

Active LIVING

The magazine for Tallahassee's active adults



Have an adventure

Find fun and learning with
Senior Center's programs

Lifelong Learners explore the Wolf Creek Trout Lily Preserve, where speckled trout lilies bloom for a few weeks starting in late February.



Wayne Pye and Randy Yarborough pose with their fans at Cascades Park following the Torch Run.



Hiking Group at Lafayette Heritage Trail bridge.



Lifelong Learners stop for lunch in Whigham, Georgia.

LifeLong Learning Classes: From Irish dancers to International Rescue

Maureen Haberfeld
Lifelong Learning Coordinator

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

Celebrate St. Patrick's Day with The Tallahassee Irish Step Dancers

Wed. March 16, 7–8 p.m., TSC Auditorium

The Tallahassee Irish Step Dancers are the oldest Irish Step Dance company in Tallahassee and are regionally known for performing both traditional Irish set dances and original Irish choreography by director David Jones. On St. Patrick's Eve (March 16) the company will treat us to a live performance in the TSC Auditorium. The dancers will perform a variety of hard and soft shoe numbers and in between performances learn a little about Irish culture and the history of Irish dance. You may even get try a few steps yourself. Family friendly, in-person event. \$5 adults, kids are free.

History of the Tallahassee Fire Department

Wed. March 23, 10–11:30 a.m. TSC Maurice Majszak, Tallahassee Fire Department historian and retired senior fire plans examiner, will cover the history of the Tallahassee Fire Department as it relates to its formation and other city happenings. The presentation will also include significant fires in Tallahassee's past, the contributions of past fire chiefs and other fire department personnel as well as local fire department memorials. Hybrid class at TSC and on Zoom. Fee \$5.

International Rescue Committee of Tallahassee



The Tallahassee Irish Step Dancers, the oldest Irish Step Dance company, will perform at 7 p.m. Wednesday, March 16, at TSC Auditorium

Thurs., March 24. 1:30–3 p.m.

TSC The International Rescue Committee is a global humanitarian aid, relief, and development nongovernmental organization. The IRC helps people affected by humanitarian crises to survive, recover, and rebuild their lives. Karen Duncan from the IRS Tallahassee will discuss how the organization provides comprehensive services to refugees, victims of human trafficking, and other eligible immigrants residing in Leon County and Northwest Florida assisting their integration and path to self-sufficiency. Hybrid class at TSC and on Zoom. Fee \$5.

Goathouse Farm

Fri., March 25, 10 a.m.–2 p.m.

Goathouse Farm is a locally owned micro-farm on beautiful Lake Talquin. Founded on the love of animals and a

passion for sustainability, they are committed to compassionate practices and natural care of their land and animals. The farm is home to a happy herd of Pygmy and Nigerian Dwarf goats, a flock of chickens, a spoiled hog named Houdini, some lazy barn cats, and busy bees. Spring is the time for baby goats! Tour the farm, meet the friendly goats and their babies, and the other animals. Purchase some goat soap and enjoy a picnic lunch following the tour. Wear comfortable outdoor clothes and shoes, sunscreen, and insect repellent. Fee \$20 includes lunch and transportation from the TSC.

Taste of Thomasville

Thurs., March 31, 9:45 a.m.–3 p.m.

Take an easy 1.5-mile stroll through downtown Thomasville, GA and sample a variety of award-winning foods. Expe-

rience true southern hospitality through history, culture, and architecture. As you stroll among the brick streets, get an understanding of why Thomasville was voted #2 Best Small Town in the country by USA Today! And of course, no trip to Thomasville is complete without a trip to see one of the oldest live oak trees in the region...The Big Oak! Choice of transportation from the Senior Center or drive yourself. Fee \$55 Limited space available.

Gulf Specimen Marine Lab Tour, Sea Turtle Presentation and Lunch

Tues., April 5, 9:15 a.m.–3 p.m.

At Gulf Specimen Marine Laboratory in Panama you begin to get a better sense of the organisms that live in the water of the Gulf of Mexico. The lab contains a collection of sea water tanks and aquariums which focus on creatures such as seahorses and hermit crabs, spiny box fish, electric rays, spotted calico crabs – just a few of the endless living treasures of north Florida's coast. In addition, GSML is a sea turtle rescue and release facility. During our visit, we will have a tour of the lab and a lecture on sea turtles by lab director, Cypress Rudloe, in the new Anne Rudloe Memorial Education Center followed by lunch at a local seafood restaurant. Fee \$19 includes transportation from TSC; does not include the cost of lunch. Limited space available.

Easter Bunny Fruit Display

Thurs., April 14, 1–2:30 p.m.

Create a beautiful and delicious edible

See CLASSES, Page 3

ABOUT THE PUBLICATION

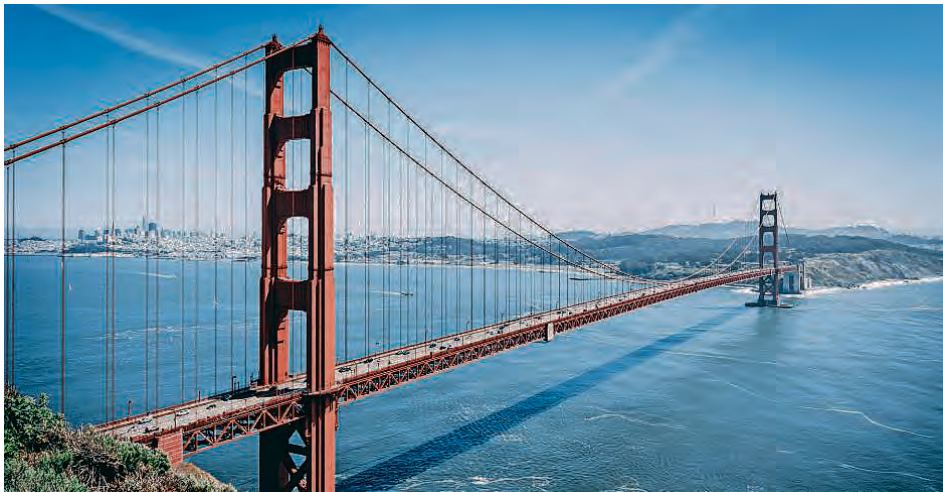
Active Living is a bi-Monthly publication of the Tallahassee Senior Center (TSC), 1400 N Monroe St., Tallahassee, FL 32303. 850-891-4000.

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, and sign up for Senior Center email updates contact 850-891-4000 or visit TallahasseeSeniorFoundation.org and Talgov.com/seniors. "Like" us at [Facebook.com/TallahasseeSeniorCenter](https://www.facebook.com/TallahasseeSeniorCenter)



Plan a trip or learn more about the beautiful San Francisco area.

Classes

Continued from Page 2

Easter Bunny fruit display centerpiece for your holiday table. All materials are provided, and designer Mary Spearing will lead the group through the process. Everyone will take home a unique and tasty addition to your holiday meal. In-person class at the TSC, \$23 fee. Limited space available.

Snakes Alive

Wed., April 20, 1:30 p.m. TSC
Learn the truth about our beneficial neighbors snakes. Professional naturalist, teacher, and educator, Jerry Walls, will separate fact from fiction during this fascinating program on these very misunderstood animals. Learn what part they play in the food chain, how they benefit humans, what to do if you see a snake, how to identify them, and much more. Plus, several live snakes safely on exhibit. In-person class at TSC. Fee \$8.

Travels in the San Francisco Bay Area

Thurs., April 21, 1:30–3 p.m.
Join long-time California resident Bob Feuerstein to discover the greatest scam that ever took place in the history of California. Explore Mission San Francisco de Asís (Mission Dolores) see what part this mission played in the history of San Francisco. Learn what Jared Smith's fur trapper had to do with early times before the Spanish empire in 1776. Who was the founding mother of San Francisco, and what about the gold rush and the great fire of San Francisco? Did you know they had the world's fair in San Francisco and a sister fair in San Diego year 1915? What Part did Monterey play? Do you need a car

to see the sites in the Bay Area? Plan a trip or learn more about this beautiful area. Hybrid class at TSC and on Zoom. \$5 fee.

On the Homefront in Florida: WWII records at the State Archives of Florida

Thursday, April 28 1:30 – 2:30 p.m.
Explore some of the resources available at the State Archives of Florida and learn how they can help us understand how the state navigated World War II on the home front. From patrolling for submarines in fishing boats to buying war bonds, Floridians invested their time, money, and skills in victory. This massive effort saw the state government working to help coordinate defense activities at the federal level down to individual communities. Join archivist Matthew Storey to discover more about using records at the State Archives of Florida to reveal details on how the state and its citizens worked together in extraordinary times. Hybrid class at TSC and on Zoom. \$5 fee.

