

Active LIVING

The magazine for Tallahassee's active adults

Silver Stars shine in community

Awards gala honors outstanding role
models, Page 4



LIFELONG LEARNING CLASSES

For info and registration, go to TallahasseeSeniorFoundation.org or email Maureen.Haberfeld@talgov.com

Hurricanes and Trees

Thur., May 12, 1:30-3 p.m.

While bad weather such as hurricanes and other localized high windstorms can't be predicted months ahead, the work you can do to reduce the likelihood of a bad tree outcome can. In this presentation Stan Rosenthal, UF/IFAS Extension Forestry Agent Emeritus, will discuss what we should know about the trees in our yard to be prepared for hurricane season. Hybrid class Fee \$5.

Camp Gordon Johnston & Apalachicola

Fri. May 13, 8:30 a.m.-4 p.m.

The Camp Gordon Johnston WWII Museum, located in Carrabelle, Florida was established to honor and preserve the heritage of the men and women who trained at the camp during WWII. Camp Gordon Johnston opened in 1942 for training in amphibious operations. This camp trained a quarter of a million men, closing in June of 1946. Learn about their dedication and heroism during a tour by the museum historian. Following the tour, spend a few hours in Apalachicola for sightseeing, shopping, and lunch. Fee \$18 does not include lunch.

Connect with a Classic: The Great Gatsby by F. Scott Fitzgerald

Mon. May 16, 10-11:30 a.m. NE Branch Library

This literary session will analyze the American classic *The Great Gatsby* including theme, symbolism, and character development, as well as notable literary passages in the novel. Take a journey through the Jazz Age and the Roaring Twenties as we discuss the relevance of the setting and how American values of the 1920's compared to modern day values and issues. Whether it's been a while since you've read this classic or if you've never read it, join us for a robust discussion of one of America's greatest classic novels. Instructor Kathy Allman. In-person class. Fee \$5.

Masters of American Photography at Gadsden Arts Center

Thur. June 9, 9:15 a.m.-1:30 p.m.

Masters of American Photography is an exhibition curated from the collection of the Reading Public Museum, featuring photographs that represent



Lifelong Learners meet baby goats at Goathouse Farm tour.



LIFELONG LEARNING
WITH TALLAHASSEE SENIOR CENTER

the history of the medium from the 1880s through the 1980s. With a particular emphasis on the first decades of the 20th century, the exhibition includes iconic images featuring an impressive range of works encompassing portraiture, landscape, still life, and cultural history, dramatically presenting American life during this period. Experience a guided tour of the exhibit followed by lunch at Big Papa's Chop House across from the museum. Fee \$17 includes admission and transportation from the TSC. Lunch cost is not included in the fee.

Pope's Museum Tour

Wed. June 15, 9 a.m.-2 p.m.

Found in Grady County, Georgia, Pope's Museum is the former home of Laura Pope Forester, a self-taught artist, notable not only for creating a large

art environment of high artistic quality around her rural residence and store, but also as one of the few female artists to do so in the twentieth century. Before her death in 1953, she created 200 sculptures, wall murals, and gardens of exquisite design and intention. Visit this local gem, tour the house, grounds, and art. Following the tour, enjoy a catered lunch on site. Fee \$34 includes lunch and transportation. Limited space available.

Writing Your Family History

Mondays June 20 and 27, 10-1:30 at NE Branch Library

Writing a Family History, a two-session class on June 20 and 27 from 10 am-11:30 with Mary Sterner Lawson, will help participants capture personal memories that are important to them and to the history of their families. In an user-friendly approach, Lawson will walk individuals through the process of collecting, organizing, and writing down reminiscences. In the first session, handouts and a PowerPoint will demonstrate the process. In the second session, inspired participants will be able to share their experiences in writing down a reminiscence. In-person class. Fee \$5.

Geohazards: Landslides, Land Sub-

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.

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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 Talgov.com/seniors and TallahasseeSeniorFoundation.org.

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sidence, and Sinkholes

Thur. June 23, 2:30-3:00 p.m. TSC activity room

TSC Lifelong Learning Coordinator and Geologist, Maureen Haberkfeld continues her series on Geohazards with a presentation on landslides, land subsidence, and sinkholes. This presentation will cover the causes of these hazards, where they occur, and mitigation strategies. Learn about some of the communities in Florida and around the United States that are dealing with these threats. Hybrid class. Fee \$5.



From left, Laverne Kemmer, Carolyn Welch, Carolyn Senn, Brenda Sealey and Gerri Ellington.

Leon County Lunch & Learns

For those age 50+ living in our unincorporated communities, Leon County Senior Outreach offers monthly Lunch & Learns at six County Community Centers!

These fun and educational meetings feature a variety of exhibitors with information and resources, engaging speakers with interesting presentations, a catered lunch, fun door prizes and the opportunity to meet your neighbors. Plus, you can find out about fitness, art, and lifelong learning classes offered in the community centers! Join the fun!

Events are held from 10:30 a.m. to 12:30 p.m. Suggested lunch donation is \$6. To RSVP or get more info, contact betty.morales@talgov.com or call 850-891-4065

Micosukee Community Center

Thursday, May 5 & June 2
13887 Moccasin Gap Road

Bradfordville

Wednesday, May 11 & June 8

*New Location – Good Shephard Catholic Church Fellowship Hall, 4665 Thomasville Road

Woodville Community Center

Thursday, May 12 & June 9
8000 Old Woodville Road

Fort Braden Community Center

Tuesday, May 17 & June 21
16387 Blountstown Hwy

Lake Jackson Community Center

Thursday, May 19 & June 16
3840 N. Monroe Street, Suite 301

Chaires Community Center

Tuesday, May 24 & June 28
4768 Chaires Cross Road

GRANDPARENTS AS PARENTS

The Grandparents as Parents 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., May 25, noon– 1:30 p.m.

No meeting in June 2022

Leon County Public Library, 200 W. Park Ave, Program Room A

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

GaP EVENING SUPPORT GROUP

Mon, May 9 & 23, 7-8 p.m.

Mon, June 6 & 20, 7-8 p.m.

Meeting virtually via Zoom

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 any events above! GaP is a program of the TSC Foundation, funded by Leon County Commission, grants and donations.

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



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WWW.BIGBENDHOSPICE.ORG

Join us for the Silver Stars Awards

We celebrate the 20th Annual Silver Stars on May 19 at the FSU Dunlap Champions Club, presented by Capital Health Plan and the Tallahassee Senior Center & Foundation. As outstanding role models with unique stories and life achievements, the Silver Stars are recognized and honored for their dedication to the motivation and service of others with a positive outlook on life. For tickets, visit TallahasseeSeniorFoundation.org

James McMichael (Age 87)

James “Jim” McMichael is an Adjunct Instructor with the Florida Center for Public Management, where he is involved in consulting and delivery of CPM courses. With vast experience from both public and private sectors, McMichael put great effort into managing political campaigns for public offices that include Governor, Congress and Mayor. Jim also created and was director of the Certified Financial Planner program for the Gus Turnbull Conference Center at FSU.

He retired two years ago from Florida State University at the age of 85 as a professor in the Certified Public Manager program. He has a PhD in Political Science, is an active member of the Lake Tallavana Homeowners Association and a former business owner and CEO of three corporations.

