

TALLAHASSEE SENIOR CENTER  
CALENDAR OF WEEKLY PROGRAMS  
DECEMBER 2025



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TallahasseeSeniorFoundation.org/calendar

| MONDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | TUESDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | WEDNESDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | THURSDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | FRIDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
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| 8:30 <i>Fitness at<br/>Chaires</i><br>9:00 Quilting Bees<br>9:00 Portrait Studio<br>9:30 <i>Fitness at<br/>Woodville</i><br>9:30 French Int.<br>10:00 SHINE PRR<br><b>10:30 Adv. French<br/>ZM (KC)</b><br>10:30 <i>Fitness at Fort<br/>Braden</i><br>11:00 Line Dance<br>11:00 Senior<br>Counseling<br><i>(by appointment)</i><br>11:00 French Adv.<br>1:00 Brain-Body-<br>Balance<br>1:00 French Beg.<br>1:30 <i>Yoga for Women<br/>at Bradfordville<br/>PRR (LB)</i><br>2:00 Beg. Spanish<br>PRR (ES)<br>2:30 Pickleball<br>3:00 Friends<br>Connection<br>5:45 Intermediate<br>German Study<br>Group<br>6:00 Capital City<br>Carvers<br>6:00 Round Dance<br>7:00 Twirlers Square<br>Dance | 8:30 <i>Fitness at<br/>Bradfordville I<br/>PRR (LB)</i><br>9:00 <i>Brain-Body-<br/>Balance at<br/>Optimist Park<br/>PRR (RN)</i><br>9:00 Landscapes in Soft<br>Pastels<br>9:30 Life Exercise<br>9:30 <i>Fitness at<br/>Bradfordville II<br/>PRR (LB)</i><br>9:30 <i>Sit &amp; Fit at<br/>Chaires</i><br>10:00 Seniors vs.<br>Crime<br>10:30 <i>Fitness Beg. at<br/>Bradfordville<br/>PRR (LB)</i><br>10:45 <i>Brain Body<br/>Balance at<br/>Southwood (RN)</i><br>11:00 Mindful<br>Movement<br>11:00 Senior Dining<br><i>(PRR or Bring a<br/>Lunch)</i><br>11:15 <i>Fitness at<br/>Miccosukee</i><br>11:30 <i>Fitness Adv. at<br/>Bradfordville<br/>PRR (LB)</i><br><b>1:00 Friends<br/>Connection ZM<br/>(ML)</b><br>1:00 TDBC Bridge<br>1:00 Senior Singers<br><i>ends 12/9</i><br>1:00 Gentle Yoga<br>1:00 <i>Canasta