

The magazine for Tallahassee's active adults

Active LIVING

Cool *and.* happening



Keep up with fun activities at Tallahassee Senior Center



Summer LifeLong Learning

Maureen Haberfeld
Lifelong Learning Coordinator

Connect with a Classic: Their Eyes Were Watching God by Zora Neale Hurston

Monday, July 18 10-11:30 a.m., NE Branch Library

Join us for a discussion of Zora Neale Hurston's most famous novel, *Their Eyes Were Watching God* as we delve into the craft of one of Florida's most notable authors. Raised in the unique community of Eatonville, Florida, Hurston draws upon her experiences in the small town of her youth to depict the characters and themes in the novel which is set in the early part of the 20th century. Considered by many literary critics to be one of the most important novels of the Harlem Renaissance era, *Their Eyes Were Watching God* is a classic sure to inspire many thoughts and ideas about life in the modern world. Instructor is Kathy Allman. Fee \$5.

The Greco-Persian Wars: Western Civilization in Peril

Thursday, July 21 2:30-4 p.m., Location: The Grove at Canopy, 2601 Crestline Road

Marathon! A word that calls to mind dedication and endurance, today's epit-



ome of racing competition and achievement. Just over 2500 years ago, it meant a triumph of a different kind. It marked the beginning of a 14-year period when the mighty Persian Empire waged war with a collection of city-states that made up what we now call Greece. Two Persian emperors tried to crush the Greek city-states for daring to interfere in Persian affairs, first at a small Greek village named Marathon and a decade later at other Greek locations including a place known as Thermopylae, the source of the movies *The 300 Spartans* and *300*, where that number of Spartans fought to the last man. Instructor Joe Haberfeld will enlighten us on how the Greeks defeated the invaders and established themselves as the dominant people in their region of the world. Hybrid class in-person and on Zoom. Fee \$5

Masters of American Photography “Southern Faces and Places”

Thursday, July 28 2:30-4 p.m., Location: The Grove at Canopy, 2601 Crestline Road

Artist Tom Friedman will examine photographs of Dorothea Lange, Walker Evans and Arthur Rothstein who were able to show the harrowing effects of the Great Depression on the people of the South. These U.S. government funded photos come from the largest documentary photography project ever undertaken. Lang concentrated on depicting the faces of the rural poor, particularly sharecroppers and field workers; she succeeded in depicting the human conditions that she encountered. Evans aimed to depict the progress and problems encountered by Southerners who were participating in the various federal social programs of the Roosevelt administration. Rothstein stressed his photos whether of people or places were honest, straight-forward and objective with the purpose of educating, informing, and persuading the viewer. Hybrid class in-person and on Zoom. Fee \$5.

For more info or to register, go to TallahasseeSeniorFoundation.org/lifelong-learning or contact Maureen Haberfeld at talgov.com or 850-891-4033.

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, contact 850-891-4000 or visit Talgov.com/seniors and TallahasseeSeniorFoundation.org.

“Like” us at [Facebook.com/TallahasseeSeniorCenter](https://www.facebook.com/TallahasseeSeniorCenter)

ON THE COVER

Top photo: The Tallahassee-Leon County planning department staff shared fascinating information about the history, planning, and engineering of the Capital Cascades Corridor during this morning bike ride.

Left photo: Grandparents as Parents (GaP) enjoy a trip to the Gulf Specimen Marine Lab.

Center photo: Lifelong Learners discover the history of the Camp Gordon Johnston Museum in Carrabelle.

Right photo: Professional naturalist, teacher, and educator, Jerry Walls, demonstrates how to identify snakes.

Preview the 13th Annual Lifelong Learning Extravaganza

The Tallahassee Senior Center launches the 13th Annual Lifelong Learning Extravaganza (L3X) through 2 preview parties on Monday, Aug. 8 from 10-11:30 a.m. and Tuesday, Aug. 9 from 5:30-7 p.m.

Preview parties offer an opportunity to learn about the program, pick up a course catalog and meet some of the instructors. Dozens of unique, exciting, and informative classes will be revealed for the September line up. Registration begins Friday, Aug. 10 at 8 a.m.

L3X offers an exciting month of classes, tours, workshops, recreational activities, field trips and entertainment. Attendees can explore art, music, culture, science, nature, history, literature, food, drink, travel, and more. Take the opportunity to try something new, meet or visit with unique people, and explore places in our region.



Classes begin on Sept. 6 and conclude with our popular closing luncheon on Sept. 23 featuring a guest speaker. Included among the upcoming the 2022 classes are: Archeology of Brewing Beer, Blooms and Bubbles, Fall Foraging Walk, Genealogy at State Archives, Letchworth Love Mounds, Taste of Cuba,

Ways of the Seminoles, and much more!

These affordable programs are open to any participants 18 years and older, and some L3X programs in the evenings accommodate a variety of work schedules. Learn something new, plan your next trip, an amazing meal, or visit a local 'hidden gem.' Invite out of town family and friends to participate with you in a virtual class.

We hope to see you either in person or virtually at the 2022 Lifelong Learning Extravaganza!

L3X is offered by the City of Tallahassee, Tallahassee Senior Center & Foundation, our presenting sponsor Audiology Associates and other generous sponsors. For more information, visit www.TallahasseeSeniorFoundation.org/L3X or contact Maureen Haberfeld, Lifelong Learning Coordinator at Maureen.haberfeld@talgov.com.

UPSLIDE program wins Innovation in Health Award

The Tallahassee Senior Center is proud to announce that its UPSLIDE program has been awarded the Innovation in Health Award by the National Recreation and Parks Association (NRPA).

The NRPA Innovation Awards recognize and honor the latest advancements in the field of parks and recreation. These awards showcase the inspiring park and recreation agencies that have improved and empowered their communities through innovative practices in park design, health and wellness, conservation, and social equity.

UPSLIDE (Utilizing and Promoting Social Engagement for Loneliness, Isolation and Depression in the Elderly) is a unique and comprehensive program that addresses loneliness and isolation by connecting people to each other for meaningful social interaction.

