

Tallahassee Senior Center

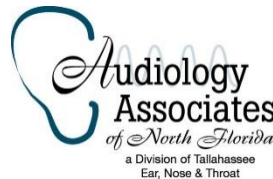
14th ANNUAL



SEPTEMBER 5 – 22, 2023

An eXciting month of
Classes • Tours • Field Trips • Entertainment

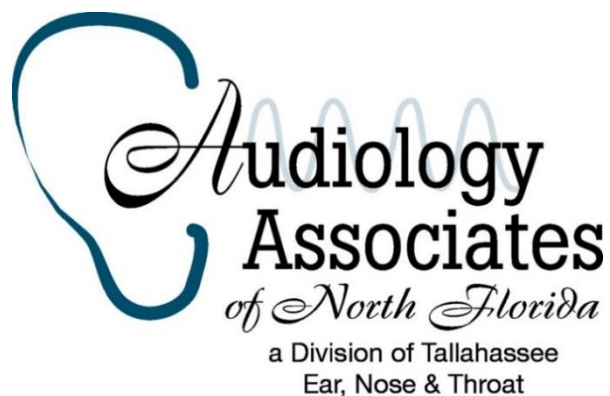
eXploring
Arts • Culture • History • Nature • Science



eXPLORE • eXAMINE • eXPERIENCE

THANKS TO OUR SPECTACULAR SPONSORS!

Presenting Sponsor



Platinum Sponsor



Ruby Sponsors



FLORIDA STATE
UNIVERSITY
TALLAHASSEE | PCWA



THANKS TO OUR SPECTACULAR SPONSORS!

Gold Sponsors

Dodson Insurance
Home Instead Senior Care
Kraft Nissan & Infiniti
Betty & Roberto Morales
Sunrise Rotary Club of Tallahassee
Tapestry Senior Living

Silver Sponsors

Allegro
Canterfield of Tallahassee
Encompass Health Rehabilitation Hospital
Hella Home Solutions, LLC
Medical Marijuana Treatment Clinics of Florida
Tallahassee Coca-Cola Bottling Co. United

Bronze Sponsors

All Care Senior Consulting
Carroll & Company
H2Engineering, Inc.

L3X is a partnership of

Tallahassee Senior Center & Foundation
and the City of Tallahassee

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

The mission of Tallahassee Senior Services is
to offer programs, activities, and
opportunities designed to encourage active
living, optimal aging, and social fitness for
independent adults age 50 +

Tallahassee Senior Center Foundation

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



1400 N Monroe St., Tallahassee, FL 32303

Discover opportunities that await you at the Tallahassee Senior Center!

Staying mentally, physically, and socially active is the
key to healthy aging! The Tallahassee Senior Center (TSC)
invites you to join us for a wide variety of ongoing
activities, programs, and events! Active adults enjoy art,
lifelong learning, health, wellness, and fitness programs,
outdoor pursuits, recreation, support groups, and several
annual signature events, such as Silver Stars, Senior
Games, Ice Cream Social, L3X, and Deck the Halls.

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

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

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

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

CONNECT WITH US

for upcoming classes and
activities at the Senior Center

**Sign up for our weekly
email updates**

<https://bit.ly/3ew6S3M>



Visit our website

www.TallahasseeSeniorFoundation.org



Follow us



TallahasseeSeniorCenter

Register online at:
www.TallahasseeSeniorFoundation.org/L3X

Registration Opens:
TSC Foundation members: Wed., Aug. 16, 8:00 am
General registration: Fri., Aug. 18, 8:00 am

Be sure to register early – many classes sell out quickly!
For ease of registration, please remember your username and password.

Username: _____ **Password:** _____

Payment Information

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

Registration Deadlines

Please note the registration deadline for each class. Not registering by the deadline may not automatically exclude you from participating in the class if space is available, but it may be too late to order supplies or get the Zoom link if applicable.

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

850-891-4000

Mon. – Fri., 8:00 a.m. – 4:00 p.m.

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

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

Maureen Haberfeld, Lifelong Learning Coordinator

850-891-4033 Maureen.Haberfeld@talgov.com

On-Line Classes

Virtual classes are on the Zoom platform.

A **Zoom User Guide** is available on the L3X site: **www.TallahasseeSeniorFoundation.org/L3X**

Zoom assistance is available. To request help, call 850-891-4000 between 8:00 am and 4:00 pm to get paired with support. Please arrange for training **prior** to your first session to ensure someone is available.

For classes on Zoom, **you will be emailed a link** for each class, by the day of the class. This will likely be the evening before the class. If you do not find your Zoom link in your email, please **check your spam or junk folder** prior to calling.

TUESDAY, SEPTEMBER 5

- 001 8:30 am - 12:30 pm Gardens of the Big Bend
- 002 1:00 - 4:00 pm Alcohol Ink Jewelry
- 003 1:30 - 3:00 pm Photographic Journey to Ecuador

WEDNESDAY, SEPTEMBER 6

- 004 9:30 - 11:30 am Lichgate Tour
- 005 1:00 - 2:30 pm Hiking on Florida's Trails
- 006 3:00 - 4:30 pm Mt. Vesuvius and the Destruction of Pompeii
- 007 6:00 - 8:00 pm Sips and Stars

THURSDAY, SEPTEMBER 7

- 008 8:30 am - 11:30 am Redemptive Love Farm Tour
- 009 8:45 am - 1:45 pm Popes Museum Lunch and Tour
- 010 2:00 - 3:30 pm Primitivism in Art

FRIDAY, SEPTEMBER 8

- 011 10:15 am - 2:45 pm Taste of Thomasville
- 012 9:00 am - 3:00 pm Camp Gordon Johnston

SATURDAY, SEPTEMBER 9

- 013 9:00 - 11:00 am Fall Foraging Hike
- 014 2:00 - 4:00 pm Kirtan Kriya Meditation Workshop

