

TALLAHASSEE SENIOR SERVICES

CALENDAR OF BI-WEEKLY AND MONTHLY PROGRAMS SEPTEMBER 14 – OCTOBER 10, 2020

We are now offering online classes some which require pre-registration for the Zoom link. Please note the initials in the parenthesis after the class title. The corresponding contact name and registration email address is noted at the bottom of the calendar. Description and Registration located at: TallahasseeSeniorFoundation.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>SEPT 14 L3X 10:30a Adv. French ZM (KC) 11a Brain Body Balance FB (RN) 12:30p Hands-On Art History PRR ZM (JH) 2:45p Poetry Group 3p Friends Connection ZM (ML) 7p GAP Circle of Parents ZM (KB)</p>	<p>SEPT 15 L3X Quit Smoking Now PRR (RN) 224-9340 9:30a Beg. Basic Art ZM (JH) 11a Mindful Movement FB (RN)</p>	<p>SEPT 16 L3X 8:30a Capital Coalition on Aging (KC) 9:30a Beg. Acrylic Painting ZM (JH) 10a Ageless Grace PRR ZM (RN) 11a Gentle Yoga FB (RN) 11:15a Adv. Painting Critique ZM (JH) 1:30p Draw with Your Eyes ZM PRR (JH) 7:15p Al-Anon-tallyalanon.org</p>	<p>SEPT 17 L3X 11a Stretch & Flex FB (RN) 1p Friends Connection ZM (ML) 1p Life Stories ZM (JH) 5:30p Line Dance with Gina FB (KC) 7p Capital Chordsmen ZM (KC)</p>	<p>SEPT 18 L3X 9a English 2nd Language (KC) 11a Seated Yoga FB (RN) 11a Ukulele PRR ZM (KC)</p>
<p>SEPT 21 L3X 10:30a Adv. French ZM (KC) 11a Brain Body Balance FB (RN) 12:30p Hands-On Art History PRR ZM (JH) 1p Advisory Council ZM (SS) 3p Friends Connection ZM (ML)</p>	<p>SEPT 22 L3X Quit Smoking Now PRR (RN) 224-9340 9a Coffee & Chat ZM (HS) 9:30a Beg. Basic Art ZM (JH) 11a Mindful Movement FB (RN)</p>	<p>SEPT 23 L3X 9:30a Beg. Acrylic Painting ZM (JH) 10a Ageless Grace PRR ZM (RN) 11a Gentle Yoga FB (RN) 11:15a Adv. Painting Critique ZM (JH) 1p Foundation Board Meeting ZM (SS) <i>1p Friends Connection LNC ZM (ML)</i> 1:30p Draw with Your Eyes ZM PRR (JH) 7:15p Al-Anon-tallyalanon.org</p>	<p>SEPT 24 L3X 11a Stretch & Flex FB (RN) 1p Friends Connection ZM (ML) 1p Life Stories ZM (JH) 5:30p Line Dance with Gina FB (KC) 7p Capital Chordsmen ZM (KC)</p>	<p>SEPT 25 L3X 9a English 2nd Language (KC) 11a Seated Yoga FB (RN) 12p L3X-Closing Luncheon - <i>Einstein's Theory of Relativity</i> Register by: 9/24 at: TallahasseeSeniorFoundation.org/L3X</p>
<p>SEPT 28 10:30a Adv. French ZM (KC) 11a Brain Body Balance FB (RN) 12:30p Hands-On Art History PRR ZM (JH) 2:45p Poetry Group 3p Friends Connection ZM (ML) 7p GAP Circle of Parents ZM (KB)</p>	<p>SEPT 29 Quit Smoking Now PRR (RN) 224-9340 9:30a Beg. Basic Art ZM (JH) 11a Mindful Movement FB (RN)</p>	<p>SEPT 30 9:30a Beg. Acrylic Painting ZM (JH) 10a Ageless Grace PRR ZM (RN) 11a Gentle Yoga FB (RN) 11:15a Adv. Painting Critique ZM (JH) 1:30p Draw with Your Eyes ZM PRR (JH) 7:15p Al-Anon-tallyalanon.org</p>	<p>OCT 1 11a Stretch & Flex FB (RN) 1p Friends Connection ZM (ML) 1p Life Stories ZM (JH) 5:30p Line Dance with Gina FB (KC) 7p Capital Chordsmen ZM (KC)</p>	<p>OCT 2 9a English 2nd Language (KC) 11a Seated Yoga FB (RN) 11a Ukulele PRR ZM (KC)</p>
<p>OCT 5 10a Mindfulness ZM (RN) 10:30a Adv. French ZM (KC) 11a Brain Body Balance FB (RN) 12:30p Hands-On Art History PRR ZM (JH) 3p Friends Connection ZM (ML)</p>	<p>OCT 6 Quit Smoking Now PRR (RN) 224-9340 9:30a Beg. Basic Art ZM (JH) 10a LLL-Fall Centerpieces ZM (MH) 11a Mindful Movement FB (RN)</p>	<p>OCT 7 11a Gentle Yoga FB (RN) 11a Legacy Workshop ZM (KaC) 1p Coping with Clutter ZM (RN) <i>1p Friends Connection LNC ZM (ML)</i> 1:30p Draw with Your Eyes ZM PRR (JH) 7:15p Al-Anon-tallyalanon.org</p>	<p>OCT 8 11a Stretch & Flex FB (RN) 1p Friends Connection ZM (ML) 1p Life Stories ZM (JH) 1:30p LLL-Jupiter, Saturn, & Beyond ZM (MH) 5:30p Line Dance with Gina FB (KC) 7p Capital Chordsmen ZM (KC)</p>	<p>OCT 9 9a Southside Virtual Health Fair ZM (WB) 9a English 2nd Language (KC) 11a Seated Yoga FB (RN)</p>

