



# TSC on N. Monroe Since 1978



# TSC at Canopy



# Our Mission



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 Services is a division of  
Parks, Recreation & Neighborhood Affairs Department  
with 15-member Advisory Council

# National Recognition

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The Tallahassee Senior Center received the  
**2023 NISC Founders Award**  
at the National Conference on Aging  
for exemplary and long-standing service  
to the senior center field.

# Making a difference by the numbers ... 2023

5,000+  
Regular  
Participants

13  
Neighborhood  
Sites

180  
Activities  
Monthly

400  
Visitors  
Daily

90K Participation  
Units Annually



# Highlights of 2023



**Your donations  
at work  
for seniors**

# Tallahassee Senior Foundation

The purpose of the Tallahassee Senior Foundation is to generate funds that support programs and services of the Tallahassee Senior Center & its participants.

A 501(c)3 non-profit with a 15-member Board of Directors



# Mini Expos



JOIN US FOR AN EXPO

## HOUSING & IN-HOME SERVICES

Experts help you navigate housing options and in-home services. Plus panel discussions with seniors who have recently made housing transitions.

NOVEMBER 15  
11 AM - 3 PM

Lunch provided, suggested donation \$10.  
Register online:  
[www.TallahasseeSeniorFoundation.org](http://www.TallahasseeSeniorFoundation.org)



**In-Home Services**  
Jocelyne Fliger,  
Elder Care Services



**Move Management and Aging in Place**  
Hella Spellman,  
Hella Home Solutions



**Assisted Living**  
Alberta Granger,  
Florida Assisted Living Association



**Home Health Services**  
Emily Brown, RN, MSN,  
TMH Home Health Care



# Coffeehouse Concerts





# Special Events & Celebrations

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# Ice Cream Social





*Utilizing and Promoting  
Social Engagement for  
Loneliness, Isolation &  
Depression in the Elderly*

98 Participants in 2023  
454 Counseling Sessions  
**4 Art Therapy Groups**

**Friends Connections Locations**  
Tallahassee Senior Center  
Lincoln Neighborhood Center  
B.L. Perry, Jr. Library  
Virtual



*“I came to  
Friends Connection to  
make friends, and now I  
feel I have another family.”*



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# Southside Outreach Program

- Hosted “Minority Health Fair” w/ AHEC
- Healthy for Life Classes
- Monthly Wellness Circles at 2 Locations
- Bi-weekly Brain Body Balance Classes
- Art & Recreational Therapy