The Silver Star began his life’s work as a kid in a grocery store, peddling newspapers, and as a shoe store stock boy. By the time he was a 17-year-old senior in high school, he was the shoe store manager. He discovered financial planning a “long, long time ago,” Jim recalls. “It made me feel good to help others.”

As time went on, I realized that someone had to help keep, or get, good people into government.” In 1976 he became involved in the Wisconsin campaign for governor. “My client had little name recognition, but we had a lot of fun. I’ve helped four presidents: Dwight D. Eisenhower, John F. Kennedy, Lyndon B. Johnson, and Richard Nixon.”

He was invited to tour the White House with Jackie Kennedy and invited by President Johnson to observe the signing of the Older Americans Act. “It was impressive to be handed a pen by a president,” said Jim with pride.

This go-getter is a volunteer at his church and you can find Jim on YouTube where he posts a bi-weekly podcast “On Our Spiritual Journey.” He’s a Eucharistic Minister, or one who assists the priest in administering sacraments of holy communion. He also is a financial adviser to the church. Jim believes that “God creates us to do good things and in addition to my other passions for God, I’m a Green Faith Fellow. That’s a religious-based environmental group.”

Hearing Jim talk is an exciting adventure into the past, with hope for the future. He’s excited about what he’s accomplished for others and looks with anticipation about helping and doing good with his time. Jim



James McMichael: “I don’t believe in being idle.”

remains very active in his Lake Tallavana Homeowners Association as well as pursuing his favorite activities that include bridge, travel, walking the dog and Sudoku.

Jim’s mantra: “I don’t believe in being idle.”

- Rosetta Stone Land

Shirley Gooding Butler (Age 78)

Around the Senior Center, Shirley Gooding-Butler may be best known as a long time (10 year) member of the Foundation Board and, most importantly, as one of the “Martini Girls.” But Shirley’s life encompasses many other significant accomplishments.

Shirley was born and raised in Nashville, Tennessee, by her mother, as her father died when she was 5 months old. Shirley’s mother always stressed that she should do her best and people would see her good work. Shirley followed that advice and passes it on to young people today.

After attending public school in Nashville and receiving a degree in elementary education from Tennessee State University, Shirley achieved her goal of being a teacher and taught 3rd grade for five years. She moved to Tallahassee as the director of a volunteer program for delinquent children.



Shirley Gooding Butler: Keep “going and doing and helping.”

But Shirley’s primary career was in state government, where she served for 31 years in several capacities. For 12 years she worked in the Governor’s Office, under Governors Graham, Mixson, Martinez, and Chiles. She went on to be the Inspector General of the Department of Labor (the first African American woman to fill that position), progressing to be the Assistant Secretary and Agency Head. She also served on the Public Employee Relations Commission.

In retirement, Shirley stayed home for a while, but then opened and still operates Shirley’s Clothes Closet. She benefits residents of the south side by selling good quality, gently used clothing. If that’s not enough to keep her busy, she volunteers frequently with her church, especially with the youth, and has worked with Riley House, the Florida Bar and Citizen’s Forum. Her goal is to contribute to others by what she has learned and how it has helped her.

When asked why she remains so active, Shirley notes that life can stop after retirement. It is important to keep “going and doing and helping.” She advises seniors to continue a life of service. “Don’t let life pass you by; stay involved as much as you can.”

Shirley Gooding Butler is certainly not letting life pass her by.

- Judy Shipman

Anna Johnson-Reidel (Age 83)

Anna Johnson-Reidel shines wherever she goes. She's an integral part of Silver Stars and has hosted this prestigious event since 2006. Now, she IS a Silver Star.

"It's been one of the highlights of my life," Anna says joyfully. Most Tallahassee seniors "know" Anna from her many years with WCTV when she anchored the Good Morning Show and Midday Report. She also traveled with WCTV tours abroad. "I've been involved with a number of fundraisers in the WCTV coverage area and served as campaign chairman of United Way."

Not only a television personality for 35 years, Anna found herself with a deep commitment to involve herself with numerous community programs. "The most meaningful time of my life was when I introduced my audience to Forever Families." It gave me the opportunity to give foster children a loving home. People would stop me in restaurants, in the mall or even on the street to tell me they adopted the most wonderful child as a result of seeing the need on television.

Anna became familiar to most when she participated in the Muscular Dystrophy Telethon for many years. "I spent a good deal of time with these kids and adults with Muscular Dystrophy," Anna recalls, "and the experience touched my heart in an unforgettable special way."

"I feel good," said Anna, "about being engaged in so many meaningful things." She has her own marketing company with several clients and partners with the Villas at Killearn Lakes as a community relations advisor. With a great depth of experience and her deep commitment to her clients, Anna knows how to create opportunities.

Tallahassee's Senior Games benefited from her love of engaging an audience, sharing the podium with Bryan Desloge and participating in the games are fond memories. This Silver Star even competed in the bowling event. She's also been Grand Marshall for the Springtime Tallahassee parade and was featured on the cover of Tallahassee Woman Magazine.

She and Robert Riedel were married for 34 years; he passed away three years ago.

Anna has four children, three daughters and a son; Michelle Bryant, Stephanie Wolfe, Jay Wolfe and Teri Wolfe Carroll and she is blessed to have five grandchildren and nine great-grandchildren.

- Rosetta Stone Land

Ted and Sarah Houston (79 and 78)

When Ted Houston was in high school, he was surprised – and very intrigued – to see a teenage girl playing football just as well and with just as much gusto as the boys on the block and knew he had to meet her. And it's lucky for the rest of us that he did because 57 years later, Ted and Sarah Houston (78 and 77 years old, respectively) are a hard-to-rival force for good in their community.

Ted, an Air Force veteran, retired pharmacist and preacher, and Sarah, a retired math teacher, have a passion for service to others, which has resulted in vol-



Anna Johnson-Riedel: "I feel good about being engaged in so many meaningful things."

unteer endeavors, mostly focused on seniors, too numerous to list.

Some of the many organizations they have assisted include Elder Care Services, the Red Cross, SHINE, the Griffith Neighborhood Association, Bond Elementary School and Miracle Hill Nursing and Rehabilitation Center, where they conducted church services for residents every Wednesday until the pandemic hit.

When asked why they volunteer, Ted responded, "You know how blessed you are when you are the giver and not the taker." Their desire to help seniors was inspired by Sarah's mother, who they described as a "community giver."

When these Tallahassee natives aren't serving meals to the hungry or helping people recover from hurricanes, the Houstons enjoy traveling. Favorite destinations include Africa, Italy, Israel and Alaska. A trip to Thailand is currently in the works. Equally important to Sarah and Ted is spending time with family.

The Houstons have three children and seven grand-



Theodore and Sarah Houston: "You know how blessed you are when you are the giver and not the taker."

children, ranging in age from 7 to 24. They try to get together as often as possible, but the highlight of the year is at Thanksgiving when the "Houston Summit" is held. It seems that service to others starts at home; the Summit is a time for the family to discuss subjects from "health to wealth" during this educational time together.

