

**TALLAHASSEE SENIOR SERVICES
CALENDAR OF WEEKLY PROGRAMS
DECEMBER 10, 2018 – JANUARY 12, 2019**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 <i>Fitness at Woodville</i>	9:00 Watercolor Studio Lab	8:30 <i>Fitness at Woodville</i>	9:00 Watercolor Studio Lab	8:30 <i>Fitness at Chaires</i>
8:30 <i>Fitness at Chaires</i>	9:00 Ceramics	8:30 <i>Fitness at Chaires</i>	9:00 Spanish: 2	9:00 English 2 nd Language
9:00 Crafting Bee	9:30 Life Exercise	9:00 French: C	9:30 Life Exercise	9:30 Drawing Together
9:00 Portraiture	9:30 <i>Seated Exercise at Chaires</i>	9:00 Ceramics	9:30 <i>Seated Exercise at Chaires</i>	9:30 <i>Beginner Fitness at Bradfordville NE Library (I)</i>
9:00 Clay Lab	9:30 <i>Beginner Fitness at Bradfordville NE Library (I)</i> <i>(limited space call first 766-6001)</i>	9:00 Nimble Fingers	10:00 Blood Pressure Screening	10:00 Tai Chi
9:30 French: A	10:00 Seniors vs. Crime	10:00 Seniors vs. Crime	10:00 <i>Brain-Body-Balance at Optimist Park</i>	10:00 Social Bingo
10:00 French: Advanced	10:00 <i>Brain-Body-Balance at Optimist Park</i>	10:00 Blood Pressure Screening	10:30 Wii Bowling	10:30 <i>Beginner Fitness at Bradfordville NE Library (II)</i>
10:00 SHINE <i>(by appointment)</i>	10:30 <i>Beginner Fitness at Bradfordville NE Library (II)</i>	10:00 Glucose Screening	11:00 Beginning Spanish: 1	11:00 French: Advanced
10:30 <i>Fitness at Fort Braden</i>	10:30 Reiki	10:30 <i>Fitness at Fort Braden</i>	11:00 Counseling <i>(by appointment)</i>	11:00 Chair Yoga
11:00 French: D	10:30 Wii Bowling	11:00 Legal Services <i>(by appointment)</i>	11:15 <i>Senior Fitness at Miccosukee</i>	11:30 <i>Senior Fitness at Bradfordville NE Library (III)</i>
11:00 Counseling <i>(by appointment)</i>	11:00 Mindful Movement	11:30 Pickleball Basic Lesson	12:00 Senior Dining	11:30 Pickleball
12:00 Senior Dining	11:15 <i>Senior Fitness at Miccosukee</i>	12:00 Senior Dining	12:00 Canasta	12:00 Senior Dining
12:00 Quilting Bees	11:30 <i>Senior Fitness at Bradfordville NE Library (III)</i>	12:30 Bridge-a- Dears	12:30 Line Dance	12:30 Beginning Acrylic Painting
12:30 Canasta	12:00 Senior Dining	1:00 Oil & Acrylic	1:00 Friends Connection	1:00 <i>Senior Fitness at Bradfordville NE Library (IV)</i>
12:30 Drawing Like Durer & Friends – Pen & Ink	1:00 Senior Singers	1:00 Watercolor Adv.	1:00 French Study	1:00 Model Ship Building
1:15 French: B	1:00 Watercolor Etc.	1:30 <i>Draw with Your Eyes, Paint with Your Heart at Bradfordville NE Library</i>	1:00 Drawing Etc. – Still Life & Portraits	2:00 Dancing for Fun
1:30 <i>Yoga at Bradfordville NE Library</i> <i>(limited space call first 766-6001)</i>	1:00 <i>Senior Fitness at Bradfordville NE Library (IV)</i>	1:30 Capital City Duplicate Bridge	1:00 <i>Mindful Movement at Lake Jackson</i>	5:30 Ballroom and Swing Dance Lessons
1:30 Brain-Body-Balance	1:00 TDBC Bridge	2:00 <i>Brain-Body Balance at Allegro</i>	1:30 Capital City Duplicate Bridge	6:30 Capital City Duplicate Bridge
1:30 Bridge 99'ers	1:00 <i>Canasta, Cards and Games at Lake Jackson</i>	2:00 <i>Yoga at Lake Jackson</i>	1:30 Line Dance w/ Gina	7:15 Beginners Al-Anon
3:00 Friends Connection	1:00 <i>Brain-Body-Balance at SouthWood</i>	5:30 Yoga	6:00 Novice Bridge Lesson	
5:30 Yoga	2:15 Scrabble	6:30 TDBC Bridge	6:30 TDBC Bridge	
6:00 Round Dance	2:15 Ping-Pong	7:15 Family Al-Anon	7:00 Writers Workshop	
6:30 TDBC Bridge	2:15 Mahjonn	7:30 Adult Ballet	7:00 Capital Chordsmen	
7:00 Capital City Carvers	2:30 Spanish Intermediate			
7:00 Twirlers Square Dance	6:00 Guitar			
	8:00 SA Support			

