



Active LIVING

The magazine for Tallahassee's active adults

Adventures • in
learning

Ride into fun with L3X events



LifeLong Learning kicks in for fall

Maureen Haberfeld
Lifelong Learning Coordinator

Kayak on the Wacissa **Wed. Oct. 12, 8:30 a.m. – 2:30 p.m.**

The Big Bend area has great waterways for kayaking. Volunteers from the local Paddle Club will teach basic paddling techniques and how to maneuver the kayak. We will visit springs and explore flora and fauna of the scenic Wacissa River. After 2-3 hours on the river, enjoy a picnic lunch.

Fee \$47 includes kayak rental, lunch, and transportation from TSC. Limited space available.

Life Review: Voices of the Heart **Thu. Oct. 13, 1:30 – 3 p.m. at TSC**

What is the greatest gift one generation can give to another? Money? Property? A family business? Any of these is a treasure to be sure, but of equal importance are the life stories that mark our individual time on earth. Each person has his or her own unique story that only he or she can tell. That's the idea behind Big Bend Hospice's Voices of the Heart Life Review journal - to help people tell their own life stories and to create a personal living legacy for future generations. Join Lisa Sellers and Katie Mandell from Big Bend Hospice as they walk through the life review process so you will be prepared to write your story or help a loved one share their point of view.

This is the perfect class to take before "Writing Your Family History" which is offered the next 2 weeks 10/20 and 10/27 at the TSC.

In-person class. Fee \$5.

Our Amazing Body **Tue. Oct. 18, 1:30 – 2:30 p.m.** **on Zoom**

What a time we are having.

Sometimes it seems like endless worry. Our amazing body. We too often take it for granted. Maybe it is time to have gratitude for what we have! Instructor Dr. Karen Glendenning, a retired professor of neuroscience ventured into studying books about our body and shares interesting and fun facts. For example, did you know that most all the chemicals in your body can be bought in the drugstore?

The cost would be \$151,578.46 not



Thank you to the L3X Presenting Sponsor: Audiology Associates, a division of Tallahassee Ear Nose and Throat.

counting labor and sales tax! Or that your lungs would cover a tennis court and the airways within them would stretch from coast to coast? So come on our trip of gratitude.

Virtual class on Zoom. Fee \$5.

Writing Your Family History Thu. **Oct. 20 and 27, 1:30 – 3 p.m. at TSC**

Writing a Family History, a two-session class with Mary Sterner Lawson, will help you capture personal memories and to family history. In an approach that is user-friendly, Lawson walks individuals through the process of collecting, organizing, and writing down reminiscences. In the first session, handouts and a PowerPoint demonstrate the process. Armed with a viable approach to recording what is and has been important in their lives, inspired participants in the second session will be able to share their experience. The perfect follow up to Life Review on 10/13.

In-person class; 2 sessions. Fee \$5 per session.

Spain: Off the Beaten Path **Tue. Oct. 25, 4 – 5:30 p.m. on Zoom**

When you think of Spain, what comes to mind? For many people, it may be bulls and matadors, sangria, and flamenco. Those people wouldn't be wrong, but Spain offers lush greenery, crisp cider, bagpipes, and...home to Lilli Reilly, a Philadelphia native who has been living and working in northern Spain for the last 3 years. The north is rarely visited by international tourists, often overlooked in favor of more well-

known destinations but this fascinating region with a unique history, climate, and culture is distinct from what you will find in other parts of the country. In this class, Lilli shares hidden treasures in the lesser-known parts of this incredible country.

Virtual class on Zoom. Fee \$5

Lunch with an Artist **Wed. Nov. 9, 9:30 am – 1:00 pm** **at Gadsden Arts Center**

Known for employing quick and essential lines to reveal the spirit and vitality of her subjects, artist Mary Sterner Lawson brings a unique selection of autographed celebrity sketches to Gadsden Arts Center. Lawson was at the right place at the right time to chronicle renowned sixties musical groups, iconic performing artists, writers, actors, and activists. Her pen, graphite, and watercolor works are the products of close observation and interpretation that capture the inner spirit, features, expressions, and demeanor of her subjects. Visit the Gadsden Arts Center and listen to Mary discuss her exhibit of autographed celebrity sketches and entertain us with stories of how they were obtained. She will join the group for lunch to continue the conversation. We will also view the exhibit Marvelocity: The Art of Alex Ross.

Fee \$21 includes lunch, optional transportation from the TSC, and museum admission.

For more info or to register, go to TallahasseeSeniorFoundation.org or email Maureen.Haberfeld@tal.gov

ABOUT THE PUBLICATION

Active Living is a bi-Monthly publication of the Tallahassee Senior Center (TSC), 1400 N Monroe St., Tallahassee, FL 32303. 850-891-4000.

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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

ON THE COVER:

City Planners will lead a bike tour of historical Cascades Park Sept. 22.

Attendees are eager to learn about classes and chat with instructors during the L3X Preview parties held in August.

Sharron Pena shares her beautiful birds of prey.

Perry and Evelyn Harrell are interested to discover Outdoor Adventures.

L3X offers dozens of classes through September

Tallahassee Senior Center's popular Lifelong Learning Extravaganza continues through September with fun classes, field trips and learning. Full list of classes, descriptions and registration can be found online at TallahasseeSeniorFoundation.org/L3X

TALLAHASSEE SWING BAND CONCERT

Thur., Sept 22, 6:30 p.m.

Enjoy an exciting evening of big band, jazz, and swing music at The Grove at Canopy. The Tallahassee Swing Band is North Florida's favorite dance band. Bring chairs, snacks, and beverages of choice to this casual outdoor event.

You can pre-order a 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, Sept. 12.

The Tallahassee Swing 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. Thanks to The Grove at Canopy and Home Instead Senior Care for their generous support of this event!

Tickets are just \$15

FITNESS & OUTDOOR OPPORTUNITIES EXPO

Mon., Sept. 12, 10 a.m. – 2:00 p.m.

An exciting expo filled with demos, health screenings, presentations, and information from over 40 vendors about outdoor fitness and adventures to keep you connected, healthy, and active.

Be fitted for a bike helmet, get biometric health screenings, attend fascinating lectures, learn about regional hiking trails, fishing, archery, kayaking, forestry, and much more.

Stay all day or stop by to pick up resources and goodies, meet others, and sign-up for outdoor adventures! Sponsored by Tallahassee Memorial Healthcare.

FREE Event. Enjoy a hot dog lunch grilled by Tallahassee Fire Department, \$3 donation for lunch.

2022 SENIOR ARTIST SHOWCASE ART RECEPTION WITH LIVE MUSIC BY HOT TAMALE

Fri., Sept. 16, 6 – 7:30 p.m.

Come out to the Art Reception which will honor artists in the Seniors Showcase, and feature music by local band Hot Tamale. Beer, wine and refreshments will be served.

The artwork by big bend area artists is currently on display in the Senior Center Auditorium through October 3rd and on-line at www.TallahasseeSeniorFoundation.org – click on Art. Sponsored by The Sketchley Law Firm, P.A.



Tallahassee Swing Band concert will be at 6:30 p.m. Thursday, Sept 22, 2022.

CLOSING LUNCHEON WITH MUSEUM ARCHIVIST

Fri., Sept. 23, 11:30 a.m.

Attend the luncheon with guest speaker Lisa Keith-Lucas, Archivist, and president of the Board of Directors of the Museum. Keith-Lucas will discuss the history of Camp Gordon Johnston and share fascinating artifacts from the museum's extensive collection.

The Camp Gordon Johnston WWII Museum, located in Carrabelle, Florida, was established to honor and preserve the heritage of those 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. 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 units that trained here, as well as a photographic display of the area.

\$17 includes lunch

See more on page 10



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Happy Grandparents Day!