Bike Ride with a Planner

Thurs., May 5, 10:00 am–Noon
This casual 5-mile ride will explore Tallahassee's Capital Cascades Trail between Historic Smokey Hollow and Lake Elberta. Guided by Tallahassee-Leon County Planning Department Staff, you will learn about the history, planning, and engineering of Tallahassee's Capital Cascades Corridor. Plan to arrive at 9:30am for a 10am rollout from the Smokey Hollow Memorial, 550 East Pensacola St., adjacent to Cascades Park. Vehicle parking is available on neighborhood streets, or at the parking lots adjacent to the FDOT building at Cascades Park. Bring your bike, helmet, water, a snack, and a curious mind! Fee \$5.

CAREGIVERS

We know caring for a seriously ill loved one can be challenging.

Your Hometown Hospice
is here to support you.

When a loved one develops a serious illness, it's not just the patient that feels the effects. Our team approach allows us to focus on the needs of both patients and their loved ones. When you need additional help, BBH is here for you, providing Volunteers to aid you with day to day tasks and the Margaret Z. Dozier Hospice House, able to provide respite care when you need a break.

To learn more contact us at (850) 878-5310.

For more resources to assist caregivers, visit
www.bigbendhospice.org/caregiver-resources



WWW.BIGBENDHOSPICE.ORG

Exploring ‘What’s Next?’ with Marc Middleton



Middleton

For anyone retired or thinking about retiring—aren’t we all—what’s Our Next Adventure? Come and hear about some of the possibilities! We’re not too young or too old to dream big and try something new. Be encouraged

to make the rest of your life the best of your life!

Exploring “What’s Next?” With Marc Middleton of Growing Bolder will be presented from noon-1:30 p.m. Tuesday, May 3, Tallahassee Senior Center. \$10 donation, includes lunch. RSVP at TallahasseeSeniorFoundation.org

Marc Middleton is the Founder and CEO of Growing Bolder, a company focused on health, well-being and active lifestyle. Marc’s presentations are inspiring, thought-provoking, educational and offer an entertaining take on positive aging, personal reinvention, chasing and achieving dreams, and the keys to active longevity.

Growing Bolder offers hope, inspiration and possibility through the examples of men and women who are smashing stereotypes, redefining the possibilities of life after 50 and demonstrating to audiences of all ages that when it comes to living big, bold lives, it’s not about age, it’s about attitude. Marc’s life-affirming, motivational message leaves everyone inspired to make the rest of their lives the best of their lives.

A multiple Emmy Award-winning broadcaster, Marc is the executive producer and host of Growing Bolder seen on public broadcasting stations nationwide, co-host of Growing Bolder radio, executive producer and host of What’s Next, host of the podcast Fountain of Youth, and director of the Emmy nominated documentary film, Conquering Kilimanjaro. Marc is the author of Growing Bolder, Defy the Cult of Youth Live with Passion and Purpose and Rock Stars of Aging. In his free time he enjoys painting and is a 7-time Masters Swimming world record holder.



March is Florida Bike Month! On Sat. March 26, 9:30 a.m., enjoy an easy urban ride, suitable for seniors and all ages and abilities.

Slow Roll Bike Ride

March is Florida Bike Month! On Sat. March 26, 9:30 am, enjoy an easy urban ride, suitable for seniors and all ages and abilities. Starting at the Smokey Hollow Commemoration (550 E Pensacola St). This relaxed 5+ mile ride will explore the Capital Cascades Corridor between Cascades Park and Lake Elberta. Bring a bike, helmet, waterbottle and snack. Cancelled if rain. For more info, contact Jacob.Fortunas@talgov.com.

Welcome Senior Outreach Coordinator Betty Morales

The Tallahassee Senior Center Foundation welcomes Betty Morales as the new Leon County Senior Outreach Coordinator. LCSO brings senior center programming to the community centers in Bradfordville, Chaires, Ft. Braden, Lake Jackson, Miccosukee, and Woodville. Programs have included monthly lunch and learns, fitness, art, and lifelong learning classes which are vital to keeping seniors active, socially connected and engaged.

Betty comes with 21 years of experience as volunteer and outreach coordinator at Big Bend Hospice, where she continues to volunteer. Working for hospice has given her an appreciation for life and a love of serving the community. Volunteering continues to be an important part of Betty’s life, as an active volunteer with Life Quest-Donate Life and an advocate for organ donation. A member of Club 25, Betty was honored to be recognized as one of

the 25 Women to Know in 2012.

Originally from Hialeah, Betty moved to Tallahassee to attend FSU where she met her husband, Roberto Morales. They loved Tallahassee and decided to make their home here. She is the proud mother of Alicia, a new FSU freshman, and two Doodle puppies, Lucy and Lola.



Morales

“I feel honored to have been chosen to continue the great program developed by Susan Davis,” says the exuberant Betty, “I look forward to making many new friends and working with the wonderful Outreach staff. It’s amazing to see all of the wonderful activities and opportunities offered here. I’d like to encourage seniors to come check us out!”

GRANDPARENTS AS PARENTS

The GaP program is for grandparents or relatives who are the primary caregivers for their grandchildren. GaP offers support groups, informational luncheons, access to community agencies, legal services and health screenings plus social activities for the whole grand-family.

GaP SUPPORT LUNCH

Wed, Mar 30, 2022, 12:00 – 1:30 p.m.

Wed, Apr 27, 2022, 12:00-1:30 p.m.

Location TBA

Complimentary lunch provided for grandparents and other relative caregivers. Reservations are required.

GaP EVENING SUPPORT GROUP

Meeting virtually via Zoom

Mon, Mar 14 & 28, 2022, 7-8:00 pm

Mon, Apr 11 & 25, 2022, 7-8:00 pm

Join other grandparents raising their grandchildren to socialize and discuss your unique situation

Call 850-891-4027 or email Karen.boebinger@talgov.com for more information or to RSVP for events above! GaP is a program of the TSC Foundation, funded by Leon County Commission, grants and donations.

SOUTHSIDE SENIOR WELLNESS PROGRAMS

For more information or to enroll in these classes, contact Wendy.Barber@talgov.com or call 850-891-4052
Monthly Wellness Circles: 11-noon Wed., Mar. 16 and Apr. 20 at Jake Gaither and Tues., Apr. 12 at Jack McLean. Space is limited, so registration is required. Light refreshments are provided. There is a \$2 donation for each event.

March Wellness Circle will be a CarFit event, which is an educational safety program developed by AAA, AARP, and the American Occupational Therapy Association. Designed to help older adults stay safe while driving, CarFit provides information and tools to optimize vehicle safety features and assist older drivers with: clear line-of-sight

over the steering wheel; safe space between the front air bag/steering wheel and the driver's breastbone; properly adjusted head restraints; proper seat belt use and fit; and safe positioning of mirrors to minimize blind spots.

April Wellness Circles will feature FSU's College of Medicine, Dept. of Geriatrics. Maintaining optimal blood pressure is necessary to maintain good health as you age. At this event, the participants will receive a free digital blood pressure cuff and training on how to use it. You will be able to monitor your blood pressure from home on a regular basis.

Healthy for Life winter series will offer two programs at Jack McLean. On March 17, Sally Sanders, Field Educator for the

Ethical Choices Program will discuss cell-based and plant-based food technology in a presentation called "The Future of Meat and Dairy." On March 24, Elder Law attorneys Vicky Heuler and Mary Wakeman will discuss legal and financial issues pertinent to older adults. Space is limited. Please pre-register. Suggested donation for each class is \$2 and includes light refreshments and a to-go lunch.

Resource Presentation will be held on March 31 at 11:00 am via Zoom with TSC Resource Coordinator, Nick Shrader, offering you an opportunity to learn about the different resources that are available in our community.

Our **Healthy for Life** spring series at the Jake Gaither Community Center will

begin on April 14 with DEEP classes (Diabetes Education Empowerment Program). Modules 1 and 2 will take place on April 14; Module 3 on April 21; Module 4 on April 28 and Module 6 on May 5. Space is limited and Pre-registration is required. Suggested donation for each class is \$2 and includes light refreshments and a to-go lunch.

Brain Body Balance indoor classes, Tuesdays and Thursdays 9–10:00 am at Optimist Park in Indian Head Acres. Exercises improve agility, balance, coordination, flexibility and strength. Space is limited so pre-registration is required. Suggested donation: \$3/class. Fitness Cards are available for \$25 for 10 classes, a \$5 savings and \$50 for 20 classes, a \$10 savings.

