



From left, Tallahassee Senior Foundation Board Ken Brummel Smith M.D., Tallahassee Democrat entertainment reporter, humorist, and Emcee of Deck the Halls, Mark Hinson, and Doug Carlson, Vice-President of the Board and 2016 Deck the Halls Chair celebrate a fun evening.

# Active LIVING

*The magazine for Tallahassee's  
active boomer and senior community*

## Spreading joy

Deck the Halls delivers holiday cheer with a martini twist! **Page 10**



*Celebrating Senior Living!*

**Dress Your Pet Party**

on January 14th from 2:00 pm to 3:00 pm  
Call today for more information 517-1811

  
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## LIFELONG LEARNING WITH TALLAHASSEE SENIOR CENTER

Interested in the pursuit of knowledge? LifeLong Learning offers a variety of classes at a variety of locations. Limited space is available and classes fill up quickly. For more information or to register, email [Maureen.Haberfeld@talgov.com](mailto:Maureen.Haberfeld@talgov.com) or call 850-891-4033. You may also stop by the TSC and complete an application. Lifelong Learning programs have been sponsored in part by Tallahassee Moose Lodge # 1075.

### Archaeology Outside the Hole

*Thu., Jan 19, 26, Feb. 2, & 9, 2-3:30 p.m., TSC.*

Archaeology is so much more than excavation. Join experts from the Florida Public Archaeology Network as they enlighten participants on the different ways archaeologists work to tell the story of people by piecing together information wherever they can find it. Topics include ceramics, native people and native plants, learning about a civil war soldier from his letters home, and the Florida turpentine industry. \$5 donation / class seniors (50+) / \$7 others.

### Iceland: Land of Fire and Ice

*Mon., Jan. 23, 30, Feb. 6 & 13, 10-11:30 a.m., NE Branch Library, 5313 Thomasville Road.*

The class will provide an overview of the geology, natural history, and literature of this beautiful nation. Learn the science behind the extreme landscapes. Discover why Iceland is known as a bird and whale watching paradise. Explore some fascinating Icelandic history and literature. \$5 donation / class seniors (50+) / \$7 others.

### Tour of the Florida Historic Capitol Museum and Mock Legislative Session

*Fri., Feb. 3, 10 a.m. - 2 p.m.*

Tour includes transportation from the TSC to the Historic Capitol Museum. Tour the museum and participate in a mock legislative session. Lunch in the museum is included. Space is limited. Cost: \$15 seniors (50+) / \$20 others. Space is limited.

### Finding Your Roots: Researching Your Family History at the State Library and Archives of Florida

## 2017 AT THE TSC – SAVE THE DATES!

**ML King Jr. Day**, Mon., Jan 16 – Holiday, TSC closed.

**Legacy Workshop**, Mon., Jan. 30, 10 a.m. – noon, TSC

**Red Carpet Reception**, Tue., Feb. 28, 5:30-7 p.m. (and June 6, Oct 25)

**Capital City Senior Games**, Events Fri., Mar. 3 – Mon., Mar. 13

**Florida Senior Day**, Mar. 28 – 29

**Age Friendly Community Housing Symposium**, Mon., Apr. 24

**Midtown Idol**, late Apr. TBA

**Silver Stars Awards Ceremony & Gala**, Thu., May 25

**Memorial Day Holiday**, Mon., May 29, Holiday, TSC closed.

**Ice Cream Social**, Mon., July 10

**Maintenance Week**, June 26 – July 3, TSC closed to the public.

**Independence Day**, July 4, Holiday, TSC closed.

**L3X – Lifelong Learning Extravaganza**, Sept. 11 – 15

**Membership Week**, Sept. 18 – 22

**Membership Appreciation**, Fri., Sept. 22

**Active Living Expo**, Oct. 12 & 13

**Deck the Hall Kick Off – German Christmas Market & Beer Garden**, Fri., Nov. 3

**Deck the Halls**, Fri. Dec 1., 6:30 p.m.

*Thu., Feb. 16, 1:30 – 3 p.m.*

Kathryn Palmer and Anya Grosenbaugh of the State Archives of Florida will discuss and demonstrate how to begin genealogical research using resources available at the State Library and Archives in Tallahassee. \$5 donation seniors (50+) / \$7 others.

