Tallahassee Senior Center

16th ANNUAL

LIFELONG LEARNING EXTRAVAGANZA

SEPTEMBER 3 – 26, 2025

An eXciting month of

Classes • Tours • Field Trips • Entertainment

eXploring

Arts • Culture • History • Nature • Science

TALLAHASSEE Senior Center Foundation FOR ACTIVE ADULTS

Audiology Associates of North Florida a Division of Tallahassee Ear, Nose & Throat

CITY OF TALLAHASSEE

EXPLORE • EXAMINE • EXPERIENCE

Tallahassee Senior Center • 1400 N. Monroe St., Tallahassee, FL 32303 • 850-891-4000

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L3X is a program 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.

CITY OF TALLAHASSEE

TALLAHASSEE Senior Center Foundation FOR ACTIVE ADULTS

1400 N Monroe St., Tallahassee, FL 32303

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

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.

Register online at:

www.TallahasseeSeniorFoundation.org/L3X

Registration Opens:

Foundation members: Wed., Aug. 13, 8:00 am

**Foundation Members, please use code provided to you via postcard or email.*

General registration: Fri., Aug. 15, 8:00 am

Be sure to register soon – 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 assistance, please call:

850-891-4000

Monday – Friday, 8:00 am – 4:00 pm

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

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

Emily Starnes, Lifelong Learning Coordinator 850-891-4017 Emily.Starnes@talgov.com

On-Line Classes

Virtual classes are on the Zoom platform. 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.

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.

CLASSES AT A GLANCE

CLASSES AT A GLANCE

WEDNESDAY, SEPTEMBER 3

- 001 10:00am - 11:30am Lucky Goat Behind the Scenes Tour
- 002 1:00pm - 4:00pm Taste of Zentangle
- 003 3:00pm - 4:00pm Luxury in Layers: The Dubai Chocolate Bar Experience

THURSDAY, SEPTEMBER 4

- 004 9:00am - 11:00am Hearing Screenings - by appointment
- 005 10:40am - 12:45pm WCTV Tour
- 006 10:30am - 12:00pm Treasures of the Palaces of the Tsars
- 007 6:00pm - 8:00pm KitchenAble French Steak Pommes Frites Dinner Class

FRIDAY, SEPTEMBER 5

- 008 9:00am - 12:00pm The Art of Kumihimo (Friendship Bracelet)
- 009 10:00am - 12:00pm TLH Automobile Museum
- 010 2:00pm - 3:30pm The Nazi Olympics, 1936 - *Class is virtual on ZOOM*
- 011 3:00pm - 4:00pm Natalia Andreeva Studio Tour

MONDAY, SEPTEMBER 8

- 012 10:00am - 12:30pm TnT Wakulla Kayak Trip
- 013 9:30am - 12:30pm The Art of Paper Casting
- 014 2:00pm - 3:00pm Birds Of Prey
- 015 4:30pm - 6:00pm Paint & Sip with Abby

TUESDAY, SEPTEMBER 9

- 016 9:30am - 12:30pm *CST The Florida Caverns
- 017 10:00am - 11:00am Words with a Past: The Heartbeat of Yiddish
- 018 2:00pm - 4:00pm Titan: The OceanGate Submersible Disaster

WEDNESDAY, SEPTEMBER 10

- 019 11:00am - 1:00pm "Med Instead of Meds" Healthy Eating Workshop
- 020 12:30pm - 4:30pm Painting Oyster Shells
- 021 3:00pm - 4:00pm Tour of the MagLab

THURSDAY, SEPTEMBER 11

- 022 9:00am - 12:00pm Vaccines & Immunization Fair for Seniors
- 023 10:30am - 12:00pm The Culmination of Al-Qaeda Ambitions
- 024 1:00pm - 3:00pm KitchenAble French Flavor Afternoon Tea

FRIDAY, SEPTEMBER 12

- 025 9:30am - 1:45pm FSU Coastal Marine Lab
- 026 9:00am - 12:00pm Botanical Bas Relief (Sept. 12 & 19)
- 027 11:00am - 12:30pm Coffeehouse Concert Nate Currin

SPECIAL INFORMATION:

- **For outdoor classes, be sure to dress for the weather and wear comfortable walking shoes, hat, sunscreen, and insect repellent.**
- **We do <u>not</u> provide bottled water, so be sure to bring your own drinking water to all outdoor events.**

MONDAY, SEPTEMBER 15

- 028 9:30am - 12:30pm Florida Greenways and Recreation Expo
- 029 3:00pm - 4:00pm Norwegian Stave Churches
- 030 6:00pm - 7:30pm Bourbon and Chocolate Experience

TUESDAY, SEPTEMBER 16

- 031 9:30am - 11:30am The Seminole Experience
- 032 10:00am - 11:00am Legal Considerations for Aging Adults

WEDNESDAY, SEPTEMBER 17

- 033 9:00am - 11:00am Critters & Flitters: Nature Hike with Nick
- 034 10:40am - 2:00pm Taste of Thomasville
- 035 10:00am - 11:00am Ink & Introspection: Marina Brown Reads
- 036 6:00pm - 8:00pm Taste of India

THURSDAY, SEPTEMBER 18

- 037 10:00am - 12:45pm Wool Dryer Ball Making
- 038 6:00pm - 7:30pm Senior Artists Showcase Reception

FRIDAY, SEPTEMBER 19

- 039 10:00am - 12:00pm Goat Yoga
- 040 10:00am - 11:00am Healing Energies: Acupuncture and Qigong
- 041 2:00pm - 3:00pm Astrophotography
- 042 6:30pm - 8:30pm Historic Monticello Ghost Tour