Grandparents Day is a day to celebrate all types of grandparents—but perhaps those that should be most congratulated are grandparents who are raising their grandchildren (if you can imagine doing that!).

These grandparents are special people indeed to take on the demanding role of “parent” again in order to keep their families together. It’s challenging and hard work but also joyful and fulfilling—and these grandparents wouldn’t have it any other way!

If you are raising your grandchildren, or know anyone who is, then check out GaP, or Grandparents as Parents. This is a fun and supportive group of grandparents who socialize and learn together how to better navigate this new lifestyle. GaP meets in-person for monthly lunches, grand-family socials and trips, and virtually for the popular bi-weekly evening support group.

Leon County Senior Outreach Lunch & Learn

Monthly Lunch & Learns offer the opportunity to have lunch while enjoying fellowship, interesting presentations. Sponsored by AARP. Fun senior activities such as fitness classes, line dance and cards games are also offered at the community centers. Visit tallahassee-seniorfoundation.org/outreach for more info.

Join us for lunch from 10:30am–12:30pm - \$6 donation for lunch

Reservation Required: RSVP at 850-891-4003

*Some events will be relocated due to early voting and elections, please confirm when you RSVP.

Bradfordville - Good Shepherd Catholic Church, 4665 Thomasville Rd.
every second Wednesday of the month - Sept 14, Oct 12, Nov 9

Chaires - Dorothy C Spence Community Center, 4768 Chaires Cross Rd.
every fourth Tuesday of the month - Sept 27, Oct 25, Nov 22

Fort Braden - Fort Braden Community Center, 16387 Blountstown Hwy.
every third Tuesday of the month - Sept 20, Oct 18, Nov 15, Dec 20

Lake Jackson - Lake Jackson Community Center, 3840 North Monroe St., Suite 301



Vivian Collins marvels at the bubble made by her grand-daughter, Lennaeus, at a GaP family picnic.

every third Thursday of the month - Sept 15, Oct 20, Nov 17, Dec 15

Miccosukee - Miccosukee Community Center, 13887 Moccasin Gap Rd.

every first Thursday of the month Oct 6, Nov 3, Dec 1

Woodville - Woodville Community Center, 8000 Old Woodville Rd.

every second Thursday of the month - Oct 13, Nov 10, Dec 8

SOUTHSIDE SENIOR SERVICES & PROGRAMS

Wendy Barber, Southside Outreach Coordinator

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

Monthly Wellness Circles: 11 a.m.-noon

Tues., Sept. 13 (second Tuesdays) at Jack McLean Community Center, 700 Paul Russell Road

Wed., Sept. 21 (third Wednesdays) at Jake Gaither Community Center, 801 Wahnish Way

Light refreshments and incentives are provided at each meeting. There is a \$2 suggested donation for each event.

Medicare open enrollment starts October 1. Cicely Clary is a financial advisor and insurance specialist with AHEC (Big Bend American Health Education Center). Cicely will break down the differences between the Medicare Supplement and the Medicare Advantage plans. Additionally, Ms. Clary will discuss specific health plans letting you



Jennie Lewis admires the disks used to make the high-powered magnets at the MagLab during the Woodville Lunch & Learn field trip.

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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

Wed., Sept. 28, 12–1:30 p.m.

Wed., Oct. 26, 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., Sept. 12 & 26, 7–8 p.m.

Mon., Oct. 10 & 24, 7–8 p.m.

Meeting virtually via Zoom

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

Call 850-891-4027 or email Karen.boebinger@talgov.com for more information or to RSVP for any events above!

know what each has to offer. This is a good time to ask questions about your health insurance so that you can make informed decisions about your health-care.

On October 11, at the Jack McLean Wellness Circle, Barbara Kirskey with SHINE (Serving Health Insurance Needs of Elders) a program with Area Agency of Aging will discuss Medicare basics.

Healthy for Life, our 8-week series, begins on Thurs., Oct. 20 (11 a.m.–1 p.m.). Our first 6 classes will focus on healthy eating and meal planning, presented by the UF Agricultural Center, followed by a Tallahassee Senior Center resource presentation with Nick Schrader and a presentation by local attorneys who specialize in elder law. You will receive materials and lunch. Suggested \$2 donation per class.

Senior Health & Wellness Programs

Come to the Fitness & Outdoor Opportunities Expo Mon., Sept. 12, 10 a.m. – 2 p.m.

Get to know the new FOOT program! Fitness and Outdoor Opportunities Together brings you outdoor hikes and a multitude of outdoor adventures to keep you connected, healthy and active. Visit tallahassee-senior-foundation.org/outdoor-activities

Upcoming Hikes (3rd Wednesdays), \$3 per person

Wed., Sept. 21, 9:45 am, at Phipps Park, 1275 Miller Landing Rd.

Wed., Oct. 19, 9:45 am, at Miccosukee Greenway, 5600 Miccosukee Rd.

Falls Prevention & Home Safety

Wed., Sept. 14, 10:30 a.m.

To recognize National Falls Prevention Awareness, FSU College of Medicine REACH program presents how to prevent common falls, and how to stay safe and independent in your home. Drop-ins welcome.

Lively Barbers Haircuts & Trims

Thu., Sept 29, 10 a.m. – Noon

Lively Technical Center's barbering program offers no-cost haircuts for men and simple trims for women. No appointment necessary.

Blood Pressure & Blood Glucose Screenings

Tue., Oct. 4 & Nov. 1, 10 a.m.– Noon
Offered on the 1st Tues of each month. No appt necessary.

Hearing Screenings

Thur., Oct. 6, 10 a.m.- Noon

October is Audiology Awareness month! Get your hearing checked by Audiology Associates. No appt needed.

Walk With Ease

Tue., Thu. & Fri., Oct. 4 – Nov 11, 2:30 – 3:30 pm @ The Grove

This 6-week self-paced walking program by Arthritis Foundation, is proven to increase balance, enhance strength and overall health. Class includes discussion of safe walking, pain management, stretching, and strengthening, plus supervised walking sessions. Free program sponsored by Area Aging Solutions, taught by Ferdouse Sultana. To register, www.tallahassee-senior-foundation.org/events-listing

Self-Defense & Personal Safety for Seniors

Wed., Oct. 12, 10:30 a.m.

This popular workshop will help you avoid becoming a victim. With Tallahassee Police Department's recommendations, you will feel more prepared to react, and more likely to have a favorable outcome if threatened.

Anxiety Disorders:

Not your Everyday Stress

Wed., Oct. 12, 6 – 7:30 p.m.

Learn about anxiety causes, symptoms, risk factors and treatments with Dr. Prasanti Tatini, Board Certified General and Geriatric Psychiatrist. Exhibitors, resources, and door prizes and no-cost CEUs available! This presentation is relevant to the community at large: families, individuals, health care providers, and social workers. \$7.00 donation for dinner. For more information: Melanie.Lachman@talgov.com To register, www.tallahassee-senior-foundation.org/events-listing

Brain Games with Ruth

Tue., Oct. 18, 10 a.m.

Brain Games can keep your brain younger and healthier, so join us for an hour of challenges and prizes.

Podiatry Screening and Foot Care

Thu., Oct. 20, 9:00 a.m. - Noon

Dr. Gary McCoy, Podiatrist, cuts toenails and treats foot problems. Doctor accepts Medicare, Medicaid, and secondary insurance, which may cover costs for this. \$30 fee if not covered by insurance. Appointment required: call 850-891-4000 or email Sarah.Vernon@talgov.com

Healthy Holidays Cooking Series

Mon, Nov 7, Nov 21 & Dec 05 @ 11 a.m.-noon @ TSC

Nov 7 – Fresh for the Fall

Nov 21 – Thankful, Hale and Hearty

Dec 5 – Happy Healthy Holidays

This 3-part series spotlights good nutrition and healthy holiday choices. Participate in a cooking demonstration and enjoy tasty samples. Presented by Big Bend Area Health Education Center. Register: www.tallahassee-senior-foundation.org/events-listing

Flu shots: Vaccine & Immunization Safety for Seniors

Wed., Nov. 9, 10:30 a.m.

