

TALLAHASSEE SENIOR CENTER CALENDAR OF WEEKLY PROGRAMS AUGUST 2024



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

TALLAHASSEE SENIOR SERVICES – AUGUST 2024
Monthly, Bi-monthly & Special Events and Programs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			AUG 1 <i>10:30a Miccosukee Lunch & Learn</i>	AUG 2 <i>10a Walmart Trip from Miccosukee</i>	AUG 3 CENTER CLOSED
AUG 5 <i>10a LLL-Banned Books at NE Lib. PRR (MH)</i>	AUG 6 10a Blood Pressure & Glucose Screening 12p Tech Help (KC)	AUG 7 10a Newcomers Coffee Chat 12p Fiddle Tunes Jam	AUG 8 10:30a Summer Nutrition (RN) 10:30a Woodville Lunch & Learn at TSC 11a Caregiver Support Group (JS)	AUG 9 7:30p Contra Dance <i>Runaway Biscuits with Caller: Vicki Morrison</i>	AUG 10 CENTER CLOSED
AUG 12 10a L3X Preview (MH) 10a Mindful Meditation 11a Art Council <i>1p Poetry Group ZM (KC)</i> <i>7p GAP Circle of Parents ZM (KB)</i>	AUG 13 <i>11a Wellness Circle at Jack McLean</i> 5:30p L3X Preview (MH) 7p Stamp and Cover Club	AUG 14 10:30a Fire Safety (RN) <i>10:30a Bradfordville Lunch & Learn</i> 12p Fiddle Tunes Jam <i>12:30p Friends Connection LNC</i>	AUG 15 10a Hearing Screening <i>10:30a Lake Jackson Lunch & Learn</i> 2p Tech Help (KC)	AUG 16	AUG 17 7p USA Dance: Hippies in the 60's
AUG 19 1:30p Advisory Council (SS) 6p TDBC Bridge	AUG 20 10:30a Travel Presentation (KC) 5p TDBC Board Meeting	AUG 21 8:30a Capital Coalition on Aging (KC) 9a Hike (RN) <i>11a Wellness Circle at Jake Gaither</i> 1:30p AHEC- Tools to Quit 12p Fiddle Tunes Jam 4:30p Technology Assistance NEW 5:30p A Taste of Ukraine PRR (KC)	AUG 22 8:30a Podiatry (RN) 11a Caregiver Support Group (JS)	AUG 23 7:30p Contra Dance <i>Flathead String Band with Caller Kenny Greer</i>	AUG 24 9:30-4 Coin Show
AUG 26 10:30a Aging In Place Expo <i>1p Poetry Group ZM (KC)</i> <i>7p GAP Circle of Parents ZM (KB)</i>	AUG 27 <i>10:30a Chaires Lunch & Learn</i>	AUG 28 12p Fiddle Tunes Jam <i>12p GAP Lunch & Learn (KB)</i> <i>12:30p Friends Connection LNC</i>	AUG 29 11a Stretch for Life (RN) 11:30a Senior LGBT+ Support Group	AUG 30	AUG 31 CENTER CLOSED

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

LEGEND

We now offer in-person and virtual classes.

ZM = Virtual Classes on Zoom **H = Hybrid Classes (virtual + in-person)**

PRR = Pre-registration Required **LLL = Lifelong Learning**

REGISTRATION INFORMATION:

Register Online at www.TallahasseeSeniorFoundation.org unless otherwise noted

() = Staff Contact for class information as follows:

EM) Emily.Mcneill2@talgov.com

(HM) HeathHilary.McRae@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

(RN) Ruth.Nickens@talgov.com

(SS) Sheila.Salyer@talgov.com