

# TALLAHASSEE SENIOR CENTER CALENDAR OF WEEKLY PROGRAMS NOVEMBER 14 – DECEMBER 10, 2022



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

**TALLAHASSEE SENIOR SERVICES  
CALENDAR OF BI-WEEKLY AND MONTHLY PROGRAMS  
NOVEMBER 14 – DECEMBER 10, 2022**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>NOV 14</b> <b>10a Mindful Meditation</b> <b>11a Art Council</b> <b>1p Poetry Group ZM (KC)</b> <b>1:30p Advisory Council (SS)</b>	<b>NOV 15</b> <i>10:30a Ft. Braden Lunch &amp; Learn</i> <b>1p Yoga PRR (SV)</b> <b>2:15 UPSLIDE Games</b> <b>5p TDBC Board Meeting</b>	<b>NOV 16</b> <b>8:30a Capital Coalition on Aging ZM (KC)</b> <b>9:45a Hike Alford Greenway (RN)</b> <b>10a Smartphones 101 (KC)</b> <i>11a Wellness Circle at Jake Gaither</i> <b>1p LCSO Advisory Council</b> <b>3:30p Foundation Board Meeting</b> <b>6:30p USA Dance Board Meeting</b>	<b>NOV 17</b> <i>10:30a Lake Jackson Lunch &amp; Learn</i> <i>11a Healthy for Life at Jake Gaither (WB)</i> <b>1:30p LLL-Spring House Tour PRR (MH)</b>	<b>NOV 18</b> <b>10a Pet Therapy by TMH – Everyone is Welcome (KC)</b> <b>7:30p Contra Dance – Katie’s Contradiction with caller: Vicki Morrison</b>	<b>NOV 19</b> <b>7p USA Dance: Rumba Flamenco</b>
<b>NOV 21</b> <b>9a Biometric Health Screening (RN)</b> <b>11a Healthy Holidays Cooking</b> <b>6p Photoshop Elements</b> <i>7p GAP Circle of Parents ZM (KB)</i>	<b>NOV 22</b> <i>10:30a Chaires Lunch &amp; Learn</i> <b>1p Yoga PRR (SV)</b>  <b>CENTER CLOSSES AT 5PM</b>	<b>NOV 23</b> <i>12:30p Friends Connection LNC</i>  <b>CENTER CLOSSES AT 5PM</b>	<b>NOV 24</b>  <b>CENTER CLOSED THANKSGIVING</b>	<b>NOV 25</b>  <b>CENTER CLOSED THANKSGIVING</b>	<b>NOV 26</b>  <b>CENTER CLOSED</b>
<b>NOV 28</b> <b>1p Poetry Group ZM (KC)</b> <i>7p GAP Circle of Parents ZM (KB)</i>	<b>NOV 29</b> <b>1p Yoga PRR (SV)</b>	<b>NOV 30</b> <i>12p GAP Lunch &amp; Learn</i>	<b>DEC 1</b> <i>10:30a Miccosukee Lunch &amp; Learn</i> <i>11a Healthy for Life at Jake Gaither (WB)</i> <b>12p Winter Spectacular Performance</b>	<b>DEC 2</b> <i>10a Walmart Trip from Miccosukee</i> <b>No programs in Auditorium ALL day</b> <b>1p No programs center wide</b> <b>6p DECK THE HALLS- Tickets Available</b>	<b>DEC 3</b>  <b>CENTER CLOSED</b>
<b>DEC 5</b> <b>11a Healthy Holidays Cooking</b> <b>6p Photoshop Elements</b> <b>7p TCC-Holiday Concert</b>	<b>DEC 6</b> <b>10a Blood Pressure &amp; Glucose Screening</b> <b>12p Tech Help (KC)</b> <i>12:30p Game Day at Miccosukee</i> <b>1p Yoga PRR (SV)</b>	<b>DEC 7</b>	<b>DEC 8</b> <i>9:30a LLL- Monuments &amp; More Tour PRR (MH)</i> <i>10:30a Woodville Lunch &amp; Learn</i> <i>11a Healthy for Life at Jake Gaither (WB)</i> <b>7p Capital Chordsmen Concert \$</b>	<b>DEC 9</b> <b>3:30p Tech Help</b> <b>7:30p Contra Dance – Long Forgotten String Band with caller Andy Kane</b>	<b>DEC 10</b>  <b>CENTER CLOSED</b>

**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:**
  - **LLL** = Lifelong Learning                      **PRR** = Pre-registration Required
  - Register Online at [www.TallahasseeSeniorFoundation.org](http://www.TallahasseeSeniorFoundation.org) unless otherwise noted
  - ( ) = Contact staff to pre-register and/or for Zoom link as follows:  
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