HEALTH & FITNESS

SENIOR CENTER HEALTH & WELLNESS

NEW! Senior LGBT+ Support Group

Last Thursday of every month from 11:30 a.m. – 12:30 p.m., Capital Tea and Elder Care Services host. For info: wilsonm@ecsbigbend.org

Incontinence and Genitourinary Issues – 2-part series

Presented by Kevina Parker, DPT, Orthopedic and Pelvic Floor Physical Therapist, Tallahassee Memorial Healthcare. Register <https://bit.ly/3uxacWw>

Got Leakage? Pelvic Floor PT Can Help with that and a Lot More...

March 24 (for women) 10:30 am, at TSC & Zoom

Join a conversation about urinary leakage – the causes, impact, options, including safe and effective physical therapy treatments that no one told you about.

The Nuts and Bolts of Pelvic PT for Men

March 31 (for men) 10:30 am, at TSC & Zoom

Participate in a discussion about urinary and other GU issues that can improve with specific PT approaches.

Podiatry Screening and Foot Care

Thu., April 7, 9 am – Noon at TSC
Dr. Gary McCoy, Podiatrist & foot specialist, cuts toenails and treats foot problems. Doctor accepts Medicare, Medicaid, and secondary insurance, which may cover costs for this. \$30 if not covered by insurance. Appointment

required, email Sarah.Vernon@talgov.com

Lunch with the Doctor: "Essential Tremors: What are the Options?"

Tue., April 19, 11:00 am, TSC and Zoom
If you or a loved one has tremors, there are treatments! Not all tremors are caused by Parkinson's, and there are some new cutting-edge treatment options that can improve your condition and function. Learn more at this lunch-time seminar presented by Dr. Matthew Davis, Neurosurgeon, Tallahassee Memorial Healthcare. Complimentary lunch if attending in-person. Registration required: <https://bit.ly/3uG8v9j> or call 850-891-4042

2022 SAFETY SERIES:

To register <https://bit.ly/3CNiQ4I> or ruth.nickens@talgov.com

Self-Defense & Personal Safety for Seniors

Wed, Apr. 13, 10:30 am

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

Fire Safety for Seniors

Wed., May 11, 10:30 am

Help make your world a safer place. Learn about how and why fires start and how to respond. Also, consumer-friendly safety tips everything you need



Evening Yoga, Wed., 5:30 p.m., Moderate practice for adults including poses, relaxation, and meditation. Taught by Pamela Hunter. \$4

to know to keep you, your family, and your neighbors safe from fire hazards. Presented by Tallahassee Fire Department.

FITNESS:

VIRTUAL FITNESS:

1) WCOT TV - Mon, Wed, Fri & Sat @ 9 am (Comcast Channel 13)

2) On-Demand - TallahasseeSenior-Foundation.org
Brain-Body-Balance w/ Merisha Johnson Phillips, AFSA-CPT
Mindful Movement w/ Lori Roberts, certified NIA yoga instructor
Gentle Yoga w/ Ferdouse Sultana, E-RYT® 500

Stretch & Flex w/ Robin Perry Davis, ACSM

TALLAHASSEE SENIOR CENTER FITNESS

Fitness programs are \$3 (50+), \$4 (others), unless otherwise indicated. Discount fitness cards available to purchase. Classes are approx. 1 hour in length. For more info, email Ruth.Nickens@talgov.com or call (850) 891-4042
Life Exercise, Tue. & Thur., 9:00 am, Popular dynamic workout consisting of seated and standing aerobics, light weights, stretching, strengthening and balance exercises. Suitable for everyone. Taught by Pomeroy Brinkley.

Brain-Body-Balance, Mon., 1:00 pm, Active-aging, fall prevention program created to train and reverse many types of aging. Instructor Merisha Phillips.
Mindful Movement, Tue., 11 am, Gentle, musical, yoga-based, fitness class focused on increasing energy, reducing falls, and maintaining flexibility. Taught by Lori Roberts, certified NIA yoga instructor.

Gentle Yoga, Tue., 1:00 pm, Gentle yoga workout for increased mobility, flexibility, and stress reduction. Taught by Ferdouse Sultana. Must pre-register! \$4
Ageless Grace, 1st & 3rd Thur., 1:00 pm, Playful seated class that activates the five functions of the brain for a healthier mind and body. Taught by Amanda Cannon

See FITNESS, Page 7

UTILITY ASSISTANCE AND HOME REPAIR RESOURCES

UTILITY ASSISTANCE

A variety of local programs are designed to assist with the payment of overdue utility bills, weatherization, supplemental heat sources and, in some cases, payment of past due rent. Note: funds for utility and rent assistance, and donated items such as heaters, are subject to availability and most programs are limited to low-income households.

Our Florida provides eligible Florida renters with the opportunity to qualify for up to 15 months of rent and utility payments. This includes 12 months of past due rent and utilities and three months of forward-looking rent payments. Call 833-493-0594 for more information.

Capital Area Community Action Agency provides a variety of services, including utility bill and weatherization assistance. Applicants must reside in Franklin, Gulf, Gadsden, Jefferson, Leon or Wakulla counties. Preference given to individuals age 60 and older, those with disabilities, families with children under 12, and households with a high energy burden. Call 850-222-2043.

The **Emergency Home Energy Assistance for the Elderly** program can provide eligible households experiencing a home energy emergency a benefit of up to \$600 per season. Program beneficiaries may also receive vouchers to purchase blankets, portable heaters, and fans. The program can help pay for repairs to existing heating or cooling equipment or re-connection fees. Contact Elder Care Services at 850-921-5554.

The **Salvation Army** offers limited utility bill assistance to avoid shut-offs or restore service. Call 850-222-3255. Limited utility bill assistance is available through **Catholic Charities** for households meeting income requirements (the household is in hardship and bills are overdue). Applicants are prioritized for assistance based on need, housing status, and family composition. 850-222-2180

City of Tallahassee Utilities provides energy audits, low interest loans for weatherization, energy credits and extension requests for utility bill payments. 850-891-4968

Talquin Electric offers energy audits

and serves Leon, Wakulla, Gadsden, and Liberty counties. The Talquin Assistance Program (TAP) provides limited help with the payment of utility bills. To apply for assistance on a monthly utility bill, contact Capital Area Community Action Agency at 850-222-2043. Contact Talquin at 850-627-7651.

HOME REPAIRS

Local home repair assistance helps with a range of needs, from major storm damage to the building of ramps. Note: funds for home repairs are subject to availability and most programs are limited to low-income households.

The Home Repair Program provides up to \$12,500 in a forgivable loan to assist low-income property owners in the removal of health/safety hazards and the correction of exterior code violations. **Home Accessibility** provides up to \$12,500 through local partners such as the **Center for Independent Living (Ability 1st)** to make accessibility improvements like widening doorways, adding ramps/railings and raising countertops. Call 850-891-6566 for more information.

The Home Resilience Program provides up to \$12,500 in a forgivable loan available for repairs to storm damaged structures or to help secure the home against future damage. The City CARES Home Repair Program provides up to \$15,000 to improve the living conditions of households affected by COVID-19, by removing health and safety hazards and/or architectural barriers from their homes. 850-891-6566

Leon County Housing Programs have funding available for home down-payments, closing costs, home rehabilitations and emergency repairs. Call 850-606-1900.

Assistance is available through the **Community Care for the Elderly** program to help pay for home repairs. Contact 850-921-5554.

The **Tallahassee Fuller Center** has funding provided through the Greater Blessing Box for repairing and rehabilitating owner-occupied homes. 850-509-5438

The **Tallahassee Urban League** provides home repairs and modifications for low-income homeowners. 850-222-6111

The **Ability 1st Ramp Program** builds wheelchair ramps and provides minor home modifications for low-income individuals with disabilities. Call 850-575-9621.

American Red Cross works in partnership with other agencies and organizations that provide services to disaster victims. 850-878-6080

Killearn Lakes United Methodist Church provides labor for minor home repairs and yard work (based upon availability of volunteers). 850-893-1116
Caring and Helping in Community Service at FSU provides labor for minor home repair projects and yard work. Email chicsatfsu@gmail.com for more information.

NOTE: This information is not all-inclusive and does not imply endorsement of any persons, offices, or agencies by Tallahassee Senior Services. For information, call 850-891-4000, email nick.schrader@talgov.com or visit talgov.com/seniors/seniorservices.aspx and tallahassee-seniorfoundation.org

When Medicare Becomes Just Too Confusing!

For many seniors, understanding what Medicare offers and which health insurance benefits are right for them can be exceedingly overwhelming. As a result, our seniors may miss out on the benefits they actually need and are entitled to.

For over 30 years, volunteer Counselors from the SHINE program (Serving Health Insurance Needs of Elders) have been offering free and unbiased assistance to Florida's growing senior population about Medicare and other related health insurance benefits. Counselors do the research, break down Medicare into understandable pieces, and answer client questions, so clients can make decisions about what's right for them. SHINE Counselors don't represent any insurance company and do not sell insurance policies; services are absolutely free.