### Gulf Specimen Marine Lab Dock and Lab Tour

*Fri. Feb. 24, 9 a.m. – 2 p.m.*

Tour the floating dock in the estuarine waters of Dickerson Bay. There a GSML staff biologist will demonstrate the fouling community species and intertidal zonation of barnacles and oysters. Participants may be able to observe the barnacles feeding and grass shrimp and sea slugs foraging in the hydroids of the floating dock. There will be a guided tour of marine lab following dock tour. Picnic lunch included. Transportation from TSC included. Cost: \$30 seniors (50+) / \$35 others. Space is limited.

### Invasive Species and their Impact on Florida



TSC receptionists and greeters at the quarterly luncheon: (bottom row, from left) Freida Travis, Susan Hutchison, Gena Varn, Volunteer Coordinator, Anne Contos, Tenay Reeves, Teri White, Vi Felber, Kathy Lee, (top row, from left) Sandy Randolph, Rose Blackburn, Rita Hodsdon, Maggie Neel, Candice Sneed, Jill Sandler, Addie Carrol-Beal, Volunteer Coordinator, Jane Greene, Henry Steele, Health Suite Assistant, and Barbara Rodman.

*Mon., Feb. 27, Mar. 6, 13 & 20, 10-11:30 a.m., NE Branch Library, 5313 Thomasville Road.*

Invasive non-native plant and animal species are a statewide problem with high ecological and economic costs. Experts from the Leon County Extension Office will enlighten participants about invasive plants and how to manage and control them. Experts from FWC will discuss animal species such as the lionfish that are decimating the marine ecosystem of the Florida coasts. \$5 donation seniors (50+) / \$7 others.

### The Hidden Treasures of Korean Art and Modern Korea

*Wed., Mar. 8, 10 – 11:30 a.m., TSC.*

Join us for an educational film and presentation on the unique history, art, and culture of Korea. Learn about Korea's past achievements as well recent industrial developments. Traditional Korean desserts will be served. \$5 donation seniors (50+) / \$7 others.

## About the Publication

Active Living is a bi-Monthly publication of the Tallahassee Senior Center, 1400 N Monroe St., Tallahassee, FL 32303. 850-891-4000.

Sheila Salyer, Senior Services Manager, City of Tallahassee and Executive Director, Tallahassee Senior Foundation

**Audrey Byrne**, Managing Editor

**Martha Gruender**, Coordinating Copy Editor

The mission of Tallahassee Senior Services is to offer programs, activities, and opportunities designed to encourage active living, optimal aging, and social fitness for independent adults age 50+.

Disclaimer of Endorsement: Reference herein to any specific commercial products, process, or service by trade name, trademark, manufacturer, or otherwise does not necessarily constitute or imply its endorsement, recommendation or favoring by Tallahassee Senior Services or the Tallahassee Senior Foundation.

For questions or more information, please contact 850-891-4000 or visit [talgov.com/seniors](http://talgov.com/seniors) and [tallahassee-seniorfoundation.org](http://tallahassee-seniorfoundation.org). Find and "Like" us on Facebook at [Facebook.com/TallahasseeSeniorCenter/](https://www.facebook.com/TallahasseeSeniorCenter/)

## About the Senior Center

For questions or more information on the Tallahassee Senior Center & Foundation activities and 15 neighborhood venues, please contact 850-891-4000 or visit [www.talgov.com/seniors/](http://www.talgov.com/seniors/) and [www.tallahassee-seniorfoundation.org](http://www.tallahassee-seniorfoundation.org). "Like" us at [Facebook.com/TallahasseeSeniorCenter](https://www.facebook.com/TallahasseeSeniorCenter/). For Leon County Senior Outreach (a program of the TSCF), read the LCSO Gazette, call 850-891-4065, or visit [cms.leoncountyfl.gov](http://cms.leoncountyfl.gov).



Tallahassee



Leon county

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Presenting Shining Star Sponsor Audiology Associates of North Florida, division of Tallahassee Ear Nose and Throat celebrate a great start to the holiday season.

## Capital City Senior Games

Do you enjoy fun, competition, athletic comradery, & performing your personal best?

Registration forms are available at 912 Myers Park Dr., the Tallahassee Senior Center, 1400 N. Monroe St., or register online at [talgov.com/seniorgames](http://talgov.com/seniorgames)

### Save the date!

Welcome Reception and Torch Run for Athlete & Guest

**Thursday, March 9, 5:30 p.m.**

Group walk from Tallahassee Senior Center to Lake Ella for Torch Run at 5:15 p.m.

## Silver Stars Accepting nominations for Silver Stars!

Silver Stars come from all walks of life...the one thing they have in common is their active lifestyles. Do you know someone age 60+ who continues to attain accomplishments? Consider nominating them for their example of positive aging.