It's hard to imagine that the Houstons have room for more in their lives, yet they do! They are active participants at the Lincoln Neighborhood Center and are passionate about FAMU sports and theater — and FAMU in general.

Both are alumni and are proud that two of their children are graduates and two of their grandchildren are currently attending FAMU. Ted and Sarah also share a great love for their faith and their church. The Tallahassee community is indeed lucky, not only that Ted spotted Sarah's talent for sports, but also that we are the beneficiaries of their love and passion for service.

- Melanie Lachman

Charles and Jeanetta Scriven (91 & 85)

Charles and Jeanetta married 68 years ago. They served the area's homeless through outreach ministry that included cooking and serving food for many years. When asked how it felt to be nominated as Silver Stars, Charles said humbly, "so honored" and Jeanetta enthusiastically replied, "I found it fantastic and unbelievable." Both honorees loved telling the story of their volunteerism.

It was an ambitious venture for Charles and Jeanetta to serve others through their small church — Tallahassee Corinth Christian Fellowship in Midway. "We had about 14 members," Charles said. But serving the homeless community "brought appreciation for all we could provide. It made me feel good and I looked forward to the smiles as God worked through us," Jeanetta added.

It all began when Charles was 18. "Jesus Christ laid upon my heart to work with members of my community and in outreach to help those who were unable to help themselves. In 1961, I began preaching. As a Christian and minister of Christ, I wanted a better life for boys and girls in the underserved community," he said.

Charles began his public service career as a Jacksonville policeman. He served that city for 20 years. Charles was the Commission's first Black member and received the Policeman of the Year Award by the Office of the Sheriff in 1968. Charles was appointed the first Black Jacksonville Police Chief in 1973 and appointed by Gov. Reuben Askew to the Parole and Probation Commission in 1975. His service on the commission from 1975-1987 included the role as chairman from 1976-1978. After leaving the Commission, he moved to Alcoholic Beverage and Tobacco Department, retiring in 2003 as a Major. In 2020 Charles was honored with the Florida Sheriff's Association's Distinguished Service Award.

"For 20 years I was chaplain at Big Bend Hospice. I served in that role at Capital Medical Regional Center for 15 years and at Tallahassee Memorial Hospital, I was chaplain for another 15 years." Sometimes his position was as an employee and other times as a volunteer. But it was a life's ambition to serve and minister.

During this time, the couple also volunteered with the Meals on Wheels program and with Big Bend Hospice for more than 10 years. And for five or six years, Jeanetta remembers, she had good times with the writing, production and distribution of CRMC's newsletter "H2U."

- Rosetta Stone Land

Joan Kanan (79)

Joan Kanan still has a lot of living to do. She is passionate about helping people to get involved in the world and have more empathy for others. Joan was born in Boston, Massachusetts, and moved to Orlando when she was 9 years old. She had an older sister and a younger brother and grew up swimming, fishing, playing in the school band, and spending time outdoors. Her favorite subjects in school were reading, literature, and history. As a child, she won an award for reading the most books in Orange County.



Charles and Jeanetta Scriven: serving the homeless community "brought appreciation."

Joan dreamed of working in an Embassy or in Civil Rights. She began college as an International Affairs major but changed her major to Social Studies / Education and earned a Bachelor's and Master's degree from FSU. At that time, women were limited in career choices and encouraged to marry early.

Joan began her career as a sixth and seventh grade teacher of Language Arts and Social Studies. She loved the field of education and became president of the teacher's union in the 1980's. Later in her career she worked as a cabinet aide, a lobbyist with the Florida Association of Counties, and an adjunct professor.

After retiring at the age of 70, Joan continued to stay active in the community. She joined her homeowner's association and later became the president. She became active in the League of Women Voters and chair of one of their committees. She is a talented artist who paints and is president of the Wiregrass Art Gallery in Thomasville, Georgia.



Joan Kanan: "Stay positive, stay involved, stimulate your mind."

She has been active in the TSC Art program, and served as president of the Art Council. Travel is another one of Joan's passions. She has enjoyed traveling around the USA as well as to Quebec, Cuba, Ireland, Portugal, Italy, and France. Travel inspires her art, and she often paints scenes from her adventures. Joan keeps fit by walking, gardening, and caring for her dog Abby and her cat Whiskey.

Joan is most proud of her two daughters and two grandsons. Her close family enjoys dinners together, going to the beach, spending time in nature, and traveling together. She is passionate about art, voting, the future of politics and our democracy and making the world a better place for her grandchildren.

Joan's advice to her peers is "to stay positive, stay involved, stimulate your mind, and get out and do things. Seniors still have much to contribute so be sure to make the best of the time you have left."

- Maureen Haberfeld

Willie “Jewel” Vickers (77)

Known as the Crown Jewel to her family, friends and anyone that knows her, Ms. Willie “Jewel” Vickers was born in Greensboro, the 5th of 14 siblings. At a very young age, she learned to cook, babysit, and care for others at home. She is a 1964 graduate of Carter Paramore High School in Quincy.

Her military marriage led her to travel to Paris and Germany where her children were born. She said, “They say every time you go to Germany you either bring back a baby or a cuckoo clock. I brought a baby the first time. The second time, I brought the cuckoo clock!”

At 37, with her five children in tow, Ms. Vickers returned to Tallahassee, completed her AA degree at TCC and transferred to FAMU. She then started her 28-year career as a United States Postal Service rural mail carrier. She proudly stated her last route was Woodville Rural Route 44. She cared for and checked on people on her route. “I loved the people in Woodville,” she says. “I met so many new friends and I made sure they were taken care of and even cooked meals for some of them.”

Since retiring 6 years ago at the age of 71, she can be found volunteering five days a week at Jake Gaither or Smith Williams Community Centers. She and friends cook and feed people in need. Every day they inspire others to engage, play games, join fitness classes and make new friends. Ms. Jewel won five gold medals in the Capital City Senior Games – bowling, shot put, discus, bag toss and fun run/walk.

A devoted and proud member at Greater Mt Pleasant Church for 50 years, she sings in the choir, volunteers as an usher and ministers to others by sharing her love of cooking. Famous for her loving kindness, she is willing to plan and prepare for special functions on the celebration team but especially loves comforting grieving families with her delicious meals for memorial services.

Ms. Jewel shared her healing menu: collard greens with country smoked meat and ham hocks; old fashioned cornbread dressing with secret seasoning; sweet potato bread; turkey and ham; string beans; rice and field beans; and red velvet cake for dessert.

A loving mother and caregiver, Jewel speaks proudly of her own five children, one adopted child, five grandchildren and one great grandchild on the way. For the last 10 years, she has been a compassionate caregiver for a senior in need.

Ms. Jewel’s advice to other seniors - “Be with positive people and stay active. Don’t sit there and watch television all day; cook something for someone. Life is all about helping someone else.”

- Betty Morales

Laurie Hosford (86)

Laurie Hosford is still teaching Writers Workshop after 17 years and a pandemic. Teaching, Laurie says is “Fun! A good reason to get up.” His class of a dozen or so writers garners success in the publishing world.

Although most may see their stories in a local for-



Willie Jewell Vickers: “Cook something for someone.”

mat, a former class attendee, Sam Higgins’ got connected with a major agent and saw his WWII book published. Laurie is proud of Sam’s success story with “Survival: Diary of an American POW in World War II.”