Since 2018, UPSLIDE has helped nearly 500 participants by providing individual counseling, friendly chat groups, special trips and outings, and fun, creative activities – at a nominal cost to participants. Through these services, a community has been created where members help each other in times of need, lasting friendships have formed, discussions spark introspection and shared laughter forms unbreakable bonds.

The TSC UPSLIDE program is a division of the City of Tallahassee Parks, Recreation, and Neighborhood Affairs Department in partnership with the TSC Foundation. Initially funded by a



UPSLIDE participant enjoys trip to Goat House Farm.

Florida Blue Foundation grant, additional funds have helped sustain the program including the FSU College of Medicine and the Tallahassee Leon County Nonprofit Services grant.

We are grateful to NRPA for the work they do and for recognizing our efforts to keep Tallahassee seniors healthy and connected. If you have questions or if you or someone you know could benefit from being part of UPSLIDE, please contact Melanie Lachman at 850-891-4066 or melanie.lachman@talgov.com

You're invited to UPSLIDE

Are you newly retired? New to Tallahassee? Need more people in your life? If so, then UPSLIDE is for you! UPSLIDE is an award-winning program that addresses loneliness, isolation & depression -- and its Friends Connection chat groups are a great way to connect with others, share ideas and engage in meaningful conversation. It is a welcoming and accepting community of support, and just plain fun! Join UPSLIDE for conversation, friendship, games, and outings. We'd love to have you! UPSLIDE also offers no cost on-line and in-person counseling to help with obstacles to being more socially connected. 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 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.

Services are provided at no cost to participants, but donations accepted. UPSLIDE is a program of the City of Tallahassee Senior Center and the TSC Foundation.

ICE CREAM SOCIAL

Monday, July 11

2:00 - 3:30 pm

SPECIAL LOCATION:
THE GROVE AT CANOPY
2601 CRESTLINE RD

We Appreciate our Sponsors!

Presenting Sponsor: Tallahassee Memorial HealthCare



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Anna Johnson
Community Relations Advisor



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CALL FOR A TOUR TODAY!



Leon County Senior Outreach

Come and enjoy fellowship, presentations from local agencies at our monthly Lunch & Learns, and fun activities such as fitness classes and canasta, with Leon County Senior Outreach Programming!

Located in six communities across Leon County: Bradfordville, Chaires, Fort Braden, Lake Jackson, Miccosukee, Woodville.

Monthly Lunch & Learns are sponsored by AARP.

For Senior Fitness classes at Community Centers, see page 7 for a list of Neighborhood Fitness Sites.

Reservation Required for Lunch & Learns, RSVP at 850-891-4004. \$6 donation for lunch.

Bradfordville – Good Shepherd Catholic Church, 4665 Thomasville Rd.

Aug. 10 (every second Wednesday of the month) 10:30 am–12:30 pm.

Chaires – Dorothy C Spence Community Center, 4768 Chaires Cross Road

Aug. 23 (every fourth Tuesday of the month) 10:30 am–12:30 pm

Fort Braden – Fort Braden Community Center, 16387 Blountstown Hwy

Aug. 16 (every third Tuesday of the month) 10:30 am–12:30 pm

Lake Jackson – Lake Jackson Community Center, 3840 North Monroe Street, Suite 301

Aug. 18 (every third Thursday of the month) 10:30 am–12:30 pm

*Due to early voting, the Lake Jackson Lunch & Learn will be moved to the dining room of the Tallahassee Senior Center.

Miccosukee – Miccosukee Community Center, 13887 Moccasin Gap Road

Lunch & Learn, Aug 4 (every first Thursday of the month) 10:30 am–12:30 pm

Game Day: 1st Tuesday of every month, 12:30–1:30 pm

AHEC DEEP Workshop: Mondays, June 20–Aug. 10 am–12 pm

Walmart Trips: First Friday of the month, 10 am–12:30 pm

Woodville – Woodville Community Center, 8000 Old Woodville Road

Lunch & Learn, Aug 11 (every second Thursday of the month) 10:30 am–12:30 pm

Mag Lab Field Trip: Aug 11, call 850-891-4065 to RSVP

SOUTHSIDE SENIOR SERVICES & PROGRAMS

Wendy Barber, Southside Outreach Coordinator

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

Monthly Wellness Circles: 11 am–noon. Light refresh-



The Grandparents as Parents (GaP) grandchildren are thrilled to see the stingray at the Gulf Specimen Marine Lab and experience the touch tanks, aquarium, and critters to learn more about the sea life.

ments and incentives are provided at each meeting. There is a \$2 suggested donation for each event. Space is limited, registration is required.

Aug. 9 at Jack McLean (second Tuesdays) - 700 Paul Russell Road

Aug. 17 at Jake Gaither (third Wednesdays) - 801 Wah-nish Way

We will have the pleasure of hearing from Cicely Clary with AHEC (Big Bend American Health Education Center). The topic of her discussion will be health insurance. This is leading up to the open enrollment period, so if you have questions about your health insurance and want to be sure that it fits your needs, you should be here. Cicely is a dynamic educator; she will make sure your questions and concerns are addressed.

Brain Body Balance classes are Tuesdays and Thursdays 9–10:00 am at Optimist Park in Indian Head Acres. This class will help you improve agility, balance, coordination, flexibility, and strength. Space is limited. 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.

Healthy for Life

Our 8-week Healthy for Life Series will start in October. Stay tuned for future announcements.

GRANDPARENTS AS PARENTS

(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

No meeting in July

Wed, Aug. 31, 12–1:30 p.m.

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, July 4 & 18, 7–8 p.m.

Mon, Aug. 1, 15 & 29, 7–8 p.m.

Meeting virtually via Zoom

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

SPECIAL GRAND-FAMILY EVENT at TSC

Mon, Aug 8, 12–1:30 p.m.

Birds of Prey presentation for all ages. Reservations suggested.

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.

Art classes and more: Learn to create your own

Call for Big Bend Artists – the 2022 Senior Artist Showcase is a juried exhibition at the Tallahassee Senior Center for artists age 50+ living within 100 miles of Tallahassee.

Entry form with a \$15 fee is available at www.tallahasseeseniorfoundation.org – click on Art.

Artworks will be selected from submitted entries and exhibited in the Auditorium & Dining Room Galleries. Awards will be selected after artwork exhibits are installed. Winners will be announced at the reception on Sept. 16, 6-8 p.m.