**2023**

**98 Participants**

*Locations:*

Jake Gaither

Jack McLean

Optimist Park

B.L. Perry, Jr. Library

**Funded by:**

- TSC Foundation
- City CDBG
- County CHSP
- Sponsors
- Donors

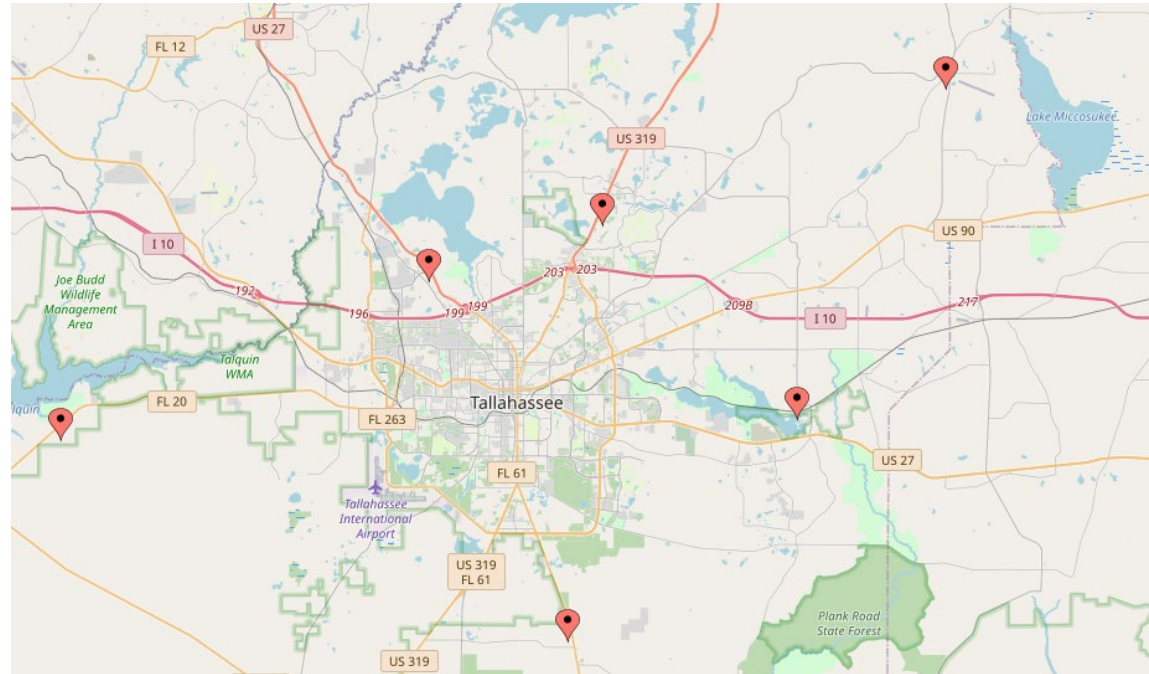


# Leon County Senior Outreach

Began in 2003 as Commission-directed initiative to enable seniors who live in unincorporated areas to access programs and services which will help them remain living in their own communities for as long as it is safe and possible. By bringing a variety of resources to their communities, individuals can live independently in their own homes.

*“I enjoy Senior Days for the fellowship, food, and all the services you provide.”*

**2023**  
904 Participants  
**6 Communities**  
Woodville  
Lake Jackson  
Bradfordville  
Miccosukee  
Fort Braden  
Chaires



# Leon County Senior Outreach

- Monthly Lunch & Learns
- Fitness, Card Games, and Lifelong Learning
- Field Trips
- Community Resources, Services & Information



# The Arts

*The Tallahassee  
Senior Center  
for the Arts*



542 Students

25% ↑

5,542 Participant Units

32% ↑

# Lifelong Learning



**47 Different Classes**

**3X as many Participants**

**4X as many Units**

**Field Trips and Classes**

- In-person, Virtual & Hybrid
- Technology, Writing & Poetry
- French, Spanish & German



**LIFELONG LEARNING**  
WITH TALLAHASSEE SENIOR CENTER



**CITY OF  
TALLAHASSEE**







Preview Parties & Closing Luncheon



**Classes**    **Participants**    **Units**  
 51                    644                    1,449  
**Almost Double Participation**  
 In-person & Hybrid



# Fitness for the Brain & Body



**Fitness Classes**  
Ageless Grace  
Brain Body Balance  
LIFE Exercise  
Mindful Movement  
Senior Fitness  
Sit & Fit  
Tai Chi  
Yoga  
Hiking

**Taught by Certified  
Senior Fitness  
Instructors**

20 Classes 9 Locations  
1,039 Fitness Participants - 14.4% Increase  
Participation Units 24,255 - 26% Increase

# Health and Wellness



446 Participants  
74 Presentations  
5 Special Workshops  
40 Health Screenings  
60 Community Partners  
City & Foundation Funded



# FOOT – Fitness & Outdoor Opportunities Together

*A Health & Wellness program*



**Monthly Hikes**  
3<sup>rd</sup> Wednesday  
90 Hikers  
150 Units



**10 Different Activities**  
150 Participants  
250 Units



**Summer Camp**



# Capital City Senior Games

610 Athletes  
15 Sports  
12 Venues

In collaboration with  
Parks & Recreation



# Recreation



Pickleball • Ping Pong  
Cards & Games  
Ballroom and Swing Dance Lessons  
Senior Singers

