

# Active LIVING

*The magazine for Tallahassee's active adults*



Lisa Bretz and Gail Alexander at the Deck the Halls event at the Tallahassee Senior Center. PHOTOS COURTESY OF TALLAHASSEE SENIOR CENTER



Cupcakes were sponsored by Centre Pointe Health & Rehabilitation at the Deck the Halls event.



Deck the Halls Presenting Sponsor Audiology Associates with Pam Granger, Melissa Corson, Kellie Whitman, Dr. Lisa Myrick, Beth Wiley and Dr. Erin Lackinger.



Capital Home Health Corp crew and Friends! Front Row (L to R): Doris Carpenter, Jaclyn Santiago, Amy Porter. Back Row (L to R): Shannon Walker, Dr. Marino Martinez, Monica Medley, Diane Sullivan.

# PUT FUN INTO YOUR YEAR

Partygoers ring in the holidays at Deck the Halls

# Classes explore travel and famous artists

**Maureen Haberfeld**  
Lifelong Learning Coordinator

For more info or to register, go to [TallahasseeSeniorFoundation.org](http://TallahasseeSeniorFoundation.org) or email [Maureen.Haberfeld@talgov.com](mailto:Maureen.Haberfeld@talgov.com)

## Hidden Gems of Southern California

Thursday, Jan 20 1:30–3 p.m. TSC  
Bob Feuerstein guides you through lesser-known amazing places to see when visiting Southern California and or Baja California part of Mexico. You will want to add these outstanding places to your list on your next trip to the Golden State. Hybrid class at TSC and on Zoom. \$5.

## The Sea in Early American Literature

Monday, Jan. 24, 10–11:30 a.m. NE Branch Library  
This class offered by Dr. Benjamin Lawson award winning scholar and author, presents vivid images of how American writers have memorably depicted the seas of America from early Native American times until the twentieth century. In person class. \$5.

## GREAT ARTIST SERIES by Tom Friedman:

\$5 fee for each session:

### Claude Monet – Founder of Impressionism, a Different Take – Lightening and Time

Thursday, Jan 27, 1:30–3 p.m.  
Claude Monet's Impression, soleil levant, was the work that furnished the name for the Impressionist movement.



We shall discover how Eugene Boudin and Johan Jongkind encouraged young Monet to evolve his style.

### Henri de Toulouse-Lautrec... and the Birth of the Modern Print

Thursday, Feb. 3, 1:30–3 p.m.  
Henry Toulouse-Lautrec sought acceptance as a handicapped person and as an artist documenting famous entertainers, addicts, and women of the night. For a decade, Toulouse-Lautrec's posters were the most widely exhibited art in the world and stood the test of time.

### Pablo Picasso – The Great 20th Century Innovator

Thursday, Feb 10, 1:30–3 p.m.  
From about 1900 until mid-century, Pablo Picasso either founded or dominated every fine art movement. He was the foremost visual artist of the 20th Century; we will journey through his 96 years as we examine his oeuvre. Hybrid class at TSC and on Zoom.

### When Women Danced with Trees

Monday, Feb. 7, 10–11:30 a.m. NE Branch Library  
Tallahassee-based Marina Brown will introduce her newest work called "When Women Danced with Trees: 35 Unexpected Stories." In readings from this collection of short stories, Brown

explores the human condition and how life can so often turn on a dime. She will discuss the process of and inspiration for her work which ranges from journalism, poetry and novels. \$5.00 fee.

## Wolf Creek Trout Lily Preserve

Tuesday, Feb. 15 and Feb. 22 (select one date), 10:15 a.m.–3:30 p.m.

This conservation area was established to protect millions of yellow and maroon dimpled trout lilies and thousands of maroon spotted trillium plants which only bloom for a few weeks a year. You must be able to walk several hundred yards on a muddy slope. We will stop for lunch at the Whigham Diner before the tour. Transportation provided from the TSC. Limited space. Fee \$10 does not include lunch.

## Queen Anne's Revenge, Maritime Archaeology

Thursday, Feb. 17, 1:30–3 p.m.  
The pirate Blackbeard's flagship, Queen Anne's Revenge, located off Beaufort, North Carolina, has been the subject of a lengthy archaeological investigation. Franklin H. Price details the history and archaeology of the site, offering a glimpse into this historic shipwreck. Hybrid class at TSC and on Zoom. \$5.00 fee.

## Rendezvous with Destiny: Florida and WWII at the Historic Capitol Museum

Thursday, Feb 24, 9:45–11:45 a.m.  
New exhibit in partnership with

Camp Blanding Museum and The Institute on World War II and the Human Experience at FSU. When the US entered WWII in 1941, Florida was mostly rural and agricultural, and relatively unpopulated. By the time the war ended, an influx began a transformation that continues to this day. This exhibit explores the impact on Florida and ways in which the state contributed to the war effort. Transportation from the TSC. \$7.00 fee.

## Railroad Square / All Saints District Guided Public Art Walk and Lunch

Thursday, March 3, 9 a.m.–1 p.m.  
This 1.5-mile stroll reveals efforts supporting the arts and economic revitalization of a neighborhood once in decline. More than 50 eye-popping murals, sculptures, and historic points of interest add life and local lore to this open-air gallery. We'll finish the tour with lunch at the Crum Box Gastgarten, located in an old caboose with a rustic patio. Fee \$7 does not include lunch.

## Aucilla River and Sinks Geology Hike

Tuesday, March 8, 9 a.m.–2 p.m.  
Hike a unique section of the Florida Trail and learn about the interesting geology of the Aucilla River with trail guide Barbara Donner and geologists Joe and Maureen Haberfeld. View the conduit system in the limestone that was that was sculpted by groundwater over millions of years. Fee \$18 includes transportation from TSC and picnic lunch.

## ABOUT THE PUBLICATION

Active Living is a bi-Monthly publication of the Tallahassee Senior Center (TSC), 1400 N Monroe St., Tallahassee, FL 32303. 850-891-4000.

Sheila Salyer, Senior Services Manager, City of Tallahassee and Executive Director, Tallahassee Senior Foundation, and Karin Caster, Communications & Development

Martha Gruender, Coordinating Copy Editor

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+. Disclaimer of Endorsement: Reference herein to any specific commercial products, process, or service by trade name, trademark, manufacturer, or otherwise does not necessarily constitute or imply its endorsement,

recommendation or favoring by Tallahassee Senior Services or the Tallahassee Senior Foundation.

For more information on Tallahassee Senior Services, the TSC & Foundation, activities, and 15 neighborhood venues, contact 850-891-4000 or visit [Talgov.com/seniors](http://Talgov.com/seniors) and [TallahasseeSeniorFoundation.org](http://TallahasseeSeniorFoundation.org).

"Like" us at [Facebook.com/TallahasseeSeniorCenter](https://www.facebook.com/TallahasseeSeniorCenter)

# Holiday fun for all at the Senior Center



Donning their festive attire Laurie Love, Jennifer Radeschi, Deborah Cobb from Red Hills Village.



