

TALLAHASSEE SENIOR CENTER CALENDAR OF WEEKLY PROGRAMS JANUARY 9 – FEBRUARY 11, 2023



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 Life Exercise	8:30 <i>Fitness at Chaires</i>	9:00 Ceramics	8:30 <i>Fitness at Chaires</i>
9:00 Quilting Bees	9:00 <i>Brain-Body-Balance at Optimist Park PRR (WB)</i>	9:00 Ceramics	1:00 Experimental Watercolor Inter./Adv.	9:00 English 2nd Language ZM (KC)
9:00 Portrait Studio	9:00 Pastels Landscapes	9:00 Nimble Fingers	9:00 Life Exercise	9:00 Oil Adv.
9:30 <i>Fitness at Woodville</i>	9:30 <i>Fitness at Bradfordville PRR (SV)</i>	9:30 Oil and Acrylic with Debbie (All Levels)	9:00 <i>Brain-Body-Balance at Optimist Park PRR (WB)</i>	9:30 <i>Fitness at Bradfordville PRR (SV)</i>
9:30 French Int.	9:30 <i>Sit & Fit at Chaires</i>	9:30 <i>Fitness at Woodville</i>	9:30 <i>Sit & Fit at Chaires</i>	10:00 Tai Chi Movement Meditation
10:00 SHINE PRR	10:00 Seniors vs. Crime	10:00 Seniors vs. Crime	10:30 Ballet	10:00 Tai Chi Movement Meditation
10:30 Adv. French ZM (KC)	10:00 Wii Bowling	10:00 Tai Chi Movement Meditation	11:00 Senior Counseling (by appointment)	10:30 <i>Brain Body Balance at Fort Braden</i>
10:30 <i>Fitness at Fort Braden</i>	10:30 <i>Fitness Beg. at Bradfordville PRR (SV)</i>	10:30 <i>Fitness at Fort Braden</i>	11:00 AARP Tax Aide (2/1-4/18; by appointment 850-891-4030)	10:30 <i>Senior Fitness Beg. at Bradfordville PRR (SV)</i>
11:00 Senior Counseling (by appointment)	10:45 <i>Brain Body Balance at Southwood PRR (WB)</i>	11:00 AARP Tax Aide (2/1-4/18; by appointment 850-891-4030)	11:15 <i>Fitness at Miccosukee</i>	11:00 AARP Tax Aide (2/1-4/18; by appointment 850-891-4030)
11:00 AARP Tax Aide (2/1-4/18; by appointment 850-891-4030)	11:00 Mindful Movement	11:30 Pickleball Lesson	1:00 Tai Chi	11:30 Senior Dining (PRR or Bring a Lunch)
11:00 French Adv.	11:00 AARP Tax Aide (2/1-4/18; by appointment 850-891-4030)	11:30 Pickleball	1:00 TDBC Bridge	11:30 Pickleball
1:00 Brain-Body-Balance	11:15 <i>Fitness at Miccosukee</i>	1:00 Oil and Acrylic with Debbie Int./Adv.	1:00 Friends Connection	11:30 <i>Fitness Adv. at Bradfordville PRR (SV)</i>
1:30 French Beg.	11:30 Senior Dining (PRR or Bring a Lunch)	1:00 Canasta / Pinole	1:00 Experimental Watercolor Inter./Adv.	1:00 Model Building
1:30 <i>Yoga for Women at Bradfordville PRR (SV)</i>	11:30 <i>Fitness Adv. at Bradfordville PRR (SV)</i>	1:30 Draw with Your Eyes, Paint with Your Heart ZM (SV)	1:00 French Study Group ZM (KC)	1:00 Oil and Acrylic, Beg.
2:30 Pickleball	1:00 Friends Connection ZM (ML)	2:00 <i>Beg. Yoga at Lake Jackson</i>	1:00 <i>Mindful Movement at Lake Jackson</i>	5:30 Ballroom and Swing
3:00 Friends Connection	1:00 TDBC Bridge	3:30 <i>Beg. Yoga at Bradfordville-PRR (SV)</i>	2:30 Ping-Pong	7:00 Al-Anon Newcomers
5:45 Intermediate German Study Group	1:00 Senior Singers	5:30 Yoga	7:00 Capital Chordsmen	
6:00 Round Dance	1:00 <i>Canasta at Lake Jackson</i>	7:00 Pickleball	7:00 Writers Workshop	
7:00 Twirlers Square Dance	2:30 Ping-Pong	7:15 Al-Anon Family		
7:00 Capital City Carvers	4:00 Guitar			
	7:00 Line Dance			
	8:00 SA Support Group			

