

TALLAHASSEE SENIOR SERVICES CALENDAR OF WEEKLY PROGRAMS JULY 12 – AUGUST 7, 2021



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 Brain Body Balance FB (RN)	8:00 Mindful Movement FB (RN)	8:00 Gentle Yoga FB (RN)	8:00 Stretch & Flex FB (RN)	8:00 Seated Yoga FB (RN)
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	9:00 Watercolor	
9:00 Portrait Studio		9:00 Nimble Fingers	9:00 Life Exercise	9:00 English 2nd Language ZM (KC)
9:30 <i>Fitness at Woodville</i>	9:00 Pastels	9:00 Acrylic Painting	9:00 <i>Brain-Body-Balance at Optimist Park PRR (WB)</i>	9:00 Oil Painting Adv.
10:00 SHINE	9:30 <i>Fitness NE Library</i>	9:30 <i>Fitness at Woodville</i>	9:30 <i>Sit & Fit at Chaires</i>	9:30 <i>Fitness NE Library</i>
10:30 Adv. French ZM (KC)	9:30 <i>Sit & Fit at Chaires</i>	10:00 Seniors vs. Crime	11:00 Senior Counseling (<i>by appointment</i>)	9:45 Take Off Pounds Sensibly (<i>June-Aug</i>)
10:30 <i>Fitness at Fort Braden</i>	10:00 Seniors vs. Crime	10:30 <i>Fitness at Fort Braden</i>	11:15 <i>Fitness at Miccosukee (July 20)</i>	10:30 <i>Senior Fitness Beg. NE Library</i>
11:00 Senior Counseling (<i>by appointment</i>)	10:30 <i>Fitness Beg. NE Library</i>	11:30 Pickleball	1:00 TDBC Bridge	11:30 Pickleball
12:30 Hands-On Art History PRR ZM (JH)	10:45 <i>Brain Body Balance at Southwood PRR (WB)</i>	1:00 Oil & Acrylics	1:00 Friends Connection	11:45 <i>Fitness Adv. NE Library</i>
1:00 Brain-Body-Balance	11:00 Mindful Movement	1:30 Draw with Your Eyes, Paint with Your Heart ZM (JH)	1:00 Feeling Fit	1:00 Model Building
1:00 TDBC Bridge	11:15 <i>Fitness at Miccosukee (July 20)</i>	2:00 Pickleball Lesson	1:00 Watercolor	5:30 Ballroom & Swing
2:30 <i>Beg. Yoga NE Library</i>	11:45 <i>Fitness Adv. NE Library</i>	2:00 <i>Beg. Yoga at Lake Jackson</i>	1:00 French Study Group	7:00 Al-Anon Newcomers
3:00 Friends Connection	1:00 TDBC Bridge	4:15 <i>Beg. Yoga NE Library</i>	1:00 <i>Mindful Movement at Lake Jackson</i>	
6:00 Twirlers Square Dance	1:00 <i>Canasta at Lake Jackson</i>		2:30 Ping-Pong	
6:00 Capital City Carvers	2:30 Ping-Pong		6:00 Capital Chordsmen	
	4:00 Guitar			

Monthly, Bi-monthly & Special Events and Programs on Back!

TALLAHASSEE SENIOR SERVICES
Monthly, Bi-monthly & Special Events and Programs

Please reference LEGEND noted below

JULY 12 – AUGUST 7, 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
JULY 12 11a Ice Cream Social PRR 11a Art Council 1p Poetry Group 1p Ice Cream Social PRR	JULY 13 1p Friends Connection ZM (ML) 6p Stamp and Cover Club	JULY 14 1p Friends Connection LNC	JULY 15 9a Podiatry PRR	JULY 16	JULY 17 6:30p USA Dance: Watermelon Crawl
JULY 19 7p GAP Circle of Parents ZM (KB)	JULY 20	JULY 21 8:30a Capital Coalition on Aging ZM (KC) 1p LCSO Advisory Council	JULY 22 10:30 REACH-Hurricane Preparedness 1:30p LLL-Patagonia PRR H (MH)	JULY 23 5:30p Art Reception	JULY 24 CENTER CLOSED
JULY 26 1p Poetry Group	JULY 27 1p Friends Connection ZM (ML)	JULY 28 10a Better Breathing with Asthma ZM (RN) 1p Friends Connection LNC	JULY 29	JULY 30	JULY 31 CENTER CLOSED
AUG 2 10a Mindfulness FB (RN) 7p GAP Circle of Parents ZM (KB)	AUG 3 12:30p Friends Connection at Miccosukee 1p GaP Advisory Council ZM (KB)	AUG 4	AUG 5 10:30a Miccosukee Lunch & Learn	AUG 6	AUG 7 CENTER CLOSED

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

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:**
 - PRR = Pre-registration Required
 - ROL = Register Online at www.TallahasseeSeniorFoundation.org unless otherwise noted
 - () = Contact staff to pre-register and/or for Zoom link as follows:
 - (KB) Karen.Boebinger@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;
 - (WB) Wendy.Barber@talgov.com