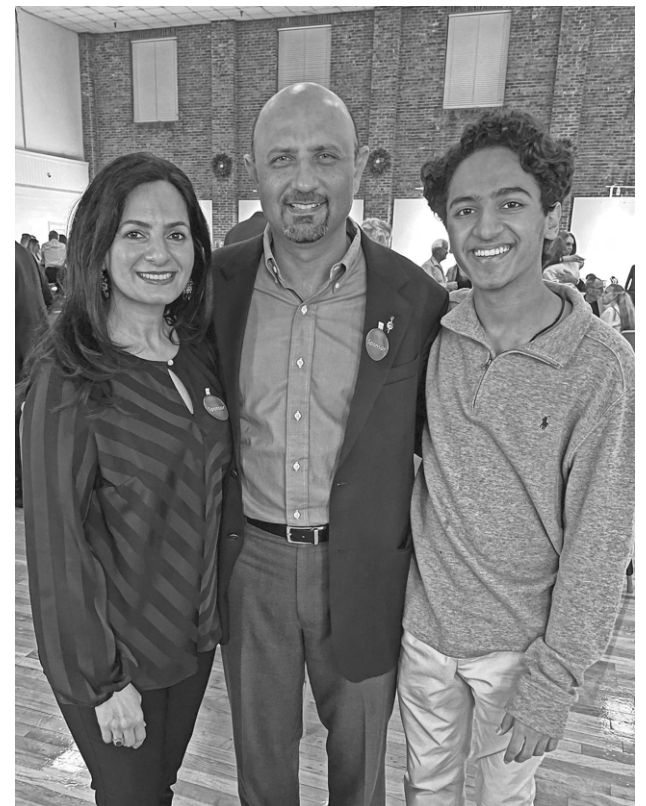
Regina McQueen and sons savored delightful cupcakes.



The cheerful Clothesline family at the the Deck the Halls event: David, Debra, Dana, Sofia and Jaime.



Young and old enjoy the model train displays at the Senior Center by the Big Bend Model Railroad Association in December.



Meena, Ajay and Rohan Chadha with Sanitation Products of America enjoy a night out.

## SENIOR HEALTH & WELLNESS PROGRAMS

For more info contact Ruth Nickens, RN, Health & Wellness Coordinator [Ruth.Nickens@talgov.com](mailto:Ruth.Nickens@talgov.com) or call 850-891-4042

### **Buddy Program: Seniors & Students with FSU College of Nursing**

Ask a friend or loved one to consider joining! Adults age 50+ are paired with nursing students to share life experiences and help them meet their educational needs. Conversations can take place via telephone or video chat, and frequency is flexible. Students are background checked and supervised by instructors. For info, email [Judy.Shipman@talgov.com](mailto:Judy.Shipman@talgov.com) or call 850-556-5697

### **HEALTH EDUCATION & SCREENINGS**

#### **The Diabetes Empowerment Education Program**

Thu., Jan. 13–Feb 17, 10 a.m.–Noon, TSC Activity Room

A program for people or families living with prediabetes/diabetes, teaches how to reduce the risk of complications, such as kidney failure, amputation, vision loss, heart failure, and stroke. No-cost interactive 6-week classes offered in person at the Senior Center by Big Bend AHEC. For more info, call 850-224-1177 or email [twarnke@bigbendahec.org](mailto:twarnke@bigbendahec.org). For virtual classes, register at [bigbendahec.org/programs](http://bigbendahec.org/programs)

#### **Medical Marijuana Initiative: Basics and Beyond**

Wed., Feb. 2, 11 a.m., Zoom

Join this presentation to learn about FAMU's Medical Marijuana Education and Research Initiative, whose mission is to educate and inform Florida's diverse minority communities about medical marijuana and the potential consequence to health and well-being from recreational use. Presented by Michelle Wilson, MBA, FCCM. Register at <https://bit.ly/3CHemfd>

#### **Podiatry Screening and Foot Care**

Thu., Feb. 3, 9 a.m.–Noon at TSC

Dr. Gary McCoy, Podiatrist & foot specialist, is back at TSC with Covid-safety protocols. He cuts toenails and assesses and treats foot problems. Doctor accepts Medicare, Medicaid, and secondary insurance, which may cover costs for this. \$30 fee if not covered by insurance. Appointment required, email [Sarah.Vernon@talgov.com](mailto:Sarah.Vernon@talgov.com)

#### **Alzheimer's Association Mobile Brain Bus**

Mon., Feb. 7, 9 a.m.–Noon, TSC Parking Lot

### **HELPLINES and HOTLINES**

**Abuse Hotline:** 1-800-962-2873 or 1-800-96-ABUSE

**Area Agency on Aging, Elder Helpline:** 1-800-96-ELDER (3-5337)

**Consumer Hotline:** 1-800-435-7352

**Medicare Hotline:** 1-800-633-4227

**2-1-1 Big Bend:** 617-6333 or 211

The AA Brain bus visits the TSC! Stop by the bus to get the most current information about brain health, Alzheimer's disease, and current research.

#### **Loving Yourself: Mindfulness for your Own Heart**

Mon., Feb. 14, 10 a.m., Facebook

Learn how being present and accepting of ourselves can lead to mental, physical, and emotional benefits. Includes a guided meditation exercise to help cultivate self-kindness and improved connection with our hearts, minds, and bodies. By Nicolette Castagna, MA, MPH

#### **The Ten Commandments of Healthy Aging**

Wed., Feb. 23, 10 a.m., Zoom

This interactive presentation will explore ways seniors and caregivers can remain active and independent as they navigate a new post-pandemic normal. Dr. Nakeisha Rodgers helps you embrace the beauty of aging with purpose and passion. Register at <https://bit.ly/3mUbUgu>

### **SENIOR FITNESS**

Staying active is one of the most important things we can do to stay healthy and age successfully.

#### **VIRTUAL FITNESS:**

1) WCOT TV (Comcast Channel 13) / [Tal.gov.com/WCOT](http://Tal.gov.com/WCOT) Mon, Wed, Fri and Sat @ 9 am

2) On-Demand – TallahasseeSeniorFoundation.org

#### **TALLAHASSEE SENIOR CENTER FITNESS**

Classes are approx. 1 hour in length. For more info, email [Ruth.Nickens@talgov.com](mailto:Ruth.Nickens@talgov.com) or call 850-891-4042

**Life Exercise**, Tue. & Thu., 9 a.m. with Pomeroy Brinkley.

**Brain-Body-Balance**, Mon., 1 p.m., Instructor Merisha Phillips.

**Mindful Movement**, Tue., 11 a.m., Taught by Lori Roberts, certified NIA yoga instructor.



**Alford Greenway hike on a beautiful fall day. Weekly hiking begins on Wednesdays, starting Jan. 19. Contact [Ruth.Nickens@talgov.com](mailto:Ruth.Nickens@talgov.com) or 850-891-4042 for details.**

**Gentle Yoga**, Tue., 1p.m., Taught by Ferdouse Sultana. Must pre-register! \$4

**NEW! Evening Yoga**, Wed., 5:30 p.m., with Pamela Hunter. \$4

**NEW! Ageless Grace**, 1st & 3rd Thu., 1 pm, with Amanda Cannon

**NEW! Outdoor Hiking**, Wednesdays at 10 a.m., starting Jan.19. Guided hikes at a variety of local trails. Call Ruth Nickens for info.

### **NEIGHBORHOOD FITNESS SITES**

For more info, email [Sarah.Vernon@talgov.com](mailto:Sarah.Vernon@talgov.com) or call 850-891-4045

**Bradfordville Fitness**, Northeast Branch Library, Rm. 103, 5513 Thomasville Rd.

\*Note: Class sizes limited. Must pre-register: 850-891-4045

Senior Fitness with Ferdouse: Tue. & Fri., 9:30 a.m.

Senior Fitness Beginner with Llona: Tue. & Fri., 10:30 a.m.