“His book was a best seller,” says Laurie.

Teachers want to see their students succeed and Laurie is no exception. “Sharing their work aloud and improving what they’ve written offers encouragement and hones skills when they critique each other and help one another become more proficient,” explains Laurie. “I try to get people published. It’s an amazing thing,” he modestly quips. We work together to secure an agent when writers are ready. Laurie is ready with names of current and former students who have seen their work in print.

You can hear the pride in Laurie’s voice when he talks about a student’s success. Theresa Pepe, a young and longtime class member worked 16-17 years on a



Laurie H. Hosford: “I try to get people published.”

book. “She’s a dynamo writer and very bright lady,” says her class leader, “with three books in print,” he adds.

Laurie and his wife Karen do escape often to the seaside. It refreshes. He shares, “My wife loves the beach.” Together, they began to visit islands years ago. Hawaii was one of the first. Then, in 1985 they bought a condo at Cape San Blas, on the beach of course. “I do a lot of my work there,” the instructor says. His writing perch offers a scenic view and a great environment to get creative.

The professional writer, editor, and Florida State University graduate is glad that his Writers Workshop is back on the Tallahassee Senior Center schedule every week on Thursdays. Workshop participants span a range of ages from 30s to mid-80s. Anyone can attend the class if they have the desire to write.

- Rosetta Stone Land

Planning to be heard: Consider Five Wishes

Many people are encouraged to plan “financially” in preparation for a serious illness or death. But few are encouraged to plan “logistically.”

If you are diagnosed with a serious illness or faced with a terminal prognosis, how do you want to be treated? Do you want aggressive medical treatment? Is comfort or quality of life more important than extending your life? What if you couldn't speak for yourself?

To ensure your voice is heard, it's important to complete an Advance Directive like Five Wishes. Five Wishes is a living will (advance directive) addressing your personal, emotional, and spiritual needs as well as your medical wishes. It is

easy to use and recommended for anyone 18 or older.

Everyone deserves to be treated with dignity – especially at the end of life. Five Wishes allows you to decide in advance what that means to you. It addresses subjects like your personal definition of “life support treatment.”

You decide how comfortable you want to be especially when it comes to medication disbursement. Do you want visitors or to be left alone? If you become bed-bound, what items would you like near you? Five Wishes allows you to say exactly how you wish to be treated if you become seriously ill.

One way Five Wishes lets your voice be heard is

through the designation of a health care agent (surrogate.) Not to be confused with an executor of a will or an estate, your health care agent makes health care decisions for you, based on your pre-discussed preferences, if you are not able to make them for yourself.

This person should be someone who knows you very well, cares about you, and can make the difficult decisions. Sometimes a spouse or family member may not be the best choice because they are too emotionally involved. Choose someone who will stand up for you and honor your wishes.

Finally, what do you want your loved ones to know? Completing Five Wishes allows the start of reconciliation discussions and forgiveness. When featured on media

outlets, Five Wishes has been called the first “living will with a heart and soul.”

To learn more about Advance Care Directives or request a Five Wishes document visit bigbendhospice.org/advance-directives There is also an option to complete the document online through “Five Wishes on Demand.”

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

SOUTHSIDE SENIOR SERVICES & PROGRAMS

For more information or to enroll in these classes, contact Wendy.Barber@talgov.com or call 850-891-4052

Space is limited, please pre-register.

Monthly Wellness Circles 11 am to Noon, at Jack McLean on Tue., May 10 & June 14 and at Jake Gaither on Wed., May 18 & June 15.

Join us for cooking demo events with nutrition educators from the UF IFAS Center, on May 10 at Jack McLean with Kate Frisby and on May 18 at Jake Gaither with Anna Brooks. These presentations will be different, feel free to attend one or both.

Estate Planning and Investments presentation on June 14 at Jack McLean and on June 15 at Jake Gaither, with Cicely Clary with AHEC (Area Health Education Center). You don't want to miss this dynamic educator.

Light refreshments provided. Suggested donation \$2 for each event.

Healthy for Life classes at Jake Gaither 11 a.m. – 1 p.m.

May 12 and May 19 – DEEP (Diabetes Empowerment Education Program) series continues.

May 26 – TSC Information and Resource meeting with Nick Schrader, Resource Coordinator.

June 2 – Max Solomon and Mary Wakeman from Heuler & Wakeman law firm (which specializes in elder law) will discuss legal and financial issues pertinent to older adults and happily answer any questions you may have.

Space is limited. Please pre-register. Suggested donation for each class is \$2 and includes light refreshments and a to-go lunch.

Brain Body Balance fitness classes are Tuesdays and Thursdays 9–10:00 am at Optimist Park in Indian Head Acres. This will help you improve agility, balance, coordination, flexibility and strength. Suggested donation: \$3/class. Fitness Cards are available for \$25 for 10 classes.

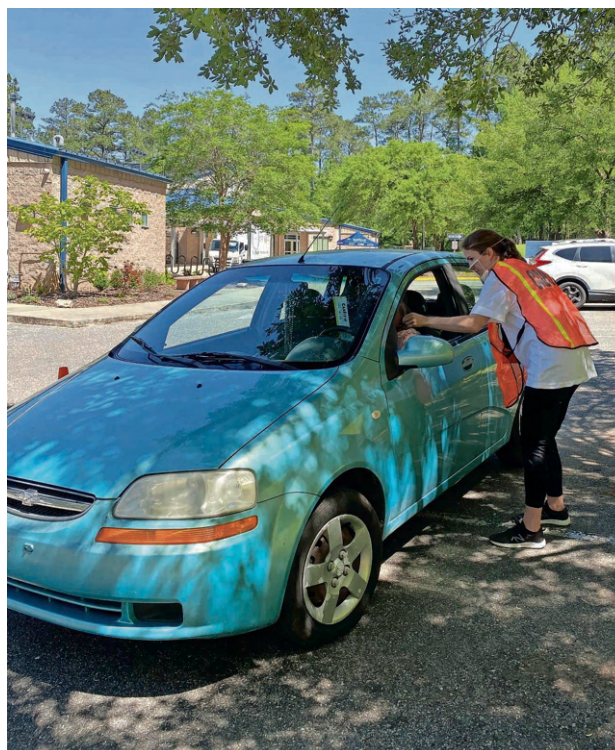


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Megan Case from the CarFit program offers information Lia Obregon on safe driving, vehicle fit and comfort.

TD-GFG0004922-01

Summer School is in session for those who love to learn

Fran Conaway

For members of the Osher Lifelong Learning Institute at Florida State University, a wealth of classes are available in May and June designed for those over 50 who love to learn. See olli.fsu.edu for the full curriculum of Summer Semester classes.

While classes are a main focus of OLLI, activities, clubs, lectures and travel offer opportunities for learning and fun both during and between semesters. Consider the activities scheduled for May through August—bowling, a tour of a veterinary office, wine-tasting, a tour of a Tallahassee recycling center, visits to sites in Carrabelle, cooking classes offered by OLLI members, and a look at demonstration gardens.

