



# Active LIVING

*The magazine for Tallahassee's active adults*



## FALL *delivers* FUN



Learning tours continue in  
November, December

# Learn for the love of it

**Maureen Haberfeld**  
Lifelong Learning Coordinator

Discover something new, plan your next trip, or an amazing meal. A variety of interesting classes are offered throughout the year for adults who enjoy the fun and excitement of learning new things. The Tallahassee Senior Center offers classes in diverse areas such as history, science, nature, music, current events and places of interest in the Big Bend region. For more info or to register, go to [TallahasseeSeniorFoundation.org](http://TallahasseeSeniorFoundation.org) or contact Maureen.Haberfeld@talgov.com 850-891-4033

## Spring House Tour

**Thurs. Nov. 17, 1:30–3 p.m.**

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. Limited Space Available - Fee \$37. Most of the fee for this one-of-a-kind tour goes to the restoration of this local treasure.

## Holiday Table Settings with a Touch of Class

**Tues., Dec 6, 10–11:30 a.m. at The Grove at Canopy**

Join Edna Hall from A Touch of Class Florist / Celebrations on Main in Havana for an enjoyable morning learning some tips and tricks to make your holiday table sparkle. You will learn some techniques for napkin folding so please bring a square linen napkin from home for practice. Light holiday refreshments will be served. Fee \$16



**Holiday Model Trains will be displayed at the TSC Auditorium on Thur. Dec. 15, 6:30–8 p.m.**

## Monuments and More Tour

**Thurs., Dec. 8, 9:30 a.m.–1 p.m.**

Who or what was Kleman and why does a plaza sport that name? See an international artist's beachball and learn about Tallahassee's link to the 1993 British Olympic team. Bow your heads and say a prayer at monuments to fallen police, firefighters, and medal of Honor awardees. Join local resident and retired journalist, Don Ruane, for a walk visiting fascinating examples of public art and monuments. Enjoy lunch at The Egg following the tour. Wear sunscreen, comfortable walking shoes, dress for the weather and bring drinking water. Fee \$7

Includes transportation from the TSC and does not include price of lunch.

## Holiday Model Trains

**Thurs. Dec. 15, 6:30–8 p.m. TSC Auditorium**

Toy trains are a big part of many of our holiday memories. Come to the TSC and celebrate the holiday season with the Big Bend Model Railroad Association. Four model train layouts, including a Disney set, will be on display in the TSC auditorium and members of the club will be available to answer questions. Come play with the trains and relive happy holiday memories.

## ABOUT THE PUBLICATION

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

Sheila Salyer, Senior Services Manager, City of Tallahassee and Executive Director, Tallahassee Senior Foundation, and Karin Caster, Communications & Development

Martha Gruender, Coordinating Copy Editor

The mission of Tallahassee Senior Services is to offer programs, activities, and opportunities designed to encourage active living, optimal aging, and social fitness for independent adults age 50+. Disclaimer of Endorsement: Reference herein to any specific commercial products, process, or service by trade name, trademark, manufacturer, or otherwise does not necessarily constitute or imply its endorsement, recommendation or favoring by Tallahassee Senior Services or the Tallahassee Senior Foundation.

For more information on Tallahassee Senior Services, the TSC & Foundation, activities, and 15 neighborhood venues, contact 850-891-4000 or visit [Talgov.com/seniors](http://Talgov.com/seniors) and [TallahasseeSeniorFoundation.org](http://TallahasseeSeniorFoundation.org). "Like" us at [Facebook.com/TallahasseeSeniorCenter](https://www.facebook.com/TallahasseeSeniorCenter)

## ON THE COVER

L3X participants sip wine and discover cheese pairings at Hummingbird Wine Bar.

"Soul sisters" Joy Rowan & Althea Clarkson enjoy the monthly Lake Jackson Lunch & Learns.

A visit to the Popes Museum in Ochlocknee, Georgia, provides a unique historical glimpse into the life of artist and patriot Laura Pope Forester.

Kids are welcome so bring your grandchildren. Holiday refreshments will be served.

Pre-registration not necessary. \$5 donation for adults at the door, kids are free.

Thank you to Dodson Insurance, proud partner of Lifelong Learning.

# Deck the Halls

**Friday  
December 2, 2022  
6:00 p.m.**

**Tallahassee Senior Center  
1400 N. Monroe St.**

For more details, visit  
**www.TallahasseeSeniorFoundation.org**



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## HOLIDAYS AT THE TSC

### Winter Spectacular

Thurs., Dec. 1, 12-12:45 p.m.

Enjoy this spectacular dance performance by Studio B Dance Company. Allow these young dancers take you away to a winter wonderland. Special goodies will be provided.

### Capital City Band of TCC Concert

Mon., Dec. 5, at 7 p.m.

Capital City Band of TCC will perform favorite Christmas and holiday tunes for your listening and sing-along pleasure! \$5 donation at the door, benefits the Senior Center

### Capital Chordsmen Holiday Harmony Concerts

Thurs., Dec. 8, at 7 p.m.

Tues., Dec. 13, at 7 p.m.

A mix of traditional holiday music, in our a-Capella barbershop style, including pieces that will have you laughing and pieces that will inspire you for the season. Plan to leave with tunes floating through your head. Bring your friends and family for this wonderful event.

Tickets \$10 - Visit [capitalchordsmen.com](http://capitalchordsmen.com)

### Senior Center Holiday Closures:

Nov. 24 + 25 – Thanksgiving Holiday

Dec. 23 – Close at 1 p.m.

Dec. 26 – Christmas Holiday

Dec. 30 – Close at 1 p.m.

Jan. 2 – New Year's Holiday

# The coolest, most happening place: Deck the Halls 2022

## Meko Rice

Vice President,  
TSCF Board of Directors

It's that time of year again! Deck the Halls is back – bigger and better than ever. Join us at the Coolest, Most Happening Place: The Tallahassee Senior Center on Friday, December 2, 2022 from 6 pm–9 pm as we celebrate the holidays and give back to our Senior Community.

Come celebrate with us! Bring your giving spirit and jingle so you can mingle with friends, co-workers and neighbors all while supporting a great cause. The evening will be filled with gourmet food, martinis, great jazz from Jazz Et-cetera, and our famous Silent Auction. You can be a part of this great event and complete your holiday shopping all at the same time. With over 100 items, you can vie for great beach rentals, attractions, jewelry, gift cards and so much more!

Deck the Halls is our annual Fundraiser for the TSC Foundation. Our goal is to continue to provide the best experiences at the TSC and each program site, while keeping seniors active, healthy and engaged. Through your participation and support in this gala fundraiser, the TSC & Foundation offers a meaningful myriad of classes, programs, learning opportunities, and much-needed services to seniors in our community that provide a sense of purpose, and are vital to active,

healthy, independent, and optimal aging.

Tickets are just \$60 and, if purchased by November 30, you will be entered into a drawing for a \$250 cash giveaway and other door prizes. Tickets can be purchased on our website [TallahasseeSeniorFoundation.org](http://TallahasseeSeniorFoundation.org) or at the TSC. Donations are also accepted if you can't make the event. The TSC relies on your donations to fund programs to keep seniors connected to their network of friends. Activities like fitness, wellness, and lifelong learning, Lunch & Learns, Friends Connections, and Grandparents support groups—are all

possible through donations to our TSC Foundation.