Senior Fitness Advanced with Llona: Tue. & Fri., 11:30 a.m.

Yoga for Women with Ferdouse: Mon., 2:30 p.m.

Yoga for Adults with Ferdouse: Wed., 4:15 p.m.

**Chaires-Capitola Dorothy C. Spence Community Center:** 4768 Chaires Cross Rd.

Senior Fitness with Judy: Mon., Wed. & Fri., 8:30 a.m.

Sit & Fit with Judy: Tue. & Thur., 9:30 a.m.

**Fort Braden Community Center:** 16387 Blountstown Hwy.

Senior Fitness with Wendy: Mon. & Wed., 10:30 a.m.

**Lake Jackson Community Center:** 3840 N. Monroe., Ste. 301

Mindful Movement with Lori: Thur., 1 p.m.

Gentle Mat Yoga with Lori: Wed., 2 p.m. \$5

**Miccosukee Community Center:** 13887 Moccasin Gap Rd.

Senior Fitness with Judy: Tue. & Thu., 11:15 am

**Optimist Park**, 1355 Indianhead Dr. Brain-Body-Balance with Ferdouse or Wendy: Tue. & Thu., 9 am

**SouthWood Community Center:** 4675 Grove Park Dr.

Brain-Body-Balance with Wendy: Tue., 10:45 am \$5

**Woodville Community Center:** 8000 Old Woodville Rd.

Senior Fitness with Llona: Mon. & Wed., 9:30 a.m.

# A night of good cheer

In addition holiday martinis, delicious foods, and swaying to the tunes of JazzEtcetera, on December 3 guests at Deck the Halls enjoyed the warmth of the holiday spirit! By the end of the evening, many arms were full of fun gifts from the Silent Auction. For more photos, visit TallahasseeSeniorFoundation.org.

The night of merriment and festivity makes a positive contribution to active aging. This gala fundraiser helps the Tallahassee Senior Center & Foundation deliver meaningful classes, programs, learning opportunities, and much-needed services to seniors in our community, providing a sense of purpose and active, healthy, independent, and optimal aging. The TSC appreciates our friends, sponsors, donors, and volunteers for your support of this event! We are grateful to the generous sponsors who helped make Deck the Halls possible:



**Celebrating fellowship Freddie Kaye, Jeanie Martin, Tom DeLopez.**



**The Silent Auction provided Carol Thompson-Riley of Healing by Nature and husband Andrew Riley a chance to find one-of-a kind gifts.**



**Michael Spellman of Sniffen & Spellman served up festive martinis all night.**

## Sponsors

### Presenting Sponsor:

Audiology Associates of North Florida

### Angel Wings Sponsors:

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### Valet Sponsor:

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### Martini Sponsor:

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EMTeLINK, Inc.

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Red Hills Village Retirement Resort

Tallahassee Memorial Lifeline

Tallahassee Moose Lodge 1075

Judy Westbrook

YourLife of Tallahassee

### Candy Cane Sponsors:

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Madison Social

Linda Roberts

Jill Sandler

Sanitation Products of America

Senior Care Authority North Florida

Tallahassee Coca-Cola Bottling Co.

# Get fit at Leon County Senior Outreach sites

Are you 50+ years old?

Do you want an affordable, comprehensive exercise program without going to a gym?

Would you feel more confident exercising with an instructor specifically trained to work with older adults?



Would you like to make new friends?

If your answer is YES to the questions above, then there are fitness classes in your community that may help you turn yourself into a

confident, fit, engaged SUPERPOWER! Well, that last word may be stretching it a bit, but everything is relative.

As Woodville instructor, Llona Geiger states, "Movement is medicine." She even had bumper stickers made with these exact words. She gives them out to her students and stresses the importance of remaining active, adding that "moving is important but, moving SAFELY is key." Older adults often have mobility issues that make certain move-

ments risky. Having an instructor who is familiar with the physical challenges of seniors helps keep students safe.

Another added benefit of taking a fitness class -- social connections. This may be even more important than the physical exercise. Connections to others wards off social isolation and loneliness. This helps to increase longer life, and QUALITY of life.

So, tuck that recliner back in, become a movin' and groovin' senior, and make your way to a Senior Fitness class near you! Classes are open to men and women. For class schedules at County outreach sites, and the Tallahassee Senior Center, see page 4.

## SOUTHSIDE SENIOR SERVICES & PROGRAMS

For more information or to enroll in these classes, contact Wendy.Barber@talgov.com or call 850-891-4052

**Monthly Wellness Circles:** 11-noon, Tues., Feb. 8 at Jack McLean and Wed., Feb. 16 at Jake Gaither. There are no Wellness Circles in January. The Febru-

ary presentations will be with Stefani Bowden, Comcast's Senior Specialist. In this capacity, she oversees corporate giving and community outreach which includes, but is not limited to, building community relationships. She has worked for Comcast for 16 years. Space is limited to 15 participants and includes a beverage and light refreshments. Suggested donation: \$2 per class.

**Healthy for Life:** Winter series includes 3 classes with AHEC, "Nutrition and Cooking," "Financial Literacy" and "Fitness" from 11 a.m.-1 p.m. on Feb. 3, 10, and 17 at Jack McLean. On Feb. 24, March 3, 10 and 17, our guest will be Sally Sanders, Field Educator for the Ethical Choices Program. Sally will educate participants about "the impact of their

food choices, empowering them to make decisions that are consistent with their own values as related to human health, the environment, and animals." You will be encouraged to "think critically" about your food choices. Finally, on March 24 we will be joined with Elder Law attorneys Vicky Heuler and Mary Wakeman as they discuss issues pertinent to older adults. Space is limited. Please pre-register. Suggested donation: \$2 per class.

**Brain Body Balance:** Indoor classes, Tuesdays and Thursdays 9-10:00 am at Optimist Park in Indian Head Acres. Exercises improve agility, balance, coordination, flexibility and strength. Space is limited so pre-registration is required. \$3/class. Fitness Cards are available for \$25 for 10 classes, a savings of \$5.



## GRANDPARENTS AS PARENTS (GaP)

A program is for grandparents or relatives who are the primary caregivers for their grandchildren. GaP offers support groups, informational luncheons, access to community agencies, legal services and health screenings plus social activities for the whole grand-family.

### GaP Support Lunch

Wed, Jan 26, 12-1:30 pm

Wed, Feb 23, 12-1:30 pm

Location TBA. Complimentary lunch for grandparents and other relative caregivers. Reservations required.

### GaP Evening Support Group

Mon, Jan 3, 17 & 31, 7-8:00 pm

Mon, Feb 14 & 28, 7-8:00 pm

Meeting virtually via Zoom

Join other grandparents raising their grandchildren to socialize and discuss your unique situation

Call 850-891-4027 or email Karen.boebinger@talgov.com for more information or to RSVP.

## UPSLIDE

If your new year's plans include meeting new people and making new friends, then UPSLIDE's Friends Connection group is for you! UPSLIDE is an award-winning program that addresses loneliness, isolation & depression, and Friends Connection is a great way to create a connect with others, share ideas and engage in meaningful conversation. It is a welcoming and accepting community of support and, mostly, just plain fun. We would love for you to join us! UPSLIDE also offers no cost on-line and in-person counseling. For more information or to sign up to attend, email Melanie.Lachman@talgov.com or call 850-891-4066. Services are provided at no cost to participants, but donations accepted.