Beat the heat and create art at TSC!

For more info, visit www.tallahasseeseniorfoundation.org, click on Art, or contact heathhilarary.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. Registration ends one week prior to start date unless otherwise stated.

WATERCOLOR FOR CONTINUING BEGINNERS – Diane Ogorzaly

Fridays, July 15–Aug. 19, 1-3:30 p.m. (6 weeks)

Beginners & continuing beginners develop basics with watercolor. \$60 (age 50+), \$72 (others)

SUMMER BRANCH WEAVING – Leslie Cohen

Monday, July 18, 1-4 p.m. (1 day workshop)

Weave your way into the summer season with this fiber arts class where you will use a branch and weave colors into a piece of art. \$10 (age 50+), \$12 (others)

ENGAGE WITH YOUR PAGE – Mary Liz Tippin-Moody

Tuesdays, July 19–Sept. 6, 1-3:30 p.m. (6 weeks) (no class July 26, Aug. 2)

Create images on paper with a variety of media and processes – a creative time for beginners and continuing students. \$60 (age 50+), \$72 (others)

WEAVING ON A FRAME – Leslie Cohen

Mondays, July 25–Aug. 8, 1-4 p.m. (3 weeks)

Imagine a summer getaway maybe with mountains, cooling river or a shady orchard. Create your abstract woven landscape on your own portable handmade loom. All skill levels welcome! \$30 (age 50+), \$36 (others)

LIFE STORIES 1, ALL SKILL LEVELS – Mariann Kearsley

Thursdays, Aug. 4–Sept. 22, 10 a.m.–noon (8 weeks) via ZOOM

Tell your own life story artistically with mixed media. Class discussions focus on life experience, memories, and emotions. Develop visual vocabulary, personal style, and ideas for artwork with personal meaning. \$96 (age 50+)

CLAY CREATIONS – Mark Fletcher

Mondays, Aug. 15–Sept. 26, 9 a.m.–noon (6 weeks), (no class Sept. 5)

Sculpt hand-built functional and decorative ob-



Wendy Devarieux's *A Favorite Place* is displayed amongst the Art Potpourri Gallery mixed media artworks by Tallahassee Senior Center artists, currently on display in the Senior Center Auditorium through Aug. 12 and online at www.TallahasseeSeniorFoundation.org – click on Art.

jects. Re-experience the joys of foundational techniques that all others stem from: Pinch, coil, and slab with us. All skill levels. \$60 (age 50+), \$72 (others)

SUMI-E – Mark Fletcher

Mondays, Aug. 15–Sept. 26, 12:30–3:30 p.m. (6 weeks), (no class Sept. 5)

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)

WATERCOLOR FOR THE ABSOLUTE BEGINNER – Gail Bauman

Tuesdays, Sept. 6–Nov. 22, 1–3:30 p.m. (10 weeks) (No classes Oct. 25, Nov. 8)

Learn and develop basic watercolor techniques. Beginners and continuing beginners. \$100 (age 50+), \$120 (others)

Look for these workshops coming up in September. INTRO TO ZENTANGLE with Starr Paynes, INTERMEDIATE WATERCOLOR with Debra Lachter and FALL FIBER ARTS with Leslie Cohen.

Workshops - Neighborhood locations

WATERCOLOR, INTERMEDIATE LEVEL – Eluster Richardson

Thursdays, Sept. 1–Oct. 6, 1:30–4 p.m. (6 weeks), NE Library Bradfordville

Develop skills and insight with watercolor. \$60 (age 50+), \$72 (others). Register by Aug. 25.

Look for a BEGINNING WATERCOLOR workshop coming up mid-September at The Grove at Canopy.

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

See ART CLASSES, Page 15

Resources: Hurricane Preparedness

Hurricane season runs through November 30. It is important to have a plan both for sheltering in place and evacuating. In the event of even a minor storm, homes may be without electricity and water for days. If you rely on in-home services or suffer from health issues that may be affected by lack of power, staying in your home may not be realistic.

Also, evacuation should be done well in advance, and emergency shelters should be a last resort. Have a plan in place and make sure friends, family and/or caregivers are aware of your plan. Prepare two emergency supply kits: a shelter in place kit with two weeks of supplies, and an evacuation kit with three days of supplies. For more information on hurricane preparation and to download the PREP (Plan for Readiness and Emergency Preparedness) visit bit.ly/3tAe87H

Essential supplies: batteries, flashlight, non-perishable foods, water, medications, portable phone charger, first aid kit and important documents (insurance policies, advanced healthcare directives, legal documents, social security cards, birth and marriage certificates, passports, etc.) placed in a waterproof envelope. For more information on having a plan, building a disaster preparedness bucket, and preparing your home, review the Leon County Disaster Survival Guide found online at bit.ly/3Qh8fWN

If you have a loved one in longterm care, talk to the facility about their participant care plan. Special Needs Shelters are designed for persons who require more medical care than what can be provided at other shelters. To sign up for the Florida Special Needs Registry, call 850-606-3700 or visit: snr.flhealth-response.com

If you are a pet owner, make sure you plan for your pet's needs too. Service animals will be accepted into any Red Cross shelter; disaster shelters can be found at rdcrss.org/3zAQMmu. Check Leon County and City of Tallahassee websites for updates on shelters that welcome pets. Talk to your vet about boarding options. Prepare essential pet supplies (food, water, medication, vaccination/shot records, etc.)

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

COMMUNITY RESOURCES

National Weather Service Tallahassee

www.weather.gov/tae and @NWSTallahassee on Facebook and Twitter provide up to date information on severe weather events.

City of Tallahassee

Tal.gov.com Residents can find important information before, during and after a major weather event on the city's website, and the city's customer service call center is staffed 24 hours a day during emergencies.

Follow @COTNews on Twitter and Facebook for up-to-date information about response and recovery efforts.

DigiTally app The City's official app is free for download, and is the fastest, easiest way to report service issues, such as downed trees and electrical outages. The app sends reports directly to response teams.

Leon County

Leoncountyfl.gov/ei emergency information portal details the status of any verified emergency in the area.

Follow @LeonCounty on Twitter and Facebook for information about Leon County offices, as well as emergency updates during an emergency activation.