For anyone new to Medicare or who wants to make changes to their existing Medicare benefits, remember the Elder Helpline (800-96-ELDER). SHINE is offered by the Florida Department of Elder Affairs in partnership with Advantage Aging Solutions

HELPLINES and HOTLINES

Abuse Hotline: 1-800-962-2873 or 1-800-96-ABUSE

Area Agency on Aging, Elder Helpline: 1-800-96-ELDER (3-5337)

Consumer Hotline: 1-800-435-7352

Medicare Hotline: 1-800-633-4227

2-1-1 Big Bend: 617-6333 or 211

UPSLIDE

Staying socially connected is one of the most important things we can do to age successfully, however, if you feel disconnected, lonely, or depressed, you are not alone! If you need more people in your life, 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 connect with others, share ideas and engage in meaningful conversation. It is a welcoming and accepting community of support and, mostly, just plain fun. We have both virtual and in-person options, and we would love for you to join us! UPSLIDE also offers no cost on-line and in-person counseling. Melanie.Lachman@talgov.com 850-891-4066

UPSLIDE Friends Connection:

Tallahassee Senior Center: Mon. 3-4:30 p.m. & Thur. 1-2:30 p.m.

Virtual (via Zoom): Tue. 1-2:30 p.m. Call or email for link.

Lincoln Neighborhood Center: 2nd & 4th Wed., 12:30-1:30 p.m.

Miccosukee Community Center: 1st Tues. 12:30-1:30p.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.

Capital City Senior Games athlete has plenty of heart

Nick Gandy

A year ago, around this time, Sylvia Yarborough wasn't feeling too well. There was a reason for that.

She had 100% blockage in one of her arteries and had a heart attack.

She's feeling 100% better in March 2022 and was one of eight torch bearers at the Capital City Senior Games Torch Run to kickoff the 13th Annual Games at Cascades Park. It's her first Capital City Senior Games excursion and she is competing in Bag Toss, Bowling, Horseshoes, Pickleball and Table Tennis. Her husband, Ralph, is competing in two events, Bag Toss and Horseshoes.

The Senior Games first-timer was quite surprised to be selected as one of the torch bearers to light the flame of the 2022 Capital City Senior Games, especially in her first Games appearance. "I guess it was because I'm participating in more than one sport," she said.

Sylvia Yarborough has bounced back with gusto from March 26, 2021, the day she visited her primary care doctor when she just wasn't feeling well. She had been active, taking up pickleball a couple months before the Covid-19 pandemic shut everything down. She played tennis, racquetball, softball and did some swimming, but was not consistent.

She admits to being overweight and "ate the wrong foods." There was also a history of heart problems in her family. Her father had quadruple bypass surgery and mother had a heart attack at 63 years old.

My primary care doctor saved my life," Yarborough said. "He told me



Sylvia and Ralph Yarborough are competing in several events at the Senior Games.

something didn't sound right and to go straight to the hospital." The recommendation from Dr. Shane Rignanese, her Capital Health Plan doctor of 25

years, discovered one of her arteries was 100 percent blocked.

Like many others in her situation, it led to a lifestyle change. She has adopt-

ed a Mediterranean eating plan and no longer sweats the small stuff, while enjoying every additional moment granted to her. "I've lost 30 pounds so far, with quite a few more to go," said Yarborough with a smile. "My husband happily hopped on board and is one of my biggest supporters as is my mom, who is now almost 92. She's healthy and sharp as a tack. The rest of my family and friends are very supportive. That support network is crucial."

She's back on the Pickleball courts at Tom Brown and Jack McLean Parks, the Tallahassee Senior Center and the Lincoln Neighborhood Center on a regular basis. "I typically don't like tournaments but I found out I could play singles," she said. "It will give me a chance to try some competition without disappointing a partner."

Sylvia will be playing in the 55-59 age group and husband, Ralph, will compete in the 60-64 age group. They moved to Tallahassee in 1981 and are both retired from the State of Florida.

As February is Heart Disease Awareness month, Yarborough encourages women to take their symptoms seriously if something doesn't feel right. She had symptoms of pain in the shoulder and neck, but no chest pain, shortness of breath or any of the other usual symptoms.

It took over a year to diagnose as a heart issue when it presented as a heart attack. Please, listen to your heart, she emphasizes. "If the first one doesn't take you out, you're gonna' live to be 100," she says. "Enjoy it." She's doing a pretty good job of that.

Fitness

Continued from Page 5

Outdoor Hiking, 3rd Wed. 10:00 am, Guided hikes at a variety of local trails. Join us for upcoming hikes, weather permitting: March 16 at Phipps Park; April 20: Miccosukee Greenway.

NEIGHBORHOOD FITNESS SITES

Each class \$3 (50+), \$4 others, \$5 yoga. For more info, call Sarah Vernon at (850) 891-4045 or email Sarah.Vernon@talgov.com

Bradfordville Fitness: Northeast Branch Library, Rm. 103, 5513 Thom- asville Rd.

Note: Class sizes limited. Must pre- register! Call 850-891-4045

Senior Fitness with Ferdouse: Tue. & Fri., 9:30 am

Senior Fitness Beginner with Llona: Tue. & Fri., 10:30 am

Senior Fitness Advanced with Llona: Tue. & Fri., 11:30 am

Yoga for Women with Ferdouse: Mon., 2:30 pm, \$5

Yoga for Adults with Ferdouse: Wed., 4:15 pm, \$5

Chaires-Capitola: Dorothy C. Spence

Community Center, 4768 Chaires Cross Rd.

Senior Fitness with Judy: Mon., Wed. & Fri., 8:30 am

Sit & Fit with Judy: Tue. & Thur., 9:30 am

Fort Braden Community Center: 16387

Blountstown Hwy.

Senior Fitness with Wendy: Mon. & Wed., 10:30 am

Lake Jackson Community Center: 3840 N. Monroe., Ste. 301

Mindful Movement with Lori: Thur., 1:00 pm

Gentle Mat Yoga with Lori: Wed., 2:00 pm \$5

Miccosukee Community Center: 13887

Moccasin Gap Rd.

Senior Fitness with Judy: Tue. & Thur., 11:15 am

Optimist Park: 1355 Indianhead Dr.

Brain-Body-Balance with Ferdouse or Wendy: Tue. & Thur., 9:00 am

SouthWood Community Center: 4675 Grove Park Dr.

Brain-Body-Balance with Wendy: Tue., 10:45 am \$5

Woodville Community Center: 8000 Old Woodville Rd.

Senior Fitness with Llona: Mon. & Wed., 9:30 am

Jump into spring with art

For more info, visit www.tallahassee-senior-foundation.org, click on Art, or contact heathhilarly.mcrae@tal.gov or 850-891-4016

Upcoming Art Workshops

Workshops require pre-registration and pre-payment; classes at the Tallahassee Senior Center, unless otherwise indicated. Register online or email sarah.vernon@tal.gov or call 850-891-4000

CLAY CREATIONS - Mark Fletcher

Mondays, March 28 – May 2, 9am – 12 pm (6 weeks)
Create in clay! Sculpt functional and decorative objects. Experienced volunteers and teachers help take your clay art to the next level. All skill levels. \$60 (age 50+), \$72 (others)

PAINT A MONET - Suzette Williams

Mondays, March 28–May 2, 1-3:30 pm (6 weeks)
Use impressionistic techniques like the master himself with soft pastels, acrylics or oils in this beginner's workshop. \$60 (seniors 50+), \$72 (others).