### UPSLIDE Friends Connection:

**Tallahassee Senior Center:** Mon. 3-4:30 p.m. and Thur. 1-2:30 p.m.

**Virtual (via Zoom):** Tue. 1-2:30 p.m. Call or email for link.

**Lincoln Neighborhood Center:** 2nd & 4th Wed., 12:30-1:30 p.m.

**Micosukee Community Center:** 1st Tues. 12:30-1:30 p.m.

**Anna Johnson**  
Community Relations Advisor

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# NEW YEAR'S RESOLUTION: Complete your Five Wishes

**Sharon D. Davidson**  
Big Bend Hospice

The new year is a great time to clean your home, organize your records, and update your important documents. One of those documents should be Five Wishes®, an advance care planning guide.

What do you do if you are unable to communicate or make decisions in the future to be ensured your wishes are followed by health and social care professionals? What does life-support treatment mean to you? Do you want to put an added stress on your family and friends by having them guess what you want when it comes to assisted breathing or feeding devices?

Advance Care Planning (ACP) involves thinking about what matters most to you, making decisions about what kind of medical care and treatment you would or would not want if you were at the end of life, and choosing a person who can understand these decisions and speak for you if you are unable (healthcare surrogate.)

Five Wishes® is a document that helps you and the people in your life talk together about these important matters. It's called an advance directive, because it helps you make decisions in advance that can direct your care later, and because it's recognized in Florida as a legal document for this purpose.

All Big Bend Hospice (BBH) patients and Transition clients receive a Five Wishes® document in their admission packet. Their assigned social worker, a trained ACP Facilitator, can facilitate a conversation that includes:

- Thinking through one's relevant values and preferences.
- Talking about one's values and preferences with one's spokesperson (selecting a healthcare surrogate).
- Documenting one's wishes utilizing Five Wishes®.
- Reviewing the ACP periodically as their medical and/or social conditions may change.

BBH also offers Five Wishes® on Demand through their website, [www.bigbendhospice.org/advance-directives](http://www.bigbendhospice.org/advance-directives). They also offer Five Wishes @ Work to help employers and organizations ensure their employees and members get the care they want. Groups who offer

**'Discussing Advance Care Planning (ACP) early and often is so important. So many health care professionals are uncomfortable discussing death and dying with their patients. I am so grateful BBH has an ACP program to provide the community-clinical and non-clinical-with the resources it needs to start the discussion on EOL preparation.'**

**Laura Strickland, MSN, RN, CHPN**  
BBH Training and Development Manager

advance care planning have seen a reduction in unwanted healthcare costs while increasing trust and productivity. You can get additional information about Five Wishes through Aging with Dignity, a national non-profit organization that affirms and safeguards human dignity,

"Discussing Advance Care Planning (ACP) early and often is so important," says BBH Training and Development Manager, Laura Strickland, MSN, RN, CHPN. "So many health care professionals are uncomfortable discussing death and dying with their patients. I am so grateful BBH has an ACP program to provide the community-clinical and non-clinical-with the resources it needs to start the discussion on EOL preparation."

Make a New Year's resolution to ensure your voice is heard, even when you can't speak. Complete or update your Five Wishes in 2022!

Big Bend Hospice has been serving this community since 1983 inspiring HOPE by positively impacting the way our community; Leon, Franklin, Gadsden, Jefferson, Liberty, Madison, Taylor, and Wakulla counties; experiences a serious illness or grief – one family at a time. If you would like information about services, please call 850-878-5310 or visit [www.bigbendhospice.org](http://www.bigbendhospice.org).

## Ensure your voice is heard, even when you can't speak!

Five Wishes is an Advance Care Planning (ACP) tool that helps you make decisions about your healthcare wishes.

- Start 2022 Off Right -  
Complete Your  
**FIVE WISHES®**  
Today!

Visit [www.bigbendhospice.org/advance-directives](http://www.bigbendhospice.org/advance-directives)  
to fill out your digital Five Wishes® on Demand!



**Big Bend Hospice**  
*your hometown hospice, licensed since 1983*

# Welcome Heath Hilary McRae, new art coordinator

## Hella Spellman

Originally from Tallahassee, Heath Hilary McRae brings over 20 years of professional experience from across the country and globe back to Tallahassee as the new Tallahassee Senior Center Art Program Coordinator.

Hilary received a BFA in Photography and Electronic Media from NYU, Tisch School of Art. Her career has taken her around the world working with clients in the art, fashion, and entertainment world. She has experience working in the events industry, teaching art, curating art shows, serving as an operations manager, and creating marketing and advertising campaigns for clients and employees. Heath returned to Tallahassee to be near family.

Her love of seniors, passion for our mission, and “fascination with the depth of learning that is at ones’ disposal at any age” is what attracted Heath to the position. Her organizational skills, business skills, and creativity are what make her a wonderful fit to run the Art Program and bring it to the next level as the prior Art Program Coordinators have done. We are excited to have Heath join the Senior Center Team!

## EXPLORE YOUR CREATIVE SIDE WITH ART CLASSES

Email [HeathHilary.McRae@tal.gov.com](mailto:HeathHilary.McRae@tal.gov.com) or call 850-891-4016 for more information

## ON-GOING STUDIO CLASSES AT THE TSC

Instructor works with varied levels of students and students assist and critique each other in an exciting, collaborative environment. \$10 age 50+, \$12 age 18-49 unless otherwise noted

**Hands-On Art History**, with Mark Fletcher

Mon., 12:30–3:30 p.m., ZOOM (Call for link) Discover hands-on techniques of the masters, old and new, through research of how and why they developed their style in the context of their times. Create your own art applying and com-

## CONGRATULATIONS INSIDERS SHOWCASE WINNERS!

### Academy Category:

1st Place, Autumn Leaves By Chip Townsend

2nd Place, Splendor In The Grass By Judy L. Fongheiser

3rd Place, Bilbo Baggins By Joetta Parks

Honorable Mention, In The Dolomites By Tom Friedman

Honorable Mention, An Island In My Imagination By Akshar Patel

### Masters Category:

1st Place, The KFC By Maria Balingit

2nd Place, Seven Sisters By Debbie Gaedtke

3rd Place, Goose Pasture By Terry Hawkins

binning the methods of various artists like Van Gogh, Monet, and others. Beginners welcome.

**Landscapes In Soft Pastels**, with Wendy Devarieux

Tue., 9 a.m.–12 p.m., Art Studio Pastels can provide vibrancy and subtleties unlike other mediums. Some drawing or painting experience preferred. Ask for a supply list and/or visit the class before deciding to join.

**Oil And Acrylic Painting, Intermediate**, with Debbie Gaedtke

Wed., 9:30 a.m.–12:30 p.m., Art Studio Learn and develop basic skills and techniques with a versatile acrylic medium in a friendly, supportive class. For beginners, as well as continuing artists.

**Oil And Acrylic Painting, Advanced**, with Debbie Gaedtke

Wed., 1–4 p.m., Art Studio Explore your creative side among a friendly, supportive group of painters. Work at your own pace on your own projects with feedback and participate in critiques. This class is NOT for beginners.

**Draw With Your Eyes, Paint With Your Heart**, with Mark Fletcher

Wed., 1:30–4 p.m., ZOOM (Call for

link) Pen & Ink with a little watercolor. Beginners welcome!

**Experimental Watercolor, Intermediate-Advanced**, with Linda Pelc

Thu., 9 a.m.–12 p.m. (option 1) or Thu., 1–4 p.m. (option 2), Art Studio

Enhance your creativity with projects, techniques and critique that will expand your skill set and knowledge of the medium.