MONDAY, SEPTEMBER 22

- 043 10:00am - 12:30pm TnT Wakulla Kayak Trip
- 044 10:00am - 11:00am Brunch n Learn with the Expert: Atrial Fibrillation and Cardiac Health
- 045 12:30pm - 4:30pm Big Bend Hospice Butterfly Project

TUESDAY, SEPTEMBER 23

- 046 10:00am - 12:00pm Therapeutic Touch
- 047 10:00am - 12:00pm Fall Wreath Making Class
- 048 1:30pm - 3:30pm Spring House Tour

WEDNESDAY, SEPTEMBER 24

- 049 9:00am - 1:30pm Butterfly Hike at St. Marks
- 050 10:00am - 12:00pm Historic Homes Tour
- 051 10:30am - 11:30am Scam Landscape: Fraud Watch Basics

THURSDAY, SEPTEMBER 25

- 052 10:00am - 12:00 pm Lofty Pursuits
- 053 11:00am - 12:00pm Rhythm & Drumming for Wellness

FRIDAY, SEPTEMBER 26

- 054 11:30am - 1:30pm Closing Luncheon: Speaker John Grandage

The day before your class, look for a reminder email that will contain any special information for that specific class.

CLASSES AT A GLANCE

LIFELONGLEARNING EXTRAVAGANZA

Birds of Prey – September 8

Palaces of the Tsars – September 4

Paper Casting – September 8

Nate Currin Concert – September 12

WCTV Studio – September 4

Zentangle – September 3

Painting Oyster Shells – September 10

September 17

Kayaking – September 8 & 22

Taste of Thomasville – September 17

Drumming – September 25

KichenAble – September 4 & 11

Wool Dryer Balls – September 18

FSU Coastal Marine Lab – September 12

Goat Yoga – September 19

Wednesday, September 3

1 - Lucky Goat Behind the Scenes Tour

9/3/25 10:00 - 11:30 am $11
Location: Lucky Goat, 668 Capital Circle NE

Nestled in the heart of Tallahassee, Lucky Goat Coffee Co. was founded in 2010 with a mission to create exceptional coffee experiences for their people, customers, and community. Join us for a behind-the-scenes tour of their warehouse and roasting facility to learn about the art and science of coffee roasting and how their passion meets precision in every cup.
Choice of transportation from TSC at 9:30 am, or drive yourself.
Deadline: 9/1/25

2 - Taste of Zentangle

9/3/25 1:00 - 4:00 pm $12
Location: Optimist Park, 1806 Indian Head Dr.
Instructor: Midori Okasako, CZT

This fun art process will engage you to focus on unique expressions…one stroke at a time. With familiar tools - a pencil, pen, paper - treat yourself to explore, to discover, to create beautiful patterns inspired by our daily surroundings. Under Midori's gentle guidance, you'll learn the core 8-steps of Zentangle to slow down and enjoy putting pen to paper tiles.
Deadline: 9/1/25

3 - Luxury in Layers: The Dubai Chocolate Bar Experience

9/3/25 3:00 - 4:00 pm $41
Location: Peterbrooke, 1817 Thomasville Rd.
Instructor: Roger Herbert

In this behind-the-scenes experience, we'll travel to Peterbrooke Chocolatiers to discover how they craft the popular Dubai Chocolate bars by hand, what makes their process unique. Fee includes transportation from TSC and participants will be able to take their own Dubai Chocolate Bar home!
Choice of transportation from TSC at 2:50 pm, or drive yourself.
Deadline: 8/29/25

Thursday, September 4

4 - Hearing Screenings

9/4/25 9:00 - 11:00 am Free
Location: TSC Health Suite
Instructor: Audiology Associates

Hearing screenings for non-hearing aid wearers. *Must make appointment.*

5 - WCTV Tour

9/4/25 10:40 am - 12:45 pm $11
Location: WCTV, 1801 Halstead Blvd.
Instructor: Jeremey Fraser

Take a behind-the-scenes tour of WCTV Studios, our local CBS affiliate, and learn how a local newsroom operates. Visit the different departments, meet some of the anchors, and watch the noon news program live.
Choice of transportation from TSC at 10:15 am, or drive yourself. Must be able to stand for long periods of time.
Deadline: 8/28/25

6 - Treasures of the Palaces of the Tsars - St. Petersburg, Russia

9/4/25 10:30 am - 12:00 pm $8
Location: TSC Dining Room
Instructor: Tom Friedman

View the Catherine Palace, built by Empress Elizabeth, daughter of Catherine the Great, known for its famous Amber Room, and the Peterhof Palace, constructed as the Russian Versailles by Peter the Great, with its fabulous rooms and extraordinary gardens along with various other historically significant sites.

The Winter Palace, now known as the Hermitage, houses one of the top ten art collections in the world, assembled under the Tsars and subsequent governments. We will survey its celebrated Impressionist collection. Included will be works by Degas, van Gogh, Gauguin, Renoir, Toulouse-Lautrec, Monet, Seurat, Cezanne, Vuillard, Bonnard and Rousseau.
Deadline: 9/3/25

7 - KitchenAble French Steak Pommes Frites Dinner Class

9/4/25 6:00 - 8:00 pm $77
Location: KitchenAble, 967 Briarcliff Rd.
Instructor: Jessica McMullen

Join us for a decadent evening celebrating classic French flavors. In this hands-on dinner class, you'll enjoy a four-course menu: Asparagus tart with Gruyère appetizer; Fresh green salad with classic vinaigrette, French bread; Steak Frites – premium beef cooked to perfection, served with a green peppercorn pan sauce and crispy hand-cut fries; Chocolate mousse with fresh berries and Chantilly cream.
Deadline: 8/28/25

