

TALLAHASSEE SENIOR CENTER CALENDAR OF WEEKLY PROGRAMS MAY 9 – JUNE 11, 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 Life Exercise	8:30 <i>Fitness at Chaires</i>	9:00 Ceramics	8:30 <i>Fitness at Chaires</i>
9:00 Quilting Bees	9:00 <i>Brain-Body-Balance at Optimist Park PRR (WB)</i>	9:00 Ceramics	9:00 Watercolor Inter./Adv.	9:00 English 2nd Language ZM (KC)
9:00 Portrait Studio	9:00 Pastels Landscapes	9:00 Nimble Fingers	9:00 Life Exercise	9:00 Oil Painting Adv.
9:30 <i>Fitness at Woodville</i>	9:30 <i>Fitness at Bradfordville PRR (SV)</i>	9:30 Oil & Acrylic Inter. Painting	9:00 <i>Brain-Body-Balance at Optimist Park PRR (WB)</i>	9:30 <i>Fitness at Bradfordville PRR (SV)</i>
9:30 French Int.	9:30 <i>Sit & Fit at Chaires</i>	10:00 Seniors vs. Crime	9:30 <i>Sit & Fit at Chaires</i>	10:00 Movement Meditation
10:00 SHINE PRR	10:00 Seniors vs. Crime	10:00 Movement Meditation	10:30 Ballet	10:30 <i>Senior Fitness Beg. at Bradfordville PRR (SV)</i>
10:30 Adv. French ZM (KC)	10:00 Wii Bowling	10:30 <i>Fitness at Fort Braden</i>	11:00 Senior Counseling (by appointment)	11:30 <i>Senior Dining (PRR or Bring a Lunch)</i>
10:30 <i>Fitness at Fort Braden</i>	10:30 <i>Fitness Beg. at Bradfordville PRR (SV)</i>	11:30 Pickleball Lesson	11:15 <i>Fitness at Miccosukee</i>	11:30 Pickleball
11:00 Senior Counseling (by appointment)	10:45 <i>Brain Body Balance at Southwood PRR (WB)</i>	11:30 Pickleball	1:00 TDBC Bridge	11:30 <i>Fitness Adv. at Bradfordville PRR (SV)</i>
11:00 French Adv.	11:00 Mindful Movement	1:00 Oil & Acrylics Adv.	1:00 Friends Connection	1:00 Model Building
1:00 Brain-Body-Balance	11:15 <i>Fitness at Miccosukee</i>	1:00 Mahjongg Experienced	1:00 Watercolor Inter./Adv.	1:00 Painting with Oils and Acrylics, Beg (ongoing starting May 27)
1:30 French Beg.	11:30 Senior Dining (PRR or Bring a Lunch)	1:30 Draw with Your Eyes, Paint with Your Heart ZM (SV) ends May 25 returns Aug. 2022	1:00 French Study Group ZM (KC)	5:30 Ballroom & Swing
2:30 <i>Yoga for Women at Bradfordville PRR (SV)</i>	11:30 <i>Fitness Adv. at Bradfordville PRR (SV)</i>	2:00 <i>Beg. Yoga at Lake Jackson</i>	1:00 <i>Mindful Movement at Lake Jackson</i>	7:00 Al-Anon Newcomers
3:00 Friends Connection	1:00 Friends Connection ZM (ML)	4:15 <i>Beg. Yoga at Bradfordville-PRR (SV)</i>	2:30 Ping-Pong	
5:45 Intermediate German	1:00 TDBC Bridge	5:30 Yoga	7:00 Capital Chordsmen	
6:00 TDBC Bridge	1:00 <i>Canasta at Lake Jackson</i>	7:15 Al-Anon Family	7:00 Writers Workshop	
6:00 Round Dance	2:15 Bag Toss			
7:00 Twirlers Square Dance	2:30 Ping-Pong			
7:00 Capital City Carvers	4:00 Guitar			
	7:00 Line Dance			
	8:00 SA Support Group			

Monthly, Bi-monthly & Special Events and Programs on Back!

