov.com
<b>Mindful Movement</b>	Thu	1:00 pm	Lori	Lake Jackson	Sarah.Vernon@talgov.com
<b>Sr Fitness</b>	Tue/Thu	11:15 am	Judy	Miccosukee	Sarah.Vernon@talgov.com
<b>Sr Fitness</b>	Mon/Wed	9:30 am	Llona	Woodville	Sarah.Vernon@talgov.com

*Brain Body Balance sponsored by Encompass Health Rehabilitation Hospital of Tallahassee*  
*Mindful Movement sponsored by Capital Health Plan*