

Tallahassee Senior Center

13th ANNUAL REGIONAL



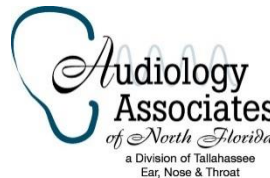
SEPTEMBER 6 – 23, 2022

An eXciting month of

Classes ~ Tours ~ Field Trips ~ Entertainment

eXploring

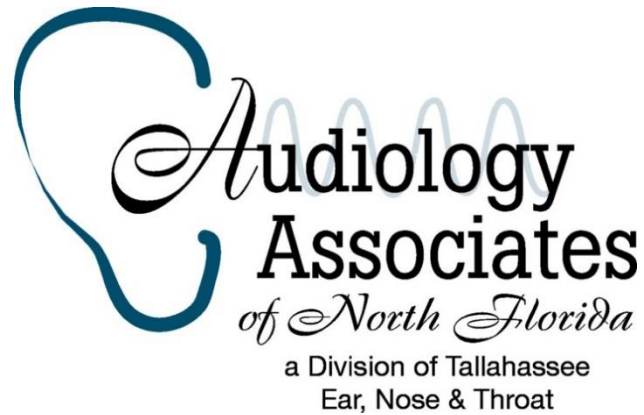
Arts ~ Culture ~ History ~ Nature ~ Science



EX**PLORE ~ E**X**AMINE ~ E**X**PERIENCE**

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2022 is a partnership of

**Tallahassee Senior Center & Foundation
+
The City of Tallahassee**



TALLAHASSEE SENIOR SERVICES MISSION

Tallahassee Senior Services is a Division of Parks, Recreation, & Neighborhood Affairs, City of Tallahassee

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 +

TALLAHASSEE SENIOR FOUNDATION PURPOSE

Established in 1980, TSF is an independent, private non-profit organization that exists for the sole purpose of generating funding to support programs, services, and participants of Tallahassee Senior Services.

A SPECIAL THANK YOU!

We would like to extend our deepest gratitude to our sponsors, partners, staff, instructors, and all those who so graciously contributed to making L3X 2022 possible!

Sheila Salyer, Manager, Tallahassee Senior Services

Hella Spellman, Program Director, Tallahassee Senior Services

Maureen Haberfeld, Lifelong Learning Coordinator, Tallahassee Senior Services

Discover the opportunities awaiting you at the Tallahassee Senior Center!

Research is reveals that staying mentally, physically, and socially active is the key to healthy aging! The Tallahassee Senior Center (TSC) offers a wide variety of ongoing activities, programs, and events! Active adults enjoy art, lifelong learning, health, wellness, and fitness programs, outdoor pursuits, recreation, support groups, special events and opportunities, and several annual signature events, such as Silver Stars, Senior Games, L3X, and Deck the Halls.

Lifelong Learning is an adventure! By embracing new experiences, we challenge and ignite our brains, grow our passions, and experience opportunities to grow socially, making friends along the way. Throughout the year, the TSC offers classes, workshops and lectures that stimulate the all the senses. Instructors guide students through opportunities to explore local treasures, art, culture, food & drink, entertainment, music, science, and much more.

The **Health and Wellness Program**, guided by a registered nurse, offers adults the resources to continue an active lifestyle through low or no-cost preventive fitness and wellness activities. Our fitness and wellness programs, along with Outdoor Pursuits such as hiking, help participants stay healthy and fit.

A highly successful **Art program** provides instruction by award-winning artists in an array of mediums, with a supportive environment for artists at all levels. From workshops to on-going weekly classes, the art studios at the Tallahassee Senior Center offer the flexibility to explore painting in watercolors, oils and acrylics, in addition to pastels, drawing, clay and ceramics.

Leon County and Southside Outreach programs help seniors stay active in their own neighborhoods and communities. Leon County's Senior Outreach program brings programming to the communities of Bradfordville, Chaires, Fort Braden, Lake Jackson, Miccosukee and Woodville. Monthly Lunch & Learns offer lively and engaging programs. Exercise classes, game sessions and art workshops are also available. Monthly senior programs are also offered in the southside community.

***Want to know about upcoming classes
and activities at the Senior Center?***

Sign up for our weekly email updates!



**We invite you to learn more on our website:
www.TallahasseeSeniorFoundation.org**

Important Information About Registering On-Line and Virtual Classes

- ◆ All **virtual classes** are on the Zoom platform
- ◆ **Zoom and other technical assistance is available!**
 - To request one-on-one training, call 850-891-4000 between 8:00 a.m. and 4:00 p.m. to get paired with a technology support volunteer. It is recommended that you arrange for training **prior** to your first session. To ensure someone is available and to provide you time to practice if needed, please do not wait until the last minute!
- ◆ A **Zoom User Guide** is available on the webpage.
(www.tallahasseeSeniorFoundation.org/resources) or
by calling 850-891-4007
- ◆ **Registration Deadlines:** It is important that you note the registration deadlines for the various classes and register by those deadlines! Not registering by the deadline does not automatically exclude you from participating in the class, but there is high probability it will be too late to order any supplies related to the class or get you the Zoom link if applicable.
- ◆ If applicable, you will be emailed a Zoom link for each class by the day of the class.
NOTE: This will likely be the evening before or day of the class.
- ◆ If you **do not find your Zoom link** in your email, please **check your spam or junk folder** prior to calling!

IMPORTANT REGISTRATION & CLASS INFORMATION!

Register online at:

www.TallahasseeSeniorFoundation.org/L3X

- ◆ *For convenience and ease, please remember your username and password to avoid having to reset it!*

Username: _____ Password: _____

Important Class Registration & Payment Information

- ◆ **Accepted credit cards:** Visa, MasterCard, & Discover
- ◆ Class and payment confirmations will be emailed to you
- ◆ Full payment is required with your registration – **NO REFUNDS** unless the class is cancelled!