at Lake<br/>Jackson</i><br>2:30 Ping-Pong<br>2:30 Wii Bowling<br>4:00 Guitar<br>5:00 Pickleball<br>8:00 SA Support Group | 8:30 <i>Fitness at<br/>Chaires</i><br>9:00 Ceramics<br>9:00 Nimble Fingers<br>9:30 Oil and Acrylic<br>with Debbie<br>(All Levels)<br>9:30 <i>Fitness at<br/>Woodville</i><br>10:00 Seniors vs.<br>Crime<br>10:00 Tai Chi<br>Practice<br>10:30 <i>Fitness at Fort<br/>Braden</i><br>11:30 Pickleball<br>Lesson<br>11:30 Pickleball<br>1:00 Oil and Acrylic<br>with Debbie<br>Int./Adv.<br>1:00 Pinocle<br><br>1:30 <i>Beg. Yoga at<br/>Bradfordville<br/>PRR (LB)</i><br>2:00 <i>Beg. Yoga at<br/>Lake Jackson</i><br>5:30 Yoga | 9:00 Ceramics<br>9:00 Experimental<br>Watercolor<br>Inter./Adv.<br>9:00 <i>Brain-Body-<br/>Balance at<br/>Optimist Park<br/>PRR (RN)</i><br>9:30 Life Exercise<br>9:30 <i>Sit &amp; Fit at<br/>Chaires</i><br>10:30 <i>Brain Body<br/>Balance at<br/>Southwood (RN)</i><br>10:45 Ballet<br>11:00 Senior<br>Counseling<br><i>(by appointment)</i><br>11:15 <i>Fitness at<br/>Miccosukee</i><br>12:00 Mindful<br>Movement<br>1:00 Tai Chi Basics<br><br>1:00 Friends<br>Connection<br>1:00 Experimental<br>Watercolor<br>Inter./Adv.<br>1:00 Clay Pinch Coil<br>Slab<br>2:30 Ping-Pong<br>2:30 Mah Jongg<br><i>(experienced<br/>only)</i><br>7:00 ACA Group<br>7:00 Capital<br>Chordsmen<br>7:00 Writers<br>Workshop | 8:30 <i>Fitness at<br/>Bradfordville I<br/>PRR (LB)</i><br>8:30 <i>Fitness at<br/>Chaires</i><br>9:00 Oil Adv.<br>9:30 <i>Fitness at<br/>Bradfordville<br/>II PRR (LB)</i><br>9:30 Chess<br>10:00 Cards &<br>Games<br>10:00 Tai Chi<br>Practice<br>10:30 <i>Brain Body<br/>Balance at<br/>Fort Braden</i><br>10:30 <i>Senior Fitness<br/>Beg. at<br/>Bradfordville<br/>PRR (LB)</i><br>11:00 Senior Dining<br><i>(PRR or Bring<br/>a Lunch)</i><br>11:30 Pickleball<br>11:30 <i>Fitness Adv. at<br/>Bradfordville<br/>PRR (LB)</i><br>1:00 Model Building<br>1:00 Oil and Acrylic,<br>Beg.<br>5:30 Ballroom and<br>Swing<br>6:00 Overeaters<br>Anonymous<br>7:00 Al-Anon<br>Newcomers |

