

TALLAHASSEE SENIOR CENTER CALENDAR OF WEEKLY PROGRAMS SEPTEMBER 13 – OCTOBER 9, 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) 8:30 <i>Fitness at Chaires</i> 9:00 Quilting Bees 9:00 Portrait Studio 9:30 <i>Fitness at Woodville</i> 10:00 SHINE 10:30 Adv. French ZM (KC) 10:30 <i>Fitness at Fort Braden</i> 11:00 Senior Counseling <i>(by appointment)</i> 12:30 Hands-On Art History 1:00 Brain-Body-Balance 2:30 <i>Beg. Yoga NE Library</i> 3:00 Friends Connection 6:00 Twirlers Square Dance 6:00 Capital City Carvers 6:00 Intermediate German	8:00 Mindful Movement FB (RN) 9:00 Life Exercise 9:00 <i>Brain-Body-Balance at Optimist Park PRR (WB)</i> 9:00 Pastels 9:30 <i>Fitness NE Library</i> 9:30 <i>Sit & Fit at Chaires</i> 10:00 Seniors vs. Crime 10:30 <i>Fitness Beg. NE Library</i> 10:45 <i>Brain Body Balance at Southwood PRR (WB)</i> 11:00 Mindful Movement 11:15 <i>Fitness at Miccosukee</i> 11:30 Senior Dining <i>(PRR or Bring a Lunch)</i> 11:30 <i>Fitness Adv. NE Library</i> 1:00 Yoga PRR (RN) 1:00 TDBC Bridge 1:00 Senior Singers 1:00 <i>Canasta at Lake Jackson</i> 2:30 Ping-Pong 4:00 Guitar	8:00 Gentle Yoga FB (RN) 8:30 <i>Fitness at Chaires</i> 9:00 Ceramics 9:00 Nimble Fingers 9:30 Acrylic Painting 9:30 <i>Fitness at Woodville</i> 10:00 Seniors vs. Crime 10:00 Movement Meditation 10:30 <i>Fitness at Fort Braden</i> 11:30 Pickleball Lesson 11:30 Pickleball 1:00 Oil & Acrylics 1:30 <i>Draw with Your Eyes, Paint with Your Heart at NE Library</i> 2:00 <i>Beg. Yoga at Lake Jackson</i> 4:15 <i>Beg. Yoga NE Library</i>	8:00 Stretch & Flex FB (RN) 9:00 Ceramics 9:00 Watercolor 9:00 Life Exercise 9:00 <i>Brain-Body-Balance at Optimist Park PRR (WB)</i> 9:30 <i>Sit & Fit at Chaires</i> 10:30 Ballet 11:00 Senior Counseling <i>(by appointment)</i> 11:15 <i>Fitness at Miccosukee</i> 1:00 TDBC Bridge 1:00 Friends Connection 1:00 Feeling Fit 1:00 Watercolor 1:00 French Study Group ZM KC 1:00 <i>Mindful Movement at Lake Jackson</i> 2:30 Ping-Pong 6:00 Capital Chordsmen	8:30 <i>Fitness at Chaires</i> 9:00 English 2nd Language ZM (KC) 9:00 Oil Painting Adv. 9:30 <i>Fitness NE Library</i> 10:00 Movement Meditation 10:30 <i>Senior Fitness Beg. NE Library</i> 11:30 Senior Dining <i>(PRR or Bring a Lunch)</i> 11:30 Pickleball 11:30 <i>Fitness Adv. NE Library</i> 1:00 Model Building 1:00 TDBC Bridge 7:00 AI-Anon Newcomers

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

L3X Offered ALL Month in SEPTEMBER – Ensure You Reserve Your Spot
www.TallahasseeSeniorFoundation.org/L3X

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

Please reference LEGEND noted below

SEPTEMBER 13 – OCTOBER 9, 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SEPT 13 11a Art Council 1p Poetry Group 7p GAP Circle of Parents ZM (KB)	SEPT 14 11a Wellness Circle JM 1p Friends Connection ZM (ML) 6p Stamp and Cover Club	SEPT 15 8:30a Capital Coalition on Aging ZM (KC) 11a Wellness Circle JG 1p LCSO Advisory Council	SEPT 16 9a Podiatry PRR (RN) 11a Resource Presentation ZM (WB) 11a Lake Jackson Drive & Wave	SEPT 17 6p Art Reception	SEPT 18 6:30p USA Dance: <i>Alumni Dance: Wear Your School Colors</i>
SEPT 20 1p Advisory Council (SS)	SEPT 21 11a Ft. Braden Drive & Wave 2:15 UPSLIDE Games	SEPT 22 10a Falls Prevention ZM (RN) 11a Car Fit – Virtual (WB) 11:30a GAP Lunch – PRR-850-891-4027 1p Friends Connection LNC 3:30p Foundation Board Meeting	SEPT 23	SEPT 24 11:30a L3X - Closing Luncheon PRR (MH)	SEPT 25 CENTER CLOSED
SEPT 27 1p Poetry Group 7p GAP Circle of Parents ZM (KB)	SEPT 28 11a Chaires Drive & Wave 1p Friends Connection ZM (ML)	SEPT 29	SEPT 30 5	OCT 1	OCT 2 CENTER CLOSED
OCT 4	OCT 5 12:30p Friends Connection at Miccosukee 1p Friends Connection ZM (ML) 7p FFU Investment	OCT 6 1p Friends Connection LNC	OCT 7 10a Skin & Cancer Screening 10:30a Miccosukee Lunch & Learn 11a Healthy for Life JG 1:30 Medicare Advantage Plan	OCT 8	OCT 9 CENTER CLOSED

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