Receive your annual flu shot and hear about vaccine and immunization safety for seniors. Learn how vaccines work and what vaccines are recommended for you. Presented by Leon County Health Department.

FITNESS:

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

VIRTUAL FITNESS:

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

2) On-Demand - www.tallahassee-senior-foundation.org

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. Classes are approx. 1 hour. For more info, email Ruth.Nickens@talgov.com or call 850-891-4042

Brain-Body-Balance, Mon., 1:00 pm, Active-aging, fall prevention program created to train and reverse many types of aging. Instructor Merisha Phillips.

Life Exercise, Tue. & Thur., 9:00 am, Dynamic workout consists of seated and standing aerobics, light weights, stretching, strengthening and balance exercises. Taught by Pomeroy Brinkley.

Mindful Movement, Tue., 11 am, Gentle, musical, yoga-based, fitness class focused on increasing energy, reducing falls, and maintaining flexibility. Taught by Lori Roberts, certified NIA yoga instructor.

Evening Yoga, Wed., 5:30 pm, Moderate Iyengar practice for adults, includes poses, relaxation, and meditation.

Taught by Pamela Hunter. \$4

NEIGHBORHOOD FITNESS SITES:

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

Bradfordville Fitness, Northeast Branch Library, Rm. 103, 5513 Thomasville Rd.

*Note: Class sizes limited. Must pre-register! Call 850-891-4045

Senior Fitness with Ferdouse: Tue. & Fri., 9:30 am

Senior Fitness Beginner with Llona: Tue. & Fri., 10:30 am

Senior Fitness Advanced with Llona: Tue. & Fri., 11:30 am

Yoga for Women with Ferdouse: Mon., 2:30 pm, \$5

Yoga for Adults with Ferdouse: Wed., 4:15 pm, \$5

Chaires-Capitola Dorothy C. Spence Community Center: 4768 Chaires Cross Rd.

Senior Fitness with Judy: Mon., Wed. & Fri., 8:30 am

Sit & Fit with Judy: Tue. & Thur., 9:30 am

Fort Braden Community Center: 16387 Blountstown Hwy.

Senior Fitness with Wendy: Mon. & Wed., 10:30 am

Brain-Body-Balance: Fri., 10:30 am

Lake Jackson Community Center: 3840 N. Monroe., Ste. 301

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

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

Miccosukee Community Center: 13887 Moccasin Gap Rd.

Senior Fitness with Judy: Tue. & Thur., 11:15 am

Optimist Park: 1355 Indianhead Dr.

Brain-Body-Balance with Ferdouse or Wendy: Tue. & Thur., 9:00 am

*There will be no class on Nov. 8 for Election Day.

SouthWood Community Center: 4675 Grove Park Dr.

Brain-Body-Balance with Wendy: Tue., 10:45 am \$5

Woodville Community Center: 8000 Old Woodville Rd.

Senior Fitness with Llona: Mon. & Wed., 9:30 am

Resources: Telemedicine

Telemedicine, and more broadly Telehealth, has enabled doctors to consult patients by using HIPAA compliant video-conferencing tools. Using telemedicine software, patients can see a doctor for diagnosis and treatment without leaving the comfort of their home. Physicians and patients can share information in real time from one computer screen to another, and they can even capture readings from medical devices at another location.

The use of Telemedicine/Telehealth resources will require HIPAA compliant software, and in some cases specialized monitoring equipment. A computer with a camera, smartphone, or tablet, as well as a high-speed internet connection are all you need to get started. Contact your primary care physician or specialist to discuss Telehealth options. For tips on preparing for a telehealth appointment, visit: bit.ly/3BWVYII

Medicare Coverage for Telemedicine services include office visits, psychotherapy, consultations, and other medical or health services that are provided remotely. You pay 20% of the Medicare-approved amount for your health care provider's services, and the Part B deductible applies.

For most telehealth services, you'll pay the same amount that you would if you got the services in person. Medicare Advantage Plans may offer more telehealth benefits than Original Medicare. These benefits can be available in a variety of places, and you can use them at home instead of going to a health care facility. Check with your plan to see what additional telehealth benefits are offered. medicare.gov/coverage/telehealth

LOCAL TELEMEDICINE OPTIONS

Tallahassee Memorial Healthcare (TMH) offers telehealth through a regional network called TMH Carelink, which allows primary care physicians and specialists to see patients virtually. This network also allows medical experts to monitor patients through special equipment in their home. Primary care doctors and specialists offer virtual video visits accessible from a smartphone, tablet or computer. Contact your doctor to schedule an appointment using TMH Carelink. You'll get a quick



Ramin Yazdanpanah listens as UPSLIDE participants play singing bowls at a sound healing workshop

sign-up link once you schedule your appointment.

tmh.org/for-healthcare-professionals/telemedicine

HCA Florida Capital Hospital offers family practice and clinic walk-ins and telehealth visits to patients. Depending on your needs, your provider will determine whether a telehealth visit is right for you. To schedule a telehealth visit, contact the office at 850-894-2401. Your provider will direct you to the platform that will work the best for your telehealth visit. Platforms include Patient Portal; Apple FaceTime; Google Duo; WebEx Meetings; Zoom. capitalregionalmc.com/patient-center/telehealth.dot#visitTips

Capital Health Plan (CHP) uses their Amwell telehealth system to schedule video visits with doctors. The system is private, secure, and free to enroll. There is a \$15 copayment per virtual visit that may vary depending on your plan or level of coverage. Clinical services on Amwell are provided by Online Care Group, and can be used any time, day or night, for many common issues. Physicians on Amwell average 15 years

of experience in primary and urgent care, and are U.S. Board Certified, licensed, and credentialed. You have the ability to view each physician profile so you can see their education and practice experience. capitalhealth.com/members/amwell-telehealth

Blue Cross & Blue Shield of Florida offers telehealth visits through Teledoc. Teledoc is a virtual health care service designed for the treatment of non-emergency issues, the results of which can be shared with your primary care doctor. Remote monitoring is also available, to streamline recoveries and manage ongoing conditions, alerting care teams when a serious event occurs. The expertise of trained specialists can be accessed by your primary care provider via eConsults without the need to visit a specialist in the office. The cost per virtual visit will vary depending on an individual's healthcare plan, everyday care will be \$49 or less. floridablue.com/virtual-health

FSU TeleHealth provides behavioral healthcare by a Geriatric Psychiatrist to patients 65 and above. Additional information is available at med.fsu.edu/fsu-telehealth

UPSLIDE

You're invited! 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 sponsored by the Tallahassee Senior Center Foundation and the City of Tallahassee.

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

[telehealth/home](https://talgov.com/telehealth/home)

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 and tallahassee-senior-foundation.org

Spend this fall making art

Heath McRae

Art Program Coordinator

For more info, visit www.tallahasseeSeniorFoundation.org, click on Art, or contact heathhilary.mcrae@talgov.com. 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.

INTRO TO DRAWING - Debbie Gaedtke

Monday, Sept. 19, 12:30–4:30 pm (1 day workshop)

One-day workshop for beginners and continuing artist who want a drawing refresher, using the grid and drawing from life techniques. \$15 (age 50+), \$17 (others)

ENGAGE WITH YOUR PAGE - Mary Liz Tippin-Moody

Tuesdays, Sept. 20 – Oct. 25, 1–3:30pm (6 weeks)

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

INTRO TO ZENTANGLE® - Starr Payne

Wednesdays, Sept. 21 – Oct. 12, 1:30–4:30pm (4 weeks)

Discover and explore the easy-to-learn Zentangle® method. With every ink stroke and graphite shading, you will create beautiful, structured patterns inspired by daily surroundings. \$40 (age 50+), \$48 (others)

PAINT LIKE MONET - Suzette Williams

Mondays, Sept. 26 - Oct. 31, 1–3:30pm (6 weeks)

In this beginner's workshop, use impressionistic techniques like the master himself with soft pastels, acrylics or oils. \$60 (seniors 50+), \$72 (others).