Friday, September 5

8 - The Art of Kumihimo - Make your own Friendship Bracelet

9/5/25 9:00 am - 12:00 pm $21
Location: TSC Clay Studio
Instructor: Vivian Parmenter

Kumihimo, meaning "braiding" in Japanese, dates back to 7500 BC. Initially done by hand, it now uses tools like a round loom. In this class, you'll learn to use an 8-notch homemade loom to create unique friendship bracelets. All supplies are provided, and these reusable looms allow you to teach others this craft.
Deadline: 9/3/25

9 - Tallahassee Automobile Museum

9/5/25 10:00 am - 12:00 pm $21
Location: Automobile Museum, 6800 Mahan Dr.

The Tallahassee Automobile Museum opened to the public in May 1996. The museum currently has over 160 automobiles on display including one of the oldest gas combustion automobiles made, an 1860's horse-drawn funeral hearse reported to have carried Abraham Lincoln, three Batmobiles used in the Batman movies and TV series, and much more!
Choice of transportation from TSC at 9:30 am, or drive yourself.
Deadline: 8/29/25

10 - The Nazi Olympics, 1936

9/5/25 2:00 - 3:30 pm $8
Location: ZOOM / TSC Dining Room
Instructor: Lauren Ray

In 1931, Berlin was chosen to host the 1936 Olympic Games. After Adolf Hitler became Chancellor in 1933, he and Propaganda Minister Joseph Goebbels transformed the Olympics into a massive Nazi propaganda campaign. This presentation explores how the Games were used to promote racial superiority, how antisemitism and racism shaped politics and affected athletes in both Germany and the U.S., and how some athletes resisted on the world stage. It also shares personal stories of Jewish and non-Jewish athletes persecuted by the Nazis and impacted by discrimination in America. Defying Nazi ideology, African American Jesse Owens won four gold medals, becoming the star of the Games and symbolizing resistance to racism. Lauren Ray, a volunteer Docent Educator at the Dallas Holocaust and Human Rights Museum, leads this powerful presentation.
Deadline: 9/4/25

11 - Natalia Andreeva Studio Tour

9/5/25 3:00 - 4:00 pm $17
Location: Andreeva Studio, 544 Beverly Ct.
Instructor: Natalia Andreeva

Natalia Andreeva emerged as an artist from the rich and fertile artistic climate of Novosibirsk, in Siberia after graduating from its most prestigious art college. During her classical education in the canons of European art, she was greatly influenced by eastern philosophy. Consequentially, Natalia's work is a harmonious marriage between spontaneous expressions and classical realism. Join us to get the behind-the-scenes tour of her art studio!
Choice of transportation from TSC at 2:45 pm, or drive yourself. Must be able to stand for long periods of time and walk-up steps.
Deadline: 8/29/25

Monday, September 8

12 - TnT Wakulla Kayak Trip

9/8/25 10:00 am - 12:30 pm $83
Location: 6527 Coastal Hwy., Crawfordville, FL
Instructor: TnT Hideaway Staff

Enjoy the clear spring water as you paddle down the Wakulla River while enjoying the abundant wildlife. Possible sightings may include eagles, osprey, turtles, alligators, leaping mullet, manatees, and blue herons. Your choice of kayak, canoe, or paddle board. Basic paddling tips and safety gear included.
Choice of transportation from TSC at 8:55 am, or drive yourself.
Be sure to wear sunscreen and bring your own drinking water and snacks, in addition to money for lunch at the Riverside Café in St. Marks.
Deadline: 9/1/25

13 - The Art of Paper Casting

9/8/25 9:30 am - 12:30 pm $26
Location: TSC Dining Room
Instructor: Denton Shields

This workshop explores the collaborative art of sheet-forming using recycled paper pulp with molds and deckles. Participants will create unique, removable casts by pressing handmade pages onto a variety of objects and drying them. Through this hands-on process, students will gain insight into traditional papermaking techniques while discovering innovative ways to manipulate and experiment with the medium.
Deadline: 9/1/25

17th Annual

Capital City Senior Games

March 2026

ATHLETIC COMPETITIONS FOR ANYONE AGE 50+
SPORTS ENTHUSIASTS OF ALL LEVELS ARE WELCOME

Archery • Bag Toss • Basketball • Billiards
Bocci • Bowling • Cycling • Golf • Horseshoes
Mountain Biking • Pickleball • Powerlifting
Racquetball • Swimming • Table Tennis
Tennis • Track & Field • Water Aerobics

TALGOV.COM/SENIORGAMES

14 - Birds of Prey

9/8/25 2:00 - 3:00 pm $15
Location: TSC Dining Room
Instructor: Sharon 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? Or do you just have a love of birds? 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.

Presenter Sharron Pena has spent the last 25 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.
Deadline: 9/7/25

15 - Paint & Sip with Abby

9/8/25 4:30 - 6:00 pm $25
Location: TSC Dining Room
Instructor: Abigail Walch

Join us for a fun and relaxing Paint & Sip experience where you'll create your own stunning mountain-scape! Whether you're a beginner or seasoned painter, our instructor will guide you through the process—all while you enjoy some themed beverages and light snacks. Sip, socialize, and let your creativity flow in this laid-back art session inspired by the beauty of the mountains. All materials are provided, just bring your imagination (and maybe a friend or two)!
Deadline: 9/1/25

Tuesday, September 9

16 - The Florida Caverns

9/9/25 9:30 am - 12:30 pm CST $34
Location: 3345 Caverns Rd., Marianna, FL
Instructor: Florida Caverns Staff

Step into a hidden world beneath the surface at Florida Caverns State Park, one of the Sunshine State's most unique natural attractions. Located in Marianna, Florida, the caverns offer a rare opportunity to walk through stunning limestone caves filled with stalactites, stalagmites, flowstones, and draperies—all carved over thousands of years by underground water. Picnic lunch included.
Choice of transportation from TSC at 9:10 am EST, or drive yourself.