CONTACT INFORMATION

For **URGENT** issues & assistance, please call

850-891-4000

Mon. – Fri., 8:00 a.m. – 4:00 p.m.

and you will be directed to the L3X on-call staff member

For non-urgent matters regarding L3X or other information about other Lifelong Learning Classes:

Maureen Haberfeld, Lifelong Learning Coordinator

850-891-4033

Maureen.Haberfeld@talgov.com

CLASS SCHEDULE AT A GLANCE

NOTE: *Shaded classes are either virtual or hybrid (virtual and in-person)*

TUESDAY, SEPTEMBER 6

- 001 10:00 – 11:30 a.m. Straw Bale Gardening
- 002 1:30 – 3:00 p.m. Spring House Tour
- 003 5:30 – 7:00 p.m. Geologic Highlights + Fall Travel Through New England and New York

WEDNESDAY, SEPTEMBER 7

- 004 8:45 – 11:45 a.m. Letchworth Love Mounds Guided Tour
- 005 1:30 – 3:00 p.m. Birds of Prey
- 006 7:00 – 9:00 p.m. Sabor de Cuba (Taste of Cuba)

THURSDAY, SEPTEMBER 8

- 007 8:45 a.m. – 1:30 p.m. Pope's Museum Tour
- 008 11:00 a.m. – 1:00 p.m. Blooms + Bubbles
- 009 12:00 – 1:00 p.m. Medicare 101
- 010 1:30 – 3:00 p.m. FSU Opening Nights + School of Music Tour
- 011 3:30 – 5:00 p.m. AlterNatives: Native Replacements for Invasive Species

FRIDAY, SEPTEMBER 9

- 012 8:00 a.m. – 12:00 p.m. Trulieve Grow Tour: Behind the Scenes at a Medical Cannabis Facility
- 013 1:30 – 3:00 p.m. Stories of Rescue During the Holocaust
- 014 4:00 – 5:30 p.m. How Different Faith Traditions View Death
- 015 5:30 – 8:00 p.m. KitchenAble Luau Class

SATURDAY, SEPTEMBER 10

- 016 9:00 – 11:00 a.m. Fall Foraging Hike

MONDAY, SEPTEMBER 12

- 017 9:30 – 11:30 a.m. Genealogy at the State Archives of Florida
- 018 10:00 a.m. – 2:00 p.m. FOOT Expo
- 019 1:30 – 3:30 p.m. Meek Eaton Black Archives at FAMU

TUESDAY, SEPTEMBER 13

- 020 9:15 – 10:30 a.m. Insect Diversity + Plants
- 021 2:30 – 5:00 p.m. Archaeology of Brewing Beer / Tour + tasting at Oyster City Brewing Co.

WEDNESDAY, SEPTEMBER 14

- 022 9:00 – 11:00 a.m. Lake Jackson Mounds + Archaeological State Park Tour
- 023 11:30 a.m. – 1:30 p.m. Meditation Walk + Lunch
- 024 2:30 – 4:00 p.m. Great Artists: Georgia O'Keefe
- 025 6:50 – 8:30 p.m. Historic Monticello Moonlight Cemetery Walk

THURSDAY, SEPTEMBER 15

- 026 10:00 a.m. – 2:30 p.m. Taste of Thomasville
- 027 1:00 – 2:30 p.m. Reform Judaism at Temple Israel
- 028 3:00 – 5:00 p.m. Introduction to Fly Tying

FRIDAY, SEPTEMBER 16

- 029 9:00 a.m. – 12:30 p.m. North Florida Wildlife Center Tour
- 030 1:00 – 3:00 p.m. KitchenAble Afternoon Tea
- 031 2:30 – 4:00 p.m. Great Artists: Berthe Morisot + Mary Cassatt
- 032 6:00 – 8:00 p.m. Senior Artist Showcase

MONDAY, SEPTEMBER 19

- 033 10:00 – 11:30 a.m. The Jamaican Seas of the Harlem Renaissance
- 034 3:00 – 4:00 p.m. Saints + Sinners

TUESDAY, SEPTEMBER 20

- 035 9:50 a.m. – 2:00 p.m. Wakulla Springs Boar Tour + Optional Lunch
- 036 3:00 – 4:30 p.m. Behind the Scenes of the O.J. Simpson Case

WEDNESDAY, SEPTEMBER 21

- 037 10:00 a.m. – 1:00 p.m. Mag Lab Tour + Lunch
- 038 2:30 – 4:00 p.m. The Library of Congress: America's Library
- 039 6:00 – 7:30 p.m. Wine + Cheese Pairing at Hummingbird Wine Bar

THURSDAY, SEPTEMBER 22

- 040 7:30 – 11:00 a.m. Bike Ride with A Planner
- 041 2:00 – 3:00 p.m. Ways of the Seminoles
- 042 6:30 – 8:30 p.m. Tallahassee Swing Band at The Grove at Canopy

FRIDAY, SEPTEMBER 23

- 043 11:30 a.m. – 1:30 p.m. Camp Gordon Johnston WWII Museum

Shaded class numbers indicate that the class has a virtual option.

It is either only virtual or hybrid (virtual and in-person)

TUESDAY

SEPTEMBER 6

001 Straw Bale Gardening

FEE: \$ 7.00

INSTRUCTOR: Michael Blain

Time: 10:00 – 11:30 a.m.

Location: Tallahassee Senior Center, Activity Room

Registration Deadline: 12 Noon, Friday, September 2

Are you tired of having to pull weeds, plow up the ground and bend over to be able to have fresh vegetables? Are you unable to have the vegetable garden that you would like because of limited space or unsuitable ground conditions? Well Straw Bale Gardening might just be the answer to all your problems. Straw Bale Gardening is a breakthrough vegetable gardening method developed by Joel Karsten. Straw Bale Gardening has been used and improved by thousands of gardeners all over the world over the past few years. It is a system of gardening that allows you to extend the growing season in the Spring by about two weeks, raise vegetables in spaces that you were not able to before this. Put your vegetable garden in a virtual automatic mode after the initial set up, that seriously reduces the time you need to spend "working" in your garden.

002 Spring House Tour

FEE: \$ 37.00

INSTRUCTOR: Byrd Lewis Mashburn

Time: 1:30 – 3:00 p.m.

Location: Spring House, 3117 Okeeheepkee Rd., Tallahassee

Registration Deadline: 12 Noon, Friday, September 2

While attending the 1950 World Federalist Conference at Florida Southern College in Lakeland, FL, George and Clifton Lewis of Tallahassee asked Frank Lloyd Wright to design a home for them, saying they "have a lot of children and not much money". He agreed and the couple located a beautiful five-acre parcel in Leon County on the outskirts of Tallahassee, with a natural spring that flowed from the property to Lake Jackson. Mr. Wright completed the plans in 1952, of an unconventional pod-shaped house described as a passive solar "hemicycle" The house was built in just nine months in 1954. Take a guided tour this unique structure which is the only Frank Lloyd Wright designed home in Florida. Most of the fee for this one-of-a-kind tour goes to the restoration of this local treasure.

NOTE: *Shaded class number indicates that the class is either virtual or hybrid (virtual and in-person)*

003 **Geologic Highlights + Fall Travel through New England + New York** **FEE: \$ 7.00**

INSTRUCTOR: Joe Haberfeld

Time: 5:30 – 7:00 p.m.