WATERCOLOR - Debra Lachter

Tuesdays, Sept. 27 – Nov. 1, 9–11:30am (6 weeks)

Beginning-Intermediates continue to develop techniques and take your painting to the next level. Dive deeper into color and composition while building confidence. \$60 (age 50+), \$72 (others)

CLAY: PINCH, COIL, SLAB - Barbara Balzer

Thursdays, Sept. 29 – Nov. 3, 1–4pm (6 weeks)

In this beginner's class you will learn three ancient skills that will allow you to build ANYTHING with clay from bowls to butterflies to birdhouses. \$60 (age 50+), \$72 (others)

LIFE STORIES 1 - Mariann Kearsley

Thursdays, Oct. 13 – Dec. 8, 10am – 12 noon (8 weeks, no class Nov 24) via ZOOM

Artistically tell your life story. Develop individual style and ideas for creating artwork with personal meaning. Mixed media. All Skill Levels. \$96 (age 50+)

CLAY CREATIONS - Mark Fletcher

Mondays, Oct. 17 – Nov. 21, 9am–12pm (6 weeks)

Sculpt functional and decorative objects. Teachers and volunteers help take your clay art to the next level.



Margaret Hamilton Retrospective, longtime TSC for the Arts participant will have her artwork displayed in the Senior Center Dining Room through October 11th.

All skill levels. \$60 (age 50+), \$72 (others)

SUMI-E - Mark Fletcher

Mondays, Oct. 17 – Nov. 21, 12:30–3:30pm (6 weeks)

Asian Ink Painting, learn traditional basic strokes, then expand into modern methods to paint your own originals! All skill levels. \$60 (age 50+), \$72 (others)

WEAVING LANDSCAPES - Leslie Cohen

Wednesdays, Oct. 19 – Nov. 2, 1–4pm (3 weeks)

Gather colorful yarns you have and learn the latest technique of combining tapestry and embroidery. Create a landscape on 10"×8" loom which you will construct in the first class.

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 a supply list. \$10 per class (age 50+), \$12 (others); or buy a discount art card.

LANDSCAPES IN SOFT PASTELS - Wendy Deva-rieux

Tuesdays, 9 a.m.–noon

Pastels can provide vibrancy and subtleties unlike other mediums. Some drawing or painting experience preferred.

OIL AND ACRYLIC PAINTING, Continuing Beginning-Intermediate - Debbie Gaedtke

Wednesdays, 9:30 a.m.–12:30 p.m.

TSC for the Arts Gallery

Tallahassee Senior Artist Showcase Exhibit

Paintings by big bend area artists currently on display in the Senior Center Auditorium through October 3rd and on-line at TallahasseeSeniorFoundation.org – click on Art.

Art Reception: Fri., Sept. 16, 6–7:30 pm

Artist awards plus music by local band Hot Tamale. Sponsored by The Sketchley Law Firm, P.A.

Learn and develop skills and techniques in a friendly, supportive class.

OIL AND ACRYLIC PAINTING, Intermediate-Advanced - Debbie Gaedtke

Wednesdays, 1–4 p.m.

Expand your creative side among a friendly group of painters. Work on your projects at your own pace, and participate in critiques.

EXPERIMENTAL WATERCOLOR, Intermediate-Advanced - Linda Pelc

Both options resume Sept. 22:

Thursdays, 9 a.m.–noon (option 1)

Thursdays, 1–4 p.m. (option 2)

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

OIL PAINTING, Advanced - Eluster Richardson

Fridays, 9 a.m.–noon

Develop skills and insight, improve composition and subject matter in oil painting, build upon acquired basics of oil painting. New students may need to present a portfolio to be approved for this class. When an instructor is not available to teach, the space is open as a painting lab, \$5.

PAINTING WITH OILS AND ACRYLICS - Fran Buie

Fridays, 1–4 p.m.

Beginners and continuing beginners learn and develop painting basics.

Ongoing Classes via ZOOM

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

Wednesdays, On-going, 1:30–4:30 p.m.

Pen & ink with a little watercolor. At least one prior art class recommended. On-going class, join at any time. \$10 per class (age 50+), \$12 (others); or buy a discount art card.

The Grove at Canopy Workshops

WATERCOLOR for beginners – Debra Lachter

Thursdays, Sept. 29 – Nov. 3, 9–11:30 a.m. (6 weeks) \$60 (age 50+), \$72 (others)

WATERCOLOR Intermediate - Eluster Richardson

Thursdays, Oct. 20 – Dec. 1, 1:30–4 p.m. (6 weeks, no class Nov. 24) \$60 (age 50+), \$96 (others)

Friends cool off during July Ice Cream Social



Above, friends gather to enjoy a cool treat.



Above right, Capital Chordsmen's "4 Oysters in Search of a Pearl" delight guests with their Barbershop Quartet harmonies.

Bottom right, sponsors from WCRX, CHP and Fyzical Therapy scoop up ice cream.



Some may recognize Sarah and Ted Houston as Silver Stars honorees this year.



Ice cream festivities brings out big smiles all around.



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Popular pre-holiday Martini Party is back this year with a twist!

Mixologists extraordinaire, Eric Pounders, of Madison Social, along with Michael Spellman, of Sniffen and Spellman, will share their secrets for martini making in person at the Tallahassee Senior Center.

They will create four specialty martinis including one that will be featured at our Deck the Halls event on Dec. 2.

Attendees will sample each of the four drinks along with some light appetizers and select their favorite martini for a full serving. The popular drink kit option will still be available for pre-order for those who cannot attend the event or who would like to take one home after the event. Drink kit will include all ingredients and liquor to make four different martinis.

All who register will receive the drink recipes and a link to a video on how to mix the drinks. For those not attending the event, pick-up for the drink kit pre-orders is Thursday, Nov. 3, between 3:30-5 p.m. at the Tallahassee Senior Center.

**Deck-tinis and More
Thu., Nov. 3
6 - 7:30 p.m.**

Fee \$30 for in-person event (includes tasting of each drink and one full size martini plus appetizers) and / or \$25 for each optional pre-ordered drink kit. This event is sponsored by Madison Social and Sniffen & Spellman.

For tickets, visit www.tallahasseeseniorfoundation.org



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 Foundation
Tallahassee Senior Center • 1400 N. Monroe St.
www.tallahasseeseniorfoundation.org



**2022
SENIOR
ARTIST
SHOWCASE**

**AWARDS RECEPTION
FRIDAY SEPTEMBER 16
6 - 7:30PM**
TSC AUDITORIUM
1400-N MONROE ST
MUSIC BY HOT TAMALE

Save the Date for Deck the Halls!

Friday, Dec. 2, 6 p.m.

Kick off the holiday season with live music, gourmet food, a martini bar, silent auction and a cash giveaway! This festive Senior Center fundraiser supports services and programs for active adults.

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TO LEARN MORE CONTACT US AT 850-878-5310.

For more resources to assist caregivers, visit www.bigbendhospice.org/caregiver-resources



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your hometown hospice, licensed since 1983

WWW.BIGBENDHOSPICE.ORG

L3X continues throughout September

L3X offers dozens of unique classes and special events throughout September. Learn more at tallahasseeenior-foundation.org/L3X

We appreciate our L3X Sponsors

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Ruth Nickens (right) encourages everyone to attend the FOOT Outdoor Adventure Expo on Monday, Sept. 12, packed with over 40 exhibitors, demos and presentations about outdoor fitness and adventures.