OLLI's many clubs also continue meeting throughout the year, with get-togethers, either in person or over Zoom, scheduled by two book clubs, Club Español, Men's Group, Travel Club and Walking Club.

Six special Zoom lectures in June and July have been set to complement Summer Semester: Topics include the situation in Ukraine, horseracing, an update on COVID, imports and the U.S. econo-

my, a look at one victim's view of the Holocaust, and the cannabis revolution.

Special lectures are free for current OLLI members and available to non-members at \$10 per session.

Study/travel opportunities are also on offer, with a tour of Alaska set for August 2022 and trips to Croatia and Scotland in 2023.

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.

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.



OLLI members enjoy learning about art installations in downtown Tallahassee.

UPSLIDE

Have you just retired? Are you new to Tallahassee? Do you need more people in your life? If so, then the award-winning UPSLIDE program is for you!

Come meet people at our Friends Connection groups and join us when we go on fun trips specially for UPSLIDE. Our goal is to combat loneliness and isolation, and we are a welcoming, accepting community of support and, mostly, just plain fun.

UPSLIDE also offers no cost online and in-person counseling. For more information, email Melanie.Lachman@talgov.com or call 850-891-4066.

UPSLIDE Friends Connection:

Tallahassee Senior Center: Mon. 3-4:30 p.m. and Thr. 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.

Micosukee 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.



Anna Johnson
Community Relations Advisor

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TD-GFG0004611-02

Senior Games basketball keeps local legends on the court

Nick Gandy

The 2021 Capital City Senior Games Basketball Shooting competition was just another day on the court for Tallahassee's Wayne Pye. He's probably been on every basketball court in the city during his 67 years.

More than likely, he dribbled a basketball into the classroom for his first day of kindergarten. Pye has played in City of Tallahassee recreational league, at Rickards High School, during his time in the military service and in adult leagues. When not playing he's patrolling the sidelines coaching teams from youth to adult leagues.

Wayne Pye, Basketball and Tallahassee are synonymous. It's only natural he's progressed to his current level of winning medals in the Capital City Senior Games. In the 2021 games, Pye won a gold medal hitting 21 of 30 Free Throws, the most of any shooter from the line.

He had some competition at the 2022 Games at the Sue McCollum Recreation Center at Lafayette Park. Ronald Harris, who he grew up with on courts in Tallahassee dating back to their youthful beginnings at the Jake Gaither Community Center, once again proved to be a formidable opponent. Harris edged Pye in all three events, winning gold medals in the 65-69 age group.

"Ronald needed some gold and I needed some silver to go along with all of my gold," Pye told the crowd at the Celebration of Athletes at the conclusion of the 2022 Games. In the Free Throw Shooting event, Harris sunk two more shots from the line than Pye.

In the Spot Field Goal Shooting, Harris' 7 points topped Pye's 6. In grueling finale, Timed Field Goal Shooting, where players try to sink as many shots as possible from various spots on the court, while chasing down their rebounds, Harris topped Pye by a 76 to 55 margin.

To Harris, it was just another gymnasium to be playing basketball in with his old friend. "I've been playing in the Games for a few years now and love to see folks still competing," Harris said. "I try to encourage more friends of mine to get involved." Pye and Harris are the cream of the crop when it comes to the Capital City Senior Games Basketball



Ronald Hall, Michael Legate, Wayne Pye display their Senior Games Basketball medals

Shooting. Their scores in all three events were among the top three of all men's basketball shooters.

Besides his Basketball Shooting performance, he was a Bag Toss silver medalist in his old stomping grounds, the Jake Gaither Gym. The 65-69 men's age group featured seven competitors, the most of any men's division. He missed out on Horseshoes because he was coaching a Florida A&M Intramurals team at Georgia Southern University. "I'm one of the best horseshoe pitchers

in town," Pye said. "I'll be there next year to back it up and win a gold medal in Horseshoes."

It's hard to define which role is better suited for Pye, player or coach, at this stage of his life. The number of athletes Pye has mentored over the years is numerous. One took that mentorship from a middle school football team to a college scholarship on the sidelines at Pye's alma mater. "Willie Simmons was the quarterback of my team at Carter Parramore Middle School," he proudly

proclaims of the current Florida A&M Rattlers head coach.

The game of basketball has provided many opportunities for Wayne Pye during his life. The Capital City Senior Games Basketball Shooting competition has allowed him to continue his love for the game into the 65-69 age group. It has also allowed him to branch out into other sports to share his love for friendly competition and camaraderie involved in the Senior Games movement.

13th Annual Capital City Senior Games

Thanks to all of our Athletes who came to enjoy the competition and comradery in March. Over 500 athletes, ranging in age from 50 to 92, came from Alabama, Georgia, Massachusetts, Michigan, Mississippi, North Carolina, Ohio, and throughout Florida to compete in the Capital City Senior Games, featuring 720 events in 15 different sports. Congratulations on your accomplishments and staying active! Your enthusiasm, gratitude, and support of each other make these Games a great success.

We appreciate our Senior Games sponsors: Capital Health Plan; Audiology Associates, a division of Tallahassee Ear, Nose and Throat; City of Tallahassee - Parks, Recreation & Neighborhood Affairs; Visit Tallahassee; and the many volunteers who made this year's games possible!



Bowling at the 13th Annual Capital City Senior Games held March 2-15.



Cyclists are ready to go at the 13th Annual Capital City Senior Games held March 2-15.



Swimming competition at 13th Annual Capital City Senior Games held March 2-15.



Bowling participants at the 13th Annual Capital City Senior Games held March 2-15.



Tennis was on tap at 13th Annual Capital City Senior Games held March 2-15.



Golf participant at the 13th Annual Capital City Senior Games held March 2-15.



Track competition at 13th Annual Capital City Senior Games held March 2-15.



Pickleball at the 13th Annual Capital City Senior Games held March 2-15.

HEALTH & WELLNESS

Senior LGBT+ Support Group

Last Thursday every month from 11:30 am – 12:30 pm. Capital Tea/Elder Care Services host. Info: wilsonm@ecs-bigbend.org

NEW! Get to know the FOOT program! Fitness and Outdoor Opportunities Together brings you monthly outdoor hikes and a multitude of outdoor adventures to keep you connected, healthy and active. Hiking info ruth.nickens@talgov.com Outdoor adventures info Maureen.haberfeld@talgov.com

HEALTH EDUCATION & SCREENINGS

Blood Pressure & Bld Glucose Screenings

Tue, June 7 & July 5, 10 a.m. – Noon, at TSC. Offered on the 1st Tues of each month. No appt necessary.