The Tallahassee Senior Center is now accepting applications for Silver Star nominees: residents from Tallahassee or neighboring counties. The nomination form is available online at [www.TallahasseeSeniorFoundation.org/silver-stars/](http://www.TallahasseeSeniorFoundation.org/silver-stars/). If you would like a form mailed or emailed to you, call 850-891-4003. Nominations are due back to the Tallahassee Senior Center by Feb. 10, 2017.

Eight Silver Stars, including Senior Center volunteers and sponsors, will be honored at the annual Silver Stars gala reception, presented by Capital Health Plan, on May 25, 2017. For event or ticket information, contact [Tina.Niggel@talgov.com](mailto:Tina.Niggel@talgov.com) or call 891-4003. For sponsorship opportunities contact [Lisa.DollarCovert@talgov.com](mailto:Lisa.DollarCovert@talgov.com) or call 891-4041.

## Learn How To Leave Your Legacy

**Jan. 30, 10 a.m.-12 p.m., TSC.**

Legacy planning helps you consider your financial security and establish goals for the distribution of your assets to loved beneficiaries and charitable organizations. Come learn the basics about legacy planning as a panel of legal, accounting and financial experts cover the following topics: estate planning, legal decisions and financial options. Guest speakers include: Lauchlin Waldoch, PA, Elder Law, Waldoch & McConnaughay, PA; Steve Halsell, CASL®, Financial Planner, Halsell Financial Solutions; Joy Watkins, Executive Director, Community Foundation of North Florida, Giving Through the Community; and Jim Davis, CPA, TSCF Board of Directors. For more information or to RSVP, call 891-4041 or email [Lisa.DollarCovert@talgov.com](mailto:Lisa.DollarCovert@talgov.com).



All smiles at Deck the Halls, from Left, Aurora Hansen, TSC Supervisor of Facility and Events, Mark Hinson, humorist, Tallahassee Democrat writer and emcee for the evening and Sheila Salyer, Manager, Senior Services & Executive Director, TSC Foundation.



## COMPUTER/ PHOTOGRAPHY CLASSES

### BOOMER ACADEMY WORKSHOPS

For more information, contact Leslie Spencer at 850-577-5165 or [Lspencer@aarp.org](mailto:Lspencer@aarp.org)

#### “How to Make 2017 the Best Year of Your Life – Living well through life’s ups and downs”

Sat., Jan. 21, 9:30 – 11 a.m., Hopkins Eatery (Market Square)

Led by Dianne Presley, LCSW, Owner/ Founder of Believe, Hope, Inspire Wellness Services. In a review of the movie *Collateral Beauty*, Dianne shares how to look for – and find – awe and wonder in everyday life, in both good times and “not-so-good” times. Join us and make the most of your 2017! Light refreshments will be served. To register, visit: <https://aarp.cvent.com/AARPFLPositivity2017> or call 1-877-926-8300 toll-free.

#### “Photography with your iPhone and iPad”

Sat., Feb. 11; 9:30 - 11 a.m., Hopkins Eatery (Market Square)

Do you have an iPhone and/or an iPad? Learn how to use: (1) your cameras on these devices to shoot great photos and videos; and, (2) the Facetime app to see your friends and family while you talk! Please bring your own device to the workshop. Led by Lee McNeil. To register, visit: <https://aarp.cvent.com/AARPFLPhotosFeb2017> or call 1-877-926-8300 toll-free.

### COMPUTER AND TECHNOLOGY

Interested in taking computer classes? Stop by TSC receptionist desk and complete an application to express your computer skill level and course interests. Call 850-891-4008 or email [Kristy.Carter@talgov.com](mailto:Kristy.Carter@talgov.com) to request an application be sent to you. Also, a variety of classes are offered and vary in price.

#### IPad/iPhone

Tue., Jan. 10, 17, 24, & 31, 9 – 11 a.m.

Learn how to use your Ipad/ Iphone in a small class environment, in 4 sessions. You must provide your own device. \$20 (50+) or \$25 (non-Seniors). Preregistration and payment required (850) 891-4008. **Space is limited.**

#### Microsoft Word - Basic

Tue., Wed., and Thu., Jan. 10, 11, 12, 17, 18, & 19, 5:30 - 7:30 p.m.

Learn the basics of Microsoft Word in six sessions. Must bring a flash drive. \$20 (50+) or \$25 (non-Seniors). Preregis-



The Capital Chordsmen sing traditional and contemporary holiday favorites in harmony at their annual TSC concert. The audience always delights in a sing along.

tration and payment required (850) 891-4008. Space is limited.