**Oil Painting, Advanced**, with Eluster Richardson

Fri., 9 a.m.–12 p.m., Art Studio Develop skills and insight, improve composition and subject matter in oil painting, built upon acquired basics of oil painting. New students may need to present a portfolio to be approved for this class.

## ON-GOING STUDIO LABS

**Portrait Studio Lab**, \$5

Mon., 9 a.m.–12 p.m., Art Studio Draw or paint from live model, bring your own art supplies. Lab fee includes donation for model.

**Ceramics**, \$2 plus materials + firing fee

Wed. & Thu., 9 a.m.–12 p.m., Clay Studio Use mold-made bisque items to paint or glaze. Lead by helpful volunteers. Experienced hand building clay people can use as a lab.

## UPCOMING ART WORKSHOPS

Art Workshops require pre-registration and pre-payment. To register and pay, go to

[www.tallahasseeSeniorFoundation.org](http://www.tallahasseeSeniorFoundation.org) (click on Art).

**Zentangle®**, with Midori Okasako, CZT

Wed. 1:30–4 pm (option 1) or 6–8:30 pm (option 2), Jan. 19 – Feb. 23 (6 weeks), \$60

Gently guided by 8-steps of Zentangle, draw tangles (patterns) in ink as they gradually morph together, come to life with graphite shading, accented with colored pencils.

**Watercolor, Continuing Beginners**, with Diane Ogorzaly

Fri., 1–3:30 pm, Jan. 21 – Feb. 25 (6 weeks), \$60

Developing basics with watercolor. Good for continuing beginners and intermediates.

**Painting with Oils and Acrylics for the Absolute Beginner**, with Fran Buie

Fri., 1–4 pm, Jan. 21 – Mar. 18 (8 weeks) skip Feb. 18, \$80

Learn and develop basics in painting as the instructor guides you through a composition of your choice.

**Clay Creations - All Skill Levels**, with Mark Fletcher

Mon., 9 am–12 pm, Jan. 24 – Feb. 28 (6 weeks), \$60

Create in clay sculptural hand built functional objects.

**Watercolor for the Absolute Beginner**, with Gail Bauman

Tue., 1–3:30 pm, Jan. 25–Mar. 29 (10 weeks), \$100

Discover the fun of watercolors! Learn and develop basic techniques and creative processes for painting with watercolor in a fun and risk-free environment. Good for beginners just starting out.

**Engage With Your Page**, with Mary Liz Tippin-Moody

Tue., 1–3:30 pm, Jan. 25 – Mar. 1 (6 weeks), \$60

Create images on paper with a variety of media and visual art processes – a creative time for experimenting with mixed media projects for beginners and continuing students. Use your sketchbook to develop ideas and images with drawing, painting, collage, and simple printmaking techniques. Drawing and painting guidance available.

## NEIGHBORHOOD SITES

Northeast Branch Library, 5513 Thomasville Rd.

**Watercolor** – Intermediate, with Eluster Richardson

Thu., 1:30–4 pm, Jan. 20–Mar. 10 (8 weeks), \$80

Develop skills and insight with watercolor.



# Capital City Senior Games coming March 2

## TSC Foundation

### JOIN US IN CELEBRATING KRISTY CARTER'S BIG 50 BIRTHDAY!

Tue. Feb. 1, 5-6:30 p.m. we celebrate Kristy's birthday with cake and fellowship in the TSC Auditorium! We all know how much Kristy loves to dance and socialize, stay afterwards for the line dance class at 7 p.m. During the nine years she has worked here, Kristy has helped cheer on the athletes of the Capital City Senior Games, now she can officially participate! Kristy has requested donations be made to the TSC Foundation to fund programs that help active seniors stay connected and healthy!

### MAH JONGG RETURNS TO TSC

Wednesdays, 1-4 p.m., Activity Room. Learn the game or play as an experienced player. This popular tile game has crossed cultures and countries since its origins in China in the 19th century. With similarities to rummy, players match or sequence sets of tiles using a combination of skill, strategy and luck. \$2 suggested donation.

### LINE DANCING BEGINS JAN. 18!

Tuesdays, 7-9 p.m., TSC Auditorium. Bring your dancing shoes and learn to line dance! An energetic class of beginner and intermediate level dances with moderate and fast music tempos, with music from country, pop, rock, rhythm and blues, etc. All levels and all ages are welcome! \$2 age 50+ / \$3 others.

### EXHIBITION DEVELOPMENT & ART THERAPY AT THE MUSEUM

Tuesdays, Jan. 18 – Mar. 8, 10:30 a.m. - 12 p.m.  
Learn how to create an art exhibition, including development, curating artwork, and using art-making and written reflections to create an engaging online exhibition. Group will be focused on older adult women. Teacher: Jessie S. Rochford, art therapist and doctoral

50+

CITY OF TALLAHASSEE

15<sup>th</sup> ANNUAL

CAPITAL CITY  
Senior Games  
TALLAHASSEE, FLORIDA

MARCH 2 - 15, 2022

Torch Run • Wednesday, March 2 @ 6 p.m. • Cascades Park  
Celebration of Athletes • Tuesday, March 15 @ 5:30 p.m. • Senior Center

REGISTER ONLINE  
TALGOV.COM/SENIORGAMES

Capital Health  
Audiology Associates  
Tallahassee Senior Center & Foundation  
Tallahassee Parks & Recreation

TALGOV.COM/PARKS | FACEBOOK | INSTAGRAM | TWITTER | COTPARKS | 891-FUNN

student at FSU. For more info, email: [j.rochford@fsu.edu](mailto:j.rochford@fsu.edu)

### LEARN ABOUT SELLING ON ETSY

Mondays, Jan. 31 – Feb. 28, 4 - 5:30 pm, TSC Activity Room

Are you an artist or craftsperson? Downsizing and have items of value you would like to sell? This course can help you with selling on Etsy: costs, how to set up an Etsy shop, how to make your products sell. Bring your laptop or tablet. Cost \$5.00 per class. To register: [TallahasseeSeniorFoundation.org](http://TallahasseeSeniorFoundation.org) or questions: [Kristy.Carter@talgov.com](mailto:Kristy.Carter@talgov.com)

## NOMINATE A SILVER STAR!

Eight Silver Stars will be selected who are examples of optimal, positive aging or community service since turning age 60. Silver Stars come from a variety of backgrounds – teachers, nurses, church or community leaders, doctors, scientists, military veterans, parents or grandparents.

The one thing Silver Stars have in common is their approach to optimal aging and maintaining an active lifestyle. Nominations are open to the community and nominees must be a resident of Leon, Franklin, Gadsden, Jefferson, Liberty, Madison, Taylor or Wakulla county. The Silver Stars will be honored at a gala event held on Thursday, May 19. To nominate a Silver Star, visit [www.tallahassee-seniorfoundation.org/silver-stars](http://www.tallahassee-seniorfoundation.org/silver-stars) by Feb. 14 or email [Sheila.Salyer@talgov.com](mailto:Sheila.Salyer@talgov.com) or call 850-891-4001.

For information on becoming a Silver Stars sponsor, email [Lori.Swanson@talgov.com](mailto:Lori.Swanson@talgov.com) or call 850-891-4048.