Through the support of our community, we are a "Cool and Happening Place" for seniors. While the City of Tallahassee generously maintains our building, it is our members, donors, sponsors, business partners, and grants that keep our programs going. We thank you for your support. Give the gift of active aging this holiday season by buying a ticket or making your donation at [TallahasseeSeniorFoundation.org](http://TallahasseeSeniorFoundation.org) or mailing your check to TSCF, 1400 N. Monroe St., Tallahassee, FL 32303



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# Whoever said there's no such thing as a free lunch?

The Leon County Senior Outreach hosts monthly Lunch & Learns at the six communities on the outskirts of Leon County. These social events feature a guest speaker, exhibitors, fellowship, door prizes and lunch. If you would like to join us as a first-timer, your lunch is free! If you have attended before, invite a friend and you both eat for free! All Lunch & Learn events are held from 10:30 am-12:30 pm. Reservation required, \$6 suggested donation. Please call Lisa Baggett, Outreach Coordinator at 850-891-4065 to register.

## **Bradfordville: Dec. 14**

Lunch & Learn every second Wednesday at Good Shepherd Catholic Church.

## **Chaires: Nov. 22**

Lunch & Learn every fourth Tuesday at the Dorothy C. Spence Community Center.

## **Fort Braden: Nov. 15, Dec. 20**

Lunch & Learn every third Tuesday at the Ft. Braden Community Center.

## **Lake Jackson: Nov. 17, Dec. 15**

Lunch & Learn every third Thursday at the Lake Jackson Community Center.

## **Miccosukee: Dec. 1**

Lunch & Learn every first Thursday at the Miccosukee Community Center.

## **Woodville: Dec. 8**

Lunch & Learn every second Thursday at the Woodville Community Center.

## **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:**

Meetings are from 11 am-noon. Light refreshments and incentives are provided. There is a \$2 suggested donation for each event.

At **Jack McLean** on second Tuesdays (700 Paul Russell Road)

At **Jake Gaither** on third Wednesdays (801 Wahnish Way)

Wed., Nov. 16 at Jake Gaither, Chelsea Vogtle with AHEC (Big Bend American Health Education Center) will be our guest. She is the Health Promotions Specialist and will be demonstrating a healthy cooking recipe for Thanksgiving.

Tues., Dec. 13 at Jack McLean, and



**GaP grand-families enjoyed a beautiful day at Wakulla Springs State Park by having a picnic, playing games and going on the boat trip on the river, where they saw alligators, manatees, turtles and many birds.**

Wed., Dec. 21 at Jake Gaither

Chelsea will also be our guest in December demonstrating some healthy cooking recipes for the Christmas Holidays.

**Healthy for Life:** The 8-week series continues on Thursdays this fall.

Class times are 11 a.m.-1 p.m. A light lunch will be provided. There is a \$2 suggested donation for each class.

**Nov. 17** – the FSU Institute of Sports Science & Medicine, and the FSU College of Nursing

**Dec. 1 & 8** – Brain, Body, Balance demonstrations

**Dec. 15** – Elder Law and Guardianship Attorneys, Vicki Heuler and Mary Wakeman discuss “Getting Your Affairs in Order.” Vicki and Mary will answer questions and concerns.

**Dec. 22** – TSC Resource Coordinator, Nick Schrader shares valuable community resources.

**Brain Body Balance** classes are on Tuesdays and Thursdays 9–10 a.m. at Optimist Park in Indian Head Acres. This class will help you improve agility, balance, coordination, flexibility and strength. Space is limited. Pre-registration is required. \$3/class.



**Rita Layton wins big at the Chaires' monthly Lunch & Learn.**

## **Grandparents as Parents**

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 EVENING SUPPORT GROUP**

Mon., Nov. 7 & 21, 7-8 p.m.

Mon., Dec. 5 & 19, 7-8 p.m.

Meets virtually via Zoom. Join other grandparents raising their grandchildren to socialize and discuss your unique situation.

### **GaP SUPPORT LUNCH**

Wed., Nov. 30, 12–1:30 p.m.

December meeting TBA

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

Join other grandparents to socialize and share experiences. Complimentary lunch provided for grandparents and other relative caregivers. Reservations are required.

Call 850-891-4027 or email Karen.boebinger@talgov.com for more information or to RSVP for any events above! GaP is a program of the TSC Foundation, funded by Leon County Commission, grants and donations.

## TALLAHASSEE SENIOR CENTER FOR THE ARTS

### Heath McRae

Art Program Coordinator

For more info, visit [www.tallahassee-seniorfoundation.org](http://www.tallahassee-seniorfoundation.org), click on Art, or contact [heathhilary.mcrae@talgov.com](mailto:heathhilary.mcrae@talgov.com) or 850-891-4016. To register, email [sarah.vernon@talgov.com](mailto:sarah.vernon@talgov.com) or call 850-891-4000.

### UPCOMING ART WORKSHOPS

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

#### Engage With Your Page - Mary Liz Tippin-Moody

Tue., Nov. 15 – Dec. 13, 1–3:30 p.m. (5 weeks)

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

#### Alcohol Ink Exploration – Debra Lachter

Tue., Dec. 6, 12:30–3:30 p.m. (1 day workshop)

Alcohol Ink is a unique medium, unlike watercolor, acrylic or oil, an inexperienced painter can achieve beautiful results with the vibrant colors and playful nature. This one-day workshop will explore many ways to create bold abstracts and representational works of art. \$12 (age 50+), \$15 (others)

#### Clay: Pinch, Coil, Slab - Barbara Balzer

Thr., Nov. 17–Dec. 15, 1–4 pm (4 weeks, closed Nov. 25)

In this beginner's class you will learn the three ancient skills that will allow you to build ANYTHING with clay from bowls to butterflies to birdhouses. \$40 (age 50+), \$48 (others)

#### Abstract Painting - Suzette Williams

Fri., Nov. 18–Dec. 16, 9:30 am–12pm (4 weeks, closed Nov. 25)

Learn abstract techniques like the contemporary abstract artist Hiroshi Matsumoto. Acrylics is the medium of choice in this beginner's workshop. \$40 (age 50+), \$48 (others).

### WEEKLY ON-GOING STUDIO CLASSES

On-going studio classes meet weekly and do not require pre-registration. Pay the days you attend. We recommend visiting the class and talking with instructor before joining; the instructor will provide you with a supply list. \$10 per class (age 50+), \$12 (others); or buy an art card that gives you eight classes for the price of seven. Days without an



Brenda Francis is the latest TSC for the Arts participant to show at the Tallahassee National Cemetery. Her artwork will be displayed there until Spring 2023.

instructor are considered a lab and are \$5.

#### Landscapes In Soft Pastels - Wendy Devarieux

Tue., 9 a.m.–12 p.m.

Pastels can provide vibrancy and subtleties unlike other mediums. Some drawing or painting experience preferred. Ask for a supply list and/or visit the class before deciding to join.

#### Oil And Acrylic Painting, Continuing Beginner-Intermediate - Debbie Gaedtke

Wed., 9:30 a.m.–12:30 p.m.

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

#### Oil And Acrylic Painting, Intermedi-

#### ate-Advanced - Debbie Gaedtke

Wed., 1–4 p.m.

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

#### Experimental Watercolor, Intermediate-Advanced - Linda Pelc

Thr., 9 a.m.–12 p.m. (option 1)

Thr., 1–4 p.m. (option 2)

Enhance your creativity with projects and techniques, expand your skills and knowledge with a professional watercolorist.