A fascinating tour of Monticello's Roseland Cemetery with storyteller Linda Schuyler Ford and history buff Michael Blain takes place on September 14 during the Historic Monticello Moonlight Cemetery Walk. Linda will also present a new version of her fantastic show Saints and Sinners on September 19.



Tom Friedman offers two presentations on Great Artists. September 14 highlights Georgia O'Keefe and September 16 features Berthe Morisot and Mary Cassatt.

Sightseeing part of the game for archer Oliver Austin

Nick Gandy

Tallahassee's Oliver Austin has traveled many a mile this summer to pull back his bow and aim for the small yellow ring of an archery target anywhere from 40 to 60 meters away.

He traveled south from Tallahassee to the National Senior Games in Broward County in May, and to the Sunshine State Games in Alachua County in June. He shot at the National Field Archery Championships in Enola, Pennsylvania, in July and capped his summer of Archery, in August, at the Field Archery World Championships in Tahkuranna, Estonia.

Go ahead, look it up to see just where that lies on the world map. It's not a destination for many living in the 32301 through 32309 zip codes here in Tallahassee.

Besides being one of the eight athletes on the U.S. team, Austin served as the team captain. That duty came with extra effort as the event was originally scheduled for 2020 and finally contested in 2022 due to COVID-19 restrictions.

The original roster featured 22 U.S. archers, but ended up with eight, two shooters in four different categories. "No one from the original team is on it now," Austin said from the range in early August.

Besides the journey to Estonia, the landscape of the host venue of the World Championships, the Joulumae Recreation Centre, offered more challenges to Austin and others. The Joulumae Recreation Centre also hosts cross country skiing and mountain biking events.

After admitting he was not off to a good start because of hills and uneven footing, Austin's North Florida geographical challenges were obvious. "I'm a Florida flatlander," he said. "I won't win but I won't come in last place."

His prediction came true. He was a silver medalist in the Veteran's Free-style Limited Compound Bow event, with a five-day total of 2245. His daily scores ranged between 406 and 526 and he finished 86 points behind the gold medal winner.

The 2021 Florida Senior Games and 2022 National Senior Games Gold Medalist in the Men's Compound Fingers, 60-64 age group, makes these ventures to archery events more than just about pulling back the bow and shooting. "I



U.S. Archery Competitors compete in Estonia



Tallahassee Archer Oliver Austin takes aim.

touristed to Estonia like I do all of my international trips," Austin said.

"I've done the same thing when I went to previous tournaments in South Africa and in Australia." On his way from Tallahassee to Estonia, Austin made a stop in London where the highlights were seeing Buckingham Palace and sitting "inside the circle" at Stonehenge. "It made me very happy," Austin

said.

He then took a day trip to Paris via train to see the Eiffel Tower, the Mona Lisa and took a Seine River Cruise. He then flew from London to Riga, Latvia, just to add another country to his growing list of places visited. In two years, the Field Archery World Championships will be held in Brazil. Austin's list will no doubt expand some more.

Approximately 500 athletes competed in the World Championships. Austin rattled off a few participating countries off the top of his head, "Finland, South Africa, Brazil, Germany, England, Ireland, Zambia and a few Florida people."

He described the area surrounding the venue with having, "a lot of forests." Driving to see more sights around the host venue was not conducive since the road leading to the venue as a two-lane road with a little bit of a shoulder. "People were trying to pass one another on these roads, and it gets really close," Austin said. "Between the airport in Riga, Latvia, and the host venue (approximately 170 miles), we saw four accidents. I'm limiting my driving."

Besides the archery range, the Recreation Center has visitor cabins. "I would say my cabin is primitive, compared to what we're used to when traveling to competitions. It has two twin beds and a communal bathroom. Luckily, I have a friend with an upstairs room with his own bathroom. I've been able to take showers in his room."

Oliver Austin's travel diary and passport are well worn. A cabin with twin beds in a forest situated in the far reaches of Eastern Europe can't be all that bad.

Elder Care returns to Cascades Park for 24th Oktoberfest



ELDER CARE
SERVICES, INC.

24th Annual
Oktoberfest



Elder Care Services Returns to Cascades Park for 24th Annual Oktoberfest

The Elder Care Services team is excited to return to Cascades Park for their 24th Annual Oktoberfest celebration. The agency is inviting everyone to join them on Sunday, October 9th, for a festive afternoon featuring great German food, music, wine, and beer from the best breweries in the area.

As the longest-running beer festival in Tallahassee, Oktoberfest proudly brings the German tradition to the Capital City and gives it a local flare. You can walk around a biergarten, dance to an ommpah band, and enjoy traditional German food while strolling in one of our area's beautiful parks.

The event raises funds for critical programs like Meals on Wheels, in-home personal care, and emergency assistance, among others, which allow seniors to age in the comfort of their homes. It's not only guaranteed to be a great time, but a chance to support seniors in the area!

Last year's hybrid event was an incredible success, and Elder Care Services hopes to make this year's even bigger and better.

For over 50 years, the support of generous community members has enabled Elder Care Services to fulfill their mission to improve the quality of life for seniors and their caregivers. With Oktoberfest, you will join with a community of compassionate individuals to celebrate the season while providing financial assistance for vital programs.

General admission tickets are \$50 and VIP access tickets with early admission, premium seating and

The event raises funds for critical programs like Meals on Wheels, in-home personal care, and emergency assistance, among others, which allow seniors to age in the comfort of their homes. It's not only guaranteed to be a great time, but a chance to support seniors in the area!

beverages are \$100. Kids and designated drivers can get tickets for \$25.

To purchase tickets or for more information on the event, visit www.eldercarebigbend.org/oktoberfest or call their main office at 850-921-5554.

Join Elder Care Services in saying "Prost!" and support local seniors at this year's Oktoberfest.

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. For more information, visit www.ecsbigbend.org or follow us on Facebook at www.facebook.com/ElderCareBB

Hospice is a service, more than a place

One of the biggest misconceptions people think when they hear the word "hospice" is that it is a place, when in essence, hospice is a service. In our community, many think "hospice" is the Margaret Z. Dozier Hospice House located off Riggins Road, when instead, it is a holistic, team approach to end-of-life care.

Big Bend Hospice provides a team of professionals in a variety of fields - physicians, nurses, social workers, and spiritual counselors, who work together to provide compassionate care to those facing an advanced illness. Care can be provided in a hospital, nursing home, assisted living facility, and preferably in a patient's home - wherever they call home.

If given the opportunity, most of us would prefer our final days be spent in our home, surrounded by loved ones. We would prefer to die a natural death at home without being a burden, financially or emotionally, on our families.

But there is a discrepancy between what people say they want and where end-of-life actually occurs. Statistics show 60% of Americans die in acute care hospitals, 20% in nursing homes, and only 20% at home. Although an overwhelming number feel it is important to put their wishes about end-of-life care in writing, less than 25% have done so and more than half say they have not talked with a loved one about their wishes.

One of the most important things you can do is to talk to your loved ones and physicians and put your wishes in writing. A written plan helps you have a say if you are unable to speak for yourself should you face a healthcare crisis. An advance directive, like Five Wishes®, should be completed by every adult, regardless of one's health status. It provides a broad outline of a person's wishes relating to end-of-life care including appointing a "health care surrogate," the person they want to speak on their behalf if they cannot. These written instructions/wishes could have a profound impact on where one will spend their final days.

If you don't have a written plan and don't know where to start, visit www.bigbendhospice.org/advance-directives to download a copy of Five Wishes®. Big Bend Hospice has trained facilitators who can meet with you at no charge to help you complete your Five Wishes® and instruct you on what to do once your document is completed.

Hospice is a verb, not a noun. Care is provided anywhere the patient calls home. The key is having a plan so no matter what direction your journey takes, your wishes will be heard.