MONDAY, SEPTEMBER 11

- 015 9:30 - 11:30 am Challenger Learning Center Space Mission
- 016 Noon - 2:00 pm Whole Foods/Plant-Based Lunch
- 017 3:00 - 4:00 pm Magic and Storytelling
- 018 6:00 - 8:00 pm From Tip to Toe - A Wine Tour of Italy

TUESDAY, SEPTEMBER 12

- 019 8:30 am - 3:00 pm FSU Coastal Marine Lab
- 020 1:00 - 3:00 pm KitchenAble Afternoon Tea
- 021 3:00 - 4:30 pm Art Nouveau vs. Art Deco
- 022 6:00 - 7:30 pm A Virtual Journey to Provence

WEDNESDAY, SEPTEMBER 13

- 023 10:00 am - 1:00 pm Flu Shot Immunization Safety
- 024 10:30 am - 12:45 pm National Weather Service Tour
- 025 1:00 - 2:30 pm Holocaust: What the World Knew
- 026 1:00 - 4:00 pm Taste of Zentangle
- 027 3:30 - 5:00 pm Train Your Brain
- 028 7:00 - 9:00 pm Sabor de Cuba

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

THURSDAY, SEPTEMBER 14

- 029 9:30 am - 12:30 pm 911 Consolidated Dispatch Agency
- 030 1:30 - 3:00 pm Spring House Tour
- 031 3:00 - 4:30 pm Hometown Tales
- 032 5:00 - 6:30 pm Senior Artist Showcase (Birds)

FRIDAY, SEPTEMBER 15

- 033 9:00 am - Noon Sumi-e Asian Ink Painting
- 034 9:00 - 10:30 am Home Grown National Park
- 035 11:00 am - 12:30 pm Early Maps of Florida
- 036 2:30 - 4:00 pm The Ottoman Empire

MONDAY, SEPTEMBER 18

- 037 10:00 - 11:00 am Animal Tales
- 038 11:30 am - 1:00 pm Ross Newell in Concert
- 039 2:30 - 4:00 pm How Not to Die
- 040 4:30 - 6:00 pm Discovering Florida's Coast

TUESDAY, SEPTEMBER 19

- 041 8:00 am - 12:00 noon Leon Sinks Hike
- 042 12:45 - 4:30 pm Panacea Picklearium
- 043 5:30 - 8:00 pm KitchenAble Italian Dinner

WEDNESDAY, SEPTEMBER 20

- 044 8:30 am - 1:30 pm St. Marks Wildlife Refuge Butterfly Walk
- 045 11:00 am - noon Lunch with the Doctor - Prostate Health
- 046 2:00 - 3:00 pm Birds of Prey
- 047 6:00 - 7:30 pm Understanding Neurodivergence

THURSDAY, SEPTEMBER 21

- 048 7:30 am - 2:30 pm St. Vincent Island Wildlife Refuge Walking Tour
- 049 10:00 am - Noon Varian's War Documentary
- 050 6:30 - 8:30 pm Leon Anderson and Friends Concert

FRIDAY, SEPTEMBER 22

- 051 11:30 am - 1:30 pm Closing Luncheon

SPECIAL INFORMATION:

- For outdoor classes, be sure to dress for the weather and wear comfortable walking shoes, hat, sunscreen, and insect repellent.
- We do not provide bottled water, so be sure to bring your own drinking water to all outdoor events.
- The day before each class, look for a reminder email that will contain any special information for that specific class.

L3X

LIFE[ON]LEARNING
EXTRAVAGANZA



Fall Foraging - Sept. 9



Wines of Italy - September 11



Birds of Prey - September 20



Taste of Thomasville - September 8



Linda Ford - September 14



Challenger Center - September 11



St. Vincent National Wildlife Refuge - September 21



Mt. Vesuvius & Pompeii - September 6

Tuesday, September 5

01 - Gardens of the Big Bend

8:30 am - 12:30 pm 9/5/23 \$12

Location: UF/IFAS (NFREC)

155 Research Rd, Quincy, FL

Instructors: Gardening Friends of the Big Bend

The beautiful Gardens of the Big Bend (GBB) is a botanic garden nestled in the grounds of the UF/IFAS North Florida Research and Education Center (NFREC) in Quincy. Its 11 individually themed gardens, including two nationally accredited plant collections, are in a beautiful setting of trees, shrubs, and planting beds linked by paths. Several trails lead to research gardens showcasing crape myrtle, magnolia, hydrangea, and many other plants. The themed gardens include a palm garden, heritage garden, shade garden, Jurassic garden, native garden, dry garden, and more. Get inspiration and ideas to upgrade your landscape with this fascinating tour guided by Gardening Friends of the Big Bend.

Transportation provided from TSC.

Deadline: 9/1 at noon



Gardens of the Big Bend

02 - Alcohol Ink Jewelry

1:00 - 4:00 pm 9/5/23 \$31

Location: TSC Art Studio

Instructor: Gail Bauman

An introduction to using alcohol inks to make beautiful, colorful jewelry. Each piece of jewelry (pendants, earrings, bracelets, etc.) will contain a small original piece of wearable art that you have created. Fee includes access to all supplies needed to make three small YUPO paintings and one piece of jewelry. If you wish to make other pieces of jewelry, there will be an additional fee of \$10 paid to the instructor at the class.

Deadline: 9/1 at noon

03 - Photographic Journey to Ecuador

1:30 - 3:00 pm 9/5/23 \$7

Location: TSC Activity Room & Zoom

Instructor: Sharron Pena

Ecuador is a country of dramatically different landscapes. Travelers can go from the lush rainforests of eastern Ecuador to the stark highlands of the Andes Mountains. Go a little further west and you will find the coast and eventually the Galapagos Islands. For this traveler, Ecuador was what dreams are made of and number one on the bucket list. Join Sharron Pena on this epic adventure; the tales are endless, especially whereas the Galapagos Islands are concerned!

Deadline: 9/1 at noon

Lifelong Learning Extravaganza (L3X) is designed to help you eXplore new interests, eXamine new perspectives and eXperience unforgettable moments.