#### Oil Painting, Advanced - Eluster Richardson

Fri., 9 a.m.–12 p.m.

Develop skills and insight, improve

## Art Exhibits

Art Exhibits now on display at the Tallahassee Senior Center & online: [TallahasseeSeniorFoundation.org](http://TallahasseeSeniorFoundation.org) – click on Art.

2022 Insiders Showcase, paintings by TSC students are currently on display in the Senior Center Auditorium through November 28. Thank you to The Grove at Canopy for your support of our Art Program.

Instructors Showcase, TSC Instructors are displaying their artwork in the TSC Dining Room through December 7.



Terry Hawkins, takes home first place for her oil painting Great Blue at the 2022 Senior Artist Showcase Awards Reception.

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.

#### Painting With Oils And Acrylics For Beginners - Fran Buie

Fri., 1–4 p.m.

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

### ONGOING CLASSES VIA ZOOM

#### Draw With Your Eyes, Paint With Your Heart - Mark Fletcher

Wed., On-going, 1:30–4:30 p.m.

Pen & ink with a little watercolor. At least one prior art class highly recommended. On-going class can be joined at any time. \$10 per class (age 50+), \$12 (others); or buy an art card that gives you eight classes for the price of seven.

## RESOURCES FOR OUTDOOR ACTIVITIES

Tallahassee is a great city for people who enjoy getting outdoors, with options for a variety of activities from hiking to kayaking and cycling. A great place to start is [trailahassee.com](http://trailahassee.com) a website offering resources and links to outdoor organizations and businesses in the area, as well as the Find a Trail feature, which allows users to search by name or by surface (including water), skill level and desired activity (i.e. hiking, biking, paddling, etc.)

The Tallahassee Senior Center offers regular outdoor hikes and group activities through the Fitness & Outdoor Opportunities Together (FOOT) program. For information about FOOT, contact Ruth Nickens at [ruth.nickens@talgov.com](mailto:ruth.nickens@talgov.com) or call 850-891-4042. Additional outdoor group experiences are available through the Lifelong Learning program at the Tallahassee Senior Center. You can visit [TallahasseeSeniorFoundation.org](http://TallahasseeSeniorFoundation.org) and click the Lifelong Learning tab to view upcoming events, or contact Maureen Haberfeld at [maureen.haberfeld@talgov.com](mailto:maureen.haberfeld@talgov.com) or call 850-891-4033.

### HIKING

Tallahassee boasts many paved and unpaved trails and paths in and around the city, offering miles of trails.

Several State Parks can also be found in our area. Visit [floridastateparks.org](http://floridastateparks.org) to see what the state parks have to offer and visit [bit.ly/3SSC3dl](http://bit.ly/3SSC3dl) and [talgov.com/parks](http://talgov.com/parks) for information and maps highlighting local hiking and walking opportunities. [Florida-hikes.com/tallahassee](http://Florida-hikes.com/tallahassee) offers descriptions of the variety of hiking trails in the area.

**The Florida Trail Association (FTA)** develops, maintains, protects, and promotes a network of hiking trails throughout the state, including the unique Florida National Scenic Trail (commonly known as the Florida Trail). The local **Apalachee Chapter of the FTA** offers guided group hikes; visit [apalachee.floridatrail.org](http://apalachee.floridatrail.org) or contact [apalacheefta@gmail.com](mailto:apalacheefta@gmail.com) for details. Visit [floridatrail.org](http://floridatrail.org) to learn more about the Florida Trail and other hiking and volunteer opportunities around the state.

For anyone interested in birding, the **Great Florida Birding and Wildlife Trail** provides many opportunities and sites for viewing birds and other wildlife in and around Leon County. Visit [floridabirdingtrail.com](http://floridabirdingtrail.com) for more informa-



A recent hiking tour at Leon Sinks on Oct. 15. DAVE HELLER

tion about the trail as well as upcoming events and checklist.

There are many trail and birding apps available on mobile devices, such as: All Trails; Trail Link; Audubon Bird Guide; eBird. The Florida Trail has a guide app as well. State and national park apps can also be found. These apps are free to download and can help you search for trails with specific lengths, activities, and skill levels in mind.

### CANOEING AND KAYAKING

**TnT Hideaway, Inc.** is located on the Wakulla River and offers canoe, kayak and stand-up paddleboard rentals, as well as eco-tours and guided fishing trips. Eco-tours are guided by professionals and include many of the rivers, creeks, and coastal areas along Florida's big bend. Fresh and saltwater guided kayak fishing trips are also available by professional fishing guides. Visit [tnthideaway.com](http://tnthideaway.com) or call 850-925-6412 for more information.

**Harry Smith Outdoors**, located in Railroad Square, is a full-service kayak and kayak accessory retail shop specializing in guided eco-tours and fishing trips. They also provide rental, repair and installation services. For more information, visit [hsmithoutdoors.com](http://hsmithoutdoors.com) or call 850-591-3060.

**Wacissa Canoe and Kayak Rental** is located on the Wacissa River, shuttle services are available to and/or from Goose Pasture, Slave Canal, Aucilla River and Nutall Rise. Group rates are available, as well as free river maps. See additional information at [wacissarivercanoerentals.com](http://wacissarivercanoerentals.com) or call 850-997-5023 or 850-545-2895.

**Jesse's Canoe and Kayak Rental** is also located on the Wacissa River, offering boat rental and shuttle service for launching and picking up your boat at the head waters of the river. Directions, including a map to the springs are also available. Visit [wacissacanoerental.com](http://wacissacanoerental.com) or call 850-766-1250 for more information.

**Florida Kayak School and Tours** offers training courses focusing on technique and safety practices. For more information visit [floridakayakschool.com](http://floridakayakschool.com) or email [info@floridakayakschool.com](mailto:info@floridakayakschool.com).

### CYCLING

To find resources and information on cycling shops, rentals, clubs and organizations, visit [biketallahassee.com](http://biketallahassee.com).

**Capital City Cyclists** promotes cycling for transportation, sport and health through education, advocacy, and rider development by coordinating cycling events, riding groups and safety workshops. Additionally, their website also provides maps of cycling routes, as well as updates on current cycling news. This information and more can be found at [cccyclists.org](http://cccyclists.org)

**Tallahassee Mountain Bike Association** works to protect access to trails, advocate for new trail development and hosts events large and small. Visit [tmba.bike](http://tmba.bike) for more details.

**The Great Bicycle Shop**, in addition to sales, also offers a bike rental service. Rental bikes are a great way to get outdoors, try out a bike that you might be

## 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

## UPSLIDE

You are invited! If you would like to meet people and make new friends, then UPSLIDE is for you! UPSLIDE is an award-winning program that addresses loneliness, isolation & depression in older adults -- and its Friends Connection chat groups are a great way to connect with others, engage in meaningful conversation and have fun.

We are a welcoming and accepting community of support and we would love to have you! Join UPSLIDE for conversation, friendship, games and outings. 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](mailto: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.

considering for purchase, or show your out-of-town guests around town. Visit [gbs.bike](http://gbs.bike) or call 850-224-7461 for more information.