# Recreation

Capital Twirlers  
Regional Dance Jamboree

USA Dance Symposium



Capital Chordsmen  
Holiday Concerts

Capital City Band of TCC  
Holiday & Patriotic  
Concerts



# Recreation

Activity	People	People Compared to 2022	Units	Participation Compared to 2022
Cards & Games	240	16%↑	3462	6%↑
Crafts & Ceramics	180	23%↑	2602	18%↑
Music & Dance	750	19%↑	6120	34%↑
Recreational Sports	506	58%↑	9067	122%↑
Technology Help	121	67%↑	180	233%↑
Additional Activities	56		352	
<b>TOTAL</b>			21,783	29%↑



# GaP – Grandparents as Parents

71 GaP Families  
with 151 Children  
Support Groups  
Resources  
Field Trips



## Funding & Resource Partners

Leon County  
Older Americans Act  
Advantage Aging Solutions  
Individual Donations  
TSC Foundation

# Connection to Services

- 433 In-Person Info & Referral
- 838 Counseling sessions
- 698 AARP Tax Aide returns
- 260 Farmer's Market coupons

45 Unique Resource Cards

Accessible 24/7 at

[TallahasseeSeniorFoundation.org](https://TallahasseeSeniorFoundation.org)

1,286 Downloaded from Website



- Seniors vs. Crime w/ Florida Attorney General's Office
- Lunch Bunch w/ Elder Care Services
- SHINE Insurance Counseling w/ Advantage Aging Solutions
- Financial Counseling w/ Halsell Financial Solutions

# Major Facility Projects

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New ADA  
Main Entrance Door



Renovated 1<sup>st</sup> Floor Kitchen

Thanks  
@You!