ENGAGE WITH YOUR PAGE - Mary Liz Tippin-Moody

Tuesdays, March 22–April 26, 1-3:30 pm (6 weeks)
Create images on paper with a variety of media and processes – a creative playtime for beginners and continuing students. \$60 (age 50+), \$72 (others)

WATERCOLOR FOR BEGINNERS - Gail Bauman

Monday, April 5–June 7, 1-3:30 pm (10 weeks)
Learn and develop basic watercolor techniques. \$100 (age 50+), \$120 (others)

SCULPT A HEAD FROM A CUBE - Barbara Balzer

Tuesdays, April 5–May 10, 6–8 pm (6 weeks)
This beginner's class will sculpt a classic head out of a simple cube, and then "the intelligence" is added with a flick of an eyebrow or a curl of the lip. \$60 (age 50+), \$72 (others)

ZENTANGLE® Tangles from the Past, Phase Two - Midori Okasako, CZT

Wednesdays, March 23–April 27, option 1: 1:30-4:30 pm (6 weeks)

Wednesdays March 23–April 27, option 2: 6-8:30 pm (6 weeks)

Explore historic, universal patterns in black, brown inks and Chiaroscuro with graphite and white charcoal on Renaissance inspired paper tiles. (Prerequisite: Intro to Zentangle). \$60 (age 50+), \$72 (others)

LIFE STORIES 1, ALL SKILL LEVELS - Mariann Kearsley
March 17 – May 5, Tuesdays, 10am – 12 noon (8 weeks) via ZOOM

This class calls you to artistically tell your life story, focus on life experience, memories, and emotions. In-class sketching develops visual vocabulary and ideas for developing artwork with personal meaning. Mixed media. \$96 (age 50+)

PORTRAIT DRAWING - Maria Balingit

Thursdays, May 5–June 9, 1-3:30 pm (6 weeks)
For beginners and continuing drawing students - learn and develop basic drawing techniques. \$60 (age 50+), \$72 (others)

WATERCOLOR - Diane Ogorzaly

Fridays, March 18–April 22, 1-3:30 pm (6 weeks)



Duke Kraai "High Rise" watercolor takes first place in the Personal Expressions in Watercolors show.

Beginners & continuing beginners develop basics with watercolor. \$80 (age 50+), \$96 (others)

PAINTING WITH OILS AND ACRYLICS - Fran Buie

Fridays, April 1–May 20, 1–4 pm (8 weeks)
Beginners and intermediates learn and develop basics in painting. \$80 (age 50+), \$96 (others)

NE Library Workshop

WATERCOLOR INTERMEDIATE - Eluster Richardson

Thursdays, March 24–April 28, 1:30–4 pm (8 weeks)
Develop skills and insight with watercolor. \$80 (age 50+), \$96 (others)

Weekly On-Going Studio Classes

On-going studio classes meet weekly and do not require pre-registration. Pay the days you attend. We recommend visiting the class and talking with instructor before joining; instructor will provide a supply list. \$10 per class (age 50+), \$12 (others); or buy an art card that gives you eight classes for the price of seven.

LANDSCAPES IN SOFT PASTELS - Wendy Devarieux

Tuesdays, 9 am–12 pm
Pastels can provide vibrancy and subtleties unlike other mediums. Some drawing or painting experience preferred. Ask for a supply list and/or visit the class before deciding to join.

OIL AND ACRYLIC PAINTING - Debbie Gaedtke

Wednesdays, 9:30 am–12:30 pm
Beginners and continuing artists learn and develop basic skills and techniques with a versatile acrylic medium in a friendly, supportive class.

OIL AND ACRYLIC PAINTING, ADVANCED - Debbie Gaedtke

Wednesdays, 1 – 4 pm
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, INTERMEDIATE-ADVANCED - Linda Pelc

Personal Expressions in Watercolors Gallery

Paintings by Tallahassee Senior Center artists on display in the Senior Center Auditorium through April 4 and on-line at www.tallahassee-senior-foundation.org

Congratulations Winners:

First Place: HIGH RISE by Duke Kraai

Second Place: CROWD by Tom Friedman

Third Place: WAITING FOR RAIN by Cathy Neel

Honorable Mention: TANGLES OF FALL by Lynn Heacock

People's Choice Winners:

Favorite Landscape: BOAT WITH DINGHY by Duke Kraai

Favorite Flora/Fauna: WAITING FOR RAIN by Cathy Neel

Most Creative: TRIO by Tom Friedman

Favorite Use of Color: FLYING by Tom Friedman

Overall Favorite: PEACE by Cathy Neel

Thursdays, 9 am–12 pm (option 1)

Thursdays, 1 – 4 pm (option 2)

Enhance your creativity, expand your skills and knowledge with a professional watercolorist. Days with an instructor are \$10; days without an instructor are \$4.

OIL PAINTING, ADVANCED - Eluster Richardson

Fridays, 9 am–12 pm

Develop skills and insight, improve composition and subject matter in oil painting, build upon acquired basics of oil painting. New students may need to present a portfolio to be approved for this class.

Ongoing Classes via ZOOM

SUMI-E - Mark Fletcher

Mondays, March 28–May 2, 12:30–3:30pm (6 weeks)
Asian Ink Painting, learn the basic strokes the traditional way then expand into modern methods to paint your own originals! \$60 (age 50+), \$72 (others)

DRAW WITH YOUR EYES, PAINT WITH YOUR HEART - Mark Fletcher

Wednesdays, On-going, 1:30–4:30 pm
Pen & ink with a little watercolor. At least one prior art class highly recommended. On-going class can be joined at any time. \$10 per class (age 50+), \$12 (others); or buy an art card that gives you eight classes for the price of seven.

Learn facts at Alzheimer's Education Day on April 9

John Trombetta

Executive Director of Alzheimer's Project, Inc.

Alzheimer's Project will host our annual Education Day on April 9 at Florida State University College of Medicine. Attendees may attend in person or virtually. There will be a small charge of \$20 and there will be lunch. Respite rooms will be available for those who need to bring their loved one living with the disease.

Caregivers will have the opportunity to network and learn about resources that make the journey a little easier. People who have attended multiple times have learned something new each time. Topics will include an update on Alzheimer's Research, Elder Law, and Mindfulness/Self-Care.

These are important topics for anyone that is a primary caregiver or a remote caregiver for someone living with Dementia. In fact, people who are not the primary caregiver because of distance, but who have a role in the care of their loved one, can really benefit from these speakers.

Being involved in care from a distance has an added layer of stress because every time the phone rings it could be something to do with your loved one. You want to make good decisions, but do you have all the facts? You want to believe what you are hearing but would feel much better if you were there to assess the situation in person.

However, you can't be there in person because you have to work or take care of your own children or any other myriad

of reasons. In this situation, practicing self-care and mindfulness is going to be very necessary and very challenging to do, but it has to be done otherwise the toll on you will be great.

Additionally, having a foundational understanding of Elder Law is important. Even though laws vary from state to state, hearing from an attorney on some of the basics such as living wills, powers of attorney, trusts etc. can help ease your mind about how to handle your loved ones wishes.

This is also an opportunity to meet others who are caregivers, going through what you are going through. While every diagnosis and journey is different, you are still on the same road. Making a new friend around a difficult situation can be a blessing. Having an

other person that understands what you're going through can be the relief you need to not feel alone.

I hope you will take the opportunity to join us. We look forward to seeing you. To register, go to our website Alzheimersproject.org or forourcaregivers.com. You can also call our office at 850-386-2778. Thank you to Florida State University College of Medicine, Leon County, Alzheimer's Foundation of America, Advantage Aging Solutions and the Charles A. Frueauff Foundation for their support of our work.

The Alzheimer's Project provides comfort, support, and assistance to persons with memory disorders and their caregivers across the Big Bend area.

Big Bend Hospice looks at 40 years of service in the community

Sharon Davidson

February 1983, Elizabeth Dole is sworn in as the first female Secretary of Transportation, Wayne Gretzky sets NHL all-star record of four goals in one period, and the final TV episode of MASH airs (CBS) with a record-breaking 125 million viewers.

That same year community leaders, Dr. and Mrs. Al McCully, Dr. and Mrs. Jim Beck, Richard Lee, Loretta Armour, and Lee Nahass, among others, saw the results of their hard work and determination come into fruition. Big Bend Hospice (BBH) received a license from the State of Florida to provide hospice care in eight counties of the Big Bend. Three years later, BBH Foundation was granted approval by the IRS as a 501(c)(3) charitable organization for the purpose of supporting the mission and services of BBH.

Over the years, BBH has been named "Non-Profit of the Year" by the Tallahassee Chamber of Commerce (1997 & 2004); and given the Nonprofit "Best of Tally" award by Tallahassee Magazine (2005 & 2015).

It's also no surprise that an organization created by a group of dedicated volunteers has been recognized over the years by the community receiving the "Volunteer Management Excellence" award by Volunteer Leon (2001), the

"Volunteer Group of the Year" by Tallahassee Democrat (2006) and the Democrat's "Volunteer of the Year", sponsoring Kristian Hogue, (2017) who went on to represent the city in Washington DC as the recipient of the "Jefferson Public Service" award.

Next year, your Hometown Hospice begins its 40th year of inspiring hope by positively impacting the way our community experiences serious illness or grief – one family at a time. BBH holistic approach to dying is founded on the principles of providing quality health-care for the whole person, including their physical, spiritual, and emotional needs. Staff consider the patient's entire family as the "system of care" and empowers them to have greater control over end-of-life choices.

"As we approach our 40th year in the community, we are planning several special events and recognition opportunities focused on thanking everyone for their support," says Bill Wertman, BBH CEO and Administrator. "I am proud to be part of a long-standing, legacy not for profit organization."