Location: Hybrid Class: Tallahassee Senior Center, Dining Room + Zoom

Registration Deadline: 12 Noon, Friday, September 2

The northeast region of the United States has many great places to visit and has excellent geology to be seen along the way. Join geologist Joe Haberfeld for highlights of a 2021 fall foliage trip to New England and New York and plan a future vacation. Vermont and New Hampshire combine rugged mountain ranges with gorgeous lakes and small-town charm. New York has something for everybody, such as the mighty Adirondack Mountains with Lake Placid and one billion-year-old rocks, wineries in the glaciated Finger Lake region, a world class museum of glass in Corning, the Baseball Hall of Fame in Cooperstown, and fossil hunting too! The Mark Twain House and Museum in Hartford, Connecticut and the seashore of Cape Cod, Massachusetts round out this adventure.



004 Letchworth Love Mounds Guided Tour**FEE: \$ 10.00****INSTRUCTOR:** George Royal**Time:** 8:45 – 11:45 a.m.**Location:** Meet at Tallahassee Senior Center, Dining Room, by 8:45 a.m.**Registration Deadline:** 12 Noon, Tuesday, September 6

Take a ranger - guided tour of this quiet gem of a historic park located between Tallahassee and Monticello. The Park is home to the remnants of a group of earthen mounds, part of a much larger group built between 400 and 900 CE. These early mounds are architectural remains of Native Americans who worked and lived in the area just south of Lake Miccosukee. You will see Florida's tallest Native American ceremonial mound, built between 1,100 and 1,800 years ago. The mound is 51 feet in height. The people who built the mound are believed to have been members of the Swift Creek Culture, a group of Native Americans who lived in North Florida between 200 and 450 A.D. Transportation provided from the Tallahassee Senior Center.

005 Birds of Prey**FEE: \$ 12.00****INSTRUCTOR:** Sharron Pena**Time:** 1:30 – 3:00 p.m.**Location:** Tallahassee Senior Center, Dining Room**Registration Deadline:** 12 Noon, Tuesday, September 6

Have you ever wondered what the difference is between a hawk and falcon? Have you loved birds and other wildlife from afar and always wished you could get a closer look? If any of these questions sound familiar, or if you just have a love of birds, look no further, you belong here! This class explores the natural histories of raptorial birds including hawks, falcons, and owls along with living examples of these magnificent creatures up close and personal. You will learn identifying characteristics and behaviors as well as a brief exploration of our histories and relationships with them. Often, small decisions we make can impact our wildlife in different ways, and we will discuss some of these things as well. The presenter, Sharron Pena has spent the last 22 years working with birds of prey in just about every aspect of captive animal care, from wildlife rehabilitation to free flying them in renaissance festivals and outdoor birding events. Her passion, however, is sharing the wonder of wildlife in smaller settings one on one. She especially enjoys working with the senior community and young children.

**006 Sabor de Cuba (Taste of Cuba)****FEE: \$ 25.00****INSTRUCTOR:** Betty + Robert Morales**Time:** 7:00 – 9:00 p.m.**Location:** Tallahassee Senior Center, Auditorium**Registration Deadline:** 12 Noon, Tuesday, September 6

Join us for an evening celebration of the flavors and heritage of Cuba. The food, like it's people, are full of life and soul. Learn about the history and richness of the tastes created by a blend of the Spanish, African, Chinese, and Caribbean ingredients, and techniques. We will discuss traditional meals and share recipes and tricks to make authentic Cuban dishes with an unforgettable flavor. You will be welcomed with a glass of sangria, followed by a full culinary experience of appetizer, Cuban bread, a delicious traditional meal, and decadent dessert. Music is required at all Cuban celebrations so enjoy the sounds of the Famous Cuban musicians like Celia Cruz, Beni More, and Buena Vista Social Club throughout the night. "One of the best ways to learn about a culture is through its cuisine."

NOTE: *Shaded class number indicates that the class is either virtual or hybrid (virtual and in-person)*

007 POPE'S MUSEUM TOUR + LUNCH**FEE:** \$ 33.00**INSTRUCTOR:** Michelle Dean**Time:** 8:45 a.m. – 1:30 p.m.**Location:** Meet at Tallahassee Senior Center, Dining Room by 8:45 a.m.**Registration Deadline:** 12 Noon, Tuesday, September 6

Found in Grady County, GA, Pope's Museum is the former home of Laura Pope Forester, a self-taught artist, notable not only for creating a large, high quality art environment around her rural residence and store, but also one of the few female artists to do so in the twentieth century. Before her death in 1953, she had created 200 sculptures, wall murals, and gardens of exquisite design and intention. Visit this award winning, local gem, tour the house, grounds, and art. Following the tour, enjoy a catered lunch on site. Transportation is provided from the Senior Center.

008 BLOOMS + BUBBLES**FEE:** \$ 15.00**INSTRUCTOR:** Edna Hall**Time:** 11:00 a.m. – 1:00 p.m.**Location:** The Grove at Canopy, 601 Crestline Rd., Tallahassee**Registration Deadline:** 12 Noon, Tuesday, September 6

Join us for two fun filled hours learning the basic elements of floral design while sipping mimosas (alcoholic or non-alcoholic) and enjoying snacks. Edna Hall of "*A Touch of Class Florist/Celebrations on Main*" in Havana will guide you to creating a beautiful arrangement using native greens and blooms. Supplies and refreshments will be provided, participants are encouraged to bring any materials from their gardens/ yard adding a uniquely personal touch to their floral creation to enjoy at home. Each participant will take home a lovely arrangement of their own creation.

009 MEDICARE 101**FEE:** No charge**INSTRUCTOR:** Julie Anderson**Time:** 12 Noon – 1:00 p.m.**Location:** Hybrid Class: Tallahassee Senior Center, Activity Room + Zoom**Registration Deadline:** 12 Noon, Wednesday, September 7

Are you confused about Medicare? This class will help you understand what Medicare covers and when it is time to enroll. Learn the basics of Medicare parts A, B, C, and D and how to change plans. Get the latest regulations about Medicare health plans and the application process and have your questions answered.

NOTE: *Shaded class number indicates that the class is either virtual or hybrid (virtual and in-person)*

010 FSU OPENING NIGHTS + SCHOOL OF MUSIC TOUR FEE: \$ 10.00

INSTRUCTOR: FSU Staff

Time: 1:30 – 3:00 p.m.

Location: Meet at the Tallahassee Senior Center, Dining Room by 1:30 p.m.