Leon County Citizens Connect app details emergency information verified by public safety agencies and emergency management personnel.



TSC's hiking group enjoys the Miccosukee Greenway. The new 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. Join us on July 20 at 8:15 a.m. for a hike at Lake Overstreet and on August 17 at 8:15 a.m. at Lafayette Heritage Park. For info, visit www.tallahassee-senior-foundation.org/health-wellness.

Red Cross of North Florida 850-878-6080

If your home is in an evacuation zone, shelters may open; call for locations and special conditions.

Advantage Aging Solutions 850-488-0055

Advantage Aging Solutions is the local aging and disability resource center.

211 Big Bend dial 211 or 850-617-6333

Serves as the gateway to community information, services, and support in times of emergencies. Trained hotline counselors also provide emotional support, crisis assistance, information and referrals.

Salvation Army of Tallahassee 850-222-0304

The Salvation Army of Tallahassee serves disaster survivors and relief workers with food, emotional support, and other critical services. The Salvation Army's disaster team conducts wellness checks and assists in distributing food,

water, clothing, and clean-up kits.

Kearney Center 850-792-9000

Provides 24-hour comprehensive emergency services to individuals experiencing or on-the-verge of homelessness.

STATEWIDE RESOURCES

Florida Division of Emergency Management 850-815-4110

Plans for and responds to disasters and maintains the statewide special needs registry.

Florida Department of Elder Affairs 800-963-5337

Provides disaster assistance to seniors during emergencies.

Florida Department of Financial Services, Division of Consumer Services 877-693-5236

Offers a toll-free consumer helpline to assist insurance consumers with inquiries and filing complaints.

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-senior-foundation.org.

HEALTH & WELLNESS FOR SENIORS

For more info call 850-891-4042 or email ruth.nickens@talgov.com

Fitness & Outdoor Opportunities Expo

Mon., Sept. 12, 10 am-2:00 pm

Get to know the FOOT program! Fitness and Outdoor Opportunities Together brings you an exciting expo filled with a multitude of demos, vendors, health screenings, presentations, and information about hiking and other outdoor adventures to keep you connected, healthy, and active. You will learn about regional hiking trails, fishing, archery, kayaking, boating, forestry, and much, much more. Stop by any time between 10 – 2, pick up some resources and goodies, enjoy a light lunch, meet others with similar interests, and sign-up for outdoor adventures! Sponsored by Tallahassee Memorial HealthCare

HEALTH EDUCATION & SCREENINGS

Storm PREP & Hurricane Preparedness

Wed., July 13, 10:30 am

Hurricane and Emergency Preparedness starts with you! The City of Tallahassee presents tips & 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 division.

Brain-Body-Bingo

Thu., July 21, 28 & Aug 4, 10–11:00 am

In this 3-week series, you will play Bingo in a new way that challenges both your body and your mind. Enjoy the benefits, as well as fun and prizes. Presented by Camye White, OTD candidate.

Matter of Balance: A Falls prevention program

Thu., July 21–Sept. 8, 10:30 am–12:30 pm

If you want to prevent a future fall, this program is for you! Just in time for Falls Prevention Awareness month, MOB is an evidence-based award-winning program designed to help you prevent falls, manage falls, and improve your balance and activity levels. Taught by Ferdouse Sultana, Advantage Aging Solutions. Class size limited. Register at: bit.ly/3GcHa2l

Monday Meditations with Jeff

Mon., July 25, Aug 1, & Aug 8, 10–11:00 am

An enjoyable summer series designed to introduce you to simple and useful exercises of mindfulness meditation. These one-hour lessons will help you through your days, not just one perfect, quiet hour. It's like going to the gym for your mind! You will thank yourself for carving out the time to experience this. Presented by Jeff Hanson, Certified Mindfulness and Meditation Educator.

Blood Pressure & Blood Glucose Screenings

Tue, Aug. 2 & Sept. 6, 10 am–Noon

Offered on the 1st Tues of each month. No appt necessary.

Emotional Safety: Live and Thrive

Wed., Aug. 10, 10:30–11:30 am

Feeling safe physically and emotionally is a fundamental human need. Without it, we can't thrive, grow, or experience joy. In this interactive presentation, we will explore the threats to emotional safety, discover some ways to strengthen our sense of safety, and hopefully enhance the overall quality of our lives. Presented by Melanie Lachman, LCSW, UPSLIDE Program Coordinator.

Podiatry Screening and Foot Care

Thu., Aug 18, 9 am–Noon

Dr. Gary McCoy, Podiatrist, cuts toenails and treats foot problems. Doctor accepts Medicare, Medicaid, and secondary insurance, which may cover costs for some diagnoses. \$30 flat fee if not covered by insurance. Appointment required - email Sarah.Vernon@talgov.com

FITNESS

Staying active is one of the most important things we can do to stay healthy and age successfully.

VIRTUAL OPTIONS:

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

2) On-Demand - TallahasseeSeniorFoundation.org/on-demand-fitness

Brain-Body-Balance w/Merisha Johnson Phillips, AFAA-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., 11:00 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. \$4. Must pre-register! Sarah.Vernon@talgov.com

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

Outdoor Hiking, 3rd Wed. 8:15 am, Guided hikes at a variety of local trails. Weather permitting.

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

New Location! The Grove in Canopy: 2601 Crestline Rd.

Ageless Mind & Body with Amanda Cannon: Thu., 1:00 pm

Light seated class that promotes optimal physical and cognitive aging. This mostly seated class includes movements for flexibility, mindfulness, brain stimulation, and cardiovascular health.

Bradfordville, 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. & 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

Locations to be announced during Early Voting (Aug. 8 – 26)

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

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

Micosukee 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

STARRY NIGHT FOR SILVER STARS

A sparkling gala honored the 2022 Silver Stars on May 19. The highlight of the evening are the videos of the interviews conducted by 4th grade students from Cornerstone Learning Community with their Silver Star. Every year, these outstanding individuals amaze and inspire. They make significant contributions to the quality of life in our community. Video from the evening and additional photos can be viewed on TallahasseeSeniorFoundation.org/Silver-Stars.