For forty years, BBH has continued to inspire hope by empowering those with an advanced illness to focus on life and living.

Big Bend Hospice has been serving this community since 1983 inspiring HOPE by positively impacting the way

our community; Leon, Franklin, Gadsden, Jefferson, Liberty, Madison, Taylor, and Wakulla counties; experiences a serious illness or grief – one family at a

time.

If you would like information about services, please call 850-878-5310 or visit www.bigbendhospice.org.



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Community Relations Advisor

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Torch run kicks off Capital City Senior Games

On March 2, Cascades Park provided a beautiful location to officially kick off the games with the Torch Run. With Olympic-style sports events for athletes age 50 and over, the Capital City Senior Games welcomes over 400 competitors of all skill levels this year.

The Capital City Senior Games are hosted by the City of Tallahassee's Parks, Recreation, and Neighborhood Affairs department and the Tallahassee Senior Center, in partnership with Capital Health Plan, Audiology Associates of North Florida (a division of Tallahassee Ear, Nose and Throat), Friends of Our Parks, and Visit Tallahassee.

The Games conclude with a Celebration Of Athletes Reception on Tues., March 15, 6 pm at Cascades Park. Congratulations to all of the competitors! Wear your medals and celebrate the games!



Renee Nacin, Director of Pharmacy Services, CHP, (right) hands torch to Deloris Chavis as Mayor John Dailey looks on at the Senior Games on March 2. Chavis won several medals in last year's competitions and will compete in 5 sports this year, Track and Field, Bowling, Cycling, Bag Toss, and Horsehoes.



Ruth Nickens passes torch to Don Rapp. Rapp holds records for swimming and the 100m in track for the 90-94 age group.



Debra Burnham (second from right) will compete in Powerlifting along with friends in her 3rd Senior Games.



Robert McVety has competed in the Senior Games for more than 5 years. His schedule is full this year as he competes in Track and Field events, Basketball, Pickleball, Horseshoes, Bag Toss and Powerlifting.

OLLI offering exciting trips this year

Fran Conaway

Spring Break for the Osher Lifelong Learning Institute at Florida State University is over, and students are engaged in the final weeks of classes and activities of their Spring Semester. They're also looking forward to travel opportunities during the break between Spring and Summer Semesters. Although most OLLI classes and activities remain on Zoom, in-person and hybrid opportunities are available, with hopes that in-person classes will continue to expand in the coming months. All courses and activities are listed at olli.fsu.edu, and all enthusiastic learners over 50 are welcome to join and participate.

Among the most exciting travel opportunities is a custom-designed study-abroad trip to Greece, May 22-June 5, led by Arleen Pabon, a Tallahassee-based expert on ancient Greece and its islands. The route features ancient Greece, Crete and Santorini.

There is an optional add-on trip to Turkey. What's so intriguing about this trip? Henry Miller once said: "It takes a lifetime to discover Greece but it only takes an instant to fall in love with her."

Pabon adds, "Join OLLI's study-abroad trip to Greece this summer and fall head over heels in love!" Arleen Pabon holds a Ph.D. as well as a J.D. Since 1979 she has taught undergraduate and graduate courses at the University of Puerto Rico and Florida A&M University in the areas of architectural history, ar-



OLLI will travel to Greece May.

chitectural theory and philosophy, architectural design and historic preservation.

"A consultant in architectural history, historic preservation and cultural interpretation, she is also one of OLLI at

FSU's favorite instructors and has led several of the group's study-abroad programs," Pabon says. "The OLLI summer trip to Greece is designed to enhance OLLI travelers' experience of visiting these unique cultural centers by allow-

ing you to visit the country with a group of friends and your very own guide-teacher. We hope you will join us for this once in a lifetime experience."

Travel with OLLI means experiences tailored to older adults, great social opportunities, and building both knowledge and wonderful memories, according to OLLI Executive Director Debra Herman. Also on tap for OLLI travelers later in the year, an Alaska discovery land and cruise trip in August.

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 has extended the range of instructors and students, who can join OLLI's classes and activities, regardless of location.

Summer Semester classes begin the week of May 2 through May 20, then a break until the week of June 6 through June 24. The Summer Course and Activity Schedule will be posted at olli.fsu.edu in April. For more information about OLLI at FSU and how to become a member, see olli.fsu.edu. Need help? Contact Deb Herman at dherman@fsu.edu or Terry Aaronson at taaronson@fsu.edu.

Fran Conaway is chair of Marketing and Communications for OLLI and co-chair of the Curriculum and Special Lectures committees.

Celebrating 50 years of Meals on Wheels with Elder Care Services

Elder Care Services, Inc. is joining with hundreds of senior service agencies nationwide to celebrate the 50th anniversary of Meals on Wheels. The month-long celebration, called March for Meals, will give businesses, organizations, and individuals various opportunities to support local seniors.

"The Older Americans Act Nutrition Program is the only federally supported program designed to be an antidote for both senior hunger and isolation," said Ellie Hollander, President and CEO of Meals on Wheels America.

Meals on Wheels was established in March 1972 after President Nixon signed into law a bill that amended the Older Americans Act of 1965. Since its inception, the program has worked to provide healthy, nutritious food for seniors all over the country, now distributing up to 220 million meals to over 2 million seniors each year.

As the local Meals on Wheels provider, Elder Care Services takes pride in being part of this legacy.

Elder Care Services, Inc. started their Meals on Wheels program in May 1972,

only a few weeks after President Nixon signed the program into law, and has been serving meals to seniors in the area ever since. Just last year, the agency delivered over 67,000 meals to almost 500 homebound seniors and served over 36,000 meals at congregate sites.

"The impact Meals on Wheels has had in the lives of seniors, here in Florida and the country in general, cannot be overstated," says Jocelyne M. Fliger, President and CEO of Elder Care Services, "not only in terms of nutrition,

but also in creating the social connections we know these seniors need."

For more information on Meals on Wheels, local senior care, or volunteer opportunities, visit www.eldercare-bigbend.org or call Elder Care Services, Inc. at 850-921-5554.

Elder Care Services, Inc. is a private non-profit corporation, dedicated to improving the quality of life for seniors in Leon and the surrounding counties, allowing them to remain at home with dignity.



Learn to Line Dance with Bob Arnold on Tuesdays, 7-9 p.m., TSC Auditorium Bring your dancing shoes.

Continued from Page 2

Learn to Line Dance

Tuesdays, 7-9 pm, TSC Auditorium
Bring your dancing shoes and learn to Line Dance with Bob Arnold! An energetic class of beginner and intermediate level dances with moderate and fast music tempos, with music from country, pop, rock, rhythm and blues, etc. All levels and all ages are welcome! \$2 for age 50+ / \$3 others

A Call to Poets & Interested Readers
Poetry for the Love of It, a chapter of

Florida State Poets Association, is based at the Tallahassee Senior Center. Twice-monthly meetings are being held via Zoom. Poets and/or persons interested in reading and discussing poetry and notable poets are welcome to join the Zoom sessions on the 2nd and 4th Mondays at 1-2:30 pm. For information, email Linda at catfeather32301@gmail.com with "PLOI Meetings" in the subject line.

Curious about Virtual Reality?

Come and experience virtual reality

(VR) in real life! Tuesday, March 22, 10-11:30 am at the Tallahassee Senior Center. SportsAbility Alliance will provide VR headsets for you to get the full, immersive experience of the virtual world. Just come with a playful curiosity! SportsAbility VR Park is also free to access via a computer or VR headset. If you would like to get started on your own, you can find more information at: www.sportsability.org

Celebrate National Minority Health Month

Big Bend Area Health Education Center presents "What is Minority Health?" Healthy Eating & Cooking Demonstrations; Fitness Demonstrations; Financial Literacy presentation; Games; FREE Giveaways; Sign up for FREE classes! Friday, April 22, 2022, 10 am – 2 pm; Jack McLean Community Center, 700 E Paul Russell Rd.

To RSVP, contact Jill Patel: jpatel@bigbendahec.org, 850-224-1177, ext. 1102

SENIOR FOUNDATION

WE LOVE OUR VOLUNTEERS!

Our volunteer receptionists are the first impression our guests have when visiting the Senior Center. Do you enjoy helping others find the answers to their questions? Are you available one morning or afternoon each week? We are looking for volunteer receptionists to greet and assist visitors, handle a multi-line phone, and feel comfortable using a computer, are dependable personable. Opportunities are available Monday through Friday, from 8 to 12:30 or 12:30 to 5. Contact Sandra.Stoutamire@talgov.com or Michelle.Lee@talgov.com for more details.

THANKS FOR A GREAT MEMBERSHIP MONTH – YOU MAKE PROGRAMS HAPPEN!

