

TALLAHASSEE SENIOR CENTER CALENDAR OF WEEKLY PROGRAMS APRIL 2024



Point your smartphone camera here to view our calendar online

TallahasseeSeniorFoundation.org/calendar

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 <i>Fitness at Chaires</i>	8:30 <i>Fitness at Bradfordville I PRR (LB)</i>	8:30 <i>Fitness at Chaires</i>	9:00 Ceramics	8:30 <i>Fitness at Bradfordville I PRR (LB)</i>
9:00 Quilting Bees	9:00 <i>Brain-Body-Balance at Optimist Park PRR (RN)</i>	9:00 Ceramics	9:00 Experimental Watercolor Inter./Adv.	8:30 <i>Fitness at Chaires</i>
9:00 Portrait Studio	9:00 Landscapes in Soft Pastels	9:00 Nimble Fingers	9:00 <i>Brain-Body-Balance at Optimist Park PRR (WB)</i>	9:00 English 2nd Language ZM (KC)
9:30 <i>Fitness at Woodville</i>	9:30 Life Exercise	9:30 Oil and Acrylic with Debbie (All Levels)	9:30 Life Exercise	9:00 Hand and Foot/ Euchre
9:30 French Adv.	9:30 <i>Fitness at Bradfordville II PRR (LB)</i>	9:30 <i>Fitness at Woodville</i>	9:30 <i>Sit & Fit at Chaires</i>	9:00 Oil Adv.
10:00 SHINE PRR	9:30 <i>Sit & Fit at Chaires</i>	10:00 Seniors vs. Crime	10:45 Ballet	9:30 <i>Fitness at Bradfordville II PRR (LB)</i>
10:30 Adv. French ZM (KC)	10:00 Seniors vs. Crime	10:00 Tai Chi Practice	11:00 Senior Counseling (by appointment)	10:00 Chess (begins 1/12/24)
10:30 <i>Fitness at Fort Braden</i>	10:30 Wii Bowling	10:30 <i>Fitness at Fort Braden</i>	11:00 AARP Tax Aide (by appointment 850-891-4030)	10:00 Tai Chi Practice
11:00 Senior Counseling (by appointment)	10:30 <i>Fitness Beg. at Bradfordville PRR (LB)</i>	11:00 AARP Tax Aide (by appointment 850-891-4030)	11:15 <i>Fitness at Miccosukee</i>	10:30 <i>Brain Body Balance at Fort Braden</i>
11:00 AARP Tax Aide (by appointment 850-891-4030)	10:45 <i>Brain Body Balance at Southwood PRR (RN)</i>	11:30 Pickleball Lesson	1:00 AARP Tax Aide (by appointment 850-891-4030)	10:30 <i>Senior Fitness Beg. at Bradfordville PRR (LB)</i>
11:00 French Beg.	11:00 Mindful Movement	11:30 Pickleball	11:15 <i>Fitness at Miccosukee</i>	10:30 <i>Senior Fitness Beg. at Bradfordville PRR (LB)</i>
1:00 Brain-Body-Balance	11:00 AARP Tax Aide (by appointment 850-891-4030)	1:00 Oil and Acrylic with Debbie Int./Adv.	1:00 Tai Chi Basics	11:00 AARP Tax Aide (by appointment 850-891-4030)
1:00 French Int.	11:15 <i>Fitness at Miccosukee</i>	1:00 Canasta / Pinole	1:00 Friends Connection	11:30 Senior Dining (PRR or Bring a Lunch)
1:30 <i>Yoga for Women at Bradfordville PRR (LB)</i>	11:30 Senior Dining (PRR or Bring a Lunch)	1:30 Draw with Your Eyes, Paint with Your Heart ZM (HM)	1:00 Experimental Watercolor Inter./Adv.	11:30 Pickleball
2:30 Pickleball	11:30 <i>Fitness Adv. at Bradfordville PRR (LB)</i>	1:30 <i>Beg. Yoga at Bradfordville PRR (LB)</i>	1:00 Mindful Movement at Lake Jackson	11:30 <i>Fitness Adv. at Bradfordville PRR (LB)</i>
3:00 Friends Connection	1:00 Friends Connection ZM (ML)	2:00 <i>Beg. Yoga at Lake Jackson</i>	2:30 Ping-Pong	1:00 Model Building
5:45 Intermediate German Study Group	1:00 TDBC Bridge	5:30 Yoga	2:30 Mah Jongg begins April 18	1:00 Oil and Acrylic, Beg.
6:00 Round Dance	1:00 Senior Singers	7:00 Pickleball	6:00 Two Step Dancing begins April 18	5:30 Ballroom and Swing
7:00 Twirlers Square Dance	1:00 Gentle Yoga	7:15 Al-Anon Family	7:00 ACA Group	5:30 Overeaters Anonymous
7:00 Capital City Carvers	1:00 <i>Canasta at Lake Jackson</i>		7:00 Capital Chordsmen	7:00 Al-Anon Newcomers
	2:30 Ping-Pong		7:00 Writers Workshop	
	4:00 Guitar			
	7:00 Line Dance			
	8:00 SA Support Group			