Registration Deadline: 12 Noon, Wednesday, September 7

SPECIAL INSTRUCTIONS: Comfortable walking shoes recommended

Join Opening Nights and the College of Music for a behind the scenes experience that only Florida State University can provide. As a lifelong learner, you will explore Ruby Diamond Concert Hall and learn what it takes to book famous acts. You will also experience the incredible talent of FSU music students who will provide an exclusive musical performance. Participants will leave knowing more about the art of collaboration and careers in the arts. The tour requires some walking. Transportation is provided from the Tallahassee Senior Center.

011 AlterNatives: NATIVE REPLACEMENTS FOR INVASIVE EXOTICS FEE: \$ 7.00

INSTRUCTOR: Mary Katherine Kaven

Time: 3:30 – 5:00 p.m.

Location: Hybrid Class: Tallahassee Senior Center, Activity Room + Zoom

Registration Deadline: 12 Noon, Wednesday, September 7

What's in your backyard? Plenty of gardening enthusiasts don't realize that their favorite ornamental plant is actually an invasive exotic. Invasive exotics are a top contributor to habitat loss. The good news is, that all exotics have a native counterpart that is comparable in either look or function. Join Mary Kaven from the Florida Parks Service in a hands-on look into the effects of exotics and what you can do to support native species.

NOTE: *Shaded class number indicates that the class is either virtual or hybrid (virtual and in-person)*

012 **TRULIEVE GROW TOUR: BEHIND THE SCENCES AT A MEDICAL CANNABIS FACILITY** **FEE: \$ 12.00**

INSTRUCTOR: Trulieve Staff

Time: 8:00 a.m. – 12 Noon

Location: Meet at the Tallahassee Senior Center, Dining Room by 8:00 a.m.

Registration Deadline: 12 Noon, Thursday, September 8

SPECIAL INSTRUCTIONS: Attendees **MUST WEAR LONG PANTS and CLOSED-TOE SHOES!** There is a considerable amount of walking. No photos or videos are permitted.

Trulieve is Florida's first and largest Medical Marijuana Treatment Center. They strive to bring you the relief you need in a product you can trust. Their plants are hand-grown in an environment specially designed to reduce unwanted chemicals and pests, keeping the process as natural as possible at every turn. Join the staff for a behind the scenes look at their grow facilities located right outside of Tallahassee. Transportation provided from the Tallahassee Senior Center. Please note SPECIAL INSTRUCTIONS above!

013 **STORIES OF RESCUE DURING THE HOLOCAUST** **FEE: \$ 7.00**

INSTRUCTOR: Lauren Ray

Time: 1:30 – 3:00 p.m.

Location: Virtual Class: Zoom

Registration Deadline: 12 Noon, Thursday, September 8

During the Holocaust, most people were indifferent bystanders to the plight of the Jews. However, some risked the lives of themselves and their families to help. This presentation will focus on a few of those individuals who, often at risk of death, acted humanely and provided food, shelter, a means of escape, or simply did not report what they knew to authorities, to protect Jews during the Holocaust and save lives. The instructor is Lauren Ray, Volunteer Docent Educator, Dallas Holocaust and Human Rights Museum.

NOTE: *Shaded class number indicates that the class is either virtual or hybrid (virtual and in-person)*

014 HOW DIFFERENT FAITH TRADITIONS VIEW DEATH FEE: \$ 7.00

INSTRUCTOR: Reverend Candace McKibben, Facilitator

Time: 4:00 – 5:30 p.m.

Location: Hybrid Class: Tallahassee Senior Center, Dining Room + Zoom

Registration Deadline: 12 Noon, Thursday, September 8

Death is the most common human event. While we may prefer to avoid thinking about our own mortality and that of those we love, we can glean wisdom and understanding from looking at the ways in which different faith traditions approach this sacred time. Local representatives from Buddhism, Christianity, Hinduism, Islam, and Judaism will talk about how faith and beliefs can impact persons' end-of-life decisions. They will address comforting the dying, care and disposition of the body, funeral customs, and mourning practices. Rev. Candace McKibben will moderate the panel and offer brief opening and closing remarks.

015 KitchenAble Luau Class FEE: \$ 50.00

INSTRUCTOR: Chef Jessica Bright McMullen

Time: 5:30 – 8:00 p.m.

Location: KitchenAble, 967 Briarcliff Rd., Tallahassee

Registration Deadline: 12 Noon, Monday September 5

SPECIAL INSTRUCTIONS: We welcome all here at our historic home; however, it was built long before accessibility was a consideration. There are a few brick steps that must be used to get to our front door. Once you are inside there are two steps down from our foyer to the main area of the house. We will gladly assist to get people safely inside. For parking there is a circle drive and street parking in front of our house (on both sides of the road).

Celebrate aloha Hawaiian style with our delicious Hawaiian Luau cooking class. This “ono” four-course feast will include an appetizer, salad, entrée and dessert, you may BYOB if you would like.

- First Course: An appetizer of bacon-wrapped pineapple
- Second Course: A fresh, seasonal salad with ginger dressing.
- Main Course: Kalua Pork, a slow-smoked, tender dish with Guava barbeque sauce, Mango Coleslaw, and Hawaiian style bread.
- Dessert: Mochi Butter Cake with haupia ice cream.

016 FALL FORAGING HIKE

FEE: \$ 7.00

INSTRUCTOR: Greg Haberfeld

Time: 9:00- 11:00 a.m.

Location: Meet at Miccosukee Greenway, Edenfield Road entrance

Registration Deadline: 12 Noon, Friday, September 9

SPECIAL INSTRUCTIONS: Bring a bag for collecting edibles. Long pants and closed-toe shoes with socks are recommended. We will be outdoors so dress and prepare accordingly. Please bring water.

Did you know that Tallahassee is an *ethnobotanical* hot spot for wild edible and/or medicinal plants and mushrooms? Fall is one of the best times to forage in the Tallahassee area. Join local forager Greg Haberfeld for a Saturday morning walk at the Miccosukee Greenway. Learn how to seek out, identify, and sample edible plants such as grapes, passion fruit, greens, yaupon holly, chanterelle mushrooms, and other local delights. Foraging and eating wild plants and mushrooms may seem a little intimidating at first, but knowledge and practice can give you the confidence to start foraging on your own.