- *Wear non-slip walking shoes*
- *Dress for the outdoors; bug spray and sunscreen recommended*
- *Some strenuous walking involved*
- *No canes or walkers inside the caverns*
- *No food or drinks of any kind, and no purses or bags of any kind in the caverns*

Deadline: 9/2/25

17 - Words with a Past: The Heartbeat of Yiddish

9/9/25 10:00 - 11:00 am $8
Location: TSC Dining Room
Instructor: Melanie Lachman

We have all heard and used Yiddish words, often without realizing it. And many people mistakenly believe that Yiddish is just that – a few words that we hear now and again that have become part of English – rather than a rich and once commonly-spoken language. Whether you know a "bisl" Yiddish, can shmooze expertly, or are simply curious, come join us for an overview of a feisty and flowery language once spoken by over 11 million people worldwide. Learn what Yiddish is, and what it isn't. We'll hear music and spoken word and learn why this language is beloved by so many.
Deadline: 9/8/25

18 - Titan: The OceanGate Submersible Disaster

9/9/25 2:00 - 4:00 pm $8
Location: Red Hills Retirement Resort Theater, 5103 Cold Harbor Dr., Tallahassee

On June, 18th 2023, OceanGate's Titan tourist submersible vanished on its way to the wreck of the Titanic, capturing worldwide attention. The incident dominated global headlines as the international community followed the desperate search and investigation. This documentary details how a bold vision of deep-sea exploration ended in tragedy, raising questions about innovation, risk, and accountability.
Deadline: 9/8/25

Wednesday, September 10

19 - "Med Instead of Meds" Healthy Eating Workshop

9/10/25 11:00 am - 1:00 pm $20
Location: TSC Dining Room
Instructor: Amy Mullins

An educational, edible workshop to learn more about the Mediterranean diet – a healthy, delicious, and satisfying style of eating that promotes better health and decreases the risk of many chronic diseases. Learn about simple ways to prepare meals and enjoy a catered lunch. Taught by Amy Mullins, PhD, RDN, Family & Consumer Sciences Agent, University of Florida IFAS Extension - Leon County
Deadline: 9/9/25

20 - Painting Oyster Shells

9/10/25 12:30 - 4:30 pm $18
Location: TSC Art Sudio
Instructor: Libby Watson/JoEtta Parks

Students will create decorative shells decoupaged with designer papers and finished with a high gloss finish. They may choose to add a gold or silver edge and embellish their beautiful, finished shell. Please wear your messy art clothes or a smock.
Deadline: 9/3/25

21 - Tour of the MagLab

9/10/25 3:00 - 4:00 pm $11
Location: National High Magnetic Field Laboratory, 1800 E Paul Dirac Dr.
Instructor: Mag Lab Staff

Tallahassee is home to the National High Magnetic Field Laboratory, the largest and highest-powered lab of its kind in the world! This is your chance to see how they design and construct the world's most powerful magnets and use them as research tools to explore new materials, find energy solutions, and understand the cells that underlie life itself.
Choice of transportation from TSC at 2:40 pm, or drive yourself.
Tour involves a fair amount of walking and standing. Wear comfortable footwear and being prepared for extended periods on your feet.
Deadline: 9/3/25

Thursday, September 11

22 - Immunization Fair: Vaccines & Immunizations for Seniors

9/11/25 9:00 am - 12:00 pm Free
Location: TSC Activity Room

September or October are great months to get your vaccines to ensure that protection will last through spring. TSC is partnering with **Walgreens** to offer four different vaccines this year! Choose FLU, COVID, RSV, or PNEUMONIA. Bring your questions and your Medicare/insurance cards. Enjoy snacks and other goodies.
No Deadline - Registration encouraged, but walk-ins welcome.

23 - The Culmination of Al-Qaeda Ambitions

9/11/25 10:30 am - 12:00 pm $8
Location: TSC Dining Room
Instructor: Tom Friedman

Tom Friedman, a retired FBI Unit Chief will share memories of the investigations into the activities of al-Qaeda through a series of terrorist incidents that started in 1993 with the first World Trade Center Bombing, the foiled Bojinka Plot to down US flagged air carriers in the Pacific (1994-5) and the East African US Embassy bombings (1998).

We will review the events of 9/11/2001, where al-Qaeda destroyed both World Trade Center Buildings, gravely damaged the Pentagon and crashed an additional airliner in Pennsylvania, which alleged target was the US Capital. 2,977 people (not including the 19 hijackers) were killed; in New York City they were of 77 different nationalities and included 441 first responders. Many more who survived that day have since succumbed to illnesses, both physical and mental that are directly traceable to events that day.
Deadline: 9/10/25

24 - KitchenAble French Flavor Afternoon Tea

9/11/25 1:00 - 3:00 pm $77
Location: KitchenAble, 967 Briarcliff Rd.
Instructor: Jessica McMullen

