

**TALLAHASSEE SENIOR SERVICES  
CALENDAR OF WEEKLY PROGRAMS  
JANUARY 9 – FEBRUARY 11, 2017**

| <b>MONDAY</b>                                  | <b>TUESDAY</b>                                       | <b>WEDNESDAY</b>                          | <b>THURSDAY</b>                              | <b>FRIDAY</b>                                       |
|--|--|---|--|---|
| 8:30 <i>Fitness at Woodville</i>               | 9:00 Watercolor Studio                               | 8:30 <i>Fitness at Woodville</i>          | 9:00 Watercolor Studio                       | 8:30 <i>Fitness at Chaires</i>                      |
| 8:30 <i>Fitness at Chaires</i>                 | 9:00 Ceramics  | 8:30 <i>Fitness at Chaires</i>            | 9:30 Life Exercise                           | 9:00 English 2 <sup>nd</sup> Language               |
| 9:00 Crafting Bee                              | 9:30 Life Exercise                                   | 9:00 French: A                            | 9:30 <i>Seated Exercise at Chaires</i>       | 9:00 Oil Painting Advanced                          |
| 9:00 Portraiture                               | 9:30 <i>Seated Exercise at Chaires</i>               | 9:00 Ceramics                             | 10:00 Blood Pressure Screening               | 9:30 Drawing Together                               |
| 9:00 Artistry in Clay                          | 9:30 <i>Beginner Fitness at Bradfordville (I)</i>    | 9:00 Pastels<br>(returns 2/1/17)          | 10:30 Wii Bowling                            | 9:30 <i>Beginner Fitness at Bradfordville (I)</i>   |
| 9:30 French: C                                 | 10:00 Seniors vs. Crime                              | 9:00 Nimble Fingers                       | 11:00 Beginning Spanish (starts 1/12/17)     | 10:00 Tai Chi                                       |
| 10:00 French: Advanced                         | 10:00 <i>Brain-Body-Balance at Optimist Park</i>     | 10:00 Seniors vs. Crime                   | 11:00 Counseling<br>(by appointment)         | 10:00 Social Bingo                                  |
| 10:00 SHINE<br>(by appointment)                | 10:30 <i>Beginner Fitness at Bradfordville (II)</i>  | 10:00 Tai Chi                             | 11:15 <i>Senior Fitness at Miccosukee</i>    | 10:30 <i>Beginner Fitness at Bradfordville (II)</i> |
| 10:30 <i>Fitness at Fort Braden</i>            | 10:30 Reiki  | 10:00 Blood Pressure Screening            | 12:00 Senior Dining                          | 11:00 French: Advanced                              |
| 11:00 French: B                                | 10:30 Wii Bowling                                    | 10:00 Glucose Screening                   | 12:00 Canasta                                | 11:00 Chair Yoga                                    |
| 11:00 Counseling<br>(by appointment)           | 11:00 Mindful Movement                               | 10:30 <i>Fitness at Fort Braden</i>       | 12:00 <i>Cards, Etc. at Allegro</i>          | 11:30 <i>Senior Fitness at Bradfordville (III)</i>  |
| 12:00 Senior Dining                            | 11:15 <i>Senior Fitness at Miccosukee</i>            | 11:00 Legal Services<br>(by appointment)  | 12:30 Line Dance                             | 11:30 <i>Senior Fitness at Bradfordville (III)</i>  |
| 12:00 Quilting Bees                            | 11:30 <i>Senior Fitness at Bradfordville (III)</i>   | 11:30 Pickleball Basic Lesson             | 1:00 French Study                            | 11:30 Pickleball                                    |
| 12:00 <i>Bridge at Bradfordville</i>           | 12:00 Senior Dining                                  | 12:00 Senior Dining                       | 1:00 Drawing Etcetera                        | 12:00 Senior Dining                                 |
| 12:30 Canasta                                  | 1:00 Senior Singers                                  | 12:00 Pickleball                          | 1:00 <i>Mindful Movement at Lake Jackson</i> | 12:30 Beginning Acrylic Painting                    |
| 12:30 Drawing Like Durer & Friends – Pen & Ink | 1:00 Watercolor Beginners                            | 12:30 Bridge-a-Dears                      | 1:30 Tax Aide<br>(2/1 thru 4/17)             | 1:00 <i>Senior Fitness at Bradfordville (IV)</i>    |
| 1:15 French: D                                 | 1:00 <i>Senior Fitness at Bradfordville (IV)</i>     | 1:00 Oil & Acrylic                        | 1:30 Capital City Duplicate Bridge           | 1:00 Model Ship Building                            |
| 1:30 Tax Aide<br>(2/1 thru 4/17)               | 1:00 TDBC Bridge                                     | 1:30 Tax Aide<br>(2/1 thru 4/17)          | 2:15 Ping-Pong                               | 1:30 Tax Aide<br>(2/1 thru 4/17)                    |
| 1:30 Brain-Body-Balance                        | 1:00 <i>Canasta, Cards and Games at Lake Jackson</i> | 1:30 Capital City Duplicate Bridge        | 3:15 Bean Bag Toss                           | 2:00 Dancing for Fun                                |
| 1:30 Bridge 99'ers                             | 1:00 <i>Brain-Body-Balance at SouthWood</i>          | 2:00 <i>Brain-Body Balance at Allegro</i> | 5:30 Zumba® Gold                             | 5:30 Ballroom and Swing Dance Lessons               |
| 5:15 Beginner Line Dance                       | 1:30 Tax Aide<br>(2/1 thru 4/17)                     | 5:30 Tax Aide<br>(2/1 thru 4/17)          | 6:00 Novice Bridge Lesson                    | 6:30 Capital City Duplicate Bridge                  |
| 5:30 Yoga                                      | 2:15 Wii Games                                       | 5:30 Yoga                                 | 6:30 TDBC Bridge                             | 7:00 Writers Workshop                               |
| 6:30 TDBC Bridge                               | 2:15 Ping-Pong                                       | 6:00 TDBC Bridge                          | 7:00 Capital Chordsmen                       | 7:15 Beginners Al-Anon                              |
| 7:00 Capital City Carvers                      | 2:15 Mahjongg  | 7:15 Family Al-Anon                       | 7:00 Beginning Spanish<br>(returns 1/19/17)  |   |
| 7:00 Square Dance Lessons<br>(begin 2/6/17)    | 6:00 Guitar  |   |  |   |
| 8:00 Twirlers Square Dance                     | 8:00 SA Support                                      |   |  |   |