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

OLLI offers something for every interest

Fran Conaway

The Osher Lifelong Learning Institute at Florida State University is making some welcome changes for its Fall Semester. OLLI Program Coordinator Terry Aaronson reports, "Based on the improving COVID-19 situation, we will be able to offer more classes in person, at sites on the Florida State University campus and around the community.

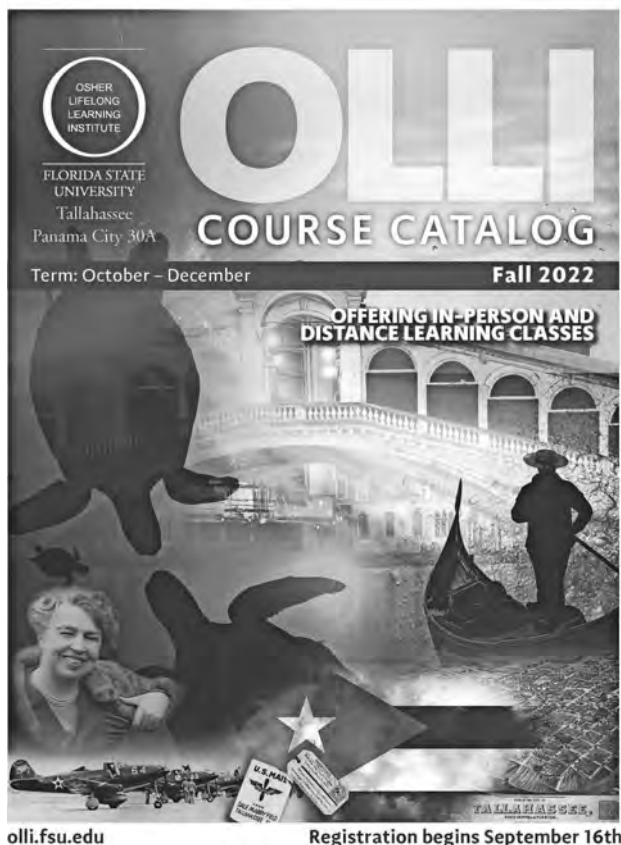
And, taking advantage of the benefits of Zoom, OLLI students will be able to continue learning from noted faculty from around the nation and around the world."

OLLI has developed an extensive curriculum of fascinating Fall Semester courses and activities custom-designed for those over 50 who love to learn.

Just consider the lineup for Wednesdays this fall: Singer/Songwriters of the 1970s; Early Cuban Exiles — Memories of Loss, Struggle and Rebirth; Tallahassee Takes Flight — Dale Mabry Field; Spanish; Exploring Medieval and Renaissance Maps; Italy — A Short Exploratory Journey; The Ten Commandments to The Truman Show — The Impact of Jewish Film Composers from the 1960s to the 1990s; Great Decisions; NATO — Its Seeming Emergence; Native American Art, Culture and Myths; Old Testament to New — The Emergence of Christianity; SPQR—Roman Art and Architecture; and Chair Yoga and More.

Classes will also be offered by OLLI at FSU, PC30A, which operates in the Panama City area with classes available to all OLLI at FSU members. For more information about PC30A classes and activities, see olli.fsu.edu.

For an in-person preview of the Fall Semester, mark your calendar for OLLI's Showcase of Classes and Activities, set for the Turnbull Center on Wednesday, Sept. 14, at 2 p.m. All in-person instructors will give brief introductions to their classes, and representa-



The OLLI Fall Course Catalog is available at olli.fsu.edu ILLUSTRATION BY LAURA SULLIVAN

tives of 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

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

Just consider what these Fall activities hold in store: A visit to Tall Timbers Research Station, an introduction to operations of Second Harvest of the Big Bend, pickleball, a tour of the Goat House farm; Marvelocity! The Art of Alec Ross at the Gadsden Arts Center & Museum, and exhibits at the Panhandle Pioneer Settlement Museum.

And that's just a start: Visit Peterbrooke Chocolate; take a virtual tour simulating dementia; take cooking classes with OLLI chefs; play disc golf; enjoy Jubilation: the Tallahassee Community Chorus fall concert; prepare for the holidays at Happy Holly Days at LeMoyne Arts; explore the Shape Shifting show at the FSU Museum of Fine Arts; and learn about Oyster Farming and Sustainable Farming through the Wakulla Environmental Institute.

Membership in OLLI at FSU is open to adults 50 and older who love to learn in a stress-free environment where there are no tests, no homework and no required reading. There are no education prerequisites. Instructors typically come from the faculty of local institutions of higher education and area experts, but Zoom has extended the range of instructors and students, who can join OLLI's classes and activities, regardless of location.

For more information about OLLI at FSU and how to become a member, see olli.fsu.edu. Need help? Contact Deb Herman at dherman@fsu.edu or Terry Aaronson at taaronson@fsu.edu.

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

'Fall Back' is different for those living with Dementia

John Trombetta

Executive Director at The Alzheimer's Project, Inc.

We are fickle when it comes to weather. We love our long summer days, but aren't so fond of those excruciating temperatures. To that end, we find ourselves wanting that cooler fall weather. That cool weather also comes with its challenges. While I don't think we'll be shoveling snow in Tallahassee, that's not the challenge I'm talking about.

The challenge I am talking about is the time change and the shortening of the days as the seasons change. For those caring for someone living with dementia, this is a challenge. Routine is a big part of managing

the disease. The time change upsets that routine because the light comes earlier and ends sooner. This can exacerbate sundowner's syndrome which many experience but is particularly challenging for someone living with dementia.

To meet this challenge, familiarize yourself (or re-familiarize yourself) with some of the tools to manage sundowning.

-Rest, as always, is the most important.

-Maximize use of daylight hours and times when your loved one is at peak energy for walks, doctor's appointments, and other necessary trips.

-As darkness comes, keep the house well lit. This will reduce the confusion of the time change

-While lots of lighting is helpful, reducing stimulation in the evening and minimizing distractions will help reduce agitation. While many use this time to catch up on work or chores, this is not a good time to run loud appliances or watching TV in the presence of your loved one.

-As always, keep an eye out for any triggers and make notes of them so you remember and can share with other caretakers that might be helping.

If you would like more information and other care tips, please contact our office at 850-386-2778 or go to our website www.alzheimersproject.org and click on Resources.



Lisa Baggett joins the Senior Center as Outreach Coordinator.

Welcome Lisa Baggett to Senior Center

The Tallahassee Senior Center Foundation welcomes Lisa Baggett as the new Leon County Senior Outreach Coordinator. Lisa loves working with our senior population.

"I didn't grow up with grandparents, so I've always been drawn to seniors. I especially enjoy listening to their life stories, their wisdom, and their appreciation and zest for life. As a senior myself, I was drawn to the Senior Center's mission to encourage active living and optimal aging. Seniors today are more socially active than ever before and I'm eager to help them improve or maintain a high quality of life."

Lisa most recently worked at Tallahassee Memorial HealthCare in the Marketing & Communications Department. Prior to that she worked at Big Bend Hospice for 14 years in the Education Department, the Foundation, and as a Volunteer Coordinator in Wakulla,

Franklin, and Taylor Counties.

She and her husband, Mike have two grown kids, Max and Will, as well as their beloved dog, Clover, and three cats. Lisa spends most of her free time at St. Marks National Wildlife Refuge communing with nature and photographing butterflies and birds. She also loves genealogy, preserving old family photos, walking Clover, and visiting the Forgotten Coast any chance she gets.

Leon County Senior Outreach brings senior center programming to the community centers in Bradfordville, Chaires, Fort Braden, Lake Jackson, Miccosukee, and Woodville. Programs include monthly Lunch & Learns, a variety of fitness classes, art instruction, and lifelong learning classes which are vital to keeping seniors active, engaged, and socially connected.