Experience an elegant afternoon with our French-themed afternoon tea. Enjoy a three-course tea menu featuring refined French flavors. Choice of hot tea, freshly baked scones, mini croissant with chicken salad, petite charcuterie with cheese and fruit, mini éclairs, Breton butter cookies, and fresh fruit tarts. Each guest will receive a recipe packet to recreate these delights at home. Seating will be assigned by order of registration.
The historic home has a few brick steps at the entrance and two steps down into the main area. We're happy to assist guests as needed.
Deadline: 9/4/25

Friday, September 12

25 - FSU Coastal Marine Lab

9/12/25 9:30 am - 1:45 pm $45
Location: Marine Lab, 3618 US-98, St Teresa, FL
Instructor: Jared Fuqua

Come explore the FSU Coastal Marine Lab, an incredible place where researchers study coastal and marine ecosystems in one of the most unspoiled, biodiverse areas in the region. You'll tour the facility, which includes labs, greenhouses, and a range of aquarium and experimental tanks, and get the chance to meet some of the scientists. The adventure continues with a boat ride along the scenic coastline with a small trawl, giving you the opportunity to get up close and personal with some of the fascinating marine life. *Choice of transportation from TSC at 8:30 am, or drive yourself.*
Deadline: 9/5/25

26 - Botanical Bas Relief

9/12 & 9/19/25 9:00 am - 12:00 pm $36
Location: TSC Clay Studio
Instructor: Vivian Parmenter

In this two-week class, learn the art of pressing flowers and leaves into clay. You'll create stunning designs by framing your work and pouring plaster of Paris, painting both your reliefs and firing your clay relief. Suitable for all skill levels, this workshop offers a chance to connect with nature and express your creativity.
Deadline: 9/10/25

27 - Singer/songwriter Nate Currin, "Southern Troubadour Tales"

9/12/25 11:00 am - 12:30 pm $15 - $30
Location: TSC Dining Room
Instructor: Nate Currin

Nate Currin is a troubadour, storyteller, and a masterful songwriter from the red clay of North Georgia. He has shared stages with industry icons, had his music featured on television, and earned 5 international music & entertainment awards, including songwriter of the year. Don't miss this chance to join him for lunch (additional fee), songs and stories!
Deadline: 9/11/25

Monday, September 15

28 - Florida Greenways and Recreation Expo

9/15/25 9:30 am - 12:30 pm $5
Location: TSC Auditorium
Instructor: Cassidy Haney/ Ruth Nickens

In partnership with DEP Greenways and Trails, we bring you an exciting expo filled with a multitude of demos, vendors, presentations, and information about hiking and other outdoor (and indoor) adventures to keep you connected, healthy, and active. You will learn about regional hiking trails, fishing, paddling, forestry, botany, wildlife, and much, much more. Stop in to hear expert presentations, pick up resources and goodies, enjoy lunch, meet others with similar interests, and sign-up for outdoor adventures!
Deadline: 9/14/25

Expo sponsored by

TALLAHASSEE MEMORIAL HEALTHCARE

29 - Norwegian Stave Churches

9/15/25 3:00 - 4:00 pm $8
Location: TSC Dining Room
Instructor: Maureen Haberfeld

Stave Churches are medieval wooden churches found in Norway. They are characterized by timber framing where vertical wooden posts known as staves support the walls and roof. These stunning structures combine Christian motifs and Viking themes. At one time, over 1,300 of these impressive buildings existed but today only 28 remain standing. During a recent trip to Scandinavia, Maureen Haberfeld became fascinated with these Norwegian treasures. She will share photos and discuss the history, art, and architecture of these unique and beautiful structures.
Deadline: 9/14/25

30 - Sip & Savor: Bourbon and Chocolate Experience

9/15/25 6:00 - 7:30 pm $24
Location: TSC Dining Room
Instructor: Devin Starnes

Sip, savor, and indulge in this guided tasting experience featuring premium bourbons expertly paired with artisan chocolates. Learn how flavors like caramel, spice, and oak complement rich dark, milk, and white chocolates. Perfect for bourbon lovers and curious tasters alike!
Deadline: 9/11/25

Tuesday, September 16

31 - The Seminole Experience

9/16/25 9:30 am - 11:30 am $26
Location: Doak Campbell Stadium, 403 Stadium Dr.
Instructor: Jackson Dietz

The Seminole Experience takes fans on a walking tour through some of Florida State's most historic athletic venues. Experienced guides deliver the story of the program's rich history and traditions through stops that include Doak Campbell Stadium, Dick Howser Stadium, the Sod Cemetery, JoAnne Graf Field, and The Seminole Soccer Complex.
Choice of transportation from TSC at 9:15 am, or drive yourself.
Deadline: 9/12/25

32 - Planning Ahead: Legal Considerations for Aging Adults

9/16/25 10:00 - 11:00 am $8
Location: TSC Dining Room
Instructor: Legal Aid Foundation

This presentation will highlight key legal considerations for older adults, including estate planning (wills and trusts), powers of attorney, long-term care planning, and scam prevention. Attendees will walk away with a better understanding of the tools available to safeguard their assets and their autonomy.
Deadline: 9/15/25

Wednesday, September 17

33 - Critters & Flitters: Nature Hike with Nick

9/17/25 9:00 - 11:00 am $10
Location: 1275 Miller Landing Rd. Gate A
Instructor: Nick Petryk

Join this 3-mile hike guided by Nicholas Petryk from Animal Tales. Enjoy a beautiful walk through the fields, meadows, and wooded trails on the 670-acre property east of Lake Jackson, while identifying and learning about the unique animals and insects that inhabit the area. Bring a water bottle. Cool drinks and special treats at end of trail.
Deadline: 9/16/25

34 - Taste of Thomasville

9/17/25 10:40 am - 2:00 pm $66
Location: Thomasville Visitors Center, 114 E Jackson St., Thomasville, GA
Instructor: Debra Smith