Podiatry Screening and Foot Care

Thu, June 16, 9 a.m. – Noon, at TSC
Dr. Gary McCoy, Podiatrist cuts toenails and assesses and treats foot problems. Doctor accepts Medicare, Medicaid, and secondary insurance. \$30 flat fee if not covered by insurance. Appointment required, email Sarah.Vernon@talgov.com

Stroke Awareness and Education

Thur, May 26, 11 a.m., at TSC
Stroke is the leading cause of adult disability in the US! During Stroke Awareness month, we bring this presentation about decreasing your risk for stroke and understanding technologies that improve stroke recovery by linking neuroplasticity and learning. Presented by Tanya Stokes, Stroke Program Coordinator, Encompass Health Rehabilitation Hospital. Lunch provided. Registration required: <https://bit.ly/3tvFNpq>

Diabetes Education & Empowerment Program (DEEP)

Thursdays, June 2 – July 14, 10:00 am – Noon, at TSC

Do you or someone you love have pre-diabetes or diabetes? Empower yourself through this 7-week evidence-based program. Learn about diabetes, ways it impacts you, lifestyle changes, and how to have fun with friends/family while managing your diabetes. Offered by Big Bend AHEC. For a healthier, more energetic life, register: 850-895-3492 or twarnke@bigbendahec.org

SAFETY SERIES



Get sharper and fitter with Ageless Grace – a fun seated class for a healthier mind and body! Cutting-edge brain fitness program consists of simple exercises that activate all 5 functions of the brain, Thursdays, 1 p.m.

Environmental Safety at Home and in our Community

Wed., June 8, 10:30 am, at TSC
June is Environmental Safety month. ES keeps surrounding environment free from hazards that threaten the safety and well-being of residents and the environment. Learn more about protecting what matters and leaving a smaller footprint on our planet. Presented by DeeJay Woods, Health & Safety Technician, City of Tallahassee

Storm PREP & Hurricane Preparedness

Wed., July 13, 10:30 am, at TSC
Hurricane and Emergency Preparedness starts with you! Join the City of Tallahassee for information about preparing yourself and your home for weather emergencies. Learn about the Plan for Readiness and Emergency Preparedness (PREP) program, which includes building your own emergency bucket. Presented by COT Neighborhood Affairs

SENIOR FITNESS

Virtual fitness classes can be viewed on WCOT TV - Mon, Wed, Fri & Sat @ 9 am (Comcast Channel 13) or

On-Demand on TallahasseeSeniorFoundation.org

FITNESS CLASSES AT THE SENIOR CENTER

Fitness programs are \$3 (50+), \$4 (others), unless otherwise indicated. For info, email Ruth.Nickens@talgov.com or call 850-891-4042

Brain-Body-Balance, Mon., 1 p.m., Active-aging, fall prevention program created to train and reverse many types of aging. Instructor Merisha Phillips. Also taught at Neighborhood Fitness Sites, see below.

Life Exercise, Tue. & Thur., 9 a.m., Popular dynamic workout consisting of seated and standing aerobics, light weights, stretching, strengthening and balance exercises. Suitable for everyone. Taught by Pomeroy Brinkley.

Mindful Movement, Tue., 11 a.m., 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 p.m., Gentle yoga workout for increased mobility, flexibility, and stress reduction. Taught by Ferdouse Sultana. Must pre-register! \$4

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

Ageless Grace, Thur., 1 p.m., A great seated workout that activates the five functions of the brain, enhancing mind

& body skills for optimal functioning. Taught by Amanda Cannon.

Outdoor Hiking, 3rd Wed., 10 a.m., Guided hikes at a variety of local trails.

May 18: JR Alford Greenway, 2500 Pederick Rd.

June 15: Phipps Park, Loop to Lake Jackson, 1275 Miller Landing Rd.

NEIGHBORHOOD FITNESS SITES

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

Bradfordville Fitness, Northeast Branch Library, Rm. 103, 5513 Thomasville 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. & Thr., 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: Thr., 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. & Thr., 11:15 am

Optimist Park, 1355 Indianhead Dr.

Brain-Body-Balance with Ferdouse or Wendy: Tue. & Tur., 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

Resources for those living with Alzheimer's

John Trobetta

Executive Director at The Alzheimer's Project, Inc.

I am fortunate to be a member of the current class of the Florida Health Policy Institute, a program by the Bob Graham Center for Public Policy at the University of Florida. With a class of 22 people from different backgrounds, we all have an interest in public health. A few of us have picked up on building community trust in our health resources.

There are so many people who needlessly suffer in silence, not just those living with Alzheimer's, but people living with chronic disease or worse, those

who are having a health crisis that don't even know it yet because they have not seen a physician.

Your health is important, including mental health as well. Between local health departments and non-profits, there are resources for you. The Dementia Care and Cure Initiative (DCCI) led by Sonnie Mayewski of Tallahassee Memorial Healthcare's Memory Disorder Clinic meets regularly with those of us delivering services. This provides a collaborative space to make sure we are doing as much as we can for those that we serve.

One question I often get is "What is the difference between Alzheimer's Pro-

ject and the Alzheimer's Association?" The answer is simple. Alzheimer's Association is an international organization that funds research and raises awareness about Brain Health. Alzheimer's Project is a local organization that delivers the services to caregivers and those living with the disease.

Because of the research that Alzheimer's Association does, we at Alzheimer's Project are able to anticipate services that are needed. Alzheimer's Association 2021 Facts and Figures tell us that Caregivers are at risk for higher episodes of stress, anxiety, and depression among other issues. Because of this, we offer counseling, support

groups and respite programs.

This is just one example of how agencies in the area work together to provide quality services. We don't all do the same work, but we all work together to do as much work as we can to provide resources to the families and care partners in our area that are working through a diagnosis of Dementia. A number of agencies attend our Education and Training Conference to help support the Dementia community in Tallahassee through services and support of agencies providing services.

For more information, contact the Alzheimer's Project at 850-386-2778

Keep seniors cool: Elder Care kicks off fan drive

Elder Care Services is kicking off its annual fan drive in an effort to help seniors in the Big Bend keep cool in the summer heat. The fan drive runs throughout the summer and is one way Elder Care Services works with the community to provide kind and compassionate care to seniors in the area.

The summer of 2021 was the hottest ever recorded in U.S. history, and 2022 is shaping up to be strong competition. Meanwhile, seniors are more prone to heat-related health issues like heat stress and heat stroke. To make matters worse, a lot of seniors on a fixed income cannot afford a hike on their utility bill, which forces them to keep their air conditioners at a higher temperature or totally off.

"Many seniors have a set income where they may not be able to afford a higher utility bill than usual. A box fan offers a low-cost solution for seniors in order to keep living comfortably," says Jocelyne Fliger, President & CEO of Elder Care Services.

This year, Elder Care hopes to collect and distribute over 200 fans among this vulnerable population.

One of the previous years' recipients spoke about the box fan she received from Elder Care Services. "[It] helps me stay cooler," she said, "and being able to set my AC at a higher temperature keeps



Elder Care Services is launching its summer fan drive. Donations can be dropped off or mailed to Elder Care Services' main office at 2518 W. Tennessee St.

my electric bill down."

Elder Care Services asks that people join their fight to help seniors beat the heat by donating a box fan or making a financial contribution to the agency fan drive. A donation of just one fan can have a remarkable effect on the life of a

local senior. Donations can be dropped off or mailed to Elder Care Services' main office at 2518 W. Tennessee St.

For more information on Elder Care Services, local senior care, or volunteer opportunities, visit www.eldercarebigbend.org or call their main office 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.