Gets the facts on your IRA distribution

As you plan your IRA Required Minimum Distributions, you may find that you do not need all of the money the government is requiring you to take. Taxpayers age 70½ or older who are required to withdraw IRA funds may donate a portion of your RMD directly to an eligible charity, such as the Tallahassee Senior Citizens Foundation, and not have to pay taxes.

The Qualified Charitable Distribution allows you to make direct transfers, up to \$100,000 per year, to 501(c)(3) charities, such as the Tallahassee Senior Citizens Foundation, without having to count the transfers as income for federal income tax purposes. In essence, your IRA Required Minimum Distribution (RMD) = great way to contribute to a worthy cause you care about while giving your tax refund a boost while. It's a win-win, to reduce your tax bill while supporting the good work we do at the Senior Center! Talk with your IRA administrator to get started.

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!

Platinum Keyholder

Tom & Sandy DeLopez; Cheryl Gibbons

Ruby Keyholders



Candace Hundley; Foy Winsor

Silver Keyholders

Charles Nam; Joan Nolte

Bronze Keyholders

Adrienne Bowen; Claudia Coaker; Daniel & Jean Conrad; Susan Robinson; Chip & June Townsend; Yvonne Weems

Friend Keyholders

Dana C. Bryan & Gwendolyn Waldorf; Diane Carr; Thomas Fitzgerald; Fran Folkes; Tonya Harris; Lisa Hourigan; Victoria Martinez; Mike Mesler & Susan Potts; Camille Park; Fred & Charlene Williams

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

In honor of: Peggy Bawl

By: Tami Black; Jose Gonzalez-Gigato; Lyle Richmond; Caroline Roth; April Salter; Barbara Steigerwald; Dan Stengle; Marianne Trussell

In honor of: Linda Roberts 75th birthday

By: Marnie Bakotic; Carol Boebinger; Kristy Carter; Susan Davis; Nancy Gentry; Angie Goodman; Debbie Griffin-Bruton; Maureen Haberfeld; Jud Johnson; Rosetta Land; Jo Langston; Sha Maddox; Lisa Meyer; Jennifer Naff; Ruth Nickens; Edna Owens; Linda Roberts; Andie Rosser; Sheila Salyer; Jill Sandler; Mary Beth Seay; Luanne Smith; Hella Spellman; Lori Swanson

In honor of: Tallahassee Senior Center

By: Marylyn Crank; Maxton Tamayo; Ansley Watkins; Diane Wunderlich

Memorial Donations

In memory of: E. Paul Moore

By: Fred & Gena Varn

In memory of: Mary Louise Transou

By: Maria Barker

Square dancing thrives with open house, classes

If you happen to step off the elevator on the second floor of the Tallahassee Senior Center on a Monday night, you will immediately hear the sounds of music and laughter! These joyous sounds emanating from the ballroom are the Capital Twirlers Square Dance Club, as they “square up,” “pass through,” “box the gnat” and even “load the boat.”

The Monday night crowd consists of 2 to 3 “squares,” each containing eight dancers, who follow calls (or steps) made by Caller Elmer Sheffield.

If you think you can’t dance, square dancing is unlike other dancing. You don’t have to worry about stepping on your partner’s toes, because you are usually going in different directions. No fancy footwork is required.

Instead, you walk quickly in time with the beat of the music as you form moving formations with the other dancers in your square—following the caller’s instructions. It is not difficult to learn, and you don’t have to be graceful.

The challenge is in not knowing what will come next; the next step will be called out to you: you don’t have to lead or follow—the caller does all that work for you. Despite our name, there’s not much twirling and it’s always optional—so don’t worry about getting dizzy!

The Club members are a wonderful mix of ages and stages in life. Square dancers are known for their congeniality and patience as they help new dancers learn the calls; the Capital Twirlers are no exception.

It is the largest square dance club in this area with a caller who is one of the best in the country! Elmer Sheffield, who is internationally recognized as a caller and as a country music recording artist, has been calling and teaching square dancing in Tallahassee for over 30 years.

The Capital Twirlers will be offering a series of classes which are open to all who love music and dancing, and can step in time with the music. It helps if you know your left from your right. A free introductory Open House will be held from 7-8 p.m. on Monday, Sept. 12 at the Tallahassee Senior Center, 1400 N. Monroe St., second floor.

Lessons will begin at 7 p.m. on Monday, Sept. 19 and will continue on Monday nights for the next 12-15 weeks. Wear comfortable shoes and clothing; we usually we don’t wear any special



Capital Twirlers Square Dance club offers an Open House and classes.

clothing to our dances. Bring a partner, if you can, to get the most out of our classes.

Open house

Capital Twirlers Square Dance Open House Mon., Sept. 12, 7-8 p.m. Free

Lessons begin on Mon., Sept. 19 at 7 p.m. for one hour and continue each Monday night for the following 12-15 weeks. There is a \$3 charge per person per lesson. For more information, email ebguthrie@comcast.net or call 850-386-1440. You can also find Capital Twirlers on Facebook www.facebook.com/TallahasseeTwirlers

SENIOR CENTER ACTIVITIES AND GROUPS

Ballroom & Swing Dance

Fridays, 5:30-7:00 pm

Fox Trot, Swing, Tango, Waltz and ChaCha. Lessons available. No partners needed. Come meet people and have fun!

Line Dance

Tuesdays, 7-9 pm, TSC Auditorium

Grab your dancing shoes and join us for Line Dancing! Bob Arnold leads an

energetic class of beginner and intermediate level dances with moderate and fast music tempos, and will have you learning to line dance with music from country, pop, rock, rhythm and blues, etc. Bring a friend or come out and meet new friends! All levels and all ages are welcome! \$2 per class (age 50+) / \$3 (others)

USA Ballroom Dance

Sat. Sept. 17, from 7:30-10:30p (3rd Saturday of each month)

This group is a local chapter of a national organization to promote and push ballroom dancing in this area. Free dance lessons are given before each dance. Special occasion dances have bands, otherwise music is provided by a DJ. Dance exhibitions are often present. www.usadance6010.org – for more information and themes.

What Can I Do with Digital Photo Editing?

Mon. Sept. 19, from 6 - 8pm in Conference Room 1A (Meets 1st & 3rd Monday)

This class demonstrates improvements that can be made to your photographs using digital photo editing programs. Regardless of whether you have an interest in portrait, landscape, wildlife,

urban or Astro photography, examples of photo editing on a variety of subjects will be examined.

Explorer’s Corner Discussion Groups

Wed., Sept. 21, 10-11:30 am

Each month we will view a video by a scholar, thinker, researcher, writer or other explorer about science, history, philosophy and other enlightening pursuits. This will be followed with topical discussion.

September Topic: The Baby Boom Middle Class American Generation, their Influences and their Legacy

Senior LGBT+ Support Group

Sept. 22 (every 4th Thursday) 11:30 am

Monthly support group meeting provides information and referrals, engages in advocacy, conducts trainings, and hosts events, hosted by Capital Tea and Elder Care Services, available to any LGBT+ individual age 50 and over. To find out more, send an email to info@capitaltea.org

Contra Dance

Fri. Sept. 23, from 7:30-10p (2nd & 4th Friday of each month)

Jigs and reels and all kinds of fun. Moves similar to square dance with a caller instructing each dance before the music begins. \$10/adults, \$9/seniors, \$6/students, and under 12 free. Wear comfortable shoes and clothes. No partner or experience necessary. Newcomers should arrive by 7:15 p.m. Visit www.tallydancer.com

Vision Loss Support Group

Wed., Sept., 28 at 2 pm (meets 4th Wednesday of the month), TSC - 1st Floor, Room 1A

If you or a loved one are experiencing vision loss, learn helpful tips & tools to deal with vision loss.