*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](mailto:nick.schrader@talgov.com) or visit [talgov.com/seniors](http://talgov.com/seniors) and [tallahassee-senior-foundation.org](http://tallahassee-senior-foundation.org)*

## HEALTH & WELLNESS PROGRAMS FOR SENIORS

Get to know the FOOT program! Fitness and Outdoor Opportunities Together offers monthly hikes and a multitude of outdoor adventures to keep you connected, healthy and active.

### Upcoming Hikes (every 3rd Wed. @ 10 a.m.)

**Nov. 16** - J.R. Alford Greenway, 2500 Pedrick Road – Bluebird Trail

**Dec. 14** - St. Marks Wildlife Refuge – Stoney Bayou 1 Loop Trail

Visit [www.tallahassee-senior-foundation.org/outdoor-activities](http://www.tallahassee-senior-foundation.org/outdoor-activities)

### HEALTH EDUCATION & SCREENINGS:

#### Monthly Monday Morning Mindful Meditations with Jeff

2nd Mon., Nov. 14, Dec. 12 & Jan. 9, 10–11:00 am @ TSC

An enjoyable program introduces you to the simple exercises of mindfulness meditation, to help you stay centered and focused in your life. Presented by Jeff Hanson, Certified Mindfulness and Meditation Educator

#### Biometric Health Screenings

Mon., Nov. 21, 9–11:00 am @ TSC

November is Diabetes Awareness month. Get your Biometric Health Screening done at no-cost! Includes: Height, Weight, Body Mass Index (BMI), Blood Pressure, and A1C test. Offered by Big Bend Area Health Education Center

#### Healthy Holidays Cooking Series

Mon., Nov. 21 & Dec. 5 @ 11:00 – noon @ TSC

Nov. 21 - “Thankful, Hale and Hearty”

Dec. 5 - “Happy Healthy Holidays”

Join us for classes spotlighting good nutrition and healthy holiday choices, includes cooking demonstrations and tasty samples. Presented by Big Bend Area Health Education Center.

Register <https://bit.ly/3vnb1Qm>

#### Blood Pressure & Blood Glucose Screenings

Tue., Dec. 6 & Jan. 3, 10 a.m.–Noon @ TSC

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

#### Safe and Happy Holidays: Avoiding Holiday Hazards

Wed., Dec. 14, 10:30 a.m. @ TSC

Learn tips to keep your holidays happy and healthy—including protecting your property, safe travel, safe decorating, fire safety, food safety. Presented by Tallahassee Police Department. Drop-ins welcome, registration encouraged: <https://bit.ly/3CNiQ4I>

#### Podiatry Screening and Foot Care

Thur., Jan. 5, 9 a.m. – Noon @ TSC



Senior Center Participants enjoy a beautiful day kayaking on the Wacissa River.

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

#### Get on the Bus: Blood Drive at TSC

Mon., Jan. 9, 8:30 am–1:30 pm

Save lives by giving blood during National Blood Donor Month. On the bloodmobile, it only takes a few minutes, and seniors make great donors! Your generosity is rewarded with cards, snacks, and other gifts.

#### Don't be a Victim: Preventing Scams

Wed., Jan. 11, 10:30 am @ TSC

Scammers are clever and ruthless, and they'll do anything to get your personal details. The experts at Consolidated Dispatch Agency and TPD team up to offer this presentation on ways you can prevent becoming the victim of a scam, fraud, or identity theft. Drop-ins welcome, registration encouraged: <https://bit.ly/3CNiQ4I>

#### Matter of Balance: A Falls prevention program

Thur., Jan. 12 - Mar. 2, 10:30 am–12:30 pm @ TSC

If you have fallen or want to prevent a fall, this program is for you! An evidence-based award-winning program helps you

prevent and manage falls, and improve your balance and activity levels. Taught by Ferdouse Sultana, Advantage Aging Solutions. No cost. Class size limited. Register <https://bit.ly/3GcHa2l> or call 850-891-4042.

### SENIOR FITNESS:

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

Fitness classes are \$3 (age 50+), \$4 (others), \$5 yoga, unless otherwise indicated. Discount fitness cards available to purchase. Classes are approx. 1 hour in length. For more info, email Ruth.Nickens@talgov.com or call 850-891-4042

#### VIRTUAL FITNESS CLASSES

1) WCOT TV - Talgov.com/WCOT Mon, Wed, Fri & Sat @ 9 am (Comcast Channel 13)

2) On-Demand - TallahasseeSenior-Foundation.org

#### FITNESS CLASSES AT THE SENIOR CENTER

##### Brain-Body-Balance, Mon., 1 p.m.

Active-aging, fall prevention program created to train and reverse many types of aging. Instructor Merisha Phillips.

##### Life Exercise, Tue. & Thr., 9 a.m.

Seated and standing aerobics, stretching, strengthening and balance exercises suitable for everyone. Taught

by Pomeroy Brinkley.

##### Mindful Movement, Tue., 11 a.m.

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

##### Gentle Yoga, Tue., 1 p.m.

Increases mobility, flexibility, and stress reduction. Taught by Ferdouse Sultana. \$4 Must pre-register: Sarah.Vernon@talgov.com

##### Evening Yoga, Wed., 5:30 p.m.

Moderate Iyengar practice includes poses, relaxation, and meditation. Taught by Pamela Hunter. \$4

### NEIGHBORHOOD FITNESS SITES

#### Bradfordville: Northeast Branch Library, Rm. 103, 5513 Thomasville Rd.

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

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

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

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

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

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

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

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

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

#### Fort Braden Community Center: 16387 Blountstown Hwy.

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

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

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

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

#### Miccosukee Community Center: 13887 Moccasin Gap Rd.

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

##### Optimist Park, 1355 Indianhead Dr.

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

#### SouthWood Community Center: 4675 Grove Park Dr.

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

#### Woodville Community Center: 8000 Old Woodville Rd.

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

# L3X delivers learning excitement

The 13th Annual L3X – Lifelong Learning Extravaganza delivered over 40 opportunities during September for adults in our community to EXPLORE, EXAMINE, and EXPERIENCE arts, culture, history, nature, and science through classes, tours, and field trips.

While L3X happens during the month of September, the fun continues year-round with a variety of Lifelong Learning classes offered each month. Check out page 2 for what classes are in store during the months of November and December through the Tallahassee Senior Center.

## MANY THANKS TO OUR L3X SPONSORS

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Osher Lifelong Learning Institute at Florida State University



A festive evening of Cuban food, music and games during a “Taste of Cuba.” See more on page 14.



Sharron Pena shows her owl and explains all about these beautiful birds of prey.



Curious L3X participants learn about Native American earthworks and the people who built them, during a tour of the Letchworth Mounds.



Greg Haberfeld (left) leads an informative foraging hike at Miccosukee Greenway.





**Anna Johnson**  
Community Relations Advisor

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# Meet the Senior Center's energetic volunteers

## Rosetta Land

Volunteers are inspired to serve knowing that they make a difference in the community. Not only do they make an impact on the lives of others, volunteers find positive effects themselves through a sense of purpose and accomplishment.

When you enter the Tallahassee Senior Center, you experience a variety of people from all ages who enjoy the center and all it has to offer. Our volunteers share their knowledge, talents and commitment to help others with the incredible array of programs and services which inspire, educate, and engage the active seniors in our community. People find a sense of purpose at the TSC through social connections, learning new things, and staying active.