MONTHLY, BI-MONTHLY, & SPECIAL EVENTS & PROGRAMS ON BACK!

**TALLAHASSEE SENIOR SERVICES
CALENDAR OF BI-WEEKLY AND MONTHLY PROGRAMS
DECEMBER 10, 2018 – JANUARY 12, 2019**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DEC 10 11a Skin Health 2:45p Poetry Group 6p Creative Aging 6p Intermediate German	DEC 11 8a StarMetro Assistance 10:30a Smoothie Tuesday 11a Wellness Circle at JM 12:30p Friends Connection at M 12p Art Council 5:30p Aphasia Learning Group 7p Capital Chordsmen Concert – Tickets 570-3148 7:30p Stamp and Cover Club	DEC 12 10:30a Lunch & Learn at B 11a Holiday Connection 6p USA Dance Board Meeting	DEC 13 10:30a Lunch & Learn at WV 1p LLL-Happy Goats-Holidays – 1-6p at 9039 Deepwell Trail	DEC 14 11a Ukuleles & Friends 11a Healthy for Life at Oakridge School 7:30p Contra Dance – Long Forgotten String Band with Caller JoLaine Jones-Pokorney	DEC 15 7:30 p USA Dance: Reindeer Games – Semi Formal
DEC 17 11a Wellness Circle at JG 6p Intermediate German Final 6:30p Photoshop Elements	DEC 18 10a Massage 10:30a Lunch & Learn at FB 6p TDBC Board	DEC 19 8a StarMetro Assistance 8:30a Capital Coalition on Aging 3p Financial Counseling (by appointment only) 6:30p Paint Shop Pro Review PRR	DEC 20 10:30a Lunch & Learn at LJ	DEC 21 10a Beginner Ukulele 11a Ukulele Fingerstyle Class	DEC 22 CENTER CLOSED
DEC 24 CENTER CLOSED FOR HOLIDAY	DEC 25 CENTER CLOSED FOR HOLIDAY	DEC 26 10:30a Friends Connection at FB CENTER CLOSES at 5p	DEC 27 CENTER CLOSES at 5p	DEC 28 11a Ukuleles & Friends	DEC 29 CENTER CLOSED
DEC 31 CENTER CLOSED FOR HOLIDAY	JAN 1 CENTER CLOSED FOR HOLIDAY Happy New Year	JAN 2	JAN 3 10a Pulse Oximetry	JAN 4 10a WalMart Trip at M 10a Beginner Ukulele 11a Ukulele Fingerstyle Class	JAN 5 CENTER CLOSED
JAN 7 2:30p Quit Smoking 6p Beginning German NEW 6:30p Photoshop Elements	JAN 8 8a StarMetro Assistance 11a Wellness Circle at JM 12:30p Friends Connection at M 12p Art Council 5:30p Aphasia Learning Group 7p FFU Investment 7:30p Stamp and Cover Club	JAN 9 10a Hearing Screening 6p USA Dance Board Meeting	JAN 10	JAN 11 11a Ukuleles & Friends 7:30p Contra Dance	JAN 12 7:30p USA Dance

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

**LEGEND - Class in italics off-site: A= Allegro; B= Bradfordville (NE Branch Library);
 CC= Chaires-Capitola; FB= Fort Braden; JM= Jack McLean; JG= Jake Gaither;
 LJ= Lake Jackson; M= Miccosukee; SW= Southwood; WO= Westminster Oaks; WV= Woodville.
 PRR= Pre-Registration Required; LLL=Lifelong Learning; LOP=Lifelong Outdoors Pursuits
 Specific addresses can be located at <http://www.tal.gov.com/seniors/neighborhoodsites.aspx>**