

TALLAHASSEE SENIOR CENTER CALENDAR OF WEEKLY PROGRAMS JANUARY 10 – FEBRUARY 12, 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.	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 Painting Adv.
9:30 <i>Fitness at Woodville</i>	9:30 <i>Fitness NE Library PRR (SV)</i>	9:30 Oil & Acrylic Inter. 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 PRR	9:30 <i>Sit & Fit at Chaires</i>	10:00 Seniors vs. Crime	9:30 <i>Sit & Fit at Chaires</i>	10:00 Movement Meditation
10:30 Adv. French ZM (KC)	10:00 Seniors vs. Crime	10:00 Movement Meditation	10:30 Ballet	10:30 <i>Senior Fitness Beg. NE Library PRR (SV)</i>
10:30 <i>Fitness at Fort Braden</i>	10:00 Wii Bowling	10:30 <i>Fitness at Fort Braden</i>	11:00 Senior Counseling (by appointment)	11:30 <i>Senior Dining (PRR or Bring a Lunch)</i>
11:00 Senior Counseling (by appointment)	10:30 <i>Fitness Beg. NE Library PRR (SV)</i>	11:30 Pickleball Lesson	11:15 <i>Fitness at Miccosukee</i>	11:30 Pickleball
12:30 Hands-On Art History ZM (HM)	10:45 <i>Brain Body Balance at Southwood PRR (WB)</i>	11:30 Pickleball	1:00 TDBC Bridge	11:30 <i>Fitness Adv. NE Library PRR (SV)</i>
1:00 Brain-Body-Balance	11:00 Mindful Movement	1:00 Oil & Acrylics Adv.	1:00 Friends Connection	1:00 Model Building
2:30 <i>Yoga for Women NE Library PRR (SV)</i>	11:15 <i>Fitness at Miccosukee</i>	1:30 Draw with Your Eyes, Paint with Your Heart ZM (HM)	1:00 Watercolor Inter./Adv.	1:00 TDBC Bridge
3:00 Friends Connection	11:30 <i>Senior Dining (PRR or Bring a Lunch)</i>	2:00 <i>Beg. Yoga at Lake Jackson</i>	1:00 French Study Group ZM (KC)	7:00 Al-Anon Newcomers
5:45 Intermediate German	11:30 <i>Fitness Adv. NE Library PRR (SV)</i>	4:15 <i>Beg. Yoga NE Library PRR (SV)</i>	1:00 <i>Mindful Movement at Lake Jackson</i>	
6:00 Round Dance	1:00 Friends Connection ZM (ML)	5:30 Yoga (starts 1/12/22)	2:30 Ping-Pong	
7:00 Twirlers Square Dance	1:00 TDBC Bridge	7:15 Al-Anon Family (starts 1/12/22)	6:00 TDBC Bridge	
7:00 Capital City Carvers	1:00 Senior Singers		7:00 Capital Chordsmen	
	1:00 <i>Canasta at Lake Jackson</i>			
	2:30 Ping-Pong			
	4:00 Guitar			
	7:00 Line Dance (starts 1/25/22)			
	8:00 SA Support Group			

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

TALLAHASSEE SENIOR SERVICES
Monthly, Bi-monthly & Special Events and Programs
Please reference LEGEND below
JANUARY 10 – FEBRUARY 12, 2022 (UPDATED)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
JAN 10 11a Art Council 1p Poetry Group 1p Advisory Council (SS)	JAN 11 1p Yoga PRR (SV) 7p Stamp and Cover Club	JAN 12 12:30p Friends Connection LNC	JAN 13	JAN 14	JAN 15 CENTER CLOSED
JAN 17 Closed Martin Luther King Holiday 7p GAP Circle of Parents ZM (KB)	JAN 18 10:30a Art Exhibition Development PRR (KC) 1p Yoga PRR (SV) 2:15 UPSLIDE Games	JAN 19 8:30a Capital Coalition on Aging ZM (KC) 10a Hike (RN) 1p LCSO Advisory Council	JAN 20 1p Ageless Grace 1:30p LLL-Hidden Gems of S. California PRR H (MH)	JAN 21	JAN 22 7p USA Dance: Belle of the Ball (Semi-formal)
JAN 24 10a LLL-The Sea in Early American Lit. NE Lib. PRR (MH) 1p Poetry Group	JAN 25 10:30a Art Exhibition Development PRR (KC) 1p Yoga PRR (SV)	JAN 26 12p GAP Lunch & Learn 12:30p Friends Connection LNC	JAN 27 1:30p LLL-Great Artist Series PRR H (MH)	JAN 28	JAN 29 CENTER CLOSED
JAN 31 4p Learn Etsy PRR (KC) 7p GAP Circle of Parents ZM (KB)	FEB 1 10:30a Art Exhibition Development PRR (KC) 12:30p Friends Connection at Miccosukee 1p GaP Advisory Council ZM (KB)	FEB 2 11a Medical Marijuana PRR Z (RN)	FEB 3 9a Podiatry PRR (SV) 11a Miccosukee Drive & Wave 11a Healthy for Life J. McLean 1p Ageless Grace 1:30p LLL-Great Artist Series PRR H (MH)	FEB 4	FEB 5 CENTER CLOSED
FEB 7 9a Alzheimer's Brain Bus 10a LLL-When Women Dance w/ Trees NE Lib PRR (MH) 4p Learn Etsy PRR (KC)	FEB 8 10:30a Art Exhibition Development PRR (KC) 11a Wellness Circle J. McLean	FEB 9	FEB 10 11a Woodville Drive & Wave 11a Healthy for Life J. McLean 1:30p LLL-Great Artist Series PRR H (MH)	FEB 11	FEB 12 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:** Register Online at

www.TallahasseeSeniorFoundation.org

- **PRR** = Pre-registration Required; **LOP** = Lifelong Outdoors Pursuits
- () = Contact staff to pre-register and/or for Zoom link as follows:
 (KB) Karen.Boebinger@talgov.com; (KC) Kristy.Carter@talgov.com;
 (HM) HeathHilary.McRae@talgov.com; (MH) Maureen.Haberfeld@talgov.com;
 (ML) Melanie.Lachman@talgov.com; (RN) Ruth.Nickens@talgov.com;
 (SV) Sarah.Vernon@talgov.com; (WB) Wendy.Barber@talgov.com