With a wide range of tours, workshops, field trips, and entertainment, L3X is the perfect opportunity for you to broaden your horizons and discover new things. Whether you're interested in arts and culture, history, nature, or simply looking for a fun and informative way to spend your time, L3X has something for everyone.

Wednesday, September 6

04 - Lichgate Tour

9:30 - 11:30 am 9/6/23 \$10

Location: Lichgate on High Road
1401 High Rd., Tallahassee
Instructor: Sonja De La Cruz

Tucked away in a wooded area on High Road, Lichgate is now well known. Its cornerstone and claim to fame is an ancient live oak tree, whose branches wind, reach out and dip toward the ground from a massive trunk. The tree's beauty is what lured Laura Jepsen to the property in the first place. Dr. Laura Jepsen, a Florida State University English professor, is most remembered for her lovingly built English Tudor Cottage—Lichgate on High Road. She had a vision to build what is documented as Florida's only example of 16th Century Tudor style architecture. She built it on 3 acres specifically to protect the site's unusual matriarch oak. Lichgate on High Road was placed on the United States National Registry of Historic Places on March 31, 2006.

To conquer time, to preserve the essence of the past, and to escape into reality – was Laura Jepsen's desire when starting to build Lichgate. It is a fairytale creation with a glow from within that speaks of innocence. Take a guided tour of the property and cottage and learn the history of this Tallahassee treasure.

Transportation provided from TSC.

Deadline: 9/5 at noon



Lichgate

05 - Hiking on Florida's Trails

1:00 - 2:30 pm 9/6/23 \$7

Location: TSC Dining Room & Zoom
Instructor: Anna Hopkins

Are you interested in getting outdoors and exploring our extensive local and state-wide trail system? Join Anna Hopkins, Outdoor Recreation Specialist from the Florida DEP Division of Recreation and Parks, Office of Greenways and Trails (OGT), to learn about the many options and plan your next adventure. There will be an overview of long-distance statewide trails, along with information on local / regional trails in the Big Bend area. Learn about OGT's Trail Town program, which identifies vibrant communities along Florida's hiking, biking, and paddling trails where visitors can stop to enjoy recreation amenities and unique trail charm.

Deadline: 9/5 at noon

06 - Mt. Vesuvius and the Destruction of Pompeii

3:00 - 4:30 pm 9/6/23 \$7

Location: TSC Dining Room & Zoom
Instructor: Joe Haberfeld

Around noon on August 24, 79 A.D., a huge eruption from the volcano Mount Vesuvius showered volcanic debris over the city of Pompeii, followed the next day by clouds of blisteringly hot gases. Buildings were destroyed, the population was crushed or asphyxiated, and the city was buried beneath a blanket of ash and pumice. For many centuries Pompeii slept beneath its pall of ash, which perfectly preserved the remains. When these were finally unearthed in the 1700s, the world was astonished at the discovery of a sophisticated Greco-Roman city frozen in time. Join geologist Joe Haberfeld to learn about the eruption and the city preserved in volcanic ash.

Deadline: 9/5 at noon

07 - Sips and Stars

6:00 - 8:00 pm 9/6/23 \$22

Location: Challenger Learning Center
200 S Duval St, Tallahassee
Instructor: CLC Staff

The Challenger Learning Center Downtown Digital Dome Theatre and Planetarium is a 50-foot, high-definition theatre with Dolby surround sound system and state-of-the-art projectors. Watch "Monthly Skies over Tallahassee" and a science presentation by Challenger staff while sipping wine and enjoying appetizers. View the night sky and explore the galaxy without the use of the outdated mechanical star-ball common to other planetariums.

Deadline: 9/4 at noon

Thursday, September 7

08 - Redemptive Love Farm

8:30 - 11:30 am 9/7/23 \$14

Location: Redemptive Love Farm
9036 Magenta Ln, Miccosukee
Instructor: Shannon Carroll

Redemptive Love Farm is a family run farm in Leon County that has over 100 animals of 20 different species including camels, llamas, emus, alpacas, goats, horses, donkeys, Highland cows, peacocks, and much more. It is also a 5013c animal rescue. Tour the farm, meet and pet the animals, and learn about their care. Learn how they foster, rehab, and rehome over 100 rescued livestock animals each year. Transportation provided from TSC.

Deadline: 9/5 at noon



Redemptive Love Farm

09 - Popes Museum Lunch and Tour

8:45 am - 1:45 pm 9/7/23 \$32

Location: Popes Museum
192 Pope's Store Rd, Ochlocknee, GA
Instructor: Michelle Dean

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

Deadline: 9/4 at noon



Popes Museum

10 - Primitivism in Art

2:00 - 3:30 pm 9/7/23 \$7

Location: TSC Activity Room & Zoom
Instructor: Tom Friedman

As art movements in the 20th century expanded, a group of artists sought to return to basics. These artists sought to express themselves in a naïve or folk style, and discard the techniques that western art had gained since the renaissance. The movement began as artists discovered and incorporated art from Polynesia and Africa into their work. As the movement matured, artists used their primitivism to rally others to the causes in which they believed; Picasso – The Republicans in the Spanish Civil War and Kahlo – emotional suffering of individuals.

Deadline: 9/6 at noon

Friday, September 8

11 - Taste of Thomasville

10:15 am - 2:45 pm 9/8/23 \$57

Location: Downtown, Thomasville, GA

Instructor: Debra Smith

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

Deadline: 9/6 at noon

12 - Camp Gordon Johnston

9:00 am - 3:00 pm 9/8/23 \$14

Location: Carrabelle and Apalachicola, FL
1873 Hwy 98 W, Carrabelle, FL

Instructor: Lisa Keith Lucas

The Camp Gordon Johnston WWII Museum, located in Carrabelle, Florida, was established to honor and preserve the heritage of the men and women who trained at the camp during WWII. Camp Gordon Johnston opened in 1942 for the sole purpose of training Infantry Divisions and their support units in amphibious operations by U.S. Army Engineer Special Brigades [ESB]. This camp trained a quarter of a million men, closing in June of 1946. Three infantry divisions and two special brigades left here after receiving amphibious training to confront tyranny both in Europe and the Pacific. Visit this unique museum and learn about their dedication, fears, and heroism. Lunch on your own in Apalachicola following museum visit. Transportation provided from TSC.