## Rita Hodsdon



Rita Hodsdon

Everyone knows Rita Hodsdon as a famed motorcycle rider, traveler, money lady, and "every question answered" receptionist. Honored for her volunteer service of 25 years, Rita greets visitors, class participants and TSCF members as they come in the door every Thursday afternoon. This very active senior enjoys her post at the front desk. It's a busy spot and one of responsibility--especially during fundraising events.

Special membership renewal times enliven the front desk activity and need someone who accepts accountability.

Birthday and other cards created by Rita have enriched participants' days for years. The cards captured an essence of each honoree and were posted in the center. "I like to see people happy and surprised with a special card," says Rita.

Rita's volunteer service also includes the Capital City Senior Games swimming events and the Senior Singers. She's also assisted with helping individuals sign up for trips and participated in the travel activities.

She and husband Jesse can be found at many Senior Center special events, volunteering as needed. They participate with Capital Twirlers Square Dance and in exercise classes. Rita loves to remain active and will set up the bean bag toss (corn hole) upon request.

## Martha Rodeseike



Martha Rodeseike

This talented lady began volunteering at TSCF because "I didn't know what to do with myself." She had often traveled to Canada, but couldn't drive there anymore. Then she met former staff person Louise Engle. Louise suggested that Martha become active helping others with needlework.

See **VOLUNTEERS**, Page 10

## HOW CAN WE HELP YOU?

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Compassionate Care in the comfort of your home, wherever you call home.

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Trained Volunteers to focus on the Caregiver.

Music Therapy to reduce agitation or anxiety.

Bereavement & Spiritual Counselors for emotional support.

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

For more resources to assist caregivers,

visit [www.bigbendhospice.org/caregiver-resources](http://www.bigbendhospice.org/caregiver-resources)



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*your hometown hospice, licensed since 1983*

**WWW.BIGBENDHOSPICE.ORG**

# Volunteers

Continued from Page 9

At that time, Martha Farmer led the Nimble Fingers class. Eight to 12 senior ladies gathered weekly to knit, crochet or accomplish other handiwork. The class began to grow. Then, along came a pandemic and class attendance dropped but life has rebounded.

Now, there as many as 20 attend Nimble Fingers on Wednesday mornings from 10 a.m. – 1 p.m. With Martha's assistance, class members knit or crochet hats, gloves and scarfs that are given to the Kearny Center to aid the homeless. The group also makes lap robes for nursing homes. Nancy Wenhold oversees the donation of these handcrafted items.

Martha celebrates her 91st birthday next year. She was born in the Netherlands and came to America at the age of 18 months. Her parents immigrated to the U.S. after WWII with five children. Martha learned her needlework skills from her mother and grandmother at a young age. The classes have actually donated more than 350 lap blankets and other handmade goods to veterans, long-term care patients, and babies in neonatal care.

## Charlotta Ivy



Charlotta Ivy

Charlotta and husband Archie serve the Tallahassee community through their Sowing Seeds Sewing Comfort Ministry. As a part of that, the Bread Ministry regularly distributed food items at the Senior Center until the pandemic. "Our ministry can see lives

change," Charlotta says eagerly. "It may seem like something small, but every little bit helps when people are on fixed incomes. When we meet their needs, we can spread the word - and love - of Jesus."

"I first participated at the center as a learner in Martha Farmer's Busy Bee Sewing class. We crocheted caps for newborns," she explains. Her grandmother first taught her handicrafts of crocheting and knitting but she found classes at TSC great refreshers. "One of our ladies—"Miss Minnie" had a cake ministry. She was always baking cakes. After she passed, we collected handkerchiefs and pieced a quilt for her daughter," reminisced Charlotta.

But her ministry is more than food and crochet; there were Spa days in the Health Suite, Car Fit instruction and Tai Chi. Charlotta helped others enjoy the activities, learn from them, and even teach them how to share the value of what they gained. When asked what her favorite activity was at the center, Charlotta replied without hesitation, "All of them!"

## Archie Ivy



Archie Ivy

Archie, together with Charlotta, serves others with their Sowing Seeds Sewing Comfort Ministry. Together with their partners, supporters, and volunteers, their ministry is able to touch many lives. As consultant/advisor to one of Tallahassee's celebrity music artists in his "day job," Archie finds his role as president of the non-profit most rewarding. Archie sums up his service with two words: "It's fun!"

He finds associating with like-minded people "truly enjoyable." He will tell

you quickly that he and Charlotta are both ordained ministers and are servants to others by the grace of God. Archie explains, "We - mostly Charlotta - operate a garden in French Town along with the Tallahassee Food Network and we help young people gain community service hours by working there."

There's more to Archie—he was one of the leaders in the Senior Center's TaiChi class (an exercise which he really misses) and he assisted every year with Car Fit. Car Fit trains volunteers to help senior drivers find their proper seat position in their vehicle, adjust mirrors, adjust the steering wheel, check their seat belt, and assist with other devices on the car. Archie also trained other volunteers. "Maybe next I'll try pickleball," he adds with some anticipation in his voice.

## Emily Millett



Emily Millett

Always smiling, always quick with a good laugh and a supporting donor. Emily Millett served on the TSC Advisory Council for eight years. As a council member, she volunteered her time to ensuring success of special events such as Deck the Halls (DTH). Emily sold many, many tickets to this premier fundraising event of the Foundation and staffed registration tables at numerous events.

Watch for her donation to the DTH silent auction this year—"my daughter Joan and I are combining efforts and will offer a stay at our St. George Island beach house for the event's silent auction," Emily says with enthusiasm. Emily served on the Tallahassee Active Lifelong Leaders (TALL) Advisory Council. "I was a class member in the Founda-

tion's introductory TALL program," she adds. Emily also jumped into LifeLong Learning (L3X) and says, "L3X is unique and fun. Try it, you will like it."

We also know this energetic fountain of youth participated as a volunteer during Senior Games, timing senior swimmers in various heats and races. You may have met Emily at other TSC fundraisers, or at a Leon County School Board meeting where she served our community's children for 20 years.

## Pamela Flory Smith



Pamela Flory Smith

Pamela Flory Smith is a "go to" person and served six years on the TSC Advisory Council. Pamela especially liked volunteering for special events—the center's Ice Cream Social was a favorite activity. "I always enjoy being with people and getting to know them," she says, and "volunteering still gives me that opportunity." Pamela knows just about everyone, no matter where life finds her.

The Tallahassee Active Lifelong Leaders (TALL) program offered Pamela enrichment and enhanced community involvement. TALL's inaugural class quickly filled with 14 participants. Those classmates explored the area's history, culture, education and many other engaging community opportunities.

Pamela moved to Westminster Oaks about four years ago and residents there can affirm that she serves as the ultimate resource for just about any question—much as she did while volunteering 15 years for TSC.

Pamela is quick to smile and offer "I particularly treasured time with USA

See VOLUNTEERS, Page 15

# Senior Games cyclist takes 1,200 mile ride

Nick Gandy

When not telling tales of their athletic achievements, Florida Senior Games athletes also like to talk about how the Games give them a chance to make new friends through their athletic competitions. They make friendships that are renewed around the State of Florida on fields of play in their desired sports.

The 2022 Capital City Senior Games Cycling final results show David Lee's ventures produced a silver and bronze medal in the 70-74 age group of the 5K and 10K Time Trials. Certainly, his participation in 2022 and previous years produced quite a few new friends on those March mornings in the Apalachicola National Forest.