Take a 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 at 9:45 am, or drive yourself.
Deadline: 9/10/25

35 - Ink & Introspection: Marina Brown Reads

9/17/25 10:00 - 11:00 am $8
Location: TSC Dining Room
Instructor: Marina Brown

Award-winning author Marina Brown will give a reading from her two latest works—The Gentlemen of Verona (short stories) and Naked Thoughts (poetry)—both recognized as medalists at the 2025 Florida Authors and Publishers Association Awards. Her presentation explores the many mental and emotional benefits of reading, likening it to a mini vacation for the brain. Brown's short stories span humor, emotion, and surprise twists, while her poetry captures moments both grand and intimate. Critics praise her writing for its depth, imagination, and masterful storytelling.
Deadline: 9/16/25

36 - Taste of India

9/17/25 6:00 - 8:00 pm $30
Location: TSC Auditorium
Instructor: Meena Chadha

Take your taste buds on a journey! Join us for A Taste of India, an immersive cultural experience featuring the rich flavors, vibrant colors, and warm hospitality of Indian cuisine. Sample a variety of traditional dishes and spices while learning about the cultural significance behind each bite. In addition to the food, enjoy a variety of cultural touches that celebrate the sights, sounds, and traditions of India!
Deadline: 9/16/25

Thursday, September 18

37 - Wool Dryer Ball Making

9/18/25 10:00 am - 12:45 pm $42
Location: Redemptive Love Farm,
9036 Magenta Ln., Miccosukee, FL
Instructor: Shannon Carroll

Redemptive Love Farm is a small family-run business who are passionate about humane treatment of animals and providing joy through unique interactions with animals. Tour the farm and meet and feed the animals including llamas, dwarf goats, mini donkeys, sheep, cows, and more. Milk a cow and learn about fiber / yarn from sheep and llamas. Take a Wool Dryer Ball making class that will provide sheep wool, felting needle and instructions to make your own wool dryer balls Enjoy a picnic lunch at the farm.
Choice of transportation from TSC at 9:15 am, or drive yourself.
Comfortable close-toed shoes are required. Tour involves quite a bit of walking on an outdoor trail. The grounds consist of grass, dirt, tree roots and gravel and may be difficult to navigate by wheelchair or stroller.
Deadline: 9/14/25

38 - Senior Artists Showcase Art Reception & Awards

9/18/25 6:00 - 7:30 pm Free
Location: TSC Auditorium
Instructor: Heath Hilary McRae

An awarded show with a reception, awards presentation, live music by Hot Tamale, light snacks and refreshments, people's choice awards and art games. Fun for the whole family!
No Deadline

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

Friday, September 19

39 - Goat Yoga

9/19/25 10:00 am - 12:00 pm $15
Location: Goat House Farm:
17870 Larkin Court W, Tallahassee
Instructor: Melissa Hughes

Join us for a lighthearted and relaxing goat yoga session at Goat House Farm, where the goats are friendly, the vibes are peaceful, and the goal is simple: smile, stretch, and enjoy the moment. This class is perfect for all levels of yoga experience, from curious beginners to lifelong yogis. You'll practice gentle movements and breathing exercises in the fresh air while goats wander nearby, nap on your mat, or just keep you company. It's less about perfect form and more about joyful connection, with yourself, nature, and a few silly companions. Come as you are and leave a little more relaxed with some new hooved friends.
Choice of transportation from TSC at 9:00 am, or drive yourself.
Deadline: 9/12/25

40 - Healing Energies: Acupuncture and Qigong

9/19/25 10:00 -11:00 am $8
Location: TSC Dining Room
Instructor: David Jordan & Dr. Craig Thomas

After a brief look at the roots of energy healing, David Jordan will give some examples of its effectiveness and discuss how qigong and acupuncture are related. Dr. Craig Thomas will provide an overview of acupuncture and elements of traditional Chinese medicine, including such concepts as chi, acupuncture points, meridians, 5 element theory, and the experience of acupuncture. David will finish with some interactive qigong exercises, working with feeling the flow of the breath energy in the body, as well as research about qigong's effectiveness related to pain, blood pressure, cancer, balance and anti-aging. We will end with some dialogue about Chinese medicine, acupuncture and qigong.
Deadline: 9/18/25

41 - Astrophotography

9/19/25 2:00 - 3:00 pm $8
Location: TSC Dining Room
Instructor: Randy Bellows

You have looked up at the night sky and seen dozens of stars or the moon or the bright points of light from the planets in our solar system. There is so much more. What lurks beyond the lights in the skies over Tallahassee? Come enjoy a collection of images taken by the instructor with his telescopes of some of the planets, nebula and galaxies that reside in our night sky.
Deadline: 9/18/25

42 - Historic Monticello Ghost Tour

9/19/25 6:30 - 8:30 pm $36
Location: 420 W Washington St., Monticello, FL
Instructor: Chryssi Chatel

Come join us for an adventure exploring the haunted history of Monticello where experienced guides will lead you through the eerie streets and share chilling tales of ghostly encounters. Get ready to uncover the mysteries of this historic location as you visit and hear the tales of love for some of the most haunted spots in town. Whether you're a believer or a skeptic, this tour is sure to send shivers down your spine! Don't miss out on this opportunity to experience Monticello like never before. Prepare for a night of frights and fun!
Choice of transportation from TSC at 5:50 pm, or drive yourself. *Wear comfortable walking shoes, tour is a 1-mile walk.*
Deadline: 9/16/25