Deadline: 9/7 at noon

Saturday, September 9

13 - Fall Foraging

9:00 - 11:00 am 9/9/23 \$7

Location: Fred George Greenway Park

4830 Fred George Rd, Tallahassee

Instructor: Greg Haberfeld

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

Deadline: 9/8 at noon

14 - Kirtan Kriya Meditation Workshop: Fire up Your Brain

2:00 - 4:00 pm 9/9/23 \$24

Location: Abundant Wellness Center

325 John Knox Rd #1, Tallahassee

Instructor: Linda McCue

Kirtan Kriya has been endorsed by brain experts from around the world, extensively researched by the Alzheimer's Research Foundation, and many articles state that Kirtan Kriya prevents and reverses Alzheimer's; that's big! It is currently being researched for other dysfunctions of the brain. It's been around for thousands of years and simply stimulates and wakes up the brain centers! Yogis have been doing it for centuries just to keep their brains sharp and focused. Easy to do and simple to learn. You can take it with you and do it every day, wherever you are! It does not require any special equipment.

Deadline: 9/7 at noon

Monday, September 11

15 - Space Mission at Challenger Learning Center

9:30 - 11:30 am 9/11/23 \$22

Location: Challenger Learning Center
200 S Duval St, Tallahassee

Instructor: CLC Staff

The Challenger Learning Center's Space Mission Simulator offers visitors the next best thing to actual space flight with a NASA-inspired Mission Control room and an orbiting space station modeled after the laboratory on the International Space Station. During a space mission, team members work as scientists and engineers. Onboard astronauts in the Space Station Simulator work with their counterparts in the Mission Control Simulator to fly one of our simulated space missions. These simulations provide plenty of challenges for the crews in space and on the ground.

Transportation provided from TSC.

Deadline: 9/8 at noon

16 - Whole Foods/Plant-Based Lunch

Noon - 2:00 pm 9/11/23 \$18

Location: TSC Dining Room

Instructor: Robin Bateman

Food is your greatest medicine. Food choices are a direct portal to your health - both good and bad. Whole, plant-based eating has proven to slow and reverse heart disease, diabetes, and other chronic illnesses. Eating your way to greater living is the goal of this class. In this class, you will enjoy a delicious whole food, plant-based lunch of buffalo pot pie, mandarin orange mixed green salad, and lemon bars. Instructor will demonstrate the recipes and participants will receive copies. Instructor is Robin Bateman who has a certificate in plant-based nutrition from Cornell University.

Deadline: 9/6 at noon

17 - Magic and Storytelling

3:00 - 4:00 pm 9/11/23 \$7

Location: TSC Dining Room

Instructor: Michael Blain

Magic and Storytelling, or as it is sometimes known within the magic world "Bizarre Magick!" What exactly is it?

bi-zarre - an adjective meaning very strange or unusual, especially to cause interest or amusement.

ma-gick - An archaic spelling of magic According to everipedia.org, bizarre magic (or bizarre magick) is a branch of stage magic, like illusions, sleight of hand, or children's magic.

The major difference is that bizarre magic uses storytelling and word play to a much greater degree, and less emphasis is placed on the manual dexterity of the performer or the complexity of his equipment.

Deadline: 9/8 at noon

18 - From Tip to Toe, A Wine Tour of Italy

6:00 - 8:00 pm 9/11/23 \$28

Location: Total Wine Tallahassee

1400-31 Village Square Blvd

Instructor: Total Wine Staff

The beautiful mountains of Italy and surrounding seas create ideal conditions for growing grapes that produce some of the most beloved wines in the world. We will explore many distinctive wines of Italy, from the bright sparkling Proseccos and crisp Pinot Grigios of the north, to the classic Sangiovese-based wines of Tuscany and the rich, dark reds of Sicily. Join us in the tasting room of Total Wine Tallahassee to discover some delicious Italian wines and enjoy cheese and other snacks.

Deadline: 9/8 at noon

The Tallahassee Senior Center offers Lifelong Learning classes throughout the year! Whether you're interested in exploring new subjects or just looking for a fun way to spend your time, we have something for everyone.

Visit www.tallahasseeseniorfoundation.org/lifelong-learning

Tuesday, September 12

19 - FSU Coastal Marine Lab

8:30 am - 3:00 pm 9/12/23 \$43

Location: FSU Coastal Marine Lab
3618 US-98, St Teresa, FL
Instructor: Jared Fuqua

The FSU Coastal Marine Lab in St. Teresa, FL conducts innovative, pioneering, interdisciplinary research on coastal and marine ecosystems in a nearly pristine environment embedded in a hot spot of biodiversity. Take a ride in one of the lab's boats to see the coastline. The staff will put out a small trawl so that participants can get some hands-on experience with organisms living in the bay area. Explore the beach environment with a beach cleanup, marsh walk activity. A picnic lunch will be provided. Transportation provided from TSC.
Deadline: 9/6 at noon

20 - KitchenAble Afternoon Tea

1:00 - 3:00 pm 9/12/23 \$60

Location: KitchenAble
967 Briarcliff Rd., Tallahassee
Instructor: Jessica McMullen

Join us for our annual L3X afternoon tea at KitchenAble. This year we are hosting a traditional English afternoon tea.

