

# TALLAHASSEE SENIOR CENTER CALENDAR OF WEEKLY PROGRAMS OCTOBER 11 – NOVEMBER 13, 2021



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	<b>9:00 English 2<sup>nd</sup> Language ZM (KC)</b>
9:00 Portrait Studio	9:00 Pastels	9:00 Nimble Fingers	9:00 Life Exercise	9:00 Oil Painting Adv.
9:30 <i>Fitness at Woodville</i>	9:30 <i>Fitness NE Library PRR (SV)</i>	9:30 Acrylic Painting	9:00 <i>Brain-Body-Balance at Optimist Park PRR (WB)</i>	9:30 <i>Fitness NE Library PRR (SV)</i>
10:00 SHINE	9:30 <i>Sit &amp; Fit at Chaires</i>	9:30 <i>Fitness at Woodville</i>	9:30 <i>Sit &amp; Fit at Chaires</i>	10:00 Movement Meditation
<b>10:30 Adv. French ZM (KC)</b>	10:00 Seniors vs. Crime	10:00 Seniors vs. Crime	10:30 Ballet	10:30 <i>Senior Fitness Beg. NE Library PRR (SV)</i>
10:30 <i>Fitness at Fort Braden</i>	10:00 Seniors vs. Crime	10:00 Movement Meditation	11:00 Senior Counseling (by appointment)	10:00 Movement Meditation
11:00 Senior Counseling (by appointment)	10:30 <i>Fitness Beg. NE Library PRR (SV)</i>	10:30 <i>Fitness at Fort Braden</i>	11:15 <i>Fitness at Miccosukee</i>	10:30 <i>Senior Fitness Beg. NE Library PRR (SV)</i>
11:30 Yoga	10:45 <i>Brain Body Balance at Southwood PRR (WB)</i>	11:30 Pickleball Lesson	1:00 TDBC Bridge	11:30 Senior Dining (PRR or Bring a Lunch)
12:30 Hands-On Art History	11:00 Mindful Movement	11:30 Pickleball	1:00 Friends Connection	11:30 Pickleball
1:00 Brain-Body-Balance	11:15 <i>Fitness at Miccosukee</i>	1:00 Oil & Acrylics	1:00 Feeling Fit	11:30 <i>Fitness Adv. NE Library PRR (SV)</i>
2:30 <i>Yoga for Women NE Library PRR (SV)</i>	11:30 Senior Dining (PRR or Bring a Lunch)	1:30 <i>Draw with Your Eyes, Paint with Your Heart at NE Library</i>	1:00 Watercolor	1:00 Model Building
3:00 Friends Connection	11:30 <i>Fitness Adv. NE Library PRR (SV)</i>	2:00 <i>Beg. Yoga at Lake Jackson</i>	<b>1:00 French Study Group ZM KC</b>	1:00 TDBC Bridge
5:00 Round Dance	<b>1:00 Friends Connection ZM (ML)</b>	4:15 <i>Beg. Yoga NE Library PRR (SV)</i>	1:00 <i>Mindful Movement at Lake Jackson</i>	7:00 Al-Anon Newcomers
6:00 Twirlers Square Dance	1:00 TDBC Bridge		2:30 Ping-Pong	
6:00 Capital City Carvers	1:00 Senior Singers		6:00 Capital Chordsmen	
6:00 Intermediate German	1:00 <i>Canasta at Lake Jackson</i>			
	2:30 Ping-Pong			
	4:00 Guitar			

**TALLAHASSEE SENIOR SERVICES**  
**Monthly, Bi-monthly & Special Events and Programs on Back!**