017 GENEALOGY AT THE STATE ARCHIVES OF FLORIDA FEE: \$ 10.00**INSTRUCTOR:** Matthew Storey**Time:** 9:30 – 11:30 a.m.**Location:** Meet at the Tallahassee Senior Center, Dining Room, by 9:30 a.m.**Registration Deadline:** 12 Noon, Friday, September 9

Visit the State Archives of Florida to learn more about their historical collections and how you can use them for genealogical research. Join Archives Historian Matthew Storey for a behind-the-scenes look at some of the State Archives' most remarkable records, followed by a workshop on genealogical research using the resources available at the State Archives and State Library. You will learn how online databases, published materials and original archival records can work together to provide a more complete picture of your ancestors' lives. Matthew assists researchers with a wide variety of genealogical questions every day, and you are encouraged to come with questions of your own! Transportation provided from the Tallahassee Senior Center.

018 FITNESS + OUTDOOR OPPORTUNITY EXPO FEE: No charge**Time:** 10:00 a.m. – 2:00 p.m.**Location:** Tallahassee Senior Center, Auditorium**Registration Deadline:** No registration required

Get to know the Fitness and Outdoor Opportunities Together (FOOT) Program! FOOT brings you an exciting expo filled with demos, exhibitors, health screenings, presentations, and information about outdoor adventures to keep you connected, healthy, and active. You will learn about regional hiking trails, fishing, cycling, kayaking, boating, forestry, and much, much more. Stop by anytime between 10:00 a.m. and 2:00 p.m. and pick up some resources and goodies, meet others with similar interests, sign-up for outdoor adventures, listen to fascinating presentations, "Walk with a Doc," get fitted for a free bike helmet, take advantage of health screenings, win door prizes, and for a \$3 donation, enjoy a grilled hot dog lunch with the Tallahassee Fire Department.

PRESENTATION SCHEDULE:

10:00 a.m. – Walk and Talk with a Doc

11:30 a.m. – Cycling Adventures with Tally Gals

12:00 p.m. – Paddling in Paradise

12:30 p.m. – Mastering your Garden

*The Fitness + Outdoor Opportunity Expo
is sponsored by*



019 MEEK EATON BLACK ARCHIVES AT FAMU**FEE: \$ 10.00****INSTRUCTOR:** Black Archives Staff**Time:** 1:30 – 3:30 p.m.**Location:** Meet at Tallahassee Senior Center, Dining Room by 1:30 p.m.**Registration Deadline:** 12 Noon, Friday, September 9

The Carnegie Library is located on the historic campus of Florida A&M University (FAMU) and is listed on the National Registry of Historic Places. Construction on the library started in 1907 and it opened to the public in 1908. It was the first Carnegie Library built on a black land-grant college campus. In 1976, Carnegie Library became the founding home of the Black Archives Research Center and Museum. By functioning both as a repository for archival records and a museum for historical regalia, the center continues to render academic support to educational institutions, civic, political, religious, and social groups, as well as public and private businesses throughout Florida and the nation. Visit this unique museum which is considered one of the premier research centers on African American history in the southeast region. Transportation provided from the Tallahassee Senior Center.



020 INSECT DIVERSITY + PLANTS**FEE: \$ 10.00****INSTRUCTOR:** Kevin Dixon, Ph.D.**Time:** 9:15 – 10:30 a.m.**Location:** Fred George Greenway Park**Registration Deadline:** 12 Noon, Monday, September 12**Meeting Time & Location:**

- **Using your own transportation:** By 9:15 a.m. at the baseball field at Fred George Greenway
- **Using Senior Center transportation:** By 8:45 a.m. at the Tallahassee Senior Center, Dining Room. Scheduled to return to the Senior Center by 11:00 a.m.

Insects are the most diverse group of animals on earth. A major reason for their success is their interactions with plants. This class will provide a hands-on introduction to the diversity of insects and to plant-insect interactions in a natural setting. In addition to being fascinating in and of themselves, plant-insect interactions are a foundation of most terrestrial ecosystems and are important in agriculture and the development of pharmaceuticals. The class will include a brief introductory lecture, observations of insects on plants, and diversity sampling using nets. Join Dr. Kevin Dixon of the FSU Biology Department for a hike at Fred George Greenway Park to observe and study some local flora and fauna. Optional Transportation from the Tallahassee Senior Center.

**021 ARCHAEOLOGY OF BREWING BEER / TOUR + TASTING
AT OYSTER CITY BREWING CO.****FEE: \$ 17.00****INSTRUCTOR:** Barbara Clark, FPAN / Carrie Poole, Oyster City Brewing Co.**Time:** 2:30 – 5:00 p.m.**Location:** Tallahassee Senior Center, Dining Room + Oyster City Brewing Co.**NOTE:** Begins at the Tallahassee Senior Center**Registration Deadline:** 12 Noon, Monday, September 12

From homebrewers to hop heads, and all those in between, beer is a huge part of our culture today. But what exactly is beer and how did it come to be? The art of brewing and our understanding of beer has evolved over centuries, but its significance in human history is timeless. Join us on a journey as we explore beer, both past and present, to unlock some of the mysteries of this enduring fermented beverage. Archaeologist Barbara Clark, from the Florida Public Archaeology Network, will enlighten us on the history and mystery surrounding this popular beverage at the Tallahassee Senior Center. Then we will head to Oyster City Brewing Company for a tour and a flight of beer. Optional transportation from the Tallahassee Senior Center to Oyster City Brewing Co. is available.

022 LAKE JACKSON MOUNDS + ARCHAEOLOGICAL STATE PARK TOUR FEE: \$ 7.00**INSTRUCTOR:** Mary Katherine Kaven**Time:** 9:00 – 11:00 a.m.**Location:** Lake Jackson Mounds, 3600 Indian Mound Rd., Tallahassee**Registration Deadline:** 12 Noon, Tuesday, September 13

Lake Jackson Mounds is a hidden gem in Northwest Tallahassee. One of the few Native Mound sites left in North Florida, Lake Jackson Mounds Park is full of history and biodiversity. Join Mary Kaven, an Americorps Park Ranger, on a tour of the park and learn about its cultural and natural significance. This tour will include an optional, easy hike so bring your preferred outdoor shoes. Presentation will be seated and under a pavilion.

**023 MEDITATION WALK + LUNCH FEE: \$ 20****INSTRUCTOR:** Jeff Hanson**Time:** 11:30 a.m. – 1:30 p.m.**Location:** Dorothy Oven Park, 3205 Thomasville Rd.**Registration Deadline:** 12 Noon, Monday, September 12

Join instructor, Jeff Hanson, at beautiful Dorothy Oven Park for a pleasant, relaxing, and informative experience of walking mindfulness meditation. You will thank yourself for carving out time for this experience. A walking meditation is designed to bring body and mind in sync while we're out and about. If you don't like to sit and close the eyes to meditate, this is a great alternative that still trains the mind in awareness. Walking meditation helps us feel less distracted by thoughts and allows us to increase enjoyment of our stroll. A healthy lunch will be served at the end of the event.