Defining your legacy

Many of us like to reflect on our lives and wonder what will define how others remember us. What words would our friends or family use to describe us? The answer is usually based on the values you exhibit and is the legacy upon which you will be remembered. For many, generosity is a major component of your legacy. Your generosity towards the Tallahassee Senior Foundation and the support of its programs creates life-enriching opportunities for thousands of active adults in Tallahassee and Leon County. We hope you will consider extending your generosity beyond your lifetime and support the Tallahassee Senior Center with a legacy gift. The options are simple and you do not need to be wealthy to perpetuate your legacy.

Name the Tallahassee Senior Foundation as a beneficiary of your will, trust, or your life insurance policy or gift a paid-up life insurance policy to the Foundation.

Complete a simple form naming the Tallahassee Senior Foundation as a beneficiary of your retirement plan, such as an IRA, 401K, or a 403B.

Designate the Tallahassee Senior Foundation as beneficiary of your account using the Paid Upon Death (POD) or Transfer Upon Death (TOD) titling.

Feel free to contact us to discuss how we can assist you in making a legacy gift.

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, Lifelong 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

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



Jim Nelson on the of TSC Membership winners.

aging!

Platinum Keyholders: Tom & Marcia Friedman

Gold Keyholder: Carol Boebinger

Silver Keyholder: Vivian Evans

Bronze Keyholders: Myron & Judy Hayden; David & Ann Schelbe; Carol Zensen

Friend Keyholders: Chet Barclay; Shirley Beupied; Grayal Farr; Gary & Kathryn Gray; Bruno Guerrieri; Margaret Hamilton; Brad & Anna Hartman; Rauha Jessup; Dennis King; Kathy McLeskey; Andy McMullian; Laura Morris; Linda Stalvey; Tom & Lucinda Thomas; Mary Winterle

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.

End of Year Donations: Judy Ehrhardt; Brad & Anna Marie Hartman; Blue & Gloria Whitaker

HONORARIUM DONATIONS

Galaxy Star in honor of: Carol Boebinger

By: Greg & Karen Boebinger

In honor of: Brenda Francis' Birthday

By: Brenda Francis; Kathy H. Lee;



Membership winner Maggie Neel. Each winner received a prize basket full of fabulous goodies including a hotel stay, a massage, a pedicure, restaurant gift cards, art museum membership, and sundry swag!



Membership winners Mary and Harry Chiles.

Sheila Salyer

In honor of: Meko Rice's Zero Birthday

By: Nina Davis; Nancy Gentry; Linda Roberts; Sheila Salyer

In honor of: Tallahassee Senior Center

By: Michelle Adams; Warren Bishop; Barbara Brandt; Tim & Julianne Hare; Linda Roberts

In honor of: Tax Aide

By: Donie Ann Henderson

MEMORIAL DONATIONS

In memory of: Mary Louise Coleman Transou

By: Mike & Cindy Latta; Jay & Beth Vannoy

In memory of: Mershell J. Sherman, Jr.

By: Julia Bajereanu

MARK YOUR CALENDARS

USA Dance Ballroom Social

Kentucky Derby theme – Hats, Roses & Mint Juleps

May 14, 7:30 – 10:00 pm – TSC Auditorium

Free Foxtrot Lesson at 7:00

For more details, email: info@usa-dance6010.org

Pickleball Carnival

Saturday May 21, from 9:30-12:30

Winthrop Park

Come and find out about the friendly game that is exploding around the country!

Participate in drills, fun games and win prizes!

Florida Alliance for Assistive Services & Technology (FAAST) provides information on assistive technology devices for Floridians with disabilities and how they can help you.

How the Amazon Echo Show Can Help You Live Independently

May 25, 10-11 a.m.

Simple devices for Daily Independent Living

June 22, 10-11 a.m.

Offered at the Tallahassee Senior Center and on ZOOM.

To register, call Kristy Carter 850-891-4008

Medicare classes with SHINE

Mon., June 13, 10 am: The A, B, C & Ds of Medicare

You have Medicare questions – SHINE counselors have the answers!

Visit www.floridashine.org

Capital Chordsmen Concert

Sat., June 11 - two shows: 2 p.m. and 7 p.m.

Turner Auditorium at TCC

California Dreamin': Barbershop Harmony Style

Featuring Songs of the Beach Boys and other 60's favorites.

Tickets \$20 / \$15 seniors 65+ / \$10 students Info: 850-570-3148

Spend the summer creating art

For more info, visit www.TallahasseeSeniorFoundation.org, click on Art, or contact heathhiliary.mcrae@talgov.com or 850-891-4016. To register, email sarah.vernon@talgov.com or call 850-891-4000.

Upcoming Art Workshops

Workshops require pre-registration and pre-payment; classes at the Tallahassee Senior Center, unless otherwise indicated.

ENGAGE WITH YOUR PAGE - Mary Liz Tippin-Moody

Tuesdays, May 17 - June 21, 1 - 3:30pm (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)

SCULPT A HEAD FROM A CUBE - Barbara Balzer

Tuesdays, May 17 - June 21, 9:30am – 12 noon (6 weeks)

This beginner's class will learn to sculpt what they see, not what they think they see. We 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® Labyrinth on Opus: 'Tangles on a Path'- Midori Okasako, CZT

Wednesdays, May 18 – June 22, option 1: 1:30 - 4:30pm (6 weeks)

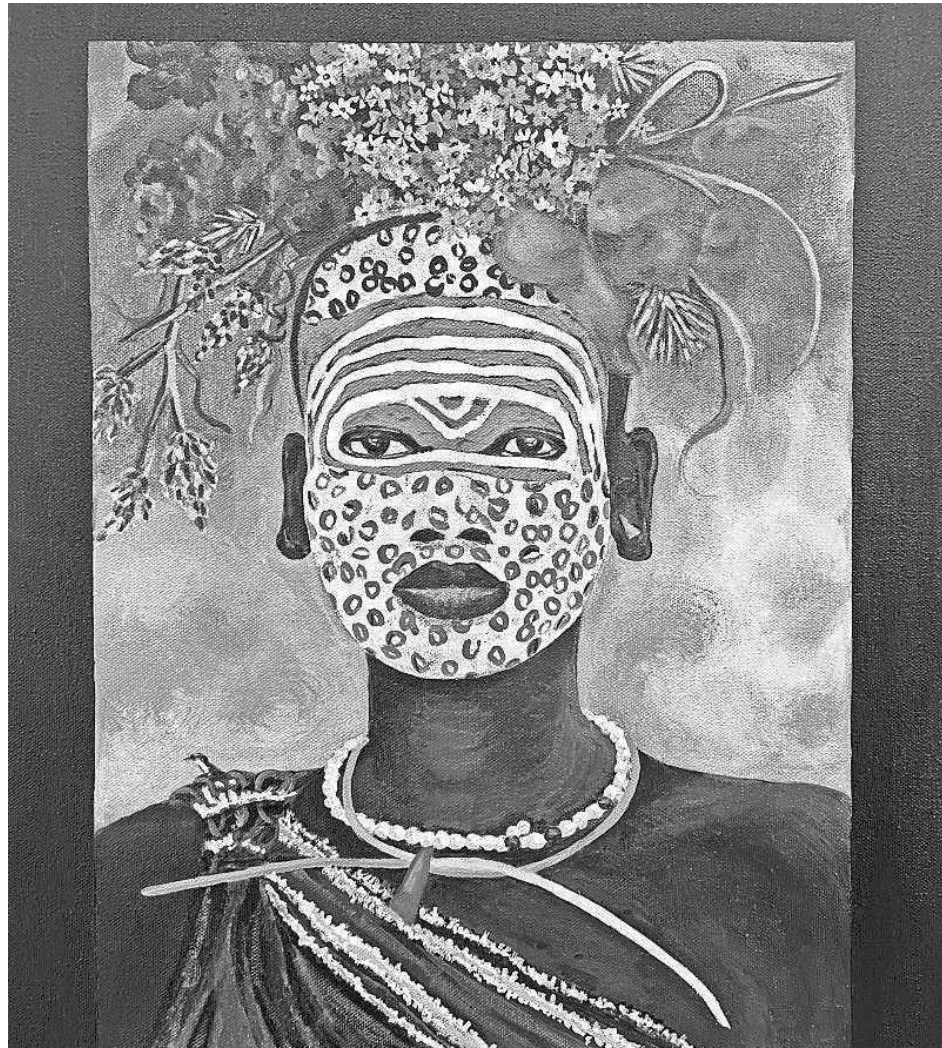
Wednesdays May 18 – June 22, option 2: 6 - 8:30pm (6 weeks)