# Volunteer Appreciation At Capital City Country Club

## Volunteer Value

Volunteers	Hours	Value
246	14,610	\$464,611



**30 Years of Service Honoree**  
Comm. Carolyn Cummings  
*Legal Services*  
*Past Advisory Council*

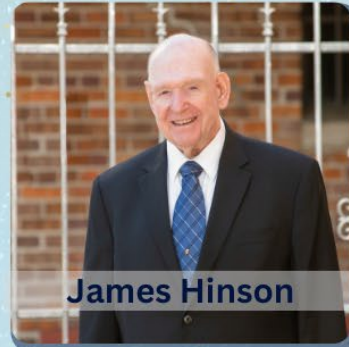
# 21<sup>st</sup> Annual Silver Stars



Marina Brown



Jane Greene



James Hinson



Henry Lowery

## 2023 Silver Stars



Dr. Charles Moore



Gladys Roann-Watson



Jill Sandler



Freida Travis

Save the Date  
22<sup>nd</sup> Annual Silver Stars  
May 9, 2024



**2023 Budget  
Highlights  
and  
Ways to Give  
to the  
TSC Foundation**

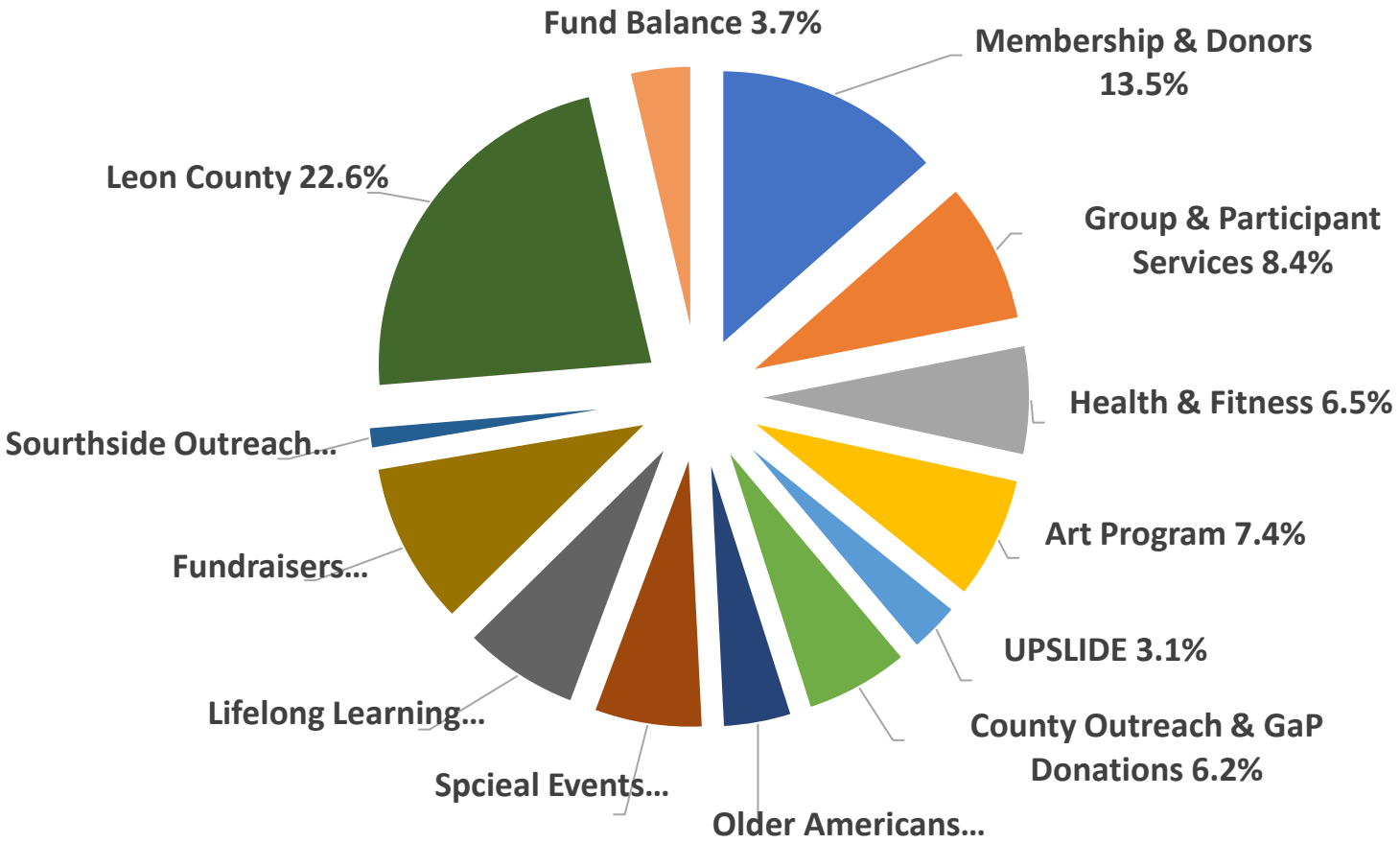


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# Revenue Sources 2023

**\$791,402**



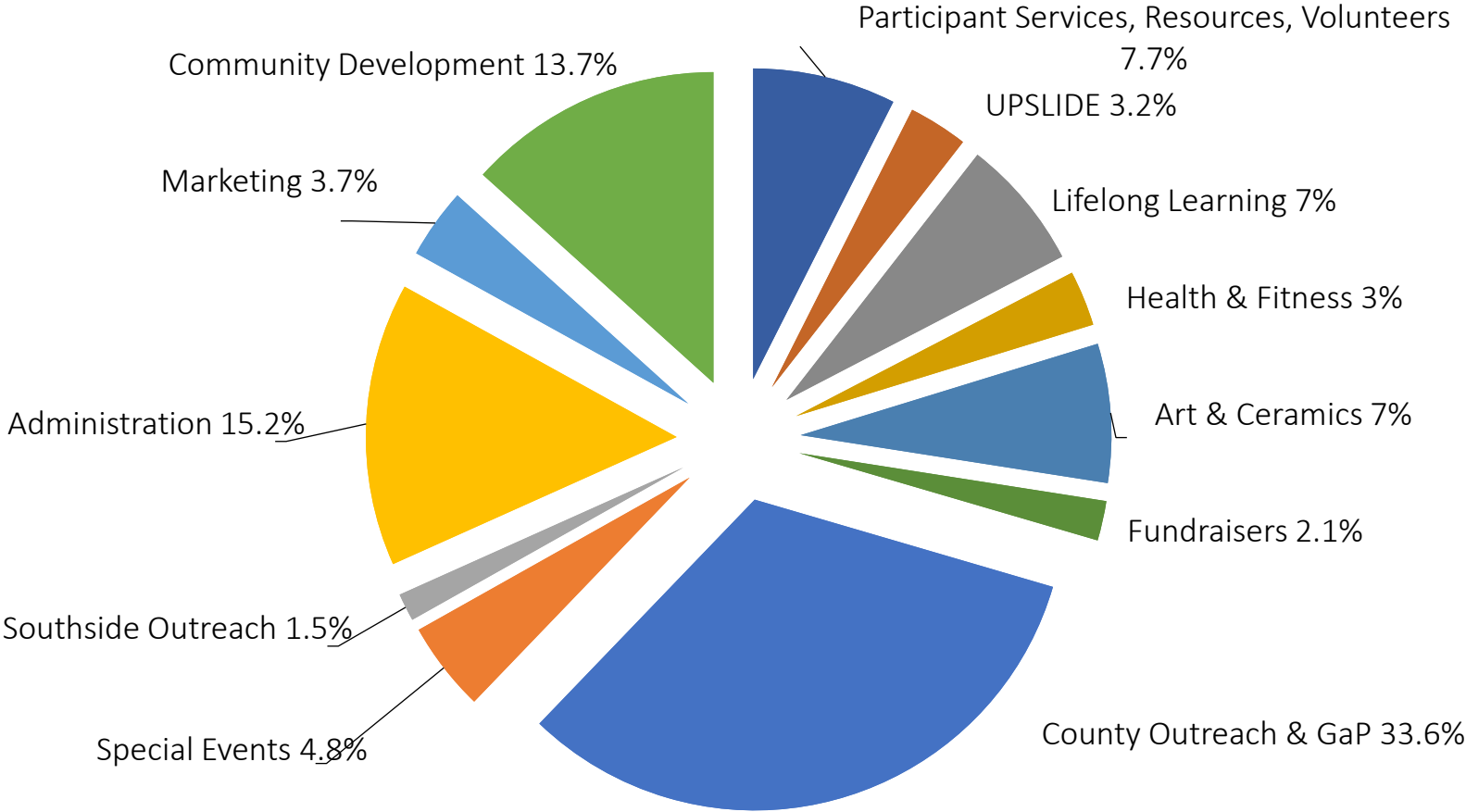
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TALLAHASSEE Senior Center Foundation FOR ACTIVE ADULTS

# TSC Foundation Expenditures 2023

**\$791,402**





# Membership

.9% increase in Membership Giving



*Thank You!*

# Celebration Gifts

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*Meko Rice (L),  
TSC Foundation  
Vice President*

## To Honor Special Occasions

Birthdays  
Anniversaries  
Graduations  
Retirements



*Nancy Wenhold*

# Memorial Gifts

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**Ed Vertuno**

Honoring someone  
with a  
donation supports  
programs into the  
future.



**Dot Carroll**



# Galaxy Star Wall

Custom Engraved Stars  
to Honor or in Memory of  
favorite person(s),  
a loved one, or pet.



Lynda Dickens  
Pickleball



Rod Dugger & Norma English  
Tai Chi

# End of Year Giving

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*Thank You!*

**\$28,026**  
in 2023

As one participant shared,  
*“being at the TSC has given  
me a better outlook on life  
after losing my wife.”*

# IRA RMD

## Required Minimum Distribution

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*Thank You!*

For giving to the  
TSC Foundation



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# League of Our Own Bowling



We were bowled over by the support of our local community!

**\$5,000+** raised for TSCF!

Coordinated by Villas at Killlearn Lakes.

Thank you for making a difference!