## REGISTER NOW FOR CAPITAL CITY SENIOR GAMES!

Are you age 50-plus and enjoy fun, competition, athletic camaraderie and challenging yourself? The Senior Games are designed with all fitness levels in mind. Competitions include archery, bag toss, basketball, bowling, cycling, fun walk, golf, horseshoes, pickleball, power lifting, racquetball, swimming, table tennis, tennis, track and field, and water aerobics. Beginning at \$15, registration for one event includes a T-shirt and two tickets to the athlete celebration dinner! Each additional event costs \$3.

Senior Games kicks off with a Torch Run at Cascades Park on Wednesday, March 2, 2022, at 6 p.m. and will continue through March 15 with a Celebration of Athletes. For more information on registration and events, go to [Tal.gov.com/SeniorGames](http://Tal.gov.com/SeniorGames) or pick up a form at the Tallahassee Senior Center, 1400 N. Monroe St., or call 850-891-3866.

# New year brings opportunities for Alzheimer's Project

## John Trombetta

Executive Director, Alzheimer's Project

Our Respite site programs, also known as Social Clubs, are designed to help give caregivers a short-term break for part of the day. Caregivers appreciate knowing we will provide their loved one with things like music therapy, pet therapy, arts and crafts, bingo and other engaging activities. Social Clubs are staffed with a

site coordinator, a CNA and volunteers expertly trained and background checked. Thanks to partners like Advantage Aging Solutions, Alzheimers Foundation of America and Leon County among others, our services are offered at no charge (donations are accepted), but we do ask that you make a reservation.

Respite sites are available from 9 a.m. to 3 p.m. at different locations throughout the week:

**Monday:** Good Samaritan United Methodist Church, 3720 Capital Circle SE and Killlearn United Methodist Church, 2800 Shamrock St. S

**Tuesday:** Good Shepherd Catholic Church, 4665 Thomasville Rd

**Wednesday:** Immanuel Baptist Church, 2351 Mahan Dr

**Friday:** St. Paul's United Methodist Church, 1700 N. Meridian Rd

You do not have to be a member of or

affiliated with these churches to be able to attend. We are grateful to the churches for their willingness to offer their space and assistance with our programs.

In addition to our Social Clubs, we also offer counseling and support groups along with education to help caregivers understand their role and understand Alzheimer's and Dementia. For more about our programs or to sign up, please call 850-386-2778.

# It's the 30th anniversary of Lifelong Learning at FSU

Fran Conway

"Education is not a destiny but it is a road that we must travel everyday of our lives."

Looking for some new thoughts and ideas? The Osher Lifelong Learning Institute at Florida State University is gearing up for its Spring 2022 Semester, with a full offering of intriguing classes and inviting activities offered by expert faculty and tailored for adults over 50 who love to learn among their peers.

OLLI's Spring Semester will begin in late February 2022. Full information will be available at [olli.fsu.edu](http://olli.fsu.edu).

Among the semester's many varied and timely class options are: "Slave Ships, Slave Narratives and Neo-Slave Narratives"; "Music to Your Ears: The History of the American Screen Musical"; "Gardening Sustainably in North Florida"; "Female Artists Finding Their Place"; "What Will the Temperature Be in 2050?"; "Washington Irving, Spinning Wheels and Ghostly Conversations"; "The Swingin' '50s—1850s, That Is" and "Chair Yoga," to name just a few.

Music, art, languages, literature, science, history, the environment, health and technology are among the topics covered.

The digital Course and Activity schedule will appear in mid-January at [olli.fsu.edu](http://olli.fsu.edu). The Showcase of Classes, a



OLLI Special Lecture Series - Inhotim an Art Museum as Paradise, presented by Lauren Weingarden.

**Among the semester's many varied and timely class options are:** "Slave Ships, Slave Narratives and Neo-Slave Narratives"; "Music to Your Ears: The History of the American Screen Musical"; "Gardening Sustainably in North Florida"; "Female Artists Finding Their Place"; "What Will the Temperature Be in 2050?"; "Washington Irving, Spinning Wheels and Ghostly Conversations"; "The Swingin' '50s—1850s, That Is" and "Chair Yoga," to name just a few.

video preview of classes by their instructors, will appear at [olli.fsu.edu](http://olli.fsu.edu) on February 2. Registration for classes begins Feb. 4, and classes begin Feb. 21 and typically run weekly for six weeks.

Membership in OLLI at FSU is open to all adults 50 and older who love to learn in a stress-free environment where there are no tests, no homework and no required reading. There are no

education prerequisites. Instructors typically come from the faculty of local institutions of higher education and area experts, but Zoom has extended the range of instructors and students, who can join OLLI's classes and activities, regardless of location.

Fran Conway is chair of Marketing and Communications for OLLI and co-chair of the Curriculum and Special Lectures committees. For more information about OLLI at FSU and how to become a member, see [olli.fsu.edu](http://olli.fsu.edu). Need help? Contact Deb Herman at [dherman@fsu.edu](mailto:dherman@fsu.edu) or Terry Aaronson at [taaronson@fsu.edu](mailto:taaronson@fsu.edu).

## Caring community shows seniors they matter

Nicole Ballas

The phrase 'thank you' seems far from sufficient when referring to the tremendous assistance Elder Care Services has received from the City of Tallahassee, Leon and Wakulla Counties, the United Way of the Big Bend, the United Way of Northwest Florida, and generous donors over the past year.

At Elder Care, we are in awe of the outpouring of support from locals and businesses as they continue to provide consistent and nourishing meals, fans and heaters to keep seniors comfortable, and monetary donations that allow us to respond to emergencies and employ critical personnel. The pandemic has tested us like never before, but we

continue on with the mission of improving the quality of life for seniors and their caregivers.

More than ever, our community has rallied together to support essential community-based programs that have become a lifeline for a growing number of people in need.

Elder Care Services has proudly been serving Leon County for 51 years — ever since a group of concerned citizens got together in 1970 to start a nonprofit for those aging in their homes.

From the start of our flagship program of Meals on Wheels, Elder Care Services has expanded to provide professional, in-home resources for those who prefer to be in their homes or cannot afford nursing home or senior resi-

dential placements. All of our programs address how to stay safely aging-in-place while also combating social isolation — a detriment to one's mental and physical health.

We serve seniors who, for a variety of reasons (economic, social, etc.), live on very meager incomes. Often, our senior neighbors are forced to forgo essentials in order to purchase prescriptions or other necessities like utilities. Each year, we receive over 2,000 calls requesting critical needs like in-home care, food, adult briefs, and more — items that are often unobtainable for seniors on a fixed income. Without generous donors, we could not rise to meet these needs and ensure that our fellow citizens are taken care of.

As the number of seniors who are staying in their homes is growing, Elder Care Services is here to answer that call. As we have done for the past 51 years, we will continue to improve the quality of life for Leon County's seniors, creating equitable options to meet their needs — all with the support of people just like you. Thank you.

Elder Care Services, Inc. is a private non-profit corporation, dedicated to improving the quality of life for seniors in Leon and the surrounding counties, allowing them to remain at home with dignity.

For more information, visit [www.ecsbigbend.org](http://www.ecsbigbend.org) or follow us on Facebook at [www.facebook.com/elder-careally](http://www.facebook.com/elder-careally).

# Simple and easy ways to make a big impact

## Tallahassee Senior Center and Foundation

Making a difference to a favorite charity doesn't have to be complicated. For example, designating 3% of your estate or 50% of a life insurance policy to an organization such as the Tallahassee Senior Center Foundation, you help sustain the incredible programs which improve the lives of seniors in this community.