Slow down to focus on a personal, weekly journey as you create beautiful tangle fragments in a labyrinth on a large Opus grey tile with blue ink. Participants will be encouraged to visit and to explore a local labyrinth in a forest. (Prerequisite: Intro Zentangle workshop). \$60 (age 50+), \$72 (others)

LIFE STORIES 1, All Skill Levels - Mariann Kearsley

Thursdays, May 26 – July 14, 10am – 12 noon (8 weeks) via ZOOM

This class calls you to artistically tell your own life story. Class discussions go beneath the surface to focus on life experience, memories, and exploration of emotions. In-class sketching develops visual vocabulary, personal style, and ideas for developing artwork with personal meaning. Mixed media. \$96 (age



"Gianna's Inspiration," acrylic painting by Rita Barker, is among the Creativity in Oils & Acrylics paintings by Tallahassee Senior Center artists currently on display in the Senior Center Auditorium through June 3 and online at TallahasseeSeniorFoundation.org - click on Art.

50+)

DRAWING FOR BEGINNERS - Maria Balingit

Thursdays, July 14 – August 18, 1 - 4 p.m. (6 weeks)

For beginners and continuing drawing students - learn and develop basic drawing techniques. \$60 (age 50+), \$72 (others)

WATERCOLOR - Diane Ogorzaly

Fridays, May 13 – June 24, 1 - 3:30 p.m. (6 weeks) - Closed May 20)

Beginners & continuing beginners develop basics with watercolor. \$60 (age 50+), \$72 (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; the instructor will provide you with 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 a.m. - noon

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, Continuing Beginner-Intermediate - Debbie Gaedtke

Wednesdays, 9:30 a.m. - 12:30 p.m.

Continuing beginning artists learn and develop skills and techniques with a versatile oil and acrylic mediums in a friendly, supportive class.

OIL AND ACRYLIC PAINTING, Intermediate-Advanced - Debbie Gaedtke

Wednesdays, 1 - 4 p.m.

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

Thursdays, 9 a.m. - noon (option 1)

Thursdays, 1 - 4 p.m. (option 2)

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

OIL PAINTING, Advanced - Eluster Richardson (May) and Debbie Gaedtke (June – August)

Fridays, 9 a.m. - noon

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. When an instructor is not available to teach, the space is open as a painting lab, \$5.

PAINTING WITH OILS AND ACRYLICS - For Beginners - Fran Buie (beginning May 27th)

Fridays, 1 - 4 p.m.

Beginners and continuing beginners learn and develop the basics in painting.

Ongoing Classes via ZOOM

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

Wednesdays, On-going, 1:30--4:30 pm (Last day will be May 25, starts back up in August)

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.

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

Special Events and Programs
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) 7p GAP Circle of Parents ZM (KB)	MAY 10 11a Wellness Circle at Jack McLean 1p Yoga PRR (SV) 2:30p Walk w/Ease at Optimist Park PRR (RN) 7p Stamp and Cover Club	MAY 11 10:30a Fire Safety (RN) 10:30a Bradfordville Lunch & Learn 12:30p Friends Connection LNC	MAY 12 10:30a Woodville Lunch & Learn 11a Healthy for Life at Jake Gaither (WB) 1:30p LLL-Hurricanes & Trees H PRR (MH) 2:30p Walk w/Ease at Optimist Park PRR (RN)	MAY 13 8:30a LLL-Camp Gordon PRR (MH) 2:30p Walk w/Ease at Optimist Park PRR (RN) 7:30p Contra Dance Caller-Andy Kane; Band – Runaway Biscuits	MAY 14 7p USA Dance: Derby Time – Fox Trot and Social Dancing
MAY 16 10a LLL-Connect with a Classic: The Great Gatsby at Bradfordville PRR (MH) 1p Advisory Council (SS) 6p Photoshop Elements	MAY 17 10:30a Ft. Braden Lunch & Learn 1p Yoga PRR (SV) 2:15 UPSLIDE Games 2:30p Walk w/Ease at Optimist Park PRR (RN)	MAY 18 8:30a Capital Coalition on Aging ZM (KC) 10a Hike (RN) 11a Wellness Circle at Jake Gaither 1p LCSO Advisory Council	MAY 19 10:30a Lake Jackson Lunch & Learn 11a Healthy for Life at Jake Gaither (WB) 1p Ageless Grace 2:30p Walk w/Ease at Optimist Park PRR (RN) ALL Activities after 5pm 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) 7p GAP Circle of Parents ZM (KB)	MAY 24 10:30a UPSLIDE-Sound Healing PRR (ML) 10:30a Chaires Lunch & Learn 5p TDBC Board Meeting 5:30p Civic Engagement (HS)	MAY 25 10a How Amazon Echo Can Help You Live Independently H (KC) 12p GAP Lunch & Learn 12:30p Friends Connection LNC 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) 11a Healthy for Life at Jake Gaither (WB) 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) 10:30a Miccosukee Lunch & Learn 11a Healthy for Life at Jake Gaither (WB) 1p Ageless Grace	JUNE 3	JUNE 4 CENTER CLOSED
JUNE 6 6p Photoshop Elements 7p GAP Circle of Parents ZM (KB)	JUNE 7 10a Blood Pressure & Glucose Screening 12p Tech Help (KC) 12:30p Friends Connection at Miccosukee	JUNE 8 10:30a Environment Safety in the Home (RN) 10:30a Bradfordville Lunch & Learn 11a Wellness Circle at Jake Gaither 12:30p Friends Connection LNC	JUNE 9 9:15a LLL-Masters of American Photo-Gadsden Art PRR (MH) 10a DEEP – Diabetes (RN) 10:30a Woodville Lunch & Learn	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 are now offering in-person and virtual classes; some which require pre-registration. Please note the following LEGEND:

- HYBRID Classes (virtual + in-person):H = Hybrid
 - 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:

- (HS) Hella.Spellman@talgov.com;
- (KB) Karen.Boebinger@talgov.com;
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