TALLAHASSEE SENIOR SERVICES – APRIL 2024

Monthly, Bi-monthly & Special Events and Programs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
APR 1 11a Coffee House Concert – Sofia Talvik (RN) 6p TDBC Bridge	APR 2 10a Blood Pressure & Glucose Screening 12p Tech Help (KC)	APR 3 10a Newcomers Coffee Chat 11:30a LLL-Bicentennial of TLH (MH)	APR 4 10a Plein Air-Maclay Gardens (HM) 10:30a Miccosukee Lunch & Learn 10:30a Matter of Balance (RN)	APR 5 10a Walmart Trip from Miccosukee	APR 6 CENTER CLOSED
APR 8 10a Volunteer Appreciation 10a Mindful Meditation 11a Art Council 1p Poetry Group ZM (KC) 7p GAP Circle of Parents ZM (KB)	APR 9 7p Stamp and Cover Club	APR 10 10a Personal & Automotive Safety 10:30a Bradfordville Lunch & Learn 12:30p Friends Connection LNC 1:30p LLL-Writing Your Family History 1 of 2 (MH)	APR 11 8:30a Podiatry 10:30a Woodville Lunch & Learn 10:30a Matter of Balance (RN) 11a Caregiver Support Group (JS) 11:30a Travel Presentation RSVP (KC) 1p TDBC Bridge 1:30p LLL-Springhouse Tour PRR	APR 12 7:30p Contra Dance – Greasy String Band with caller Alice Raibourn	APR 13 CENTER CLOSED 10a-1p Minority Health Fair at Jake Gaither
APR 15 10a LLL-Off Florida Shores at Bradfordville 1:30p Advisory Council (SS) 5:30p AHEC-Tools to Quit	APR 16 10a LLL-Kayak on the Wakulla PRR 10:30a Ft. Braden Lunch & Learn 10:30a Brain Games with Ruth 11a Wellness Circle at Jack McLean 5p TDBC Board Meeting	APR 17 8:30a Capital Coalition on Aging (KC) 9a Hike (RN) 11a Wellness Circle at Jake Gaither 1:30p AHEC-Tools to Quit	APR 18 10:30a Matter of Balance (RN) 10:30a Lake Jackson Lunch & Learn 1:30p LLL-Writing Your Family History 2 of 2 (MH) 2p Tech Help (KC)	APR 19 10a LLL-Afternoon Tea at Rabbit Creek PRR (MH)	APR 20 7p USA Dance: Dancing in the Rain
APR 22 8a Summer Camp PRR (MH/RN) 1p Poetry Group ZM (KC) 7p GAP Circle of Parents ZM (KB)	APR 23 8a Summer Camp PRR (MH/RN) 10:30a Chaires Lunch & Learn	APR 24 8a Summer Camp PRR (MH/RN) 12p GAP Lunch & Learn 12:30p Friends Connection LNC 3:30p Foundation Board Meeting	APR 25 8a Summer Camp PRR (MH/RN) 10:30a Matter of Balance (RN) 11a Caregiver Support Group (JS) 11:30a Senior LGBT+ Support Group 1p TDBC Bridge	APR 26 8a Summer Camp PRR (MH/RN) 7:30p Contra Dance – Bunny Bread Biscuits Band with caller Vicki Morrison	APR 27 CENTER CLOSED
APR 29	APR 30 9:30a LLL-Gadsden Art Museum PRR (MH) 12p Senior Singers Sing for Us				

TALLAHASSEE SENIOR CENTER, 1400 N. Monroe Street, 850-891-4000

LEGEND

PRR = Pre-registration Required

LLL = Lifelong Learning

We offer in-person and virtual classes:

ZM = Virtual Classes on Zoom

H = Hybrid Classes (virtual + in-person)

Register Online at www.TallahasseeSeniorFoundation.org unless otherwise noted

() = Staff Contact for class information as follows:

(HM) HeathHilary.McRae@talgov.com

(JS) Judy.Shipman@talgov.com

(KB) Karen.Boebinger@talgov.com

(KC) Kristy.Carter@talgov.com

(LB) Lisa.Baggett@talgov.com

(MH) Maureen.Haberfeld@talgov.com

(ML) Melanie.Lachman@talgov.com

(NS) Nick.Schrader@talgov.com

(RN) Ruth.Nickens@talgov.com

(SS) Sheila.Salyer@talgov.com