In the words of Linda Roberts, a longtime TSC member, volunteer and donor: "Thanks to all the simple ways to leave a legacy, I have been able to easily share with the Senior Center Foundation for now and for the future. By signing a form to leave a portion of a life insurance policy, by rolling over a required minimum distribution of an IRA and by remembering friends with a star on the Tallahassee Senior Center and Foundation Galaxy Star Wall, I have had the joy of giving to one of my favorite charities, the Tallahassee Senior Center and Foundation and of knowing I am helping make life better for my fellow seniors."

- Lori Swanson

## SHOW YOUR SPIRIT AT THE SENIOR CENTER!

At the Senior Center, there's always fun and friendship, educational opportunities, special events, and a host of activities designed to keep adults fit physically, intellectually, socially, and creatively. You know you will find a friendly face, meet old friends or make a new friend. On our website you can register for Lifelong Learning and Art classes, events or programs, find Resources, take a leisurely stroll through our online Art Galleries, subscribe to our weekly newsletter, or make a donation to support your favorite activity. Join us, become a member, and help us make good things happen!

February is our annual membership month and we invite you to become a member or purchase a membership for a friend. Members may enter our drawing for one of several prize-loaded goodie bags. Annual membership starts at \$30 for age 50+; couples have a price break and the cost is only \$50! Consider be-

## TALLAHASSEE Senior Center Foundation



FOR ACTIVE ADULTS

coming a Keyholder and a member of our GEM Club. Go to TallahasseeSeniorFoundation.org to learn more or email Nancy.gentry@talgov.com Show your spirit and join this cool and happening place!

- Nancy Gentry

### Be key holder

**Membership:** Senior Citizen (Age 50+) \$30; Senior Couple \$50; Supporter (under age 50) \$40

**Key Holders:** Friend \$120; Bronze \$240; Silver \$540; Gold \$1,020; Ruby \$1,500; Platinum \$2,520; Diamond \$5,040

Thank you for being a key to active aging! It's because of your contributions that TSC & Foundation is fulfilling its mission of offering programs, activities, and opportunities designed to encourage active living, optimal aging and social fitness.

**Diamond Keyholders:** Emily Millett; Judy Westbrook

**Platinum Keyholders:** Marilyn Coe & Donna McBride; Dr Tom & Sandy DeLopez; Steve Halsell; Linda Roberts; Sheila Salyer; Michael & Hella Spellman

**Ruby Keyholders:** Lisa Meyer; Carol Thompson-Riley

**Silver Keyholders:** Nina Davis; Ajay & Meena Chadha; Dr. Mike Francis

**Bronze Keyholders:** Mary Louise Bachman; Jim & Wendy Davis; Larry & Jo Deeb; Charlene DeMarco; Annette Gaul; Margie Harvey; Maxine Kendrick; Betty Osmondson; Gloria Sanchez; Jill Sandler; Dr. John & Linda Williams

**Friend Keyholders:** Bill Wertman & William Fontaine; Neil & Cindy Brown;

John & Kristy Carter; George & Joel Dawson; Dr. Adeline Evans; Nancy Fischer; John & Nancy Fruin; Gary Gray; John & Karen Haugabrook; Virginia Horak; Meredith & Elsa McKinney; Wynette Power; Joann Sapolsky; John Scorza; Judy Shipman; Jerry & Janice Wise

### New and Renewing Members:

Please know that we are extremely grateful by your continued support. Due to limited space in this issue of Active Living magazine, your memberships will be listed on our TallahasseeSeniorFoundation.org website.

### Donations through Dec.15

#### Honorarium Donations

In honor of: Susan Davis' Retirement  
By: Klaus & Deborah Boehmke; Dorothy Carr; Mamie Hall; George & Yasmine Lewis

In honor of: Mile Marker 25

By: Barbara Brandt

In honor of: Center for the Arts

By: Dr. Tom & Sandy DeLopez; James Hennessey & Kathryn Gibson

In honor of: GaP Christmas

By: Karen Boebinger; Kristy Carter; Nancy Gentry; Linda Roberts; Jill Sandler; Nick Schrader; Lossie Vaughn

In honor of: Advanced French class  
By: Henry Freedenberg; Anna Roberston

In honor of: Donna McBride & Marilyn Coe

By: Robert & Sara Brunger

In honor of: Kaila Hardee

By: Marion P. Hammer; Robin Lee

#### Memorial Donations

In memory of: Nancy Rettie Graham

By: Christopher Barkas; Ann Camp; Jerome & Ginger Cox; Cleo & Ausey Johnson; Betty Kirby; Dr. Charles & Carolyn Long; Lisa Meyer; Mary Pat Peacock; Sheila Salyer; Cathy Thirsk Stevens; Dorothy Weir; Barbara Withers

In memory of: Mary Hafner

By: Emily Millett; Sheila Salyer

In memory of: Lora Lee

By: Sheila Salyer

#### Deck the Halls Donations

By: Glenn Abbott; Mary Bachman; Hillman & Lin Brannon; Jean Bryant; Addie Carroll-Beal; Mary Lama Cordero; Gordan & Aurora Hansen; Tim & Julianne Hare; Joan Keen; William & Mary Lee Kelly; Teresa Morris; Rob & Carol Murrell; Cathy Rackley; Jack Roberts, Jr.; Elizabeth A. Schilson; Tracey Shrine; Jim & Dot Skofronick; Carol Stern; Tom & Lucinda Thomas; and Michael & Susan Weed.

#### End of Year Donations

By: Denise Hill & Vicki Combs; Glenn & Mary Berman; Jean Bryant; Jan Collier; Nancy Fischer; Juanita Gaston; Ben Girtman; Jeffrey Gregg; Marion P. Hammer; Terry Hawkins; Denise Hill; Marge Hogan; Barbara Hudson; Steve & Christine Inger; Sally & Link Jarrett; Nancy Johnson; Mary Johnson; Robin Lee; Mary Leland; Peter McLaren; Emily Millett; Marilyn Nichols; Julie Pararo; Virginia Plott; Ruth Pryor; Don Rapp; William Riedell; Richard Rubino; Elizabeth Schilson; William & Elisabeth Scott; Brenda Sealey; Phylis Showers; Suzanne Spivey; Frances Stallworth; John & Frances Stiles; D.J. & Gayle Underwood; Kelvin Wallace; Yvonne Weems; Dr. John & Linda Williams; and Adline Williams.