Our programs, classes, activities ...and the friendships that are made at the Senior Center...are possible with the tremendous support of members and donors like you!

The TSC offers activities and programs throughout Tallahassee and Leon County. Active adults enjoy art, lifelong learning, outdoor pursuits, fitness and recreation, resource counseling, as well as several signature events, such as Silver Stars, L3X, Senior Games and Deck the Halls.

Your support helps create opportunities for optimal aging and grow Senior Services programs, classes and workshops. Because of you, people's lives are changed for the better as they continue to be active, age well, and maintain social fitness.

To become a member, renew your membership, or make a donation to help continue TSC programs and services, visit TallahasseeSeniorFoundation.org or mail your contribution to the Tallahassee Senior Center, 1400 N. Monroe St., Tallahassee FL 32303

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!

Platinum Keyholder: E. Ann Cleare
Ruby Keyholders: James Hennessey & Kathryn Gibson



Front desk Volunteers Bobby Crews and Maggie Neel.

Gold Keyholders: Nancy Gentry; Mike & Cheri Madsen

Silver Keyholders: Earl & Elizabeth Lines

Bronze Keyholders: Clifford & Mary Madsen; Lily Navon; Ermine Owenby; Phil Potter; Jill Sandler

Friend Keyholders: J.K. Jackson & Chris Moore; Harry Ackerman; Elaine Agvent; Susan Cason; Roberta Christie; Michelle Estes; William Fontaine; Beverly Frick; Ben Girtman; Marguerite Glasgow; Gina Harris; Bruce Harter; Claude & Susan Ivey; Barbara James; Ivan Johnson; Marsey Johnson; Frances Kochan; Frances Kratt; Jeffrey Mandel; Elda Martinko; Mary Ann Mathers; Earl Ray & Donna McKenzie; Glenn & Lou-Jean Nelson; Roberta Prine; David & Ann Schelbe; Willie Sinclair; Jennifer Stone; Scott & LaDonna Wagers; Susan Q. Walton; Sandy Warren

New and Renewing Members: We are extremely grateful for 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.

End of Year 2021 Donations: Carol Boebinger; Loretta Bowman; Carmella Bugbee; Jill Brubaker; Gail & George Butterfield; Monticello Campbell; Michele Capeletti; Rosalee Chapman; Chanta Combs; Judy Ehrhardt; Judy Etemadi; Pamela Flory; John Fruin; Ana Garcia-Quevedo; Michael & Phyllis Gelman; Alana Gissen; Gwendolyn Gore; Pat Grimsley; Vicki Guttenplan; Diana Hardee; Tonya Harris; Bradley & Anna Marie Hartman; Terry Hawkins; William Henderson; Jean Hewitt; Maria Hofer; Celestine N Holman; Susan & John Hutchison; Ola Louise Irvin; Elizabeth Jackson; Willma Johnson; Ann F Johnson; Susan Jordan; Barbara Judd; Kirby & Margaret-Ray Kemper; Roy & Rosetta Land; Patricia Lanfear; Christine LeClair; Lester Lockett; Jeffrey Mandel; Lea Manifold; Linda Martin; Terrence McCullough; Lisa Meyer; Catherine Mingledorff; Barbara O'Donnell; Rick Oppenheim; Ermine Owenby; Edna Owens; Martha Pease; Maryann Pedersen; Paula Petrovich; Mr. & Mrs. Kelley Phillips; Judy Phipps; Rod & Linda Pigott; Kathy Pilkenton; Holly Powless; Dan & Anice Prosser; Tom & Judy Quick; Ginie Ramsey; Edward & Susan



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By: Chip & Carol Morrison

In memory of: Mershell Sherman

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In memory of: Cristl Grow

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By: Greg & Karen Boebinger; Neil & Cindy Brown; Ajay & Meena Chadha; Heidi Copeland; Marynell Dales; Susan Davis; Jodi Gooding; Joe & Maureen Haberland; Mamie Hall; Kaila Hardee; Melanie Lachman; Lisa Meyer; Ruth Nickens; Edna Owens; Annie Rolle; Sheila Salyer; Judy Shipman; Mike & Lori Swanson

In honor of: Susan Davis' Retirement

By: Nancy Gentry; Edna Owens; Barbara Palmer; Sheila Salyer

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By: Tom Friedman; Kathy Pilkenton

In honor of: Fitness Programs

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In honor of: Nicolette Castagna

By: Alana Gissen

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In honor of: Kristy Carter's 50th Birthday

By: Lynda Dickens; Ashley Edwards & Kim Hinckley; Feeling Uplifted Now; Nancy Gentry; JoAnn Gooding; Tim & Shelly Lee; Judee Light; Michael & Hella Spellman

We also want to extend a thank you to our donors who made contributions through Facebook.

Galaxy Star honors 'Sunshine'

Carol Boebinger is thrilled that her family chose to honor her with a star on TSC's Galaxy Star Wall. A special member of the "Sunshine Committee," Carol is dedicated to sharing happiness at the Tallahassee Senior Center.

Her daughter-in-law Karen notes, "Carol comes down from Indianapolis a couple times a year to visit and has been coming with me to the Senior Center for almost 10 years. She loves it here – especially the Lunch & Learns and Lifelong Learning classes and trips. TSC is her home away from home.

So when we were trying to figure out what to get her for Christmas last year, my husband and 3 kids decided to buy a star for the Galaxy Wall in her honor. She loved it! It turned out to be the perfect, touching gift for her."

You can recognize someone special (even yourself!) with a beautiful, custom engraved star – commemorate a birthday, anniversary, friendship, or other special occasion. Stars come in three sizes that may be personalized and are permanently displayed on the TSC Galaxy Star Wall. Visit tallahassee-seniorfoundation.org/galaxy-star-wall

Honoring our Community's Silver Stars!

Every year we meet more incredible people over age 70 who enrich our lives and make our community a special place to live! We are excited to recognize 8 outstanding "Silver Stars," living and serving the Big Bend area, at the 20th annual Silver Stars celebration on Thursday, May 19. Since 2001, over 150 individuals have been recognized as Silver Stars for their accomplishments after the age of 60.

They exemplify living an active, full and engaged life. Their stories and accomplishments serve to encourage all of us to live well and stay involved in our community, develop new hobbies, continue to learn, and motivate us to stay active and keep growing, doing, learning, and giving. We invite you to be a part of this wonderful celebration and be inspired by the incredible stories these Silver Stars have to tell.

Community partners can celebrate and honor our Silver Stars by becoming a sponsor of this event. Capital Health Plan leads the way as our Presenting Sponsor and we have many wonderful partners who support this annual event, helping to make this celebration available to seniors and their families from all walks of life. Your sponsorship is an investment in joining families and friends of our honorees to celebrate this occasion and applaud the lifetime achievements of these individuals. Please email Jennifer.Naff@talgov.com or call 850-891-4048 for more information on Silver Stars sponsorships. For information, visit: TallahasseeSeniorFoundation.org/Silver-Stars



Karen, Carol and Greg Boebinger with her Galaxy Star.



The 20th annual Silver Stars celebration on Thursday, May 19.

New TSC Advisory members find sense of community

Lossie Vaughn

Lossie Vaughn, a new member on the Tallahassee Senior Center's Advisory Council, first became interested in TSC activity through the Grandparents As Parents (GAP) program. Children seem to be a greater part of her adult years. She enjoyed the company of her granddaughter and the many other children she came to know during her 20 years as a guidance counselor at Springwood Elementary School.

She soon became interested in Lifelong Learning and computer classes offered by the Senior Center. Lossie particularly enjoyed the Telling My Story program with Maureen Haberfield. "In this class, we wrote our autobiographies to share with other class members and family," says Lossie. "And the most beneficial class I've ever taken was the computer class!" she expressed with great enthusiasm. "I learned so much in that class – useful tools and shortcuts I still use," Lossie adds.

Other achievements of this dynamo include: Founder/Director of the Kiddy U afterschool enrichment program, member of the GAP advisory council, Board of Director member for Presley Excel and Scholars Program, Inc., member of the Spring Hill Baptist Church, election poll worker and other civic organizations.

Have you heard the saying, "an apple doesn't fall far from the tree"? Well, the children of this mom sure followed in her steps. Lossie is proud of her children — all three teachers who excel. Her two daughters have been honored as Teacher of the Year (one in Tallahassee and the other in Fort Lauderdale); and her son is a band director and an administrator-in-training in Washington, DC.

The new council member's hobbies include reading and travel. One thing you won't find listed among her "favorite things to do" is cooking! "I hate to cook," she includes with a laugh, "thankfully my husband helped with that. He died in 2000 and I really miss him, even after all these years."

