



Where Prevention is Key!

TSC Health, Wellness & Fitness Calendar May 2022

STAY CONNECTED!

UPSLIDE

Staying socially connected is one of the most important things we can do to age successfully, however, if you feel disconnected, lonely, isolated, or depressed, you are not alone! Please reach out to Melanie to find out how the UPSLIDE program can help. Melanie.Lachman@talgov.com 850-891-4066

STAY HEALTHY!

Tue, May 3, @ 10:00 am – Noon @ TSC

“Blood Pressure & Blood Glucose Screenings” Offered on the 1st Tues of each month. No appt necessary.

Thu, June 16, @ 9:00 am – Noon @ TSC

“Podiatry Screening and Foot Care”

Dr. Gary McCoy, Podiatrist, cuts toenails and treats foot problems. Medicare, Medicaid, and secondary insurance, which may cover costs for this. \$30 fee if not covered by insurance. Appointment required.

Sarah.vernon@talgov.com or 850-891-4000

Wed, May 11, 10:30 am @ TSC

“Fire Safety for Seniors”

#2 in Safety Series. This workshop will help make your world a safer place. Learn about how/why fires start and how to respond if they do. Also, a myriad of consumer-friendly safety tips on timely and important topics will be addressed - everything you need to know to keep you, your family, and your neighbors safe from fire and related hazards. Presented by Tallahassee Fire Department

May is Stroke Awareness month

Thu, May 26, 11:00 am @ TSC

“Stroke Awareness and Education”

Lunch with an Expert series. Stroke is the leading cause of adult disability in the US! During Stroke Awareness month, we bring this presentation about decreasing risk for stroke and understanding the exciting technologies that improve stroke recovery. Presented by Tanya Stokes, Stroke Program Coordinator, Speech Team Lead, Encompass Health Rehabilitation Hospital. Lunch provided. Registration required. <https://bit.ly/3tvFNpg>

STAY FIT!

Live in-person classes are happening – indoors and outdoors. Virtual fitness classes also available.

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

2) On-Demand [Click here.](#)

★ Brain-Body-Balance w/Merisha ★ Mindful Movement w/ Lori Roberts ★ Gentle Yoga w/ Ferdouse ★ Stretch & Flex w/ Robin Perry

IN-PERSON FITNESS (TSC)

Class	Day	Time	Instructor	Location	Staff contact
Brain-Body-Balance (Mostly seated for brain/body)	Mon	1:00 pm	Merisha	Auditorium	Judy.Shipman@talgov.com
Life Exercise (Aerobic, balance, strength)	Tue/Thu	9:00 am	Pomeroy	Auditorium	Ruth.Nickens@talgov.com
Mindful Movement (Mostly seated movement & music)	Tue	11:00 am	Lori	Auditorium	Judy.Shipman@talgov.com
Gentle Yoga (Chair and mat, gentle for all)	Tue	1:00 pm	Ferdouse	Act Rm	Sarah.Vernon@talgov.com
Evening Yoga (moderate practice)	starts Jan 12 Wed	5:30 pm	Pam Hunter	Auditorium	Ruth.Nickens@talgov.com
Ageless Grace (Movement, play, brain health)	starts Jan 20 1 st & 3 rd Thu	1:00 pm	Amanda	Auditorium	Pre-register https://bit.ly/3yITxiX Ruth.Nickens@talgov.com

IN-PERSON FITNESS (OUTREACH SITES)

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

OUTDOOR FITNESS

Class	Day	Time	Instructor	Location	Staff contact
Monthly Hiking (fitness, fun, stress reduction))	3 rd Wed	10:00 am	Volunteer	TBD	Ruth.nickens@talgov.com

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