We hope you will join us for this class featuring a menu that includes:

- Our custom blend of hot tea
- Fresh baked scones both plain and currant, with clotted cream and berry preserves
- Finger sandwiches: cucumber-watercress, English cheddar with pickle, curried egg salad, and smoked salmon
- Sweet treats including shortbread cookies, Victoria sponge cake, and fruit tarts

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

Deadline: 9/5 at noon

21 - Art Nouveau vs. Art Deco

3:00 - 4:30 pm 9/12/23 \$7

Location: TSC Activity Room & Zoom
Instructor: Tom Friedman

Do you know the difference between Art Nouveau and Art Deco? At the conclusion of this presentation, you will. We will examine the Nouveau art of Alphonse Mucha, Gustav Klimt, Paul Ranson and Louis Tiffany influenced by natural forms and structures, often those of plants. Then we'll examine the art of Cassandre, Tamara de Lempicka and view Deco's reaction against Nouveau incorporating Cubism, ancient Egyptian and Aztec art, and the modern designs of Bauhaus.

Art Nouveau and Art Deco are total art styles. They embrace a wide range of fine and decorative arts, including architecture, painting, graphic art, interior design, jewelry, furniture, textiles, ceramics, glass art, and metal work which we'll view.

Deadline: 9/11 at noon



Provence

22 - A Virtual Journey to Provence

6:00 - 7:30 pm 9/12/23 \$7

Location: Zoom
Instructor: Colette Clarke

Beautiful Provence in southeastern France is a traveler's dream destination with its scenic landscapes, Roman ruins, and quaint hilltop villages. You'll also find endless culinary delights here, from fresh farmers' markets and family-run wineries to Michelin-starred restaurants. Virtually travel to this lovely region with experienced travel and tour guide Colette Clarke, as she introduces you to this sun-kissed land of lavender and sun flowers.

Deadline: 9/11 at noon

Wednesday, September 13

23 - Flu Shot & Immunization Safety

10:00 am - 1:00 pm 9/13/23 Free

Location: TSC Dining Room

Receive your flu shot and take advantage of this opportunity to ask questions about vaccine and immunization safety. We are here to support you in staying healthy and informed. Offered by Leon County Health Department. \$15 Publix gift cards for first 100 participants.

Must register to receive gift card.

24 - National Weather Service Tour

10:30 am - 12:45 pm 9/13/23 \$10

Location: NWS on FSU campus

1017 Academic Way, Tallahassee

Instructor: Mark Wool

The mission of the National Weather Service is to provide weather, water, climate data, forecasts, warnings, and impact-based decision support services for the protection of life and property...NWS Meteorologist Mark Wool will give us a tour of their facility located on the FSU campus. Meet the meteorologists and visit the operations area where staff will demonstrate the technology used to forecast the weather and issue severe weather watches and warnings. Transportation provided from TSC.

Deadline: 9/12 at noon



National Weather Service

25 - Holocaust: What the World Knew

1:00 - 2:30 pm 9/13/23 \$7

Location: Zoom

Instructor: Lauren Ray

What did the world know about the Holocaust as it occurred? Was the world aware of the genocide of the Jews? Documentation shows that world leaders knew, but did not act. Europeans were witnesses to atrocities and remained silent bystanders. American media reported events, but the American public was largely unmoved. Some individuals acted, but mostly victims were on their own. This talk will focus on how the Holocaust was reported to the world as it occurred, and reasons that the world did not act. Lauren Ray is a volunteer Docent Educator at the Dallas Holocaust and Human Rights Museum.

Deadline: 9/12 at noon

26 - Taste of Zentangle

1:00 - 4:00 pm 9/13/23 \$18

Location: TSC Clay Studio

Instructor: Starr Payne CZT

Bring a "Zen" side to your art with this easy form of drawing, to create beautiful designs. This workshop will introduce students to the materials, methods, and philosophy of Zentangle through creating several drawings using just four basic pen strokes. No drawing experience is necessary.

Deadline: 9/11 at noon

27 - Train Your Brain:

Improve Your Balance and Prevent Falls

3:30 - 5:00 pm 9/13/23 \$7

Location: TSC Dining Room

Instructor: Alissa Rudloe PT, DPT

Did you know that one of the biggest reasons people fall is that they are afraid that they will fall? Dr. Alissa Rudloe will discuss the brain and how it relates to balance, and the systems of balance in the body. In this class, you will learn skills that you can practice at home to improve your balance and be more confident in your walking and movement. Sponsored by Encompass Health Rehabilitation Hospital.

Deadline: 9/12 at noon

28 - Sabor de Cuba

7:00 - 9:00 pm 9/13/23 \$25

Location: TSC Auditorium

Instructor: Betty Morales

One of the best ways to learn about a culture is through its cuisine. Last year's Taste of Cuba was so popular, it is back again!

Join us for an evening celebration of the flavors and heritage of Cuba. The food, like it's people, are full of life and soul. Learn about the history and richness of the tastes created by a blend of the Spanish, African, Chinese, and Caribbean ingredients and techniques.

We will enjoy a traditional meal and share recipes and tricks to make authentic Cuban dishes with an unforgettable flavor. You will be welcomed with a signature cocktail, followed by a full culinary experience of appetizer, Cuban bread, a delicious main course, and decadent dessert.

Music is required at all Cuban celebrations, so enjoy the sights and sounds of traditional Cuban dance and music and maybe take a turn on the dance floor yourself.

Deadline: 9/8 at noon



Taste of Cuba

Thursday, September 14

29 - 911: Consolidated Dispatch Agency

9:30 am - 12:30 pm 9/14/23 \$7

Location: Public Safety Complex

911 Easterwood Drive, Tallahassee

Instructor: David Odom

Director David Odom will give a unique behind-the-scenes look at the Consolidated Dispatch Agency 9-1-1 Emergency Communications of Tallahassee Leon County and share information on how to "help us help you" during an emergency. Participants will also meet the other amazing Public Safety / First Responder partners who are based within the Public Safety Complex and learn how we all work together in the best interest of our community. Transportation provided from TSC.