Advisory Council member Catherine Mingledorff and husband Glenn are longtime volunteers of the Tallahassee Senior Center. PHOTOS BY BETSY BARFIELD AND BRAM HAGEN, CITY OF TALLAHASSEE



Anna Johnson, Graham DeBelder, and Tony Carvajal get a laugh from Anna's video interview.

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Rev. Charles and Jeanetta Scriven are joined by Cornerstone students Iris Becker & Rory Hagaman.



Friends and family came out to support Jewel Vickers (second from left) for her award.



Dr. Lynn Jones of Capital Health Plan offers welcoming remarks to the audience. CHP was presenting sponsor of the event.



Left photo: Former Silver Star Dot Skofronick enjoys the evening with husband Jim. Right photo: Honoree Jim McMichael shares smiles with wife Eileen.

PHOTOS BY BETSY BARFIELD AND BRAM HAGEN, CITY OF TALLAHASSEE

Silvers Stars generation benefits community

Silver Stars are examples of how much our community benefits from this generation.

As emcee of Silver Stars, Tony Carvajal captures highlights from the evening, leaving us with a lasting impression.

Each year we assemble lights from our community, Silver Stars that shine bright. Thanks for sharing your lessons. I love that we mentioned that purpose leads to longevity. It's love in action. As Dr. Jones noted, there are moments when we lose our way, dark days possibly and all we need is a star to light that way.

What I have learned is...

Don't believe in being idle. Never be afraid to try something new, engage -- a lesson so ingrained in this bunch that you best make an appointment if you want to see them, but obviously not while wrestling is on. We are reminded to study hard, do what you're supposed to do. Be mindful of the crowd around you, don't follow the crowd or listen to someone else's choices for you. Stay on track.

Always, and in all ways, believe in yourself. Be the very best you can be. Service to God, to Country, to community, to self, to others. Contribute what you have learned, be useful and help others. Care for and check in on those on your appointed route, feed them food and meet their needs -- and don't just serve collards and cornbread, don't forget the red velvet cake!

Build better lives for the under-

served. Minister to the homeless and comfort the grieving. There may always be poor among us, those without much to hold, but they can still have a good life with a little help and holding along the way. Just remember that service to others starts at home, you can't pastor if you don't love yourself too.

Be kind, give a little and take a little, and love a lot. Love, love, love ... love your neighbor, love one another, love the Lord, love the community, love those you can live with and love those that you can't live without. To survive in this world, you've got to have love.

Life is about someone else. Share your good works. Allow others to see your good works. We see your good works. God creates us to do good things, works through us to achieve so much. You are stars, Silver Stars, because you have taken what's been given and made much of it and it's been quite a ride.

We're reminded that there is lots of living left to do. To us all you say, don't let life pass you by. Keep going and doing and helping, for when you stop, life stops and we're not ready for that, are we? So never give up, even if you're elderly. We were charged to stay positive, stay involved, get out and do. Let's heed their call, Godspeed, march on. Until we meet again, let's make sure we help someone else along the way. And let's make sure that we leave this place better than when we found it. We look forward to seeing next year's Silver Stars.

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

Thank you, Silver Star Sponsors!

Extending appreciation to our Sponsors for making the Silver Star 2022 Gala sparkle!

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Toni Kilgore and Renee Ryals of presenting sponsor Capital Health Plan. PHOTOS BY BETSY BARFIELD AND BRAM HAGEN, CITY OF TALLAHASSEE



Scott Harrell of Home Instead is pleased to congratulate Shirley Gooding-Butler on her accomplishments, along with Sheila Salyer and Edna Owens of the Tallahassee Senior Foundation Board.



Sponsors Amber Pearson from Hopewell; Jaclyn Santiago and Lori Lacy of Barnes Healthcare Services; Lori Swanson, and Nina Davis of All Care Senior Consulting find time to mix during the special evening.



Silver Star Laurie Hosford pauses for a picture with Cornerstone student Jack Hanson.



Shirley Gooding Butler (center) surrounds herself with friends at the gala awards.

Capital City athletes showcase talents on national stage

Nick Gandy

Rodney Atherton competed in six field events during the 2022 National Senior Games track and field meet, May 10-17, presented by Humana at the Ansin Sports Complex in Miramar. Looking at his results from the multiple days of competition, he achieves the most success when he leaves his feet.

Atherton, who regularly competes in 10-event decathlons, won a pair of gold medals in the Long Jump and Pole Vault, and brought home a bronze medal in the High Jump. He also competed in the Hammer Throw, Shot Put and Javelin. His gold medal winning long jump of 15 feet 4 inches, topped the silver medalist by seven inches and his 10-foot 6-inch pole vault was six inches higher than his closest competitor.

"I don't really train any more on the jumping events," he said. "I guess I just have more spring than speed or power." Atherton holds Florida Senior Games age group records with a 15-foot 4-inch long-jump in the 65-69 age group in 2021 and an 11-foot pole vault in 2016, while in the 60-64 age group.

"The pole vault is fun, different and exciting," he said of the event where a long pole is planted in the ground to vault the athlete over a bar, in his case set at 10+ feet. "When I got back into decathlons about 6 or 7 years ago, I asked myself, 'do I really want to do pole vault at this age?' He's accepted the challenge and has a list of upcoming competitions during the summer leading up to the National Masters Championships in August. Atherton's goal is to achieve record-breaking performances.

Among the thousands of athletes on the floor of the Broward County Convention Center on 42 pickleball courts, 12 basketball courts and 12 volleyball courts was Tallahassee's Betsy Lieberman and Fred Markham. Lieberman competed in Women's Singles and Mixed Doubles with Markham, who also played Men's Singles and Men's Doubles with Rodney Hauck. "It was really an amazing experience," Lieberman said. "I've never played in a venue that large. Seeing all the competition was very encouraging for those of us trying to improve our game. Singles is not my best game, but it's my favorite. We were watching players who were crazy good."

As in all Senior Games events, Lieber-



2022 National Senior Games at the Ansin Sports Complex in Miramar.

man made the best of her attendance in the Greater Fort Lauderdale area to make new friends among her fellow athletes. "We met other players and started following them around for their matches to encourage them and they did the same for us," she said. "I'm already looking forward to qualifying for the 2023 Games in Pittsburgh and I'm encouraging others to do the same. It's really a unique event."