**TALLAHASSEE SENIOR CENTER  
CALENDAR OF WEEKLY PROGRAMS  
NOVEMBER 15 – DECEMBER 11, 2021**



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 <i>Fitness at Chaires</i> 9:00 Quilting Bees 9:00 Portrait Studio 9:30 <i>Fitness at Woodville</i> 10:00 SHINE PRR <b>10:30 Adv. French ZM (KC)</b> 10:30 <i>Fitness at Fort Braden</i> 11:00 Senior Counseling <i>(by appointment)</i> <b>12:30 Hands-On Art History ZM (HM)</b> 1:00 Brain-Body-Balance 2:30 <i>Yoga for Women NE Library PRR (SV)</i> 3:00 Friends Connection 5:45 Intermediate German 6:00 Round Dance 7:00 Twirlers Square Dance 7:00 Capital City Carvers	9:00 Life Exercise 9:00 <i>Brain-Body-Balance at Optimist Park PRR (WB)</i> 9:00 Pastels Landscapes 9:30 <i>Fitness NE Library PRR (SV)</i> 9:30 <i>Sit &amp; Fit at Chaires</i> 10:00 Seniors vs. Crime 10:00 Wii Bowling 10:30 <i>Fitness Beg. NE Library PRR (SV)</i> 10:45 <i>Brain Body Balance at Southwood PRR (WB)</i> 11:00 Mindful Movement 11:15 <i>Fitness at Miccosukee</i> 11:30 Senior Dining <i>(PRR or Bring a Lunch)</i> 11:30 <i>Fitness Adv. NE Library PRR (SV)</i> <b>1:00 Friends Connection ZM (ML)</b> 1:00 TDBC Bridge 1:00 Senior Singers 1:00 <i>Canasta at Lake Jackson</i> 2:30 Ping-Pong 4:00 Guitar 7:00 Line Dance <i>(starts 1/18/22)</i> 8:00 SA Support Group	8:30 <i>Fitness at Chaires</i> 9:00 Ceramics 9:00 Nimble Fingers 9:30 Oil & Acrylic Inter. Painting 9:30 <i>Fitness at Woodville</i> 10:00 Seniors vs. Crime 10:00 Movement Meditation 10:30 <i>Fitness at Fort Braden</i> 11:30 Pickleball Lesson 11:30 Pickleball 1:00 Oil & Acrylics Adv. 1:00 Mahjongg <i>(starts 1/12/22)</i> <b>1:30 Draw with Your Eyes, Paint with Your Heart ZM (HM)</b> 2:00 <i>Beg. Yoga at Lake Jackson</i> 4:15 <i>Beg. Yoga NE Library PRR (SV)</i> 5:30 Yoga <i>(starts 1/12/22)</i> 7:15 Al-Anon Family <i>(starts 1/12/22)</i>	9:00 Ceramics 9:00 Watercolor Inter./Adv. 9:00 Life Exercise 9:00 <i>Brain-Body-Balance at Optimist Park PRR (WB)</i> 9:30 <i>Sit &amp; Fit at Chaires</i> 10:30 Ballet 11:00 Senior Counseling <i>(by appointment)</i> 11:15 <i>Fitness at Miccosukee</i> 1:00 TDBC Bridge 1:00 Friends Connection 1:00 Watercolor Inter./Adv. <b>1:00 French Study Group ZM (KC)</b> 1:00 <i>Mindful Movement at Lake Jackson</i> 2:30 Ping-Pong 6:00 TDBC Bridge 7:00 Capital Chordsmen	8:30 <i>Fitness at Chaires</i> <b>9:00 English 2nd Language ZM (KC)</b> 9:00 Oil Painting Adv. 9:30 <i>Fitness NE Library PRR (SV)</i> 10:00 Movement Meditation 10:30 <i>Senior Fitness Beg. NE Library PRR (SV)</i> 11:30 Senior Dining <i>(PRR or Bring a Lunch)</i> 11:30 Pickleball 11:30 <i>Fitness Adv. NE Library PRR (SV)</i> 1:00 Model Building 1:00 TDBC Bridge 7:00 Al-Anon Newcomers

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

*Please reference LEGEND below*

**JANUARY 10 – FEBRUARY 12, 2022**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>JAN 10</b> 11a Art Council 1p Poetry Group 1p Advisory Council (SS)	<b>JAN 11</b> 1p Yoga PRR (SV) 7p Stamp and Cover Club	<b>JAN 12</b> 12:30p Friends Connection LNC	<b>JAN 13</b> 10a DEEP PRR (RN)	<b>JAN 14</b>	<b>JAN 15</b> CENTER CLOSED
<b>JAN 17</b> Closed Martin Luther King Holiday 7p GAP Circle of Parents ZM (KB)	<b>JAN 18</b> 10:30a Art Exhibition Development PRR (KC) 1p Yoga PRR (SV) 2:15 UPSLIDE Games	<b>JAN 19</b> 8:30a Capital Coalition on Aging ZM (KC) 10a Hike (RN) 1p LCSO Advisory Council	<b>JAN 20</b> 10a DEEP PRR (RN) 1p Ageless Grace 1:30p LLL-Hidden Gems of S. California PRR H (MH)	<b>JAN 21</b>	<b>JAN 22</b> 7p USA Dance: Belle of the Ball (Semi-formal)
<b>JAN 24</b> 10a LLL-The Sea in Early American Lit. NE Lib. PRR (MH) 1p Poetry Group	<b>JAN 25</b> 10:30a Art Exhibition Development PRR (KC) 1p Yoga PRR (SV)	<b>JAN 26</b> 12p GAP Lunch & Learn 12:30p Friends Connection LNC 3:30p Annual Meeting	<b>JAN 27</b> 10a DEEP PRR (RN) 1:30p LLL-Great Artist Series PRR H (MH)	<b>JAN 28</b>	<b>JAN 29</b> CENTER CLOSED
<b>JAN 31</b> 4p Learn Etsy PRR (KC) 7p GAP Circle of Parents ZM (KB)	<b>FEB 1</b> 10:30a Art Exhibition Development PRR (KC) 12:30p Friends Connection at Miccosukee 1p GaP Advisory Council ZM (KB) 7p FFU Investment	<b>FEB 2</b> 11a Medical Marijuana PRR Z (RN)	<b>FEB 3</b> 9a Podiatry PRR (SV) 10a DEEP PRR (RN) 10:30a Miccosukee Lunch & Learn 11a Healthy for Life J. McLean 1p Ageless Grace 1:30p LLL-Great Artist Series PRR H (MH)	<b>FEB 4</b>	<b>FEB 5</b> CENTER CLOSED
<b>FEB 7</b> 9a Alzheimer's Brain Bus 10a LLL-When Women Dance w/ Trees NE Lib PRR (MH) 4p Learn Etsy PRR (KC)	<b>FEB 8</b> 10:30a Art Exhibition Development PRR (KC) 11a Wellness Circle J. McLean	<b>FEB 9</b>	<b>FEB 10</b> 10a DEEP PRR (RN) 10:30a Woodville Lunch & Learn 11a Healthy for Life J. McLean 1:30p LLL-Great Artist Series PRR H (MH)	<b>FEB 11</b> 7:30p Contra Dance	<b>FEB 12</b> CENTER CLOSED

We are now offering in-person and virtual classes; some which require pre-registration. Please note the following LEGEND:

- VIRTUAL LOCATIONS:FB = Facebook ZM = Zoom
- HYBRID Classes (virtual + in-person):H = Hybrid
- REGISTRATION INFORMATION: Register Online at [www.TallahasseeSeniorFoundation.org](http://www.TallahasseeSeniorFoundation.org)
- oPRR = Pre-registration Required; LOP = Lifelong Outdoors Pursuits

o ( ) = Contact staff to pre-register and/or for Zoom link as follows:

- (KB) [Karen.Boebinger@talgov.com](mailto:Karen.Boebinger@talgov.com); (KC) [Kristy.Carter@talgov.com](mailto:Kristy.Carter@talgov.com);
- (HM) [HealthHilary.McRae@talgov.com](mailto:HealthHilary.McRae@talgov.com); (MH) [Maureen.Haberfeld@talgov.com](mailto:Maureen.Haberfeld@talgov.com);
- (ML) [Melanie.Lachman@talgov.com](mailto:Melanie.Lachman@talgov.com); (RN) [Ruth.Nickens@talgov.com](mailto:Ruth.Nickens@talgov.com);
- (SV) [Sarah.Vernon@talgov.com](mailto:Sarah.Vernon@talgov.com); (WB) [Wendy.Barber@talgov.com](mailto:Wendy.Barber@talgov.com)