Monday, September 22

43 - TnT Wakulla Kayak Trip

9/22/25 10:00 am - 12:30 pm $83
Location: 6527 Coastal Hwy., Crawfordville, FL
Instructor: TnT Hideaway Staff

Enjoy the clear spring water as you paddle down the Wakulla River while enjoying the abundant wildlife. Possible sightings may include eagles, osprey, turtles, alligators, leaping mullet, manatees, and blue herons. Your choice of kayak, canoe, or paddle board. Basic paddling tips and safety gear included. *Choice of transportation from TSC at 8:55 am, or drive yourself. Be sure to wear sunscreen and bring your own drinking water and snacks, in addition to money for lunch at the Riverside Café in St. Marks.*
Deadline: 9/15/25

44 - Brunch n Learn with the Expert: Atrial Fibrillation and Cardiac Health

9/22/25 10:00 - 11:00 am $10
Location: TSC Dining Room
Instructor: Brent Summers, PA

Learn about the causes, current technologies, treatment options, and patient-focused support for common cardiac abnormalities, including A-fib. Bring your questions! Presented by Brent Summers PA, Clinical Cardiac Electrophysiology, TMH and Boston Scientific.
Deadline: 9/18/25

45 - Big Bend Hospice Butterfly Project: Paint with a Purpose

9/22/25 12:30 - 4:30 pm Free
Location: TSC Dining Room
Instructor: Lisa Sellers

Join us for a relaxed, meaningful gathering where we'll paint butterflies to honor the memory of Big Bend Hospice patients and offer comfort to the caregivers they leave behind. Each canvas created will be gifted to a grieving loved one, a beautiful reminder that their loss is seen and honored by a caring community. No art experience needed. *No Deadline*

Tuesday, September 23

46 - Therapeutic Touch

9/23/25 10:00 am - 12:00 pm $8
Location: TSC Dining Room
Instructor: Kathleen Barnett

This presentation will discuss the origins of Therapeutic Touch (TT) in the early 1970's, demonstrate the process, along with discussion of possible outcomes noted in research studies and clinical application. TT has been practiced for over 10 years at Tallahassee Memorial Hospital, and case studies will be shared as well. Several practitioners will be available to offer TT to anyone who might be interested in experiencing a brief session.
Deadline: 9/22/25

47 - Fall Wreath Making Class

9/23/25 10:00 am - 12:00 pm $36
Location: TSC Activity Room
Instructor: Joni Hirschman

Unleash your creativity by crafting a beautiful fall wreath using a variety of artificial greenery, flowers, and decorative accents. All supplies are included for you to design and take home a unique wreath to adorn your door or wall.
Deadline: 9/19/25

48 - Spring House Tour

9/23/25 1:30 - 3:30 pm $38
Location: 3117 Okeeheepkee Rd.
Instructor: Victoria Tait

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 completed the plans in 1952 of an unconventional pod-shaped house, described as a passive solar "hemicycle." 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: 9/19/25 Limited Space Available.

Wednesday, September 24

49 - Butterfly Hike at St. Marks

9/24/25 9:00 am - 1:30 pm $21
Location: St. Marks National 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 will also look for some of the many species of birds that call the refuge home. Includes picnic lunch afterwards at Picnic Pond.
Choice of transportation from TSC at 8:30 am, or drive yourself. Be prepared to walk on uneven terrain. Wear loose comfortable pants, hat, closed toed walking shoes, and bring sunscreen and insect repellant. Bring your own drinking water.
Deadline: 9/22/25

50 - Historic Homes Tour

9/24/25 10:00 am - 12:00 pm $25
Location: Bloxham Park, 205 E Park Ave.
Instructor: Stephanie Chandler

Storied Paths specializes in walking history tours in the downtown Tallahassee area. Based on historical research and anecdotal evidence, tours weave the stories of Tallahassee's past into a narrative framework to provide an experience that is both entertaining and educational. Highlighting significant events, prominent architecture, and interesting "characters," tours will give you a whole new appreciation for Florida's capital city and the people who have called it their home.
Choice of transportation from TSC at 9:50 am, or drive yourself.
Deadline: 9/22/25

51 - The Scam Landscape: Staying Safe (Fraud Watch Basics)

9/24/25 10:30 - 11:30 am $8 donation
Location: TSC Dining Room
Instructor: Jovita Woodrich, AARP Fraud Watch

Scams are evolving, and so should your defenses. In this workshop, we'll explore the latest fraud trends and equip you with practical tools to recognize, avoid, and respond to scams and identity theft. Whether you've experienced fraud firsthand or simply want to be prepared, this session offers the knowledge and confidence you need to protect yourself and your loved ones.
Deadline: 9/23/25

Thursday, September 25

52 - Lofty Pursuits

9/25/25 10:00 am - 12:00 pm $16
Location: Lofty Pursuits, 1355 Market St.
Instructor: Lofty Pursuits Staff

Step into a sweet world of tradition and creativity at Lofty Pursuits! During this live candy-making demonstration, you'll watch skilled confectioners craft handmade Victorian-style candy using century-old techniques and restored antique equipment. Learn about the fascinating history of candy making, the science behind sugar pulling and shaping, and the artistry that goes into each colorful piece. Bag of candy included.
Choice of transportation from TSC at 9:45 am, or drive yourself.
Deadline: 9/22/25

53 - Rhythm & Drumming for Wellness

9/25/25 11:00 am - 12:00 pm $10
Location: TSC Activity Room
Instructor: Brother Fred Thompson

This class will introduce (or reintroduce) you to the fun and benefits of drumming with others. Besides being fun, drumming also improves memory, connects us with others, enhances mood and mental health, reduces stress, and keeps us active! You do not need to be musical to participate -- everyone is welcome to explore the rhythm within! *Deadline: 9/22/25*

L3X Closing Luncheon

John Grandage discusses Governor LeRoy Collins

Friday, September 26

11:30 am – 1:30 pm

Tallahassee Senior Center Auditorium

$22

John Grandage, Assistant Director of Historical Resources at the Florida Department of State, will discuss Governor LeRoy Collins - Florida's governor from 1955 to 1961 - known for his leadership during the civil rights era and efforts to modernize the state. Collins later served in the U.S. Department of Commerce and played a key role in national civil rights efforts.