NOTE: *Shaded class number indicates that the class is either virtual or hybrid (virtual and in-person)*

024 GREAT ARTISTS: GEORGIA O'KEEFE**FEE: \$ 7.00****INSTRUCTOR:** Tom Friedman**Time:** 2:30 – 4:00 p.m.**Location:** Tallahassee Senior Center, Dining Room + Zoom**Registration Deadline:** 12 Noon, Tuesday, September 13

When one considers the most original and most provoking painters in the 20th century, it is no surprise that Wisconsin born Georgia O'Keeffe is always among them. Like Spaniard, Pablo Picasso, she was productive over many decades and never slavishly adhered to any specific artistic movement, she sought to "capture the emotion and power of objects" through abstracting the natural world. Instructor and local artist, Tom Friedman, will present a view of her work and discuss her relationship to Alfred Stieglitz (renowned photographer), lover, husband, and promoter of her work.

025 HISTORIC MONTICELLO MOONLIGHT CEMETERY WALK FEE: \$ 28.00**INSTRUCTOR:** Linda Schuyler Ford, Michael Blain**Time:** 6:50 – 8:30 p.m.**Location:** Roseland Cemetery, E. Madison St., Monticello**Registration Deadline:** 12 Noon, Tuesday, September 13**Meeting Time & Location:**

- **Using your own transportation:** By 6:50 p.m., Roseland Cemetery, between N. Waukeenah and N. Wirick Streets
- **Using Senior Center transportation:** By 6:00 p.m., Tallahassee Senior Center, Dining Room. We are scheduled to return by 9:15 p.m.

SPECIAL INSTRUCTIONS: It is recommended that you wear sturdy walking shoes with socks, long pants, and long sleeves and that you bring a flashlight and water.

Historic Monticello's Moonlight Cemetery Walk is like no other cemetery tour you've taken. You'll visit both stately and modest burial sites of local and state leaders, one of Florida's Founding Fathers, and an internationally respected WWII hero, as well as ordinary people. *All* their stories will inspire you. As you walk, you'll hear about Victorian funeral symbols, burial customs, and two *unusual* cemetery innovations. You'll be invited to listen to storytelling and participate in some transcendent experiences along the way and guides just might lead you into a conversation with a Spirit. We can guarantee a unique and engaging experience. The moonlight, however, is up to Mother Nature. Your guides are Linda "Schuyler" Ford and Michael Blain. Schuyler is a skilled storyteller, Victorian history nerd, and she led tours of New York's Sleepy Hollow Cemetery before moving to Tallahassee. Michael is a history buff, professional speaker, and practitioner of mystical experience. Optional transportation from the Tallahassee Senior Center is available.

026 TASTE OF THOMASVILLE**FEE: \$ 54.00****INSTRUCTOR:** Debra Smith**Time:** 10:00 a.m. – 2:30 p.m.**Location:** Thomasville Visitor's Center, 144 E. Jackson St., Thomasville, GA**Registration Deadline:** 12 Noon, Wednesday, September 14**Meeting Time & Location:**

- **Using your own transportation:** By 10:00 a.m. at the Thomasville Visitor's Center courtyard
- **Using Senior Center transportation:** By 9:00 a.m. at the Tallahassee Senior Center, Dining Room. We are scheduled to return at 3:00 p.m.

SPECIAL INSTRUCTIONS: It is recommended that you wear comfortable walking shoes.

Take an easy 1.5-mile stroll through downtown Thomasville, GA and sample a variety of award-winning foods. Experience true southern hospitality through history, culture, and architecture. As you stroll among the brick streets, get an understanding of why Thomasville was voted #2 Best Small Town in the country by USA Today! And of course, no trip to Thomasville is complete without a trip to see one of the oldest live oak trees in the region...The Big Oak! Optional transportation from the Senior Center is available.

027 REFORM JUDAISM AT TEMPLE ISRAEL**FEE: \$ 7.00****INSTRUCTOR:** Stefanie Posner**Time:** 1:00 – 2:30 p.m.**Location:** Temple Israel, 2215 Mahan Dr.**Registration Deadline:** 12 Noon, Wednesday, September 14

Temple Israel's Education and Music Director, Stefanie Posner, will share the history of the beginnings of the Reform movement of Judaism and its rich traditions that make it the largest movement in worldwide Judaism. Attendees will have the opportunity to tour the synagogue and learn about the structure of the sanctuary, gain an understanding of ritual items, and have a close look at the Torah.

028 INTRODUCTION TO FLY TYING

FEE: \$ 7.00

INSTRUCTOR: Gerald Bell

Time: 3:00 – 5:00 p.m.

Location: Tallahassee Senior Center, Activity Room

Registration Deadline: 12 Noon, Wednesday, September 14

Fly tying is an angling tool that can empower you to catch more fish as well as an art and a science. Local angler Gerald Bell will give a lesson to beginning fly-tyers looking to tie their own flies. No experience is necessary for this introductory class.



029 NORTH FLORIDA WILDLIFE CENTER TOUR**FEE: \$ 30.00****INSTRUCTOR:** NFWC Staff**Time:** 9:00 a.m. – 12:30 p.m.**Location:** Meet at Tallahassee Senior Center, Dining Room, by 9:00 a.m.**Registration Deadline:** 12 Noon, Thursday, September 15

SPECIAL INSTRUCTIONS: It is recommended that you wear comfortable closed-toed shoes and clothes that you don't mind getting dirty. Bring sunscreen, insect repellent, and water if you need them.

The North Florida Wildlife Center is a nonprofit organization in Lamont, Florida dedicated to wildlife conservation through education, field work, and propagation of species. They offer guided tours and animal encounters, where the public can meet the fantastic rare and endangered species that call the center home. Your experience will include a guided facility tour, joey encounter where you will be able to go into the enclosure and interact with our red kangaroo and wallaby joeys, and you will be able to feed our lemurs from the outside of their enclosure while you learn about them.

030 KITCHENABLE AFTERNOON TEA**FEE: \$ 45.00****INSTRUCTOR:** Chef Jessica Bright McMullen**Time:** 1:00 – 3:00 p.m.**Location:** KitchenAble, 967 Briarcliff Rd., Tallahassee**Registration Deadline:** 12 Noon, Monday, September 12

SPECIAL INSTRUCTIONS: We welcome all here at our historic home; however, it was built long before accessibility was a consideration. There are a few brick steps that must be used to get to our front door. Once you are inside there are two steps down from our foyer to the main area of the house. We will gladly assist to get people safely inside. For parking there is a circle drive and street parking in front of our house (on both sides of the road).