# Deck the Halls

## SIGNATURE ANNUAL FUNDRAISER

LIVE MUSIC • CATERED FOOD • MARTINI BAR • SILENT AUCTION

**Raised \$43,122**



**Save the Date:**  
*2024 Deck the Halls*  
*December 6*





# Business Sponsors & Partners



87 Gave  
\$133,194  
7% growth  
21 new  
supporters

- Silver Stars
- Senior Games
- Health & Fitness
- Art
- Lifelong Learning
- Outreach
- UPSLIDE
- Mini Expos
- Volunteer Appreciation
- Deck the Halls



# Implementing What's Next

- Tallahassee Active LifeLong Leaders returns
- Increase Minority Participation to 30%
- Explore More Evening Programming
- Grow FOOT Outdoor Activities
- Build 2<sup>nd</sup> Senior Center



# Second Senior Center

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- Funded by % of City's Sales Tax Extension Funds
- 6 Acres in Canopy donated by Premier Construction
- 2019-2023 Design Phase: GRC with Catlin Architecture
- CMR: Culpepper Construction
- 2024 Groundbreaking
- 18-24 Months to Build
- 2026 Projected Move-in



# TSC at Canopy

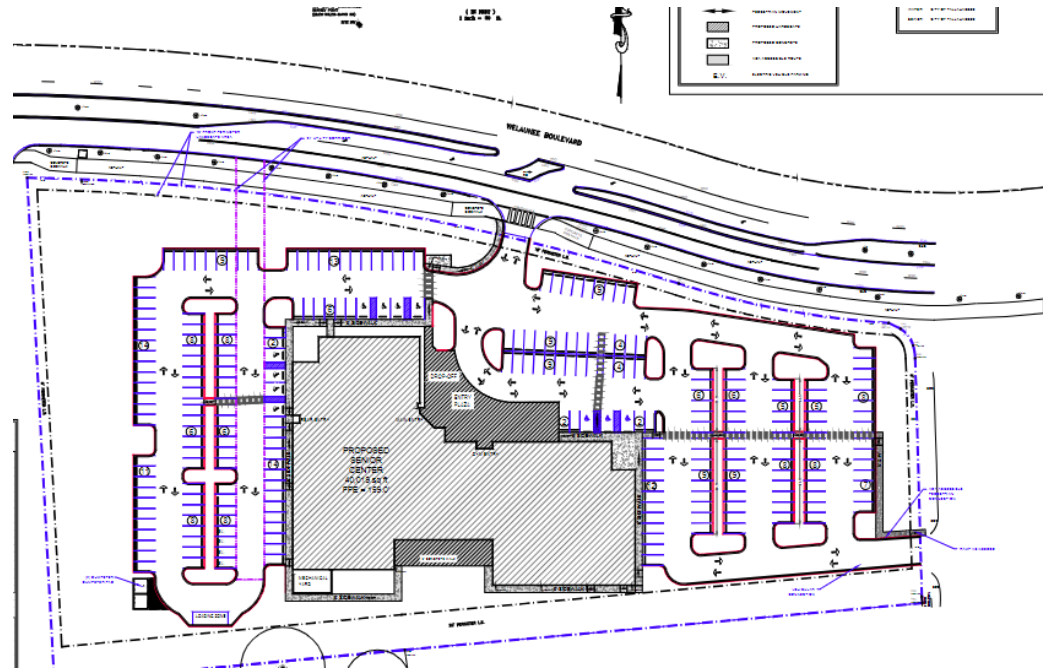
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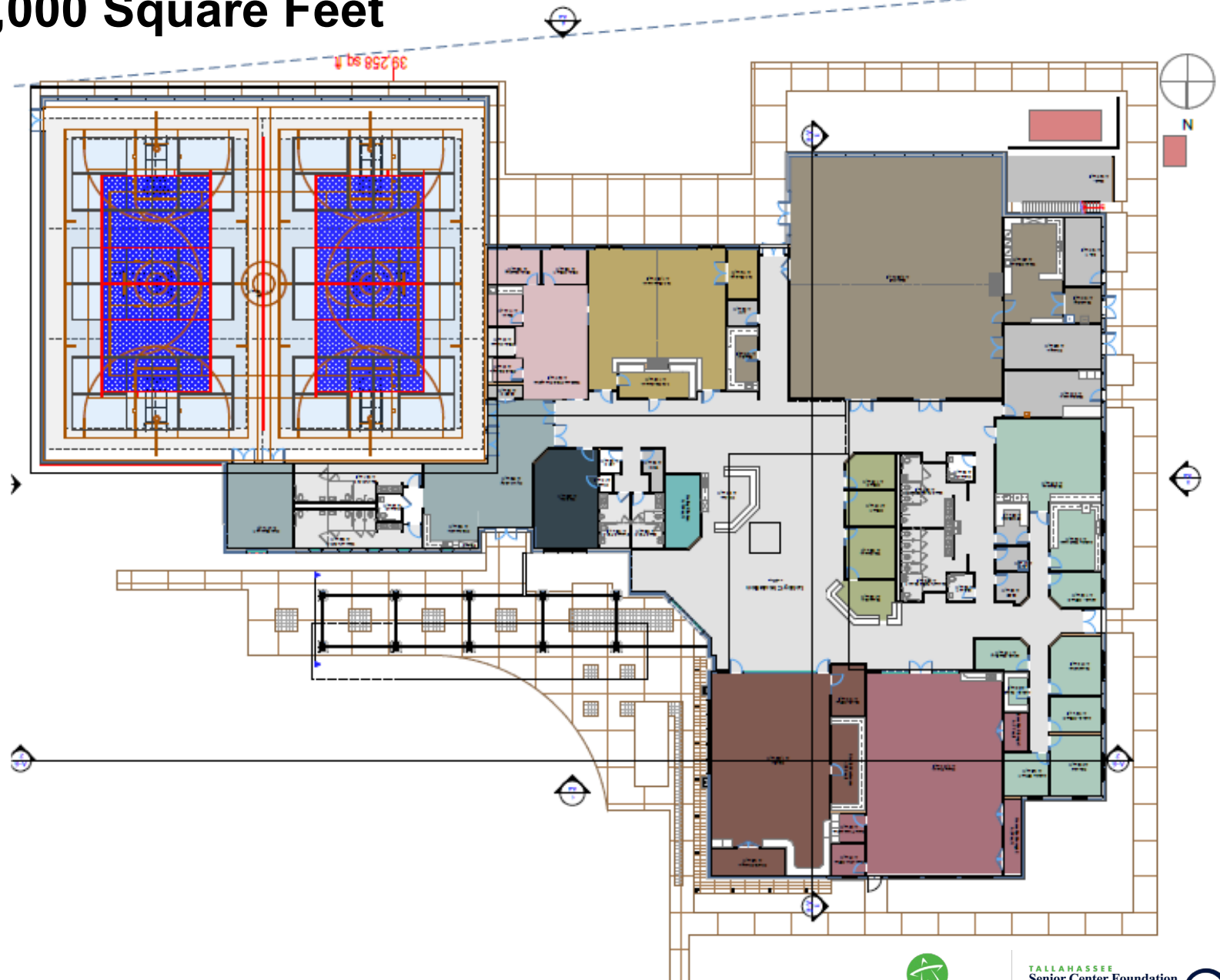
# General Design Concepts

## Parking

- Generous, larger parking area/spaces
- Pedestrian friendly, safe, curbsless parking
- More handicapped parking than required
- Mobility Challenged parking spaces
- Bicycle Racks



# 40,000 Square Feet



# Communications & Media

**Websites:**

**tallahasseeseniorfoundation.org**

**talgov.com**

**Constant Contact weekly email:**

**5,000+ Subscribers, with 52% open rate**

**Facebook – 6,000+ Followers**

**Instagram – 1,300+ Followers**

**Marquee – 30,000+ cars a day**

**City of Tallahassee Communications**

**WCOT City Cable Channel**

**Billboards by Prime Meridian Bank**



# TSC Impact & Value

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“We need social connection just as much today as we ever did – perhaps even more – as the world’s increasing complexity makes it easy to feel lost and forgotten.”

-Vivek H. Murthy, MD, *Together*