However, they pale in comparison to a cycling venture in September of 2022. Lee rode the third and final leg with Donald Winters on his "Journey Across the U.S." Besides being the partner on the final 1,200 mile leg from Michigan to Portland, Maine, Lee also set up a Facebook page to chronicle the ride.

During the summer and early fall of 2022, the "Donald Winters Journey Across the U.S.," page grew to over 120 followers. From Lee's first day of the final leg on Aug. 31, until the final destination on Sept. 26, he told the first-hand stories of their daily ride, along with the people they met along the way. Several of the folks Lee and Winters met on the final leg joined the group to cheer them towards the finish line.

It was quite an undertaking that had Lee and Winters cycling through rain and other weather elements. They made a border crossing into Canada and entered back into the U.S. at Niagara Falls. They made climbs in elevation as high as 3,800 feet in the northern part of the Vermont Appalachian Mountains. And at the end of each day, they had to find a place to pitch their tent for the night.

"Each day brings unique experiences," Lee wrote on a Facebook post on Sept. 10, which was preceded with this post on Sept. 9, "We've now traveled from Michigan to Indiana to Ohio to Pennsylvania to New York." They continued through Vermont, New Hampshire and Maine, to conclude their eight-state journey with a lobster dinner and a view of the Atlantic Ocean.

## 2023 Senior Games

Save the Date for the 14th Annual Capital City Senior Games to be held March 1-14, 2023



David Lee and a dog friend.

Those experiences included local residents of towns the pair passed through, who offered them food, accommodations and recommendations of places to stop along the way. While the stories of the kindness of strangers along the way is truly inspirational, Lee also took the time to recognize the equally friendly dogs he met along the route.

"We tried to make it 50 to 60 miles a day," Lee said. "It was a day-to-day ride and we didn't know where we would stay each night. We had some listings of campgrounds and other places, but sometimes they were full." Behind the three-wheel tandem recumbent bike Lee and Winters pedaled, they pulled a small trailer with their camping needs, a tent and sleeping bags.

The 1,200 mile ride was quite an upgrade from his cycling rides leading up to Aug. 31. Lee described his treks on the St. Mark's Trail with his wife and some rides through "Southern rural vistas," in South Georgia. "I trained for three or four weeks to get ready," Lee said. "The



David Lee and Donald Winters on 1,200 mile bicycle journey.

ride itself was a lot harder than I expected."

Lee's willingness to branch out into a variety of efforts came as no surprise to the Tallahassee Senior Center Director, Sheila Salyer, who got to know him when he accompanied his mother to programs at the Senior Center. "He's a very good artist," said Salyer. "He may have started coming to the Senior Center with his mother, but he made his way into the fitness and art classes. As a retired engineer with the Department of Transportation, he has so many talents and his interests are so varied."

"I got hooked on the Senior Center," Lee admits. "I started Wii Bowling with my mother and some others, did some line dancing and got into the art program and really enjoy painting." It was at the Tallahassee Senior Center where Lee saw a flyer for the Capital City Senior Games and began competing in the cycling time trials, horseshoes and racquetball.

It could be painting. It could be cycling along the northern border of the United States or the roads of North

**'Each day brings unique experiences. We've now traveled from Michigan to Indiana to Ohio to Pennsylvania to New York. . . We tried to make it 50 to 60 miles a day. It was a day-to-day ride and we didn't know where we would stay each night. We had some listings of campgrounds and other places, but sometimes they were full.'**

David Lee

Florida. It could be friendly people and dogs. David Lee has plenty of interests to keep a conversation going.



Ed Gines of Elder Care Services delivers Elder Elf gifts to seniors.

## Spread holiday cheer with Elder Care's Elf Program

With the holiday season upon us, the Elder Care Services team looks forward to their annual Elder Elf gift program. Established in 1994, the program encourages individuals, businesses and organizations to sponsor a local senior's holiday wish list.

Throughout the year, Elder Care Services assists seniors with basic necessities such as food, personal care, and transportation. Many of their clients are on a fixed income and do not have money to spare to celebrate the holidays. The Elder Elf program reminds them that they are loved and valued.

"The holiday season brings out the best in all of us, and the Elder Elf program is one of the most perfect examples of that," says Elder Care Services' President & CEO, Jocelyne Fliger. "It allows our community members to channel the giving spirit of the season and make a senior's holidays that much better."

Elder Care Services' care managers have already identified seniors in need who may not receive any gifts this year and are working with them to create

wish lists with holiday treats and essentials.

Last year, 99 generous individuals and groups brightened the holidays for over 200 seniors by participating in the program.

"The connections created through Elder Elf provide wonderful memories and remind all what this season is truly about," says Elder Care Services' Chief Development Officer, Nicole Ballas.

To become an Elder Elf, contact Nicole Ballas at 850-245-5945 or ballasn@ecsbigbend.org

*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 on Elder Care Services, local senior care, or volunteer opportunities, visit [www.elder-carebigbend.org](http://www.elder-carebigbend.org) or call their main office at 850-921-5554 or follow us on Facebook at [www.facebook.com/ElderCareBB](http://www.facebook.com/ElderCareBB)*

# Remembering a community friend

On Oct. 16, any person driving past the Big Bend Hospice (BBH) offices would not have been able to ignore the abundance of vehicles in the parking lot — the variety of which was reflective of those gathered inside to share memories of Elaine Bartelt.

Elaine spent her life dedicated to what she valued most: using her knowledge and experience to benefit others. Described as both loving and "a very driven person" by her daughter, Sallie Bartelt Dixon, Elaine seemed destined to positively impact the people around her.

Whether it was the annual week-end-long Christmas cookie baking fiesta with her children or the frequent heartfelt chats with friends over coffee at the kitchen table, Elaine lived what she believed—being available for those she loved and who loved her.

That included the people of the Big Bend. Once she and her husband Carl made their way to Tallahassee in 1974, they embraced our little portion of the Sunshine State. Carl went to work at the former Department of Health & Rehabilitative Services (HRS), and Elaine worked at the Apalachee Center. During that time, Elaine also became a Seminole and earned both bachelor's and master's degrees in social work and counseling, respectively.

After more than a decade of helping others at Apalachee Center Elaine was asked to serve as Director of BBH. Board members explained BBH needed a strong and steady hand to guide the organization into what everyone dreamed it could be. So began Elaine's 16 years of directing the growth and health of BBH.

In those early days, it was all hands-on deck no matter the task. This included Elaine, who was known to pick up a broom if required, hold many a hand, work with and around the medical community, and advocate for those who needed it. One of her proudest accomplishments was bringing and building a strong Music Therapy program to BBH. A Music Therapist was part of her memorial service.

Bill Wertman, CEO of Big Bend Hospice said it best. "We are so thankful



Elaine Bartelt

**"We are so thankful for the leadership and the vision that Elaine Bartelt had for this organization. Those qualities inspired and motivated all who have cared for our patients and families in their most personal time."**

**Bill Wertman, CEO of Big Bend Hospice**

for the leadership and the vision that Elaine Bartelt had for this organization. Those qualities inspired and motivated all who have cared for our patients and families in their most personal time."

Big Bend Hospice has come a long way since those early years, and we are grateful for Elaine's leadership. She and those who toiled alongside her have blessed BBH with a strong foundation on which to continue to grow and serve.

