TALLAHASSEE SENIOR CENTER CALENDAR OF WEEKLY PROGRAMS JANUARY 9 – FEBRUARY 11, 2023





1400 N. MONROE ST. • TALLAHASSEE, FL 32303 • (850) 891-4000 • TallahasseeSeniorFoundation.org									
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY					
8:30 Fitness at Chaires 9:00 Quilting Bees 9:00 Portrait Studio 9:30 Fitness at Woodville 9:30 French Int. 10:00 SHINE PRR 10:30 Adv. French ZM (KC) 10:30 Fitness at Fort Braden 11:00 Senior	9:00 Life Exercise 9:00 Brain-Body- Balance at Optimist Park PRR (WB) 9:00 Pastels Landscapes 9:30 Fitness at Bradfordville PRR (SV) 9:30 Sit & Fit at Chaires 10:00 Seniors vs. Crime 10:00 Wii Bowling 10:30 Fitness Beg. at	8:30 Fitness at Chaires 9:00 Ceramics 9:00 Nimble Fingers 9:30 Oil and Acrylic with Debbie (All Levels) 9:30 Fitness at Woodville 10:00 Seniors vs. Crime 10:00 Tai Chi Movement Meditation 10:30 Fitness at Fort	9:00 Ceramics 1:00 Experimental Watercolor Inter./Adv. 9:00 Life Exercise 9:00 Brain-Body- Balance at Optimist Park PRR (WB) 9:30 Sit & Fit at Chaires 10:30 Ballet 11:00 Senior Counseling (by appointment)	8:30 Fitness at Chaires 9:00 English 2 nd Language ZM (KC) 9:00 Oil Adv. 9:30 Fitness at Bradfordville PRR (SV) 10:00 Tai Chi Movement Meditation 10:30 Brain Body Balance at Fort Braden					
Counseling (by appointment) 11:00 AARP Tax Aide (2/1-4/18; by appointment 850-891-4030) 11:00 French Adv. 1:00 Brain-Body- Balance 1:30 French Beg. 1:30 Yoga for Women at Bradfordville PRR (SV) 2:30 Pickleball 3:00 Friends Connection	Bradfordville PRR (SV) 10:45 Brain Body Balance at Southwood PRR (WB) 11:00 Mindful Movement 11:00 AARP Tax Aide (2/1-4/18; by appointment 850-891-4030) 11:15 Fitness at Miccosukee 11:30 Senior Dining (PRR or Bring a Lunch) 11:30 Fitness Adv. at	10:30 Fitness at Fort Braden 11:00 AARP Tax Aide (2/1-4/18; by appointment 850-891-4030) 11:30 Pickleball Lesson 11:30 Pickleball 1:00 Oil and Acrylic with Debbie Int./Adv. 1:00 Canasta / Pinocle 1:30 Draw with Your Eyes, Paint with	(by appointment) 11:00 AARP Tax Aide (2/1-4/18; by appointment 850-891-4030) 11:15 Fitness at Miccosukee 1:00 Tai Chi 1:00 TDBC Bridge 1:00 Friends Connection 1:00 Experimental Watercolor Inter./Adv.	10:30 Senior Fitness Beg. at Bradfordville PRR (SV) 11:00 AARP Tax Aide (2/1-4/18; by appointment 850-891-4030) 11:30 Senior Dining (PRR or Bring a Lunch) 11:30 Pickleball 11:30 Fitness Adv. at Bradfordville PRR (SV) 1:00 Model Building					
5:45 Intermediate German Study Group 6:00 Round Dance 7:00 Twirlers Square Dance 7:00 Capital City Carvers	1:30 Fitness Aav. at Bradfordville PRR (SV) 1:00 Friends Connection ZM (ML) 1:00 TDBC Bridge 1:00 Senior Singers 1:00 Canasta at Lake Jackson 2:30 Ping-Pong 4:00 Guitar 7:00 Line Dance 8:00 SA Support Group	Your Heart ZM (SV) 2:00 Beg. Yoga at Lake Jackson 3:30 Beg. Yoga at Bradfordville- PRR (SV) 5:30 Yoga 7:00 Pickleball 7:15 Al-Anon Family	1:00 French Study Group ZM (KC) 1:00 Mindful Movement at Lake Jackson 2:30 Ping-Pong 7:00 Capital Chordsmen 7:00 Writers Workshop	1:00 Oil and Acrylic, Beg. 5:30 Ballroom and Swing 7:00 Al-Anon Newcomers					