BI-WEEKLY AND MONTHLY PROGRAMS - MAY 9 – JUNE 11, 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MAY 9 11a Art Council 1p Poetry Group ZM (KC) <i>7p GAP Circle of Parents ZM (KB)</i>	MAY 10 <i>11a Wellness Circle at Jack McLean</i> 1p Yoga PRR (SV) <i>2:30p Walk w/Ease at Optimist Park PRR (RN)</i> 7p Stamp and Cover Club	MAY 11 10:30a Fire Safety (RN) <i>10:30a Bradfordville Lunch & Learn</i> 12:30p Friends Connection LNC	MAY 12 <i>10:30a Woodville Lunch & Learn</i> <i>11a Healthy for Life at Jake Gaither (WB)</i> 1:30p LLL- Hurricanes & Trees H PRR (MH) <i>2:30p Walk w/Ease at Optimist Park PRR (RN)</i>	MAY 13 8:30a LLL-Camp Gordon PRR (MH) <i>2:30p Walk w/Ease at Optimist Park PRR (RN)</i> 7:30p Contra Dance Caller- Andy Kane; Band – Runaway Biscuits	MAY 14 7p USA Dance: Derby Time – Fox Trot and Social Dancing
MAY 16 <i>10a LLL-Connect with a Classic: The Great Gatsby at Bradfordville PRR (MH)</i> 1p Advisory Council (SS) 6p Photoshop Elements	MAY 17 <i>10:30a Ft. Braden Lunch & Learn</i> 1p Yoga PRR (SV) 2:15 UPSLIDE Games <i>2:30p Walk w/Ease at Optimist Park PRR (RN)</i>	MAY 18 8:30a Capital Coalition on Aging ZM (KC) 10a Hike (RN) <i>11a Wellness Circle at Jake Gaither</i> 1p LCSO Advisory Council	MAY 19 <i>10:30a Lake Jackson Lunch & Learn</i> <i>11a Healthy for Life at Jake Gaither (WB)</i> 1p Ageless Grace <i>2:30p Walk w/Ease at Optimist Park PRR (RN)</i> ALL Activities after 4pm are cancelled. Please reserve your spot at Silver Stars. Tickets available at 891-4003.	MAY 20 CLOSED Recognition of Emancipation Day	MAY 21 CENTER CLOSED
MAY 23 1p Poetry Group ZM (KC) <i>7p GAP Circle of Parents ZM (KB)</i>	MAY 24 10:30a UPSLIDE-Sound Healing PRR (ML) <i>10:30a Chaires Lunch & Learn</i> 5p TDBC Board Meeting 5:30p Civic Engagement (HS)	MAY 25 10a How Amazon Echo Can Help You Live Independently H (KC) <i>12p GAP Lunch & Learn</i> <i>12:30p Friends Connection LNC</i> 2p LBB-Vision Loss Support Group 3:30p Foundation Board Mtg. (SS) 6:30p USA Dance Board Meeting	MAY 26 11a Stroke Awareness and Education (RN) <i>11a Healthy for Life at Jake Gaither (WB)</i> 11:30a Senior LGBT+ Support Group	MAY 27	MAY 28 CENTER CLOSED
MAY 30 CLOSED MEMORIAL DAY	MAY 31	JUNE 1	JUNE 2 10a DEEP – Diabetes (RN) <i>10:30a Miccosukee Lunch & Learn</i> <i>11a Healthy for Life at Jake Gaither (WB)</i> 1p Ageless Grace	JUNE 3	JUNE 4 CENTER CLOSED
JUNE 6 6p Photoshop Elements <i>7p GAP Circle of Parents ZM (KB)</i>	JUNE 7 10a Blood Pressure & Glucose Screening 12p Tech Help (KC) <i>12:30p Friends Connection at Miccosukee</i>	JUNE 8 10:30a Environment Safety in the Home (RN) <i>10:30a Bradfordville Lunch & Learn</i> <i>11a Wellness Circle at Jake Gaither</i> <i>12:30p Friends Connection LNC</i>	JUNE 9 9:15a LLL-Masters of American Photo-Gadsden Art PRR (MH) 10a DEEP – Diabetes (RN) <i>10:30a Woodville Lunch & Learn</i>	JUNE 10 6p Florida Two-Step Tour & Dance PRR (KC)	JUNE 11 CENTER CLOSED

TALLAHASSEE SENIOR CENTER, 1400 N. Monroe Street, 850-891-4000

We offer in-person and virtual classes, some which require pre-registration.

Please note the following **LEGEND:**

- **H = HYBRID Classes (in-person + virtual)**
- **VIRTUAL LOCATIONS:** ZM = Zoom FB = Facebook
- **PRR = Pre-registration Required LLL = Lifelong Learning**

Register Online at www.TallahasseeSeniorFoundation.org unless otherwise noted

Contact staff to pre-register and/or for Zoom link as follows:

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