*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](http://www.bigbendhospice.org)*

# OLLI meets needs, from hybrid classes to travel

By Fran Conaway

The Osher Lifelong Learning Institute at Florida State University greatly expanded its offerings and options for its Fall 2022 Semester. Much of this resulted from the impact of the pandemic. OLLI Executive Director Debra Herman explains the change. "Pre-pandemic, we pretty much just had classes in-person. And we used to think about getting ready for, perhaps someday, having hybrid or online classes. And then the pandemic said, 'Do it now!'"

The result, said Herman, is a hybrid learning environment that better fits the needs of all students, namely adults over the age of 50. "For many months we conducted the vast majority of our classes via Zoom. This is the first semester in nearly three years that we have as many in-person classes as we do. They're not only on the FSU campus, but also at the Red Hills Retirement Community and Westminster Oaks. And we continue to have Zoom classes, which have been wonderful for people who still don't want to come to classes in person," Herman said.

OLLI also has a strong program of Zoom special lectures offered before and after Winter, Spring and Summer semesters. OLLI President Jack Map-



**Instructor Ben Gunter (left) teaches "Tallahassee Turns 200," a course that brings students face to face with the characters, races, recipes, dances, debates, epidemics and scandals that shaped Territorial Tallahassee, just in time for the city's Bicentennial in 2024.**

stone is impressed with how students are embracing the change. "I'm pleasantly surprised that there are a great number of our members who have adapted very easily to whatever platform is available." Courses cover a vast range of subjects, from composers to current events, religion to Roman art,

maps to myths, and much more. All are taught by current or retired faculty from FSU, FAMU and TCC, local experts and noted faculty from around the world who teach via Zoom.

Beyond the myriad of classes, Herman said there are also field trips and travel much farther afield. "Last sum-

mer we did a lot of travel. We were catching up from 2020 and 2021. We've been to Greece and Turkey and the Netherlands and Belgium and Alaska and on it goes. We'll be doing a lot more travel next year."

The fellowship and comradery that OLLI inspires is also a powerful point. And outside of the formal programs, there's an informal get-together every Wednesday of both members and non-members who'd like to learn more. "It's a ball! It really is. It's a lot of fun, the conversation is always good. Food, drink, yeah!" said Mapstone.

Membership in OLLI at FSU is open to all adults 50 and older who love to learn in a stress-free environment where there are no tests, no homework and no required reading. There are no education prerequisites.

For more information about OLLI at FSU and how to become a member, see [olli.fsu.edu](http://olli.fsu.edu). Need help? Contact Deb Herman at [dherman@fsu.edu](mailto:dherman@fsu.edu) or Terry Aaronson at [taaronson@fsu.edu](mailto:taaronson@fsu.edu).

This article has been adapted from WFSU-FM coverage produced by Tom Flanigan.

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



## NIMBLE FINGERS CREATE FOR THOSE IN NEED

Tallahassee Senior Center's "Nimble Fingers" group makes blankets and hats for baby dolls that will be donated to the Samaritans Purse project for holiday gifts. These ladies dedicate time to creating projects for the community, from lap blankets for seniors, to hats and scarves for those in need. If you enjoy creating, join this informal group on Wednesdays, from 9 am-Noon for all types of crafts, including knitting, crochet, stuffed animal making, cross stitch and plastic canvas.

# A taste of Cuba

One of the best ways to learn about a culture is through its cuisine. In October, Betty & Roberto Morales, along with Patty Swain, and their daughters brought a Taste of Cuba to the Tallahassee Senior Center.

The fabulous evening celebrated the flavors and heritage of Cuba, where we learned that the foods, like it's people, are full of life and soul. Guests were delighted to be welcomed with sangrias and Cuba libres while the sounds of Cuban musicians filled the air.

Throughout the evening, this dynamic group shared the history and richness of the tastes created by a blend of the Spanish, African, Chinese, and Caribbean ingredients, and techniques.

Attendees dined on a delicious traditional Cuban "Noche Buena" Celebration meal featuring Cuban bread, roasted chicken and pork, black beans and rice, plantains, and finished off with flan, rice pudding, and tres leches cake. Students from the FSU Cuban-American Student Association (CASA) were on hand to assist with the meal and teach dominoes, a favorite Cuban pastime.



Craig & Laura Reeder with Betty Morales.



Bright vibrant centerpieces brought Cuban flair to each table.



Guests enjoyed playing dominoes.



Betty & Roberto Morales, Patty Swain, and their daughters.



FSU Cuban-American Student Association (CASA) students.

# Volunteers

Continued from Page 10

Dance. I loved to get on the dance floor!" Pamela also volunteered to assist with sign-ins or any task needing her attention.

The talents so eagerly given to the TSC, are also put to use at Westminster where she finds herself at the Country Store and currently serves as a member of the Residents Council, together with "partner in crime" Emily Millett.

## Richard Fuchs



Richard Fuchs

The US tax code may find you completely befuddled when April 15 is approaching. Some filers find doing annual taxes a chore, but not Richard Fuchs. He finds volunteering with AARP Tax Aide at the TSC an opportunity to help people. What others may find to be com-

plicated, he finds rewarding. Richard knows that his intense training to keep up with changing tax laws helps him to help others.

In January every year, this volunteer is immersed in classroom activity that prepares him to pass tests that cover both basic and advanced tax forms, rules and laws that affect nearly every American.

Come February, one or two days a week, he helps individuals complete their tax forms. Appointments with each individual or couple can take from one to five hours. During his years of assisting seniors, Richard says he's "seen some strange cases."

As a Tax Aide volunteer he is extremely knowledgeable. But his volunteerism in the community doesn't stop with tax preparation. He also volunteers with Elder Care's Meals on Wheels program for 18 years.

## Bridget Welch

Chair Yoga, an exercise routine for the less mobile, has been a popular activity at the TSC for a long time. Bridget Welch led the class of 25 participants for many years and individuals missed her class when she took an absence for the birth of her daughter. Bridget recorded a seated yoga class, which is available on the TSC Foundation website on-demand-fitness link. Now, she's written a children's book, *The Story of the Infinipede*, and enjoys a thriving massage therapy practice at The Healing Center.

How was she attracted to developing an exercise program for seniors? "I found I enjoyed interaction with older relatives and it was easy to develop a rapport with them. I seemed a natural fit to be involved," says Bridget. Alzheimer



Bridget Welch

Project's respite care also finds value in Bridget's class. "My class is entry level so even the least mobile find it accessible for everyone."

"The body is composed of about 75% water and it's important to keep circulation healthy and our fluids moving," Bridget explains. Extend your range-of-motion, increase blood circulation in muscles, and move lymphatic fluid, among other positive effects of these gentle exercises.

Warren, a former participant, would tell Bridget, "My energy is because of this class" and Joe told her it was his "best hour of the week."

## Fred Varn

Asking Fred Varn why he enjoys volunteering for the TSC gets a chuckle. "My wife Gena worked there and she first volunteered me to work some special events." Fred's a total delight. He likes to hear the seniors' stories, and



Fred Varn

each one enjoys telling his or her story. He's engaging. He's funny. He's sincere. He loves sharing fellowship.

Fred likes projects. Several years ago, he handcrafted a beautiful wooden "coffee donation" box that was placed in the TSC dining room. His volunteerism kicked off! He began giving more time and helping as needed with most any project, program, or event.