Also bringing National Senior Games medals back to Tallahassee was Oliver Austin, who won an Archery gold medal in the 60-64 age group Compound Fin-

gers event, and Michael Spence, of Perry, who earned a silver medal in the 65-69 age group of the Barebow Compound event. Tallahassee's Don Erickson won a bronze medal in the 200-meter dash in the 85-89 age group. Erickson didn't start running competitively until he was 80 years old. His time of 44.80 was four seconds behind the silver medalist and five seconds after the gold medalist crossed the finish line.

Congratulations, Tallahassee athletes! We look forward to seeing you at the 2023 Capital City Senior Games!



Rodney Atherton throws Javelin at National Senior Games.



Jocelyne Fliger of Elder Care Services drops off household supplies for a local senior during the COVID-19 pandemic.

Elder Care looks out for seniors this summer

The heat wave in mid-June was a reminder for Elder Care Services and the community at large of how vulnerable seniors in our area are, especially during the hot Florida summers. Tallahassee experienced temperatures in the high 90s through most of the week between June 13 and 19, almost breaking 100°F by the end of the week.

If this trend keeps up, 2022 could easily break last year's record as the hottest in American history. And that is bad news for seniors who are more prone to heat-related health concerns.

According to the CDC, seniors are not able to adjust to sudden changes in temperature as well as younger people for reasons like taking medication for chronic illness and loss of body fat, making them more vulnerable to the summer heat.

Some symptoms of heat-related illness include dizziness, nausea, and feeling faint. If these symptoms are not properly addressed, they can result in heat stroke, or death.

As an agency dedicated to serving seniors in the Big Bend, this is something Elder Care Services takes very seriously. In addition to the organization's well-known annual fan drive, El-

der Care Services also provides utility assistance to help seniors in need pay their electric bills.

"Many seniors have a set income where they may not be able to afford a higher utility bill than usual," said Jocelyne Fliger, President & CEO of Elder Care Services. Utility assistance provides a lifeline for seniors whose electric bills surge in the summer months. Last year, Elder Care Services provided utility assistance to over 120 seniors in the area.

To help seniors stay safe this summer, Elder Care Services asks people to consider making a financial contribution to the agency's SOS Fund. Donations to this fund provide utility assistance and emergency supplies for seniors facing crises.

For more information on Elder Care Services, local senior care, or volunteer opportunities, visit www.eldercare-bigbend.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.

Wanna get away?

Caretakers need a break, too

John Trombetta

Executive Director at The Alzheimer's Project, Inc.

The Southwest Airlines ad says it best, "Wanna Get Away." As we see temperatures reaching triple digits and the A/C is working to keep us cool, we can't help but think it is time for a vacation. Of course, that is easier said than done. With gas and hotel prices rising, what should be a relaxing stress-free time becomes an exercise in budgeting and deal finding.

Notwithstanding, it is time to get away. When you're a caregiver, however, finances aren't the only thing you have to plan for. What do you do with your loved one who you are caring for? Some feel comfortable taking their loved one along, as it can conjure up fond memories. If you are visiting family, it can also be good for family to see your loved one, especially if they are still able to recognize faces.

However, for many, a vacation includes taking a break from caregiving duties. This is so important. Even if it's a "staycation" and you don't even leave town. That extended break is so necessary to help re-center and reset your mind and body. You get a few days off from the edge that comes with caring for someone living with Alzheimer's disease. But who will care for your loved one? There are a couple of options.

If possible, have a family member come stay with them. Especially if you are the primary caregiver and you have family living out of town. This can be an opportunity for them to see what you go through on a daily basis. It gives them a chance to help.

Not only will the family member see the challenges you face, but they will also see your loved one living with the disease and what they go through every day. This can also create urgency in having necessary conversations around the burden of care.

If you can't have family come stay, or aren't able to take your loved one to see family, you might consider an overnight respite. Our resource manual (located at www.alzheimersproject.org) has a listing of facilities that provide overnight respite.

Some of the assisted living facilities offer overnight respite to give people a chance to experience their facility in the hopes they eventually become residents. This can be a good option as it does provide a nice atmosphere and there is socialization and activities that keep your loved one engaged. It can be a bit of a vacation for them too.

Caregivers need a break, and this is a good time of year to do it. Even if it is a drive down to the coast for the day to get a little salt air or a trip up to the mountains to escape the heat. With a little planning and help from family or a local overnight respite, it can happen! For more information about The Alzheimer's Project, call 850-386-2778.



When you're a caregiver and looking to get away for a vacation, there are many things to consider while planning, including who cares for your loved one. Taking your loved one with you is one option, but getting a break from caregiving duties while on vacation is important. That extended break is so necessary to help re-center and reset your mind and body. GETTY IMAGES/ISTOCKPHOTO

Explore the world with OLLI classes and trips

Fran Conway

Even though it's the middle of summer, the Osher Lifelong Learning Institute at Florida State University has already developed an extensive curriculum of fascinating Fall Semester courses and activities custom-designed for those over 50 who love to learn.

Study manatees, learn about great comedy teams, practice French and Spanish, get insights into the rise and fall of the Berlin Wall, and delve into the life of Eleanor Roosevelt. And that's just the Monday line up.

Mark your calendar for OLLI's Showcase of Classes and Activities, scheduled for the Turnbull Center on Wednesday, Sept. 14, at 2 p.m.

All instructors will give brief previews of their classes, and OLLI clubs and activities will provide information about their offerings. Registration for classes and activities begins on Friday, Sept. 16. Classes will begin in early October and run for three or six weeks.

More information is available at olli.fsu.edu

After several years of meeting mainly via Zoom due to the COVID-19 pandemic, the Fall Semester offers both in-person and Zoom classes. Classes will take place on the FSU campus and at locations around Tallahassee.

While classes are a main focus of OLLI, activities, clubs, lectures, and travel offer opportunities for learning and fun throughout the year.

Past OLLI President Harriet Waas reports, "We recently returned from an OLLI trip to Greece and Istanbul, and one of the benefits was daily lectures by an architecture professor traveling with us as we viewed ancient sites. Our trips are far more meaningful when we can share our experiences and observations with other OLLI members."