Lunch will be lasagna (regular or veggie), salad, and choice of brownies or lemon bars.

Speaker: John Grandage

John Grandage has worked for the Florida Department of State since 2011. During that time, he has served as Historian for the Florida Memory Program, as Executive Director of The Grove Museum, and currently is Assistant Director for the Division of Historical Resources. At The Grove, John worked to complete the award-winning restoration of the Call-Collins House, developed the interpretative plan for the museum, and served as the site's first Executive Director from 2014 to 2021. In his current role, he manages major construction and museum development projects as well as public relations for the Division of Historical Resources. Prior to joining the Florida Department of State, he taught courses in Native American, Latin American, and Environmental history at Florida State University and Tallahassee Community College while in graduate school.

TALLAHASSEE Senior Center Foundation FOR ACTIVE ADULTS

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

Become a Member of the Tallahassee Senior Center Today!

On-line (by credit card): TallahasseeSeniorFoundation.org/membership

For quick access, scan the QR code using your smart phone or tablet:

Annual Membership Benefits:

- **Early Registration** for **L3X**!
- **Advanced notice** of tickets to Senior Center special events such as Silver Stars, Deck the Halls, and Welcome Receptions
- Annual **Membership Appreciation**
- **Support** of TSC programs and activities

Key Holder Benefits

- **FRIEND Key Holders** receive a $20 gift certificate to a TSC program/activity of their choice
- **BRONZE Key Holders & higher** receive a $40 gift certificate to a TSC program/activity of their choice
- **SILVER Key Holders & higher** receive 2 tickets ($120 value) to our Signature **Deck the Halls Event!**

Donations are tax deductible!

Payment options:

- **Mail a check, made payable to TSC Foundation, 1400 N. Monroe St., Tallahassee, FL 32303**
- **Pay with credit card:** ☐ Visa ☐ MC ☐ Discover

  Card # __ __ __ __ -__ __ __ __ -__ __ __ __ -__ __ __ __ Exp. Date: ____/____3-Digit Security #: _____

  Name on Credit Card: _____
- **Set up automatic monthly or annual payments,** complete & return the form found here: TallahasseeSeniorFoundation.org/autopay or stop by the Tallahassee Senior Center

Be a GEM – Give **E**very **M**onth. Your donation helps keep seniors active and engaged.

Legacy Society: ☐ I/We would like to learn more about how to leave a lasting gift to Tallahassee Senior Center & Foundation. Please contact me.

YES, I/WE WANT TO SUPPORT OUR SENIOR CENTER!

☐ **Individual (age 50+) - $30** ☐ **Senior Couple - $50** ☐ **Supporter (Under age 50) - $40**

	Friend	Bronze	Silver	Gold	Ruby	Platinum	Diamond
Key Holder Member:	☐ $120	☐ $240	☐ $540	☐ $1,020	☐ $1,500	☐ $2,520	☐ $5,040

Name(s): _____ Amount Enclosed:_____

Address: _____

City: _____ State: _____ Zip: _____

E-mail: _____ Phone: _____

OFFICE USE: Renew Date _____ ☐ Membership ☐ My Senior ☐ Paid _____by_____

"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/consumerservices. Registration does not imply endorsement, approval, or recommendation by the state." Registration #CH8035

Save the Date!

Martinis and More

Sip and Sample

Tuesday, October 14
6:00 pm

Cocktails Food Music
Good Times

TALLAHASSEE Senior Center Foundation FOR ACTIVE ADULTS

TALL
TALLAHASSEE ACTIVE LIFELONG LEADERS

Preview Party

Tuesday, October 21 5:30-7 pm

Join us in the Senior Center Dining Room to learn more about TALL from its coordinators, Advisory Council, and past graduates.

CITY OF TALLAHASSEE

TALLAHASSEE Senior Center Foundation FOR ACTIVE ADULTS

SCAN HERE

What is TALL?

Tallahassee Active Lifelong Leaders (TALL) is an 8-week community leadership program (held January - March) developed in partnership with Leadership Tallahassee for active adults age 50+.

- Explore creative and productive volunteer opportunities for your retirement years.
- Network with local leaders to pursue leadership and civic engagement in the community.
- Gain a better understanding of our community's culture and arts, public safety, environment and sustainability, health and human services, and business and economic development.

LEADERSHIP TALLAHASSEE
A DIVISION OF THE GREATER TALLAHASSEE CHAMBER OF COMMERCE

Deck the Halls

Friday
December 5, 2025
6:00 p.m.

Tallahassee Senior Center
1400 N. Monroe St.

Fun, Fine Foods & Beverages
Live Music, Silent Auction

Advance Ticket Special:
Save $5 when you purchase tickets by October 31

Cash Giveaway ***Holiday Martinis***
Complimentary Valet Parking

For tickets and more details, visit
www.TallahasseeSeniorFoundation.org

SCAN ME

CITY OF TALLAHASSEE

TALLAHASSEE Senior Center Foundation FOR ACTIVE ADULTS

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