# TALLAHASSEE SENIOR SERVICES – DECEMBER 2025

## Monthly, Bi-monthly & Special Events and Programs

| MONDAY                                                                                                                                                                      | TUESDAY                                                                                                                                                                       | WEDNESDAY                                                                                                                                                                                                                                | THURSDAY                                                                                                                                                                            | FRIDAY                                                                                                                                                                                                                                                               | SATURDAY                                                   |
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| <b>DEC 1</b><br><i>9a Technology Assistance at Miccosukee</i><br><i>7p GAP Circle of Parents ZM (KB)</i>                                                                    | <b>DEC 2</b><br><b>10a Blood Pressure &amp; Glucose Screening</b><br><b>11a Coffee House Concert – Joe Crookston (RN)</b><br><b>11:30a Tech Help (ES)</b>                     | <b>DEC 3</b><br><b>10a Newcomers Coffee Chat</b><br><i>1p Southside Friends Connection at BL Perry Library</i>                                                                                                                           | <b>DEC 4</b><br><b>8:30a Podiatry (AH)</b><br><i>10:30a Miccosukee Lunch &amp; Learn</i><br><b>11a Adv. Ukuladies (KC)</b>                                                          | <b>DEC 5</b><br><b><u>No programs in Auditorium ALL day</u></b><br><b>3:30p No programs center wide</b><br><b>6p Deck the Halls Tickets Available @ TallahasseeSeniorFoundation.org</b><br><i>Live music, gourmet food, martini bar, silent auction, &amp; more!</i> | <b>DEC 6</b><br><b>CENTER CLOSED</b>                       |
| <b>DEC 8</b><br><b>10a Mindful Meditation</b><br><b>11a Art Council</b><br><i>1p Poetry Group ZM (KC)</i><br><b>7:15p TSC Holiday Concert</b>                               | <b>DEC 9</b><br><b>10a Therapeutic Touch</b><br><b>12p Senior Singers Performance</b><br><i>11a Wellness Circle at Jack McLean PRR (BW)</i><br><b>7p Stamp and Cover Club</b> | <b>DEC 10</b><br><b>10:30a Brain Games (RN)</b><br><i>10:30a Bradfordville Lunch &amp; Learn</i><br><i>12:30p Friends Connection LNC</i><br><b>6p Coin Club</b>                                                                          | <b>DEC 11</b><br><i>10:30a Woodville Lunch &amp; Learn</i><br><b>11a Caregiver Support Group (ML)</b><br><b>11a Adv. Ukuladies (KC)</b><br><b>7p Capital Chordsmen Concert \$</b>   | <b>DEC 12</b><br><b>7:30p Contra Dance – Techno</b><br><i>Contra – DJ TacoShel with caller Deana Palumbo</i>                                                                                                                                                         | <b>DEC 13</b><br><b>7p USA Dance: Snowflake Wonderland</b> |
| <b>DEC 15</b><br><b>10:30a GAP Holiday Party PRR (KB)</b><br><b>11a Dealing with Holiday Blues (RN)</b><br><b>6p TDBC Bridge</b><br><i>7p GAP Circle of Parents ZM (KB)</i> | <b>DEC 16</b><br><i>10:30a Ft. Braden Lunch &amp; Learn</i><br><b>1:30p LLL-Spring House Tour PRR (ES)</b><br><b>7p Capital Chordsmen Concert \$</b>                          | <b>DEC 17</b><br><b>8:30a Capital Coalition on Aging (KC)</b><br><b>9a Hike (RN)</b><br><i>11a Wellness Circle at Jake Gaither PRR (BW)</i><br><i>1p Southside Friends Connection at BL Perry Library</i><br><b>4:30p Tech Help (ES)</b> | <b>DEC 18</b><br><i>10:30a Lake Jackson Lunch &amp; Learn</i><br><b>11a Adv. Ukuladies (KC)</b><br><b>1p TDBC</b><br><b>2p Tech Help (ES)</b><br><b>6:30p LLL-Model Trains (ES)</b> | <b>DEC 19</b><br><b>11a Friends Connection Holiday Party – PRR (AH)</b>                                                                                                                                                                                              | <b>DEC 20</b><br><b>CENTER CLOSED</b>                      |
| <b>DEC 22</b><br><i>1p Poetry Group ZM (KC)</i>                                                                                                                             | <b>DEC 23</b><br><b>CENTER CLOSES AT 5PM</b>                                                                                                                                  | <b>DEC 24</b><br><i>12:30p Friends Connection LNC</i><br><br><b>CENTER CLOSES AT 1PM</b>                                                                                                                                                 | <b>DEC 25</b><br><b>CLOSED FOR HOLIDAY</b>                                                                                                                                          | <b>DEC 26</b><br><b>CLOSED FOR HOLIDAY</b>                                                                                                                                                                                                                           | <b>DEC 17</b><br><b>CENTER CLOSED</b>                      |
| <b>DEC 29</b><br><i>7p GAP Circle of Parents ZM (KB)</i><br><br><b>CENTER CLOSES AT 5PM</b>                                                                                 | <b>DEC 30</b><br><b>CENTER CLOSES AT 5PM</b>                                                                                                                                  | <b>DEC 31</b><br><b>CENTER CLOSES AT 1PM</b>                                                                                                                                                                                             | <b>JAN 1</b><br><b>CLOSED FOR HOLIDAY</b><br><b>Happy New Year 2026!</b>                                                                                                            | <b>JAN 2</b><br><b>CLOSED FOR HOLIDAY</b><br><b>Happy New Year!</b>                                                                                                                                                                                                  | <b>JAN 3</b><br><b>CENTER CLOSED</b>                       |

**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](http://www.TallahasseeSeniorFoundation.org) unless otherwise noted

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