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

LEGEND - PRR= Pre-Registration Required; LLL=Lifelong Learning; FB=Facebook; ZM=Zoom Meeting
 (KB) Karen.Boebinger@talgov.com; (KaC) Karin.Caster@talgov.com (KC) Kristy.Carter@talgov.com;
 (JH) Jennifer.Haskins@talgov.com; (MH) Maureen.Haberfeld@talgov.com; (ML) Melanie.Lachman@talgov.com
 (RN) Ruth.Nickens@talgov.com; (SS) Sheila.Salyer@talgov.com; (WB) Wendy.Barber@talgov.com

Need computer or technology assistance? Please contact the Tallahassee Senior Center at (850) 891-4000 Monday – Friday; 8am-4pm and we will assist.

Despite our temporarily closed doors, we are working hard to develop and share opportunities (such as virtual, live and on demand classes) to keep our age 50+ participants active, optimally aging, and socially fit. Now more than ever, your support is very important to make this possible and we encourage your donations for virtual and on demand classes – to donate, TallahasseeSeniorFoundation.org; click the donate button (top right hand corner) or to become a member or renew your membership – click the membership tab - or checks can be mailed.

Tallahassee Senior Center Fitness Classes on WCOT

Monday, Wednesday, Friday & Saturday at 9 am

Staying active is one of the most important things we can do to stay healthy and age successfully, and we realize you are missing your weekly in-person classes.

To help you access quality senior fitness, WCOT (Channel 13 on cable or Talgov.com/WCOT) will now be airing four TSC classes with some of your favorite instructors. Fitness classes are provided by the City of Tallahassee Parks, Recreation & Neighborhood Affairs and the Tallahassee Senior Center and Foundation. Learn more by visiting Talgov.com/Seniors. Below are the classes that you can view.

Monday Mindful Movement w/ Lori Roberts, certified NIA yoga instructor

Mindful Movement is a gentle, yoga-based, fitness class focuses on increasing energy, reducing falls, and maintaining flexibility.

Brought to you in partnership with [Capital Health Plan](#).

Wednesday Gentle Yoga w/ Ferdouse Sultana, E-RYT® 500

Enjoy a gentle yoga class which includes both standing and mat poses for balance (a chair is an option). Benefits include improved range of motion, flexibility, balance, and strength. It also focuses on breathing exercises for stress reduction and relaxation.

Friday Brain-Body-Balance w/ Merisha Johnson Phillips, AFAA-CPT

An active-aging, fall-prevention program created to be fun while reversing many types of aging. The class fuses physical movement with brain-enhancing drills to improve balance, memory, brain health, reflexes, and daily life. Have a chair on hand.

Saturday Stretch & Flex w/ Robin Perry Davis, ACSM

This class will help you stay strong, flexible, and mobile with gentle yoga-like movement. Safe stretching routines maintain joint mobility and muscle flexibility. Some classes will be seated, others use a mat, viewers can easily move between.

For more info, contact our Health & Wellness Coordinator Ruth.Nickens@talgov.com

Thank you to our Health & Wellness Presenting Sponsor: [McDonnell Hearing Solutions](#)

[#Senior](#) [#fitness](#) [#flexibility](#) [#Stretching](#) [#mobility](#) [#yoga](#)

Staying active is one of the most important things we can do to keep healthy and age successfully. While we can't be together in person, we encourage to join us for a variety of virtual fitness classes, offered 3 ways for your viewing convenience:

- (1) WCOT (Channel 13 on cable or Talgov.com/WCOT) on TV - M/W/F/& SAT @ 9 a.m.
- (2) On demand: www.TallahasseeSeniorFoundation.org/on-demand-classes/
- (3) Posted on our Foundation page at 11:00 a.m. – Tallahassee Senior Center

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+.

TSC programs like these Fitness classes are supported by donations to the TSC Foundation. If you would like to contribute or become a member, go to www.tallahasseeSeniorFoundation.org or mail your check to: TSC Foundation, 1400 N. Monroe St. Tallahassee, FL, 32303.