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

**TALLAHASSEE SENIOR SERVICES  
CALENDAR OF WEEKLY PROGRAMS  
JANUARY 9 – FEBRUARY 11, 2017**

| MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY   | SATURDAY  |
|---|--|---|---|--|---|
| <b>JAN 9</b><br>1p Advisory Council<br>2:45p Poetry Group<br>6p Creative Aging<br>6p Beg. German  | <b>JAN 10</b><br>9a Ipad/Iphone PRR<br>10:30a Meditation<br>12p Art Council<br>2p Windows 10 PRR<br>7:30p Stamp and Cover Club | <b>JAN 11</b><br>10a Hearing Screening<br>1:30pm NARFE  | <b>JAN 12</b><br>10a Matter of Balance PRR<br>2p Windows 10 PRR   | <b>JAN 13</b><br><i>11a GaP Support Group at JG</i><br>11a Ukuleles & Friends<br>7:30p Contra Dance  | <b>JAN 14</b><br><b>CENTER CLOSED</b>                   |
| <b>JAN 16</b><br><b>CENTER CLOSED</b> in honor of Martin Luther King Day  | <b>JAN 17</b><br>9a Ipad/Iphone PRR<br><i>12p Bookworm at Allegro</i><br>2p Windows 10 PRR<br>6p TDBC Board                    | <b>JAN 18</b><br>8:30a Capital Coalition on Aging<br>1p LCSO Advisory Council<br>3p Financial Counseling ( <i>by appointment only</i> )<br>6p USA Dance Board Meeting       | <b>JAN 19</b><br>10a Matter of Balance PRR<br>2p Windows 10 PRR<br>2p LLL-Archaeology PRR                             | <b>JAN 20</b><br>9a Memory Matters<br>10:30a Beginners Ukulele<br>11a Uke Sing Along Hour  | <b>JAN 21</b><br>7:30 p USA Dance: <i>Anything Goes</i> |
| <b>JAN 23</b><br><i>10a LLL-Iceland: Land of Fire &amp; Ice PRR at B</i><br>2:30p Quit Smoking<br>2:45p Poetry Group<br>6p Beg. German<br>7p Capital Twirlers Open House  | <b>JAN 24</b><br>9a Ipad/Iphone PRR<br>6p Medical Marijuana: The Facts   | <b>JAN 25</b><br>11a Vocal Changes as We Age<br><i>12:30p GaP at LeRoy Collins Library (PRR 891-4027)</i><br>3:30p Foundation Board Meeting<br>4:30p Mentor Up PRR 577-5165 | <b>JAN 26</b><br>10a Matter of Balance PRR<br>2p LLL-Archaeology PRR  | <b>JAN 27</b><br>9a Memory Matters<br><i>10a Computer Class at M</i><br>11a Ukuleles & Friends<br>7:30p Contra Dance   | <b>JAN 28</b><br><b>CENTER CLOSED</b>                   |
| <b>JAN 30</b><br><i>10a LLL-Iceland: Land of Fire &amp; Ice PRR at B</i><br>10a Legacy Circle PRR 891-4041<br>6p Beg. German<br>7p Capital Twirlers Open House            | <b>JAN 31</b><br>9a Ipad/Iphone PRR  | <b>FEB 1</b>  | <b>FEB 2</b><br>10a Matter of Balance PRR<br><i>10:30a Lunch &amp; Learn at M</i><br>2p LLL-Archaeology PRR           | <b>FEB 3</b><br>9a Memory Matters<br><i>10a WalMart Trip at M</i><br>10a LLL- Tour FL Capitol PRR<br>10:30a Beginners Ukulele<br>11a Uke Sing Along Hour<br>6p Art Reception | <b>FEB 4</b><br><b>CENTER CLOSED</b>                    |
| <b>FEB 6</b><br>10a Travel Presentation<br><i>10a LLL-Iceland: Land of Fire &amp; Ice PRR at B</i><br>10:30a Stroke Support Group<br>2:30p Quit Smoking<br>6p Beg. German | <b>FEB 7</b><br>10a Massage<br>10:30a Meditation<br>6p Mona Lisa: Great New for Women<br>7p FFU Investment Club                | <b>FEB 8</b><br><i>10:30a Lunch &amp; Learn at B</i>  | <b>FEB 9</b><br>10a Matter of Balance PRR<br>10a Spinal Health Screening<br>12:30p Podiatry<br>2p LLL-Archaeology PRR | <b>FEB 10</b><br>9a Memory Matters<br><i>11a GaP Support Group at JG</i><br>7:30p Contra Dance   | <b>FEB 11</b><br><b>CENTER CLOSED</b>                   |

**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

Specific addresses can be located at <http://www.tal.gov/seniors/seniors-satellite.aspx>