"My favorite event to volunteer for is Deck the Halls. I really like browsing the bidding sheets and helping monitor the bids for the Silent Auction. Gena and I scored a trip to Costa Rica. It's also one of the events I get to be a bartender with Michael Spellman."

His second favorite event to serve as a volunteer? "I particularly like Silver Stars. Seeing people recognized for their giving and learning how they were so very blessed, is heartwarming," he says. Fred is honored for 15 years of volunteering.

# Change someone's world

Like many people, you might have a charity or cause that's close to your heart. Charities like the Tallahassee Senior Citizens Foundation count on donations to keep services and programs going, but really, it's about so much more than that. For many adults, the Senior Center is THE place they experience friendship and stay engaged in the community. Your support makes it possible to provide services people need, want and love.

The Senior Center reminds us that it's never too late to learn or try something new. We are driven to help

seniors stay active, socially fit, and engaged in their community. It is through generous community support that the Senior Center thrives with art, music, fitness, learning classes and activities that bring people together.

As the holiday season approaches, you may find a special person in your life who already "has everything!" A donation to the Senior Center is an excellent way to make a gift in honor of that person, or to show you care. Galaxy Stars can be customized with your message and are permanently displayed on our Galaxy

Star Wall. Our ability to bring diverse and engaging programs is greatly helped by your generous donations.

You can feel good knowing your contribution to Tallahassee Senior Citizens Foundation provides programming that makes a difference to many seniors. Gifts large and small are appreciated, and are tax deductible. Visit our website at [TallahasseeSeniorFoundation.org](http://TallahasseeSeniorFoundation.org) and click the "Donate" button, or call 850-891-4004 and charge it to your credit card. Checks can be mailed to the TSC Foundation, 1400 N Monroe St., Tallahassee, FL 32303. With the generosity of people like you, we are able to do great things to change the lives of seniors. We are grateful for your support and wish you a beautiful holiday season!

TALLAHASSEE SENIOR CENTER  
CALENDAR OF WEEKLY PROGRAMS  
NOVEMBER 14 – DECEMBER 10, 2022



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 <b>10:30 Adv. French ZM (KC)</b> <i>10:30 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 <i>2:30 Yoga for Women at Bradfordville PRR (SV)</i> 3:00 Friends Connection 5:45 Intermediate German Study Group 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 &amp; Fit at Chaires</i> 10:00 Seniors vs. Crime 10:00 Wii Bowling 10:30 <i>Fitness Beg. at Bradfordville PRR (SV)</i> <i>10:45 Brain Body Balance at Southwood PRR (WB)</i> 11:00 Mindful Movement 11:00 <i>Line Dance at Jack McLean</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> <b>1:00 Friends Connection ZM (ML)</b> 1:00 TDBC Bridge 1:00 Senior Singers 1:00 <i>Canasta at Lake Jackson</i> 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 <b>1:30 Draw with Your Eyes, Paint with Your Heart ZM (SV)</b> <i>2:00 Beg. Yoga at Lake Jackson</i> <i>4:15 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 &amp; 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. <b>1:00 French Study Group ZM (KC)</b> <i>1:00 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> <b>9:00 English 2<sup>nd</sup> Language ZM (KC)</b> 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 NOVEMBER 14 – DECEMBER 10, 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>NOV 14</b> 10a Mindful Meditation 11a Art Council 1p Poetry Group ZM (KC) 1:30p Advisory Council (SS)	<b>NOV 15</b> <i>10:30a Ft. Braden Lunch &amp; Learn</i> 1p Yoga PRR (SV) 2:15 UPSLIDE Games 5p TDBC Board Meeting	<b>NOV 16</b> 8:30a Capital Coalition on Aging ZM (KC) 9:45a Hike Alford Greenway (RN) 10a Smartphones 101 (KC) <i>11a Wellness Circle at Jake Gaither</i> 1p LCSO Advisory Council 3:30p Foundation Board Meeting 6:30p USA Dance Board Meeting	<b>NOV 17</b> <i>10:30a Lake Jackson Lunch &amp; Learn</i> <i>11a Healthy for Life at Jake Gaither (WB)</i> <i>1:30p LLL-Spring House Tour PRR (MH)</i>	<b>NOV 18</b> 10a Pet Therapy by TMH – Everyone is Welcome (KC) 7:30p Contra Dance – <i>Katie's Contradiction with caller: Vicki Morrison</i>	<b>NOV 19</b> 7p USA Dance: <i>Rumba Flamenco</i>
<b>NOV 21</b> 9a Biometric Health Screening (RN) 11a Healthy Holidays Cooking 6p Photoshop Elements <i>7p GAP Circle of Parents ZM (KB)</i>	<b>NOV 22</b> <i>10:30a Chaires Lunch &amp; Learn</i> 1p Yoga PRR (SV)  CENTER CLOSES AT 5PM	<b>NOV 23</b> <i>12:30p Friends Connection LNC</i>  CENTER CLOSES AT 5PM	<b>NOV 24</b>  CENTER CLOSED THANKSGIVING	<b>NOV 25</b>  CENTER CLOSED THANKSGIVING	<b>NOV 26</b>  CENTER CLOSED
<b>NOV 28</b> 1p Poetry Group ZM (KC) <i>7p GAP Circle of Parents ZM (KB)</i>	<b>NOV 29</b> 1p Yoga PRR (SV)	<b>NOV 30</b> <i>12p GAP Lunch &amp; Learn</i>	<b>DEC 1</b> <i>10:30a Miccosukee Lunch &amp; Learn</i> <i>11a Healthy for Life at Jake Gaither (WB)</i> 12p Winter Spectacular Performance	<b>DEC 2</b> <i>10a Walmart Trip from Miccosukee</i> No programs in Auditorium ALL day 1p No programs center wide 6p DECK THE HALLS-Tickets Available	<b>DEC 3</b>  CENTER CLOSED
<b>DEC 5</b> 11a Healthy Holidays Cooking 6p Photoshop Elements 7p TCC-Holiday Concert	<b>DEC 6</b> 10a Blood Pressure & Glucose Screening 12p Tech Help (KC) <i>12:30p Game Day at Miccosukee</i> 1p Yoga PRR (SV)	<b>DEC 7</b>	<b>DEC 8</b> <i>9:30a LLL-Monuments &amp; More Tour PRR (MH)</i> <i>10:30a Woodville Lunch &amp; Learn</i> <i>11a Healthy for Life at Jake Gaither (WB)</i> 7p Capital Chordsmen Concert S	<b>DEC 9</b> 3:30p Tech Help 7:30p Contra Dance – <i>Long Forgotten String Band with caller Andy Kane</i>	<b>DEC 10</b>  CENTER CLOSED

We are now offering in-person and virtual classes; some which require pre-registration. Please note the following LEGEND:

- VIRTUAL CLASSES: ZM = Zoom H = Hybrid (virtual + in-person)
- REGISTRATION INFORMATION: LLL = Lifelong Learning PRR = Pre-registration Required
- Register Online at [www.TallahasseeSeniorFoundation.org](http://www.TallahasseeSeniorFoundation.org) unless otherwise noted

( ) = Contact staff to pre-register as follows:

- (KB) Karen.Boebinger@talgov.com
- (MH) Maureen.Haberfeld@talgov.com
- (RN) Ruth.Nickens@talgov.com
- (SV) Sarah.Vernon@talgov.com

- (KC) Kristy.Carter@talgov.com
- (ML) Melanie.Lachman@talgov.com
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