For more information, contact Janet Acheson 850-778-2381 or jacheson@seeingindependence.org

Technology Assistance

Tues., Oct. 4, 12-2 pm (first Tuesday of each month)

For help with mobile phone, tablet or computer, please bring your device for assistance.

TALLAHASSEE SENIOR CENTER CALENDAR OF WEEKLY PROGRAMS

DATE: SEPTEMBER 12 – OCTOBER 8, 2022



1400 N. MONROE ST. • TALLAHASSEE, FL 32303 • (850) 891-4000 • TallahasseeSeniorFoundation.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 <i>Fitness at Chaires</i> 9:00 Quilting Bees 9:00 Portrait Studio 9:30 <i>Fitness at Woodville</i> 9:30 French Int. 10:00 SHINE PRR 10:30 Adv. French ZM (KC) 10:30 <i>Fitness at Fort Braden</i> 11:00 Senior Counseling <i>(by appointment)</i> 11:00 French Adv. 1:00 Brain-Body-Balance 1:30 French Beg. 2:30 Pickleball 2:30 <i>Yoga for Women at Bradfordville PRR (SV)</i> 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 <i>Brain-Body-Balance at Optimist Park PRR (WB)</i> 9:00 Pastels Landscapes 9:30 <i>Fitness at Bradfordville PRR (SV)</i> 9:30 <i>Sit & Fit at Chaires</i> 10:00 Seniors vs. Crime 10:00 Wii Bowling 10:30 <i>Fitness Beg. at Bradfordville PRR (SV)</i> 10:45 <i>Brain Body Balance at Southwood PRR (WB)</i> 11:00 Mindful Movement 11:00 <i>Line Dance at Woodville</i> 11:15 <i>Fitness at Miccosukee</i> 11:30 Senior Dining <i>(PRR or Bring a Lunch)</i> 11:30 <i>Fitness Adv. at Bradfordville PRR (SV)</i> 1:00 Friends Connection ZM (ML) 1:00 TDBC Bridge 1:00 Senior Singers 1:00 <i>Canasta at Lake Jackson</i> 1:30 <i>Mahjongg at The Grove</i> 2:15 Bag Toss 2:30 Ping-Pong 4:00 Guitar 7:00 Line Dance 8:00 SA Support Group	8:30 <i>Fitness at Chaires</i> 9:00 Ceramics 9:00 Nimble Fingers 9:30 Oil & Acrylic Inter. Painting 9:30 <i>Fitness at Woodville</i> 10:00 Seniors vs. Crime 10:00 Movement Meditation 10:30 <i>Fitness at Fort Braden</i> 11:30 Pickleball Lesson 11:30 Pickleball 1:00 Oil & Acrylics Adv. 1:00 Canasta / Pinocle NEW 1:30 Draw with Your Eyes, Paint with Your Heart ZM (SV) 2:00 <i>Beg. Yoga at Lake Jackson</i> 4:15 <i>Beg. Yoga at Bradfordville PRR (SV)</i> 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 <i>Brain-Body-Balance at Optimist Park PRR (WB)</i> 9:30 <i>Sit & Fit at Chaires</i> 10:30 Ballet 11:00 Senior Counseling <i>(by appointment)</i> 11:15 <i>Fitness at Miccosukee</i> 1:00 TDBC Bridge 1:00 Friends Connection 1:00 Watercolor Inter./Adv. <i>(return Sept 22, 2022)</i> 1:00 French Study Group ZM (KC) 1:00 <i>Mindful Movement at Lake Jackson</i> 2:30 Ping-Pong 7:00 Capital Chordsmen 7:00 Writers Workshop	8:30 <i>Fitness at Chaires</i> 9:00 English 2nd Language ZM (KC) 9:00 Oil Painting Adv. 9:30 <i>Fitness at Bradfordville PRR (SV)</i> 10:00 Movement Meditation 10:30 <i>Brain Body Balance at Fort Braden</i> 10:30 <i>Senior Fitness Beg. at Bradfordville PRR (SV)</i> 11:30 Senior Dining <i>(PRR or Bring a Lunch)</i> 11:30 Pickleball 11:30 <i>Fitness Adv. at Bradfordville PRR (SV)</i> 1:00 Model Building 1:00 Painting with Oils and Acrylics, Beg 5:30 Ballroom & Swing 7:00 Al-Anon Newcomers

BI-WEEKLY AND MONTHLY PROGRAMS SEPTEMBER 12 – OCTOBER 8, 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SEPT 12 10a FOOT Expo 11a Art Council 1p Poetry Group ZM (KC) <i>7p GAP Circle of Parents ZM (KB)</i> 7p Twirlers Open House	SEPT 13 <i>11a Wellness Circle at Jack McLean</i> 1p Yoga PRR (SV) 7p Stamp and Cover Club	SEPT 14 10:30a Falls Prevention & Home Safety <i>10:30a Bradfordville Lunch & Learn</i> <i>12:30p Friends Connection LNC</i>	SEPT 15 <i>10:30a Lake Jackson Lunch & Learn</i> 1p Tai Chi Basics	SEPT 16 6p Art Reception – Senior Artist Showcase	SEPT 17 7p USA Dance: California Dreams
SEPT 19 1:30p Advisory Council (SS) 6p Photoshop Elements	SEPT 20 <i>10:30a Ft. Braden Lunch & Learn</i> 1p Yoga PRR (SV) 2:15 UPSLIDE Games	SEPT 21 8:30a Capital Coalition on Aging ZM (KC) 10a Explorer's Corner: Baby Boom 10a Hike (RN) <i>11a Wellness Circle at Jake Gaither</i> 1p LCSO Advisory Council 6:30p USA Dance Board Meeting	SEPT 22 1p Tai Chi Basics	SEPT 23 3:30p Tech Help 7:30p Contra Dance: Just for Fun Band <i>(Bobby Lolley & Friends) with caller Vicki Morrison</i>	SEPT 24 CENTER CLOSED
SEPT 26 1p Poetry Group ZM (KC) <i>7p GAP Circle of Parents ZM (KB)</i>	SEPT 27 <i>10:30a Chaires Lunch & Learn</i> 1p Yoga PRR (SV) 5p TDBC Board Meeting	SEPT 28 9a National Coffee Day <i>12p GAP Lunch & Learn</i> <i>12:30p Friends Connection LNC</i> 1p Legacy Chat 2p LBB-Vision Loss Support Group 3:30p Foundation Board Meeting	SEPT 29 10a Lively Barbers Haircuts and Trims 11:30a Senior LGBT+ Support Group 1p Tai Chi Basics	SEPT 30	OCT 1 CENTER CLOSED
OCT 3 6p Photoshop Elements	OCT 4 10a Blood Pressure & Glucose Screening 12p Tech Help (KC) <i>12:30p Game Day at Miccosukee</i> <i>2:30p Walk with Ease at the Grove PRR (SV)</i>	OCT 5	OCT 6 10a Hearing Screening <i>10:30a Miccosukee Lunch & Learn</i> 1p Tai Chi Basics <i>2:30p Walk with Ease at the Grove PRR (SV)</i>	OCT 7	OCT 8 CENTER CLOSED

TALLAHASSEE SENIOR CENTER, 1400 N. Monroe Street, 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 ZM = Zoom
 •HYBRID Classes (virtual + in-person): H = Hybrid
 •REGISTRATION INFORMATION: LLL = Lifelong Learning PRR = Pre-registration Required
 o Register Online at www.TallahasseeSeniorFoundation.org unless otherwise noted

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

(KB) Karen.Boehinger@talgov.com; (KC) Kristy.Carter@talgov.com;
 (MH) Maureen.Haberfeld@talgov.com; (ML) Melanie.Lachman@talgov.com;
 (RN) Ruth.Nickens@talgov.com; Sheila.Salyer@talgov.com
 (SV) Sarah.Vernon@talgov.com; (WB) Wendy.Barber@talgov.com