Join us for our annual L3X afternoon tea at KitchenAble. This year we are celebrating aloha by hosting a three-course Hawaiian themed afternoon tea. Enjoy tropical flavors in this class featuring a menu that includes:

- Plantation tea (an iced tea with fresh mint and pineapple juice),
- Fresh baked breads including macadamia banana bread and flaky scones with lilikoi butter.
- Finger sandwiches: smoked fish, pineapple cream cheese, and mango-curry chicken salad.
- Sweet treats including Guava Tarts, Matcha Crème Brûlée, and Haupia filled Cream Puffs.

In addition to a delicious helping of each dish you will also receive a recipe packet with our recipes.

NOTE: *Shaded class number indicates that the class is either virtual or hybrid (virtual and in-person)*

031 GREAT ARTISTS: BERTHE MORISOT + MARY CASSATT FEE: \$ 7.00

INSTRUCTOR: Tom Friedman

Time: 2:30 – 4:00 p.m.

Location: Tallahassee Senior Center, Dining Room + Zoom

Registration Deadline: 12 Noon, Thursday, September 15

When the second Impressionist exhibition opened in the spring of 1876, a critic described its participants as ‘five or six lunatics, one of which is a woman.’ That woman was Berthe Morisot, sister-in-law of Edouard Manet and wife of Eugene Manet, who recognizing her enormous talent and drive sacrificed his own art career to support her. Only one American artist ever exhibited in the Impressionist Exhibitions in Paris. That artist was American Mary Cassatt who had trained in France and was recognized by Edgar Degas, among others, as being exceptional. Artist and instructor, Tom Friedman, will discuss at the lives and art of these two women Impressionist Masters and discuss a bit about the obstacles imposed by society when they worked.

032 SENIOR ARTIST SHOWCASE

FEE: No charge

INSTRUCTOR: NA

Time: 6:00 – 8:00 p.m.

Location: Tallahassee Senior Center, Auditorium

Registration Deadline: Registration not required

Come experience some of the best art from local artists. The Tallahassee Senior Artist Showcase is an annual juried fine art exhibit open to all artists age 50+ in the Tallahassee and the surrounding areas. The reception is the party to celebrate the artists, hear about their work, announce award winners, enjoy refreshments, music by the band Hot Tamale, and admire the art. We hope you will join us!

*The Senior Artist Showcase
is sponsored by
The Sketchley Law Firm*



033 THE JAMAICAN SEAS OF THE HARLEM RENAISSANCE FEE: \$ 7.00**INSTRUCTOR:** Benjamin Lawson, Ph.D.**Time:** 10:00 – 11:30 a.m.**Location:** Northeast Branch Library, 5513 Thomasville Rd., Tallahassee**Registration Deadline:** 12 Noon, Friday, September 16

Many American writers with roots in the Caribbean have contributed significantly to American literature. Their influence began as early as the famous Harlem Renaissance of the 1920s and continues to the present. Doctor Benjamin Lawson, retired English professor from Albany State University and FSU, gives a lively illustrated presentation which centers on Jamaican American poet, essayist, and writer of fiction Claude McKay.

034 SAINTS + SINNERS FEE: \$ 7.00**INSTRUCTOR:** Linda Schuyler Ford**Time:** 3:00 – 4:00 p.m.**Location:** The Grove at Canopy, 2601 Crestline Rd., Tallahassee**Registration Deadline:** 12 Noon, Friday, September 16

Storyteller Linda Schuyler Ford is back with a *new version* of her show Saints and Sinners, a 90-minute spoken word concert. Saint or sinner, wise man, or fool, these are the stories about all of us. The diverse offerings include Personal Narrative, folktales, and fairy tales, and they range from poignant to roll-on-the-floor funny. Ninety minutes will speed by! Linda Schuyler Ford has been described as “the storyteller who slips her hand into yours and immerses you in other worlds, then gently brings you home again.” Learn more about Linda at www.schuylerford.com.

NOTE: *Shaded class number indicates that the class is either virtual or hybrid (virtual and in-person)*

035 WAKULLA SPRINGS BOAT TOUR + OPTIONAL LUNCH FEE: \$ 16.00

INSTRUCTOR: Staff

Time: 9:50 a.m. – 2:00 p.m.

Location: Wakulla Springs State Park, 465 Wakulla Park Dr., Wakulla Springs

Registration Deadline: 12 Noon, Monday, September 19

Meeting Time & Location:

- **Using your own transportation:** By 9:50 a.m. at boat ticket office, Wakulla Springs State Park. Note: There will be a \$3 per car entrance fee.
- **Using Senior Center transportation:** By 9:00 a.m., Tallahassee Senior Center, Dining Room. We are scheduled to return by 2:30 p.m.

SPECIAL INSTRUCTION: Following the boat tour, we will be having lunch at the restaurant in the 1930's Spanish style lodge. Lunch is not included in the class fee.

Home of the world's largest and deepest freshwater springs, the sapphire water of Wakulla Springs boasts manatees, alligators and a host of diverse wildlife that can be viewed from a riverboat or the diving platform. Be sure to have your camera ready as we take the riverboat tour along the Wakulla River. View majestic bald cypress trees, wading birds, alligators, and maybe even a manatee. Following the boat tour enjoy a delicious lunch in the restaurant of the 1930's Spanish style lodge.

036 BEHIND THE SCENES OF THE O.J. SIMPSON CASE FEE: \$ 7.00

INSTRUCTOR: Bob Feuerstein

Time: 3:00 – 4:30 p.m.

Location: Tallahassee Senior Center, Activity Room + Zoom

Registration Deadline: 12 Noon, Monday, September 19

The sensational 1995 criminal trial *The People of the State of California v. Orenthal James Simpson* is one of the most well-known trials in American history. Join Bob Feuerstein, former still and video photographer for the Los Angeles County District Attorney's office and San Diego County from 1991 - 2009, to find out what happened behind the scenes of this notorious case. He will also discuss his work on other famous cases such as the Rodney King police brutality trial. Hybrid class at TSC and on Zoom.

NOTE: *Shaded class number indicates that the class is either virtual or hybrid (virtual and in-person)*

037 MAG LAB TOUR + LUNCH**FEE: \$ 20.00****INSTRUCTOR:** Mag Lab Staff**Time:** 10:00 a.m. – 1:00 p.m.**Location:** Meet at Tallahassee Senior Center, Dining Room, by 10:00 a.m.**Registration Deadline:** 12 Noon, Monday, September 19

Tallahassee is home to the National High Magnetic Field Laboratory, the largest and highest-powered lab of its kind in the world! This is your chance to see how they design and construct the world's most powerful magnets and use them as research tools to explore new materials, find energy solutions, and understand the cells that underlie life itself. Take a tour through the facility and enjoy the chance to have lunch with Mag Lab experts to learn more about some of the groundbreaking research conducted around the lab.