Deadline: 9/13 at noon

30 - Spring House Tour

1:30 - 3:00 pm 9/14/23 \$37

Location: Frank Lloyd Wright Spring House

3117 Okeeheepkee Rd, Tallahassee

Instructor: Byrd Lewis Mashburn

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." Wright 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 of this unique structure which is the only Frank Lloyd Wright designed home in Florida. Most of the fee for this one-of-a-kind tour goes to the restoration of this local treasure.

Deadline: 9/13 at noon

31 - Hometown Tales

3:00 - 4:30 pm 9/14/23 \$7

Location: TSC Activity Room

Instructor: Linda Schuyler Ford

Sure, everyone has heard of The Legend of Sleepy Hollow. But dig a little deeper, and you'll find every city, town, and hamlet has folk history, urban legends, and bizarre events that locals talk about in hushed tones on a late-night front porch. These snippets can make the best stories! In this workshop, participants will explore both how to research and craft local history stories, and why they are so meaningful. This gathering serves as an engaging introduction to oral storytelling, through the exploration of rich local / regional folktales and folk history, and the impact those stories can have on a community. Bring a pen, notebook, and your curiosity. Instructor Linda Schuyler Ford is a sought-after storytelling coach who serves as president of the Florida Storytelling Association.

Deadline: 9/13 at noon

32 - Birds: Art Showcase and Reception

5:00 - 6:30 pm 9/14/23 \$5

Location: TSC Auditorium

Instructor: Angela / Peter McDonnell

Angela and Peter McDonnell from Wild Birds Unlimited will give an educational presentation called ***What songbirds can we expect to be seeing in our backyards during the upcoming cooler season and what should we be feeding them?*** Join us for a showcase of avian themed artwork by the Tallahassee Senior Center art program participants. Enjoy the beautiful art and some delicious appetizers and drinks. \$5 requested at the door.

No registration required.

Friday, September 15

33 - Sumi-e Asian Ink Painting

9:00 am - Noon 9/15/23 \$26

Location: TSC Art Studio

Instructor: Mark Fletcher

Japanese ink painting, or sumi-e, is the embodiment of Japanese aesthetics. Using just simple black ink and carefully curated white space, sumi-e captures the timeless beauty and complexity of the natural world. Learn the basic strokes of this art the traditional way, then expand into modern methods to paint your own originals. Supplies are included in the fee.

Deadline: 9/14 at noon

34 - Home Grown National Park

9:00 - 10:30 am 9/15/23 \$7

Location: TSC Dining Room

Instructor: Rob Williams

The Homegrown National Park is a grassroots call to action to restore biodiversity and ecosystem function by planting native plants. This presentation by Rob Williams is about how this idea has been implemented in his typical Tallahassee yard and how everyone can be part of what has been called the "largest cooperative conservation project ever conceived or attempted." We will discuss how many people taking a few simple actions on their home grounds can address the biodiversity crisis. Following the talk, participants will have the opportunity to visit the yard which is the on the Map of the Homegrown National Park.

Deadline: 9/14 at noon



Homegrown National Park

35 - Early Maps of Florida

11:00 am - 12:30 pm 9/15/23 \$8

Location: The Grove Museum

902 N Monroe St., Tallahassee

Instructor: Peter Cowdrey

Join historian Peter Cowdrey as he explores the role of historic Florida maps from the Dr. Armand and Ms. Suzanne Cognetta Family Trust Collection on display at The Grove Museum. These maps document Florida's geographic growth that came to encompass the southeastern corner of what became the United States, from the Atlantic Ocean to the Trans-Mississippi west, and from the Florida Keys to Virginia. In addition, a collection of antique navigation instruments used to create the maps will be exhibited and discussed.

Deadline: 9/14 at noon

36 - The Ottoman Empire

2:30 - 4:00 pm 9/15/23 \$7

Location: TSC Dining Room & Zoom

Instructor: Nilay Özok-Gündoğan, PhD

The Ottoman Empire was one of the world's longest-enduring empires; ruling over three continents for more than six centuries from the late medieval era to the early 20th century. What we know as the Middle East today was almost entirely ruled by the Ottoman Empire until the creation of a modern state system in the region in the aftermath of World War I. With the conquest of Constantinople in 1453, the Ottomans inherited the remnants of the Byzantine legacy to become one of the superpowers of the world. With the conquest of the former Mamluk territories, the Ottoman sultans also became the spiritual and political leaders of the entire Islamic world.

Dr. Nilay Özok-Gündoğan, an associate professor of Ottoman and Middle East history in Florida State University's Department of History, and a historian of the Ottoman Empire, will give a lecture about the Ottoman Empire from its origins in the 14th century to its dissolution in the aftermath of World War I.

Deadline: 9/14 at noon

Monday, September 18

37 - Animal Tales

10:00 - 11:00 am 9/18/23 \$15

Location: TSC Auditorium

Instructor: Nick Horton

Be prepared to get up close and personal with a variety of animals from all over the world such as a bearded dragon, a black tailed prairie dog, or a giant African bull frog. Animal Tales educators facilitate the learning experience by getting people involved in their programs. Every single show is unique because the animals (unlike the presenters) don't have a script. This program will give participants a chance to interact with the animals.

Deadline: 9/15 at noon

38 - Ross Newell in Concert – A Contemporary Troubadour's Life

11:30 - 1:00 pm 9/18/23 \$12-\$25

Location: TSC Dining Room

Instructor: Ross Newell

Ross Newell is best known as lead singer and songwriter in The Mulligan Brothers from Mobile AL, a band that toured throughout the U.S. and Europe. Ross's song writing weaves heartfelt tales of love and loss into complex yet comforting storytelling, the combination of which will leave you nostalgic for something (or someone) that you can't quite put your finger on. With sold out shows and over 15 million streams on Spotify, you will enjoy listening and learning about life as a troubadour.