TALLAHASSEE SENIOR SERVICES CALENDAR OF BI-WEEKLY AND MONTHLY PROGRAMS JANUARY 9 – FEBRUARY 11, 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
JAN 9 8:30a Blood Drive 10a Mindful Meditation 11a Art Council 1p Poetry Group ZM (KC) 1:30p Advisory Council (SS) 6p Photoshop Elements	JAN 10 10a Technology Assistance-Basic Function of Smart Phone (KC) 1p Yoga PRR (SV) 7p Stamp and Cover Club	JAN 11 10:30a Don't Be A Victim: Preventing Scams 12:30p Friends Connection LNC	JAN 12 10:30a Matter of Balance PRR (RN)	JAN 13 3:30p Tech Help 7:30p Contra Dance	JAN 14 CENTER CLOSED
JAN 16 Closed Martin Luther King Holiday 7p GAP Circle of Parents ZM (KB)	JAN 17 1p Yoga PRR (SV) 2:15 Game Day for ALL 5p TDBC Board Meeting	JAN 18 8:30a Capital Coalition on Aging ZM (KC) 9:45a Hike (RN) 1p LCSO Advisory Council 6:30p USA Dance Board Meeting	JAN 19 10:30a Matter of Balance PRR (RN) 11a Caregiver Support Interest Session 1:30p LLL-Library of Congress H (MH)	JAN 20	JAN 21 7p USA Dance
JAN 23 10a LLL-Artists of Renaissance at Bradfordville (MH) 1p Poetry Group ZM (KC) 6p Photoshop Elements	JAN 24 10a Brain Games (RN) 10:30 Travel Presentation (KC) 1p Yoga PRR (SV) 1:30p LLL-Spring House Tour PRR (MH) 1:30p Spanish 101 PRR (KC)	JAN 25 11:30a Birthday Party for YOU 12p GAP Lunch & Learn 12:30p Friends Connection LNC 3:30p Foundation Board Meeting	JAN 26 10a Hearing Screening (RN) 10:30a Matter of Balance PRR (RN) 11:30a Senior LGBT+ Support Group 1:30p LLL-Library of Congress H (MH)	JAN 27 3:30p Tech Help 7:30p Contra Dance	JAN 28 CENTER CLOSED
JAN 30 10a LLL-Artists of Renaissance at Bradfordville (MH) 7p GAP Circle of Parents ZM (KB)	JAN 31 1p Yoga PRR (SV) 1:30p Spanish 101 PRR (KC)	FEB 1 9a LLL-Aucilla River and Sinks Hike PRR (MH) 4:30p Public Meeting on 6 th Avenue	FEB 2 9:30a Quilting at Woodville 10:30a Matter of Balance PRR (RN) 10:30a Miccosukee Lunch & Learn 1:30p LLL-Library of Congress H (MH)	FEB 3 10a Walmart Trip from Miccosukee	FEB 4 CENTER CLOSED
FEB 6 11a Heart Heath (RN) 11a Biometric Health Screening (RN) 6p Photoshop Elements	FEB 7 10a Blood Pressure & Glucose Screening 12p Tech Help (KC) 12:30p Friends Connection at Miccosukee 1p GaP Advisory Council ZM (KB) 1p Yoga PRR (SV) 1:30p Spanish 101 PRR (KC)	FEB 8 10:30a Bike Safety & Helmet Giveaway 10:30a Bradfordville Lunch & Learn 12:30p Friends Connection LNC	FEB 9 10:30a Matter of Balance PRR (RN) 10:30a Woodville Lunch & Learn 11a Healthy for Life at Jack McLean (WB)	FEB 10 3:30p Tech Help 7:30p Contra Dance	FEB 11 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**:

• 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 <u>www.TallahasseeSeniorFoundation.org</u> unless otherwise noted
- o () = Contact staff to pre-register and/or for Zoom link as follows:

(KB) <u>Karen.Boebinger@talgov.com</u>; (KC) <u>Kristy.Carter@talgov.com</u>;

(MH) Maureen. Haberfeld@talgov.com; (ML) Melanie. Lachman@talgov.com;

(RN) Ruth.Nickens@talgov.com; (SS) Sheila.Salyer@talgov.com

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