The baby of 13 children, Lossie has instilled the value of education in her family. She continues to grow and learn herself.

Jan Daly

Volunteering is nothing new for the Tallahassee Senior Center's most recent



Lossie Vaughn, a new member on the Tallahassee Senior Center's Advisory Council.



Volunteering is nothing new for Jan Daly, the Tallahassee Senior Center's most recent appointment to the Advisory Council.

appointment to the Advisory Council. Jan came to Tallahassee to attend graduate school at FSU and finished with a Ph.D. in Exercise Physiology. As a seven-year weekly volunteer at Astoria Park Elementary School, Jan knows that volunteerism helps her community. She's been a Reading Pal as part of a United Way program at the school and finds it most rewarding.

"I want to get a feel for the functions and ways I can become more involved at TSC," says the exuberant new appointee. "I volunteered to help with set up for Deck the Halls and that was fun – especially meeting the dedicated staff of the center. Daly is intent to listen and learn until she's more familiar with board activity.

Her first encounter with the Talla-

hassee Senior Center was as an exercise instructor 35 years ago. She more recently became interested in the center's learning opportunities as a participant in Tallahassee Active Lifelong Leaders (TALL). Jan enrolled in the 2015 class which afforded her the opportunity to learn more about many aspects of the community.

"I was impressed that the presidents of Florida State University, Florida A&M University and Tallahassee Community College spoke to our TALL class" said Jan. "The university leaders shared a common vision for their respective university and the community. Also, as TALL classmates, we met with area leaders and learned more about cultural activities, the justice system, public services and even public-private initiatives," explained the new council member.

Her love of the program was evident. From 2015 to 2017, Jan served on the TALL Advisory Council. "I really want to be supportive any way I can. I'm excited just to be involved on the council," Jan commented with gratitude in her voice.

**TALLAHASSEE SENIOR CENTER
CALENDAR OF WEEKLY PROGRAMS
MARCH 14 – APRIL 9, 2022**



1400 N. MONROE ST. • TALLAHASSEE, FL 32303 • (850) 891-4000 • TallahasseeSeniorFoundation.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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 PRR 10:30 Adv. French ZM (KC) 10:30 <i>Fitness at Fort Braden</i> 11:00 Senior Counseling <i>(by appointment)</i> 11:00 AARP Tax Aide <i>(by appointment 850-891-4030)</i> 1:00 Brain-Body-Balance 2:30 <i>Yoga for Women at Bradfordville PRR (SV)</i> 3:00 Friends Connection 5:45 Intermediate German 6:00 Round Dance 7:00 Twirlers Square Dance 7:00 Capital City Carvers	9:00 Life Exercise 9:00 <i>Brain-Body-Balance at Optimist Park PRR (WB)</i> 9:00 Pastels Landscapes 9:30 <i>Fitness at Bradfordville PRR (SV)</i> 9:30 <i>Sit & Fit at Chaires</i> 10:00 Seniors vs. Crime 10:00 Wii Bowling 10:30 <i>Fitness Beg. at Bradfordville PRR (SV)</i> 10:45 <i>Brain Body Balance at Southwood PRR (WB)</i> 11:00 Mindful Movement 11:00 AARP Tax Aide <i>(by appointment 850-891-4030)</i> 11:15 <i>Fitness at Miccosukee</i> 11:30 Senior Dining <i>(PRR or Bring a Lunch)</i> 11:30 <i>Fitness Adv. at Bradfordville PRR (SV)</i> 1:00 Friends Connection ZM (ML) 1:00 TDBC Bridge 1:00 Senior Singers 1:00 <i>Canasta at Lake Jackson</i> 2:30 Ping-Pong 4:00 Guitar 7:00 Line Dance 8:00 SA Support Group	8:30 <i>Fitness at Chaires</i> 9:00 Ceramics 9:00 Nimble Fingers 9:30 Oil & Acrylic Inter. 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> 11:00 AARP Tax Aide <i>(by appointment 850-891-4030)</i> 11:30 Pickleball Lesson 11:30 Pickleball 1:00 Oil & Acrylics Int. 1:00 Mahjongg Experienced 1:30 Draw with Your Eyes, Paint with Your Heart ZM (HM) 2:00 <i>Beg. Yoga at Lake Jackson</i> 4:15 <i>Beg. Yoga at Bradfordville PRR (SV)</i> 5:30 Yoga 7:15 Al-Anon Family	9:00 Ceramics 9:00 Watercolor Inter./Adv. 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> 11:00 AARP Tax Aide <i>(by appointment 850-891-4030)</i> 11:15 <i>Fitness at Miccosukee</i> 1:00 TDBC Bridge 1:00 Friends Connection 1:00 Watercolor Inter./Adv. 1:00 French Study Group ZM (KC) 1:00 <i>Mindful Movement at Lake Jackson</i> 2:30 Ping-Pong 6:00 TDBC Bridge 7:00 Capital Chordsmen 7:00 Writers Workshop	8:30 <i>Fitness at Chaires</i> 9:00 English 2nd Language ZM (KC) 9:00 Oil Painting Adv. 9:30 <i>Fitness at Bradfordville PRR (SV)</i> 10:00 Movement Meditation 10:30 <i>Senior Fitness Beg. at Bradfordville PRR (SV)</i> 11:00 AARP Tax Aide <i>(by appointment 850-891-4030)</i> 11:30 Senior Dining <i>(PRR or Bring a Lunch)</i> 11:30 Pickleball 11:30 <i>Fitness Adv. at Bradfordville PRR (SV)</i> 1:00 Model Building 7:00 Al-Anon Newcomers

Monthly, Bi-monthly & Special Events and Programs
Please reference LEGEND below
MARCH 14 – APRIL 9, 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MAR 14 11a Art Council 1p Poetry Group ZM 7p GAP Circle of Parents ZM (KB)	MAR 15 10:30a Ft. Braden Lunch & Learn 1p Yoga PRR (SV) 2:15 UPSLIDE Games 6p Celebration of Athletes Cascades Park (KC)	MAR 16 8:30a Capital Coalition on Aging ZM (KC) 10a Hike (RN) 1p LCSO Advisory Council 6:30p USA Dance Board Meeting 7p LLL-Irish Step Dancers PRR (MH)	MAR 17 10:30a Lake Jackson Lunch & Learn 11a Healthy for Life at Jack McLean (WB) 1p Ageless Grace	MAR 18	JMAR 19 7p USA Dance: Tango in Paris – semi formal
MAR 21 1p Advisory Council (SS) 6:30p Photoshop Elements	MAR 22 10a Learn About Virtual Reality (KC) 10:30a Chaires Lunch & Learn 1p Yoga PRR (SV)	MAR 23 10a LLL-History of TLH Fire Dept. PRR H (MH) 12:30p Friends Connection at Lincoln Neighborhood 3:30p Annual Meeting (SS)	MAR 24 10:30a Got Leakage? Pelvic Floor H (RN) 11a Healthy for Life at Jack McLean (WB) 1:30p LLL-International Rescue Committee of TLH PRR H (MH)	MAR 25 10a LLL-Goat Farm Tour PRR (MH) 1p TDBC Bridge	MAR 26 10a-5p – Stamp & Coin Show Sunday, March 27 10a-3p – Stamp & Coin Show FREE Entry
MAR 28 1p Poetry Group ZM 7p GAP Circle of Parents ZM (KB)	MAR 29 1p Yoga PRR (SV)	MAR 30 10a UPSLIDE Goat Farm PRR (ML) 11a Healthy for Life at Jack McLean ZM (WB) 12p GAP Lunch & Learn (KB)	MAR 31 9:45a LLL-Taste of Thomasville PRR (MH) 10:30a The Nuts & Bolts of Pelvic for Men H (RN) 6p Senior LGBT+ Support Group	APR 1	APR 2 CENTER CLOSED
APR 4 6:30p Photoshop Elements	APR 5 9:15a LLL-Gulf Specimen Marine Lab PRR (MH) 12:30p Friends Connection at Miccosukee 1p Yoga PRR (SV)	APR 6	APR 7 9a Podiatry PRR (SV) 10:30a Miccosukee Lunch & Learn 1p Ageless Grace	APR 8 7:30p Contra Dance Caller: Vicki Morrison	APR 8 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**: Register Online at www.TallahasseeSeniorFoundation.org
o**PRR** = Pre-registration Required; **LLL** = Lifelong Learning

o() = Contact staff to pre-register and/or for Zoom link as follows:
(KB) Karen.Boebinger@talgov.com; (KC) Kristy.Carter@talgov.com;
(MH) Maureen.Haberfeld@talgov.com; (ML) Melanie.Lachman@talgov.com;
(RN) Ruth.Nickens@talgov.com; Sheila.Salyer@talgov.com
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