\$12 concert, \$13 optional catered lunch

Deadline: 9/11 at noon



Ross Newell

39 - How Not to Die

2:30 - 4:00 pm 9/18/23 Free

Location: TSC Dining Room

Instructor: Robin Bateman

This event is a free screening of Dr. Michael Greger's 2016 presentation, "How Not to Die: The Role of Diet in Preventing, Arresting, & Reversing Our Top 15 Killers"

Dr. Michael Greger, MD, NY Times bestselling author, and internationally recognized speaker, outlined the best evidence-based diet based on peer-reviewed science. This diet can help improve overall health, and reverse effects of common diseases such as heart disease, the #1 killer in America. Parallels between how we dealt with smoking in the past, to how we're dealing with nutrition today will be addressed. This talk will have you reaching for more plant-based food options and not asking "where's the beef?" No charge for this class, but you must be registered to attend.

Deadline: 9/15 at noon

40 - Discovering Florida's Coast

4:30 - 6:00 pm 9/18/23 \$7

Location: TSC Dining Room & Zoom

Instructor: Doug Alderson

Everyone knows the beaches of Florida are a top spot for locals and tourists alike, but many natives or visitors might not know the intricacies of Florida's coast. In this program from his latest book, Tallahassee author Doug Alderson will share striking photos of coastal scenery and wildlife as well as key facts about what makes each coastal section special. So, take an armchair journey from the Emerald Northwest to Miami's Biscayne jewel and beyond.

Doug Alderson prefers a kayak to a desk, hugs trees and friends, and loves observing alligators, manatees, and other wildlife. Most of his 15 published books focus on the dynamic and quirky nature of his home state of Florida.

Deadline: 9/15 at noon

Tuesday, September 19

41 - Leon Sinks Hike

8:00 am - 12:00 noon 9/19/23 \$10

Location: Leon Sinks

6605 Crawfordville Rd., Tallahassee

Instructor: Joe Haberfeld

The Leon Sinks Geological Area is located on the Woodville Karst Plain in southern and southwestern Leon County. A mature karstic area in the Upper Floridan Aquifer, it is one of the most extensive underwater cave systems in the world and connects to Wakulla Springs. Join local geologist, Joe Haberfeld, for a 3-mile hike on the sinks trail in the Apalachicola National Forest to get a delightful introduction into the wonders of karst topography.

Optional transportation provided from TSC.

Deadline: 9/18 at noon

42 - Panacea Picklearium

12:45 - 4:30 pm 9/19/23 \$22

Location: Gulf Specimen Marine Lab

222 Clark Dr, Panacea, FL

Instructor: Jack Rudloe

Panacea Picklearium: the very name conjures up humorous images of Dr. Seuss, "One fish, two fish, red fish, blue fish" in bottles. However, it is a serious merging of science and art. This brand-new exhibit at the Gulf Specimen Marine Lab fills a gap. The exhibit displays rare, preserved creatures from the deep marine environment, such as a Ninja Lantern Shark, that cannot be kept alive in aquariums. It is a unique vibrant display merging art and science designed to fascinate, amaze and sometimes even frighten people with bizarre mini monsters from the deep. Jack Rudloe, award winning cofounder of the Gulf Specimen Marine Lab will give a presentation on the history and background of the new exhibit in the Anne Rudloe Education Center prior to touring the Picklearium and the Marine Lab.

Deadline: 9/18 at noon

43 - KitchenAble Italian Dinner

5:30 - 8:00 pm 9/19/23 \$60

Location: KitchenAble

967 Briarcliff Rd., Tallahassee

Instructor: Jessica McMullen

Enjoy the flavors of Italy with this delicious cooking class. You will be served a four-course feast that will include an appetizer, salad, entrée, and dessert, you may BYOB if you would like.

First Course: Fresh baked focaccia bread with olive tapenade and dipping oil

Second Course: Caprese salad with fresh basil from our garden, tomatoes, and mozzarella

Main Course: Chicken marsala, tender chicken sauteed with mushroom, marsala wine, and herbs; served with pasta and broccoli

Dessert: The famous lemon meringue cake from Harry's Bar in Venice

Deadline: 9/11 at noon



KitchenAble Italian Dinner

Wednesday, September 20

44 - St. Marks Wildlife Refuge Butterfly Walk

8:30 am - 1:30 pm 9/20/23 \$20

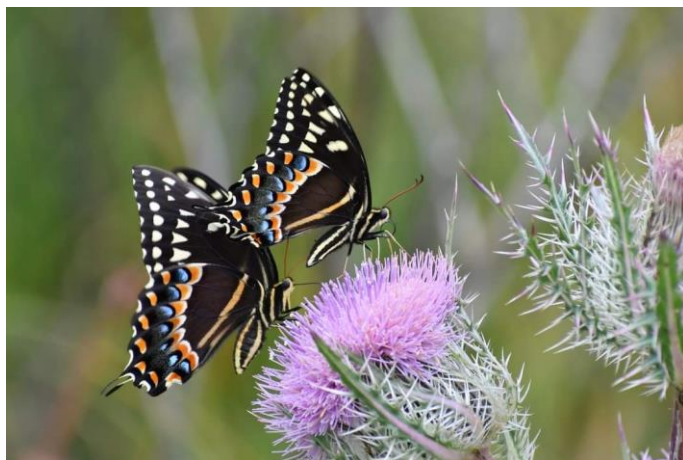
Location: St. Marks Wildlife Refuge

1255 Lighthouse Rd., St. Marks, FL

Instructor: Lisa Baggett

Come explore with amateur butterfly enthusiast Lisa Baggett as butterfly season gets underway, and learn to identify common butterflies found in north Florida like the common buckeye, white peacock, several types of swallowtails, and the endangered monarch butterfly. We might even catch a glimpse of Pinky, the resident flamingo! Includes transportation from the Senior Center and picnic lunch afterwards at Picnic Pond.

Deadline: 9/15 at noon



Butterfly Hike

45 - Prostate Health: Lunch and Learn with a Doctor

11:00 am - noon 9/20/23 \$3-10

Location: TSC Dining Room

Instructor: Anthony Vara, MD

Do you have a loved one who has been diagnosed with prostate cancer? Are you wondering about what you can do for own prostate health? During this informative presentation, Dr. Anthony Vara, Urologist, Endourologist, TMH will discuss prostate health, including prevention, treatment options, and lifestyle changes.