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



OLLI travelers visit a beehive tomb in the ancient city of Mycenae, on the Greek mainland. KENT PUTNAM



Acropolis and Parthenon by night. KENT PUTNAM

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



OLLI travelers visit the Acropolis. From left, Kent Putnam, Nikki Clewis, Debra Herman, Marie Clewis.

Planning to be heard

Big Bend Hospice

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.

Not to be confused with an executor of a will or an estate, Five Wishes lets you choose the person you want to make health care decisions for you if you are not able to make them for yourself. This health care agent (surrogate) 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.

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 get seriously ill.

Finally, what do you want your loved ones to know?

See **PLANNING**, Page 15

Join the Legacy Circle

You and I know how much we enjoy and benefit from the many programs, services, and activities held at and by the Tallahassee Senior Center. It's not too early for us to think about how those will continue long past our lifetimes.

The Tallahassee Senior Foundation, our non-profit fundraising arm of the Tallahassee Senior Center offers you an opportunity to be a member of its Legacy Circle. You are invited to leave a lasting gift to the Foundation so a revenue source will always be available for the future.

The Foundation accepts estate gifts and bequests that are reinvested in the Center's programs. Individuals may give to support the general activities of the Center or designate their gifts for a specific program of their choice. We keep a wish list of bigger items that can only be purchased with larger gifts. Examples of ways past gifts were invested include purchasing the digital marquee, replacing the computers in the computer lab, installing lighting to highlight the Art in the auditorium, replacing tables and chairs in the dining room, and investing in our cornerstone fund with the Community Foundation.

One bonus to donating to the TSC Foundation is that dollars directly benefit the programs, services, and activities in which seniors participate. Our administration, facility, and capital projects are funded by the City of Tallahassee. It's a wonderful partnership.

You, as members and participants, have the opportunity to enhance and grow the programs of your choice by designating the TSC Foundation in your will or the beneficiary of a trust, annuity, life insurance, IRA, or other asset. For more information about the Legacy Circle contact nancy.gentry@talgov.com or call 850-891-4049.

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 for more information or to join online.

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!

Diamond Keyholder: Anonymus

Gold Keyholders: Marie Cowart; Anonymus

Silver Keyholders: Ken Hays; Jim & Elaine McConnaughay

Bronze Keyholders: Harold & Wendy Barber; Joe & Maureen Haberfeld; Myron & Judy Hayden; Jeanie Martin; Steve Neale & Leslie Puckett; Mike & Lori Swanson; Carol Zensen

Friend Keyholders: Ken & Carol Allman; Nancy Bean; Barbara Brandt; Donna Chason; Susan Davis; Lynda Dickens; Grayal Earle Farr; Sylvia Fleishman; Gerry Hammond; Jean Itzin; Rauha Jessup; Jo Messer; Betsy Pollock; Mark Stevens & Shawn Tonner; Jean Williams; Bill & Maria Woolley

New and Renewing Members are listed on our TallahasseeSeniorFoundation.org website.

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.

Honorarium Donations

Silver Star Honorarium Donations

By: Ed & Ann Walters; Fred Williams; Bennie Woodlief

Facebook Birthday Fundraiser in honor of: Peggy Finch

By: Lenoir Brewer, Margaret Fitch, Lynne Galipeau, Melinda Melendez, Diane Wunderlich



In honor of: Bradfordville Lunch & Learns

By: Jean Itzin

In honor of: Sheila Salyer

By: Jill Jackson-Ledford

In honor of: Tallahassee Senior Center

By: Anonymus, Robbie & Sara Brunger, Ronald Bunting, Capital City Bank Trust, Joe Haley, III, Sharris Houston, William & Mary Lee Kelly, Patricia Lanfear, Charles Nam, Lucielle Sallas, Alanna Steaple

In appreciation of: Tax Aide

By: Carolyn Coley, Lisa Meyer, Sheila Salyer

Galaxy Star in honor of: Laurie Hosford

By: Susan Clapp

Memorial Donations

Galaxy Star in memory of: Mershell Sherman

By: Charlie Adams, Elaine Atwood, Debbie Austin, Diane Austin, Kathryn Bachman, Wendy Beck, Jack Bullock, Ranelle Christle, Valerie Jean Conner, Betty Cummins, Martha Cunningham, Susie Folsom, Ann B. Gabor, Leah Gentry, Andrew Grayson, Yasmin Khan, Melanie LaHurd, Kaitlin Lansford, Judee Light, Linda McCue, Stan Makielski, James Moorer, Paulette Moss, Ruth Nickens, Grant Peeples, Melanie Piland, Karen Pritzl, Linda Rabon, Lydia Riedell, Victoria Scarlett, Sally Schroder, Denise Shank, Pamela Shank, Tallahassee Uke Jammers, Donna Thompson-Baugh, Billy Weeks, Beth Weidner, Lynda Willis, Ken Winker

In memory of: Barbara Judd

By: Sheila Salyer

In memory of: Fred LaCrone

By: Jodi Gooding

In memory of: Mary Louise Coleman Transou

By: Tom & Ramah Mackey, Sheila Salyer

IN BRIEF AT SENIOR CENTER

National Hot Dog Day

Tallahassee Senior Center will celebrate National Hot Dog Day on Friday, July 22, from 11 a.m.-noon.

First 150 people to RSVP to Kristy Carter at: 850-891-4008 or Kristy.Carter@talgov.com will receive a hot dog lunch. Fellowship and learn more about the center.

Need help with your mobile phone, tablet or computer?

We have a volunteer who can help! Stop by the 1st Tuesday of each month, between 12-2 p.m.

Please bring your device and questions for assistance. Upcoming sessions: August 2 and September 6.

Planning

Continued from Page 13

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.

Art classes

Continued from Page 5

buy an art card that gives you eight classes for the price of seven. Go to www.tallahassee-senior-foundation.org for class descriptions.

LANDSCAPES IN SOFT PASTELS - Wendy Devarieux

Tuesdays, 9 a.m.-noon

OIL AND ACRYLIC PAINTING, CONTINUING BEGINNER-INTERMEDIATE - Debbie Gaedtke

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

OIL AND ACRYLIC PAINTING, INTERMEDIATE-ADVANCED - Debbie Gaedtke

The Explorer's Corner

Come join us at the Explorers Corner to gain insight into topics from the fertile fields of science, history, philosophy, and other enlightening pursuits from 10-11:30 a.m. Wednesday, Aug. 3.