038 THE LIBRARY OF CONGRESS: AMERICA'S LIBRARY**FEE: \$ 7.00****INSTRUCTOR:** Nell Stranburg**Time:** 2:30 – 4:00 p.m.**Location:** Tallahassee Senior Center, Dining Room + Zoom**Registration Deadline:** 12 Noon, Tuesday, September 20

Nell Stranburg was a docent at the Library of Congress Jefferson building for two years before the Pandemic shut down the Library in March 2020. The first time she toured the Library of Congress, she thought the Jefferson Building was the most beautiful building in Washington D.C. You will take a tour of the Jefferson Building which is one of three LOC buildings on Capitol Hill. This building was opened in 1897 and has beautiful statues, paintings, and mosaics throughout. We will visit the Great Hall, Main Reading Room, and look at the artwork on the Mezzanine Level.

039 WINE + CHEESE PAIRING AT HUMMINGBIRD WINE BAR**FEE: \$ 48.00****INSTRUCTOR:** Mairin Moor**Time:** 6:00 – 7:30 p.m.**Location:** Hummingbird Wine Bar, 1216-4 N. Monroe St., Tallahassee**Registration Deadline:** 12 Noon, Tuesday, September 20

The goal of Hummingbird Wine Bar is to bring people together for great wine in a fun, casual, and accessible way. They want to be a home for wine nerds, as well as people looking for a nice place to enjoy a glass of wine. Enjoy sampling a small flight of 5 cheeses paired with a flight of 5 wines and learn from their expert staff about the art of pairing tasty cheeses with great wines.

040 BIKE RIDE WITH A PLANNER**FEE: \$ 7.00****INSTRUCTOR:** Jacob Fortunas**Time:** 7:30 – 11:00 a.m.**Location:** Meet at Smokey Hollow Memorial, 550 E. Pensacola St. adjacent to Cascades Park. Vehicle parking is available on neighborhood streets or at the parking lots adjacent to the FDOT building at Cascades Park.**Registration Deadline:** 12 Noon, Wednesday, September 21**SPECIAL INSTRUCTIONS:** Bring your own bike, helmet, and water.

This casual 5-mile slow roll ride will explore Tallahassee's Capital Cascades Trail between Historic Smokey Hollow and Lake Elberta. Guided by Tallahassee-Leon County Planning Department Staff, you will learn about the history, planning, and engineering of Tallahassee's Capital Cascades Corridor.

**041 WAYS OF THE SEMINOLES****FEE: \$ 12.00****INSTRUCTOR:** Jerry Walls**Time:** 2:00 – 3:00 p.m.**Location:** Tallahassee Senior Center, Activity Room**Registration Deadline:** 12 Noon, Wednesday, September 21

Naturalist and educator, Jerry Walls will explore the history of the Seminole tribe. How did they live off the land? Learn why they never surrendered. Practical and medicinal uses of plants and animals by the Seminoles will be discussed as well as what they are doing now. Plus, he will bring a live animal or two that represents their "clans."

042

TALLAHASSEE SWING BAND AT THE GROVE AT CANOPY

FEE: \$ 15.00

Time: 6:30 – 8:30 p.m.

Location: The Grove at Canopy Parking Lot, 2601 Crestline Rd., Tallahassee

Registration Deadline: 12 Noon, Wednesday, September 21

SPECIAL INSTRUCTIONS: You can pre-order personal charcuterie board to enjoy at the concert for \$18 each. To place orders for charcuterie boards, call 850-219-3123 no later than Monday, September 12.

Enjoy an exciting evening of big band, jazz, and swing music at The Grove at Canopy. Bring chairs, snacks, and beverages of choice to this casual outdoor event. The Tallahassee Swing Band is North Florida's favorite dance band. The band began in the 1970's with the sole purpose of keeping alive the music of the big band era. They have 13 horns, as well as a rhythm and vocal section. The band has expanded its repertoire beyond big band, jazz, and swing to include waltzes, polkas, rock 'n roll, and Motown.

*The Tallahassee Swing Band at The Grove at Canopy
is sponsored by
The Grove at Canopy and Home Instead Senior Care*



CLOSING LUNCHEON

CAMP GORDON JOHNSTON

WWII MUSEUM

Friday, September 23

11:30 a.m. – 1:30 p.m.

Tallahassee Senior Center

\$17

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 the sole purpose of training Infantry Divisions and their support units in amphibious operations by U. S. Army Engineer Special Brigades [ESB]. This camp trained a quarter of a million men, closing in June of 1946. Three infantry divisions and two special brigades left here after receiving amphibious training to confront tyranny both in Europe and the Pacific. The CGJ Museum has compiled an extensive history of the various units that trained here, as well as a photographic display of the area and life as it existed at the camp. Furthermore, the CGJ veterans have contributed the artifacts brought back from battles overseas, along with uniforms, equipment, and all sorts of souvenirs, too numerous to name. Lisa Keith-Lucas, Archivist, and president of the Board of Directors of the Museum will discuss the history of the camp and share some fascinating artifacts from the museum's extensive collection.

SPEAKER



Lisa Keith-Lucas is the Archivist and president of the Board of Directors of the Camp Gordon Johnston WWII Museum. She holds degrees in Chemistry and Geoscience from The University of the South: Sewanee and Mississippi State University. Like so many small museums, the Camp Gordon Johnston Museum relies on volunteers to oversee all aspects of the museum, from managing the collection to the bookkeeping. Lisa moved to Carrabelle in 2012 after a 30-year career teaching chemistry and physics and started as a volunteer board member in 2016. She was charged with orchestrating the move of the museum in 2018 to the new location on Highway 98 across from Carrabelle Beach. She lives in Carrabelle with two dogs (rescues) and her husband Timothy (not a rescue).

Join the Festivities!

Deck-tinis

Thursday, November 3, 6:00 pm

Martini Making Class
Drink Kits Available

Everybody's favorite Deck the Halls "pre-party"



Deck the Halls

Friday, December 2, 6:00 pm

Food, entertainment, martini bar, and silent auction
complement an evening full of cheer and holiday festivity



Tallahassee Senior Center • 1400 N. Monroe St.
www.TallahasseeSeniorFoundation.org