\$3 program; \$7 optional catered lunch

Deadline: 9/19 at noon

46 - Birds of Prey

2:00 - 3:00 pm 9/20/23 \$10

Location: TSC Dining Room

Instructor: Sharron Pena

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

Deadline: 9/19 at noon

47 - Neurodivergence

6:00 - 7:30 pm 9/20/23 \$3-13

Location: TSC Auditorium

Instructor: HCA Psychiatric Residency Program

To recognize Mental Health Awareness month, we offer this program about Neurodivergence – the condition where the human brain processes, learns, and/or behaves differently from what is considered "typical." You likely know someone living with ADHD, Autism, Bipolar disorder, OCD, or another type of neurodivergence. Presented by the new Psychiatry Residency program at HCA Florida Capital Hospital, this presentation will address the research, causes, diagnosis, treatment, management, and strategies for acceptance of neurodiversity in our lives. Includes expert Q & A panel, exhibitors, resources, CEUs, and door prizes. \$3 program; \$10 optional catered dinner.

Deadline: 9/15 at noon

Thursday, September 21

48 - St. Vincent Island National Wildlife Refuge Walking Tour

7:30 am - 2:30 pm 9/21/23 \$45

Instructor: NWR Staff

Location: St. Vincent National Wildlife Refuge
3100 County Rd 30A, Apalachicola, FL
St. Vincent National Wildlife Refuge is a 12,300-acre undeveloped barrier island with a variety of beautiful habitats, numerous trails and 9 miles of empty beaches. Surrounded by outstanding Florida waters, the refuge is an important stop-over point along the Gulf coast for neotropical migratory birds and a haven for threatened and endangered species. In addition, St. Vincent NWR serves as a breeding site for endangered red wolves. Ride the St. Vincent Island Shuttle boat to the island and enjoy a guided 2-hour educational hike and a picnic lunch. Be sure you can hike 2 – 3 miles in the heat.

Transportation provided from TSC.

Deadline: 9/15 at noon

49 - Varian's War Documentary

10:00 am - Noon 9/21/23 \$7

Location: Red Hills Village Retirement Resort
5103 Cold Harbor Dr., Tallahassee

Instructor: Linda Davey

After France surrendered to Nazi Germany in 1940, a group of Americans recognized that action was needed if Jewish artists, intellectuals, and other anti-Nazi writers were to survive. Seeing the anti-immigration restrictions of the US State Department (which the presenter will address), this group sent journalist Varian Fry to France in August 1940, where, for a little over a year, he risked his own life to save the lives of around 2000 people, including artists Marc Chagall and Max Ernst. The dramatic story of this man who was driven to fight Nazi brutality will be shown in the film, "Varian's War" along with a presentation by Linda Davey.

Deadline: 9/20 at noon

Leon Anderson and Friends Concert at the Grove at Canopy



Leon Anderson is a jazz drummer, and the Director of Jazz Studies at FSU. He has been a featured soloist with The Marcus Roberts Trio, the Los Angeles Philharmonic Orchestra at the Hollywood Bowl, and at the Jacksonville Jazz Festival. He has also performed with the Baton Rouge Symphony Orchestra and the Louisiana Philharmonic Orchestra.

Thursday, September 21

Time: 6:30 – 8:30 pm

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

Registration Deadline: Wednesday, September 21 at noon

Fee: \$15.00

**Bring your friends and family to enjoy a wonderful evening of jazz
with Leon Anderson and his band at The Grove at Canopy.**

Bring chairs, snacks, and beverages of choice to this casual outdoor event.

Special Offer: You may pre-order personal charcuterie boards to enjoy at the concert for \$18 each.
To place orders for charcuterie boards, call 850-219-3123 no later than Friday, September 8.

Concert is sponsored by:

The Grove at Canopy
and
Home Instead Senior Care

L3X Closing Luncheon

Building Communities that Conserve Wetlands

Friday, September 22

11:30 am – 1:30 pm

Tallahassee Senior Center Auditorium

\$21



The Coastal Plains Institute is a local non-profit dedicated to scientific research, environmental education, and land stewardship. For the past 10 years, they have been working to bring the striped newt back to Apalachicola National Forest wetlands. This project provides a unique opportunity for citizens to witness, and participate in, species and habitat restoration and recovery. Rebecca will highlight CPI's programs that engage youth and the community in hands-on conservation, collecting data for long-term ephemeral wetland monitoring within the longleaf pine sandhill ecosystem. Her presentation will cover the importance of ephemeral wetlands in terms of plant and animal biodiversity as well as ways that we can get involved with ephemeral wetland research, intern mentorship, and conservation.

*Meal will be a hot lunch choice of chicken and rice, or veggie lasagna
with a salad, roll, and dessert catered by Tastebudz*



SPEAKER

Rebecca Means is an ecologist and science educator with a passion for backpacking, travel, and food. She has a B.S. degree in both Wildlife Ecology and Biology from Virginia Tech and an M.S. degree in Forestry from Texas A&M. As Director of the Coastal Plains Institute, Rebecca has worked with a wide range of species, but her expertise is with the amphibians that inhabit temporary wetlands. Her current focus is involving the public in conservation and research efforts through citizen science training, internships, and research site field trips.

Join the Festivities!

Martinis and More!

Thursday, November 16, 6:00 pm

Martini Making Class

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



Deck the Halls

Friday, December 1, 6:00 pm

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



1400 N. Monroe St. • 850-891-4000

www.TallahasseeSeniorFoundation.org



A copy of the official registration and financial information may be obtained from the Division of Consumer Services by calling toll-free (800-435-7352) within the state or www.FDACS.GOV. Registration does not imply endorsement, approval, or recommendation by the state. Registration #CH8035