Each week, we will view a video presentation given by a scholar, thinker, researcher, writer, or other explorers who have something interesting to say. Each will be opened by a presenter who will introduce the topic for that day by providing some subject background.

The last portion of the meeting will be given to questions and discussion. Join us and give free reign to the human capacity for curiosity and wonder. If you are interested in a continued series, contact Kristy Carter at 850-891-4008.

There is 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

Wednesdays, 1 - 4 p.m.

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

Wednesdays, On-going, 1:30 - 4:30 p.m. (Starts back up on Aug. 3) via ZOOM

EXPERIMENTAL WATERCOLOR, INTERMEDIATE-ADVANCED - Linda Pelc

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

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

OIL PAINTING, ADVANCED - Debbie Gaedtke (July-August) and Eluster Richardson (September)

Fridays, 9 a.m. - noon

PAINTING WITH OILS AND ACRYLICS - Fran Buie

Fridays, 1 - 4 p.m.

Starry night for Silver Stars



Joan Kanan's family celebrates her award, from left to right: daughter in law Julia Jimenez-Moran, daughter Casie Jimenez-Moran, grandson Auggie Jimenez-Moran, Silver Star Joan Kanan, daughter Jenny Holloway and grandson Luke Solomon.



Sarah and Ted Houston (center) celebrate the evening with family. PHOTOS BY BETSY BARFIELD AND BRAM HAGEN, CITY OF TALLAHASSEE

TALLAHASSEE SENIOR CENTER CALENDAR OF WEEKLY PROGRAMS DATE: JULY 11 – AUGUST 13, 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 1:30 Mahjongg at The Grove 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. 1:30 Draw with Your Eyes, Paint with Your Heart ZM (SV) returns Aug. 17, 2022 2:00 Beg. Yoga at Lake Jackson 4:15 Beg. Yoga at Bradfordville PRR (SV) 5:30 Yoga 7:00 Pickleball 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 Ageless Mind & Body at The Gove 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 1:00 Painting with Oils and Acrylics, Beg 5:30 Ballroom & Swing 7:00 Al-Anon Newcomers

Special Events and Programs BI-WEEKLY AND MONTHLY PROGRAMS - JULY 11 – AUGUST 13, 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
JULY 11 10a DEEP at Miccosukee 11a Art Council 1p Poetry Group ZM (KC) 2p Ice Cream Social at The Grove 2601 Crestline Rd	JULY 12 1p Yoga PRR (SV) 7p Stamp and Cover Club	JULY 13 10:30a Storm & Hurricane PREP	JULY 14	JULY 15	JULY 16 9a USA Dance – Workshop Intensive. More information at: USAdance6010.org 7p USA Dance: Sock Hop – Cruise In
JULY 18 10a DEEP at Miccosukee 10a LLL-Connect with a Classic PRR at NE Library (MH) 6p Photoshop Elements 7p GAP Circle of Parents ZM (KB)	JULY 19 1p Yoga PRR (SV) 2:15 UPSLIDE Games	JULY 20 8:15a Hike (RN) 8:30a Capital Coalition on Aging ZM (KC) 1p LCSO Advisory Council 6:30p USA Dance Board Meeting	JULY 21 10a Brain Body Bingo (RN) 10:30a Matter of Balance PRR (RN) 2:30p LLL-Greco Persian Wars at The Grove PRR (MH)	JULY 22 11a National Hot Dog Day PRR (KC)	JULY 23 CENTER CLOSED
JULY 25 10a DEEP at Miccosukee 10a Meditation with Jeff (RN) 1p Poetry Group ZM (KC)	JULY 26 1p Yoga PRR (SV) 5p TDBC Board Meeting	JULY 27 10a FAAST – Cell Phone and Technology (KC) 12:30p Friends Connection LNC 2p LBB-Vision Loss Support Group	JULY 28 10a Brain Body Bingo (RN) 10:30a Matter of Balance PRR (RN) 11:30a Senior LGBT+ Support Group 2:30p LLL-Masters of American Photography at The Grove PRR (MH)	JULY 29 6p Capital City Twirlers – Round Up More Information at 850-566-2117 – Libby Penrod	JULY 30 9:45a Capital City Twirlers – Round Up More Information at 850-566-2117 – Libby Penrod
AUG 1 10a DEEP at Miccosukee 10a Meditation with Jeff (RN) 6p Photoshop Elements 7p GAP Circle of Parents ZM (KB)	AUG 2 10a Blood Pressure & Glucose Screening 12p Tech Help (KC) 12:30p Game Day at Miccosukee 1p GaP Advisory Council ZM (KB) 1p Yoga PRR (SV)	AUG 3 10a Explorer's Corner PRR (KC)	AUG 4 10a Brain Body Bingo (RN) 10:30a Matter of Balance PRR (RN) 10:30a Miccosukee Lunch & Learn	AUG 5	AUG 6 CENTER CLOSED
AUG 8 10a L3X Preview 10a Meditation with Jeff (RN) 10a SHINE-Medicare Supplement 11a Art Council 1p Poetry Group ZM (KC)	AUG 9 11a Wellness Circle at Jack McLean 1p Yoga PRR (SV) 5:30p L3X Preview 7p Stamp and Cover Club	AUG 10 10:30a Emotional Safety: Live & Thrive (RN) 10:30a Bradfordville Lunch & Learn 12:30p Friends Connection LNC	AUG 11 10:30a Matter of Balance PRR (RN) 10:30a Woodville Lunch & Learn	AUG 12 7:30p Contra Dance – Somethin' Sassy Band with caller Tom Greene	AUG 13 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: o () =

•VIRTUAL LOCATIONS: FB = Facebook
•HYBRID Classes (virtual + in-person): H = Hybrid
•REGISTRATION INFORMATION: 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:

(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; (SS) Sheila.Salyer@talgov.com
(SV) Sarah.Vernon@talgov.com; (WB) Wendy.Barber@talgov.com

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