#### Windows 10

Tue. & Thu., Jan. 10, 12, 17, & 19, 2 – 4 p.m. OR Tue. & Thu., Feb. 21, 23, 28, & Mar. 2, 9 – 11 a.m.

Do you have a new computer or have you upgraded your operating system to Windows 10? Let us help you navigate the way. \$20 (50+) or \$25 (non-Seniors). Preregistration and payment required (850) 891-4008. Space is limited.

#### Microsoft Basics & Beyond

Tue., Wed., and Thu., Jan. 31, Feb. 1, 2, 7, 8, & 9, 9 - 11 a.m. OR Tue., Wed., and Thu., Mar. 14, 15, 16, 21, 22, & 23, 9 - 11 a.m.

Class, in 6 sessions, will focus on keyboarding tips and shortcuts, improving typing and editing skills, cut and paste, introduction to word processing, accessing programs, and navigation of your computer along with terminology. \$20 (50+) or \$25 (non-Seniors). Preregistration and payment required (850) 891-4008. Space is limited.

### DIGITAL & TRAVEL PHOTOGRAPHY

Additional classes are being developed at this time. To register or for additional information, call 850-891-4008 or email [Kristy.Carter@talgov.com](mailto:Kristy.Carter@talgov.com). Please bring your camera, with a charged battery, and camera manual to class. \$5 Seniors (50+) or \$7 (non-Seniors). Additional information can be found at : <http://www.maf1.com/dcc/>.

### Tax Aide

Feb. 1 – Apr. 17<sup>th</sup>, Mon. – Fri., 1:30 – 5 p.m.; Wed. 1:30 – 7:30 p.m.

Senior Tax Aide through AARP – get your taxes prepared by IRS certified volunteers. Call 850-891-4030 to schedule an appointment.

### Basic Digital Photography

Wed., Feb. 22, 6:30 – 9 p.m.

Class is for beginners who want to learn the basic functions of their digital camera including how to turn it on, locate the battery and memory card, use scene modes, turn off the flash and how to get the images onto a computer. This class also includes the topics of ISO, White Balance, Exposure Value, and Camera Metering. The topics and issues discussed in this class will carry forward to Advanced Digital Photography.

### Advanced Digital Photography

Wed., Mar. 1, 6:30 – 9 p.m.

This class continues, in depth, on topics of ISO, White Balance, Exposure Value, Color Temperature, Program - Aperture - Shutter modes, metering such as weighted or spot and other advanced functions. Lighting techniques, image arrangement, time-of-day photography tripod management and many other topics will be discussed.

The session will also discuss some of the advanced features on the digital single lens reflex (DSLR) camera units along with the advantages and disadvantages

of various lens configurations. The topics and issues discussed in this class will carry forward to the Travel Session.

### Travel Photography

Wed., Mar. 8, 6:30 – 9 p.m.

The class reviews many of the different situations photographers come across when traveling. Different tricks and techniques, some obvious and some not so obvious, will be covered in the class. Techniques such as shooting from a speeding car, catching a rainbow, shooting in snow and taking photos in dark areas such as churches. This class now includes previous content from the Digital Single Lens Reflex (DSLR) class and Travel Photography.

### PHOTOSHOP & LANGUAGE

#### Photoshop

Learn and improve your Photoshop and Elements photo editing skills as you view and discuss photo editing tutorials and member projects. The class will meet once a month with planned agendas, to be determined by group interests. **Express your interest by Mon., Jan. 30;** call 850-891-4008 or email [Kristy.Carter@talgov.com](mailto:Kristy.Carter@talgov.com).

#### Beginning Spanish

Thu., 11a.m. – 12 p.m.

**NEW:** Learn Spanish from a native Bolivian. Beginning Spanish classes will begin Thu., Jan. 12, 2017. Call 850-891-4008 or email [Kristy.Carter@talgov.com](mailto:Kristy.Carter@talgov.com) for more information.

## FITNESS CLASSES

### MUSIC

#### Ukulele Beginning

New ukulele schedule starting 2017: 1st & 3rd Friday of each month, 10:30-11 a.m.

Basics provided on learning chords, strums, and simple songs. \$2

#### Uke Sing Along Hour

1st & 3rd Friday of each month, 11 a.m. to noon

This class will use "The Daily Ukulele" Volume I. Bring your uke and play along. No preregistration required. \$2

#### New - Ukulele & Friends

2nd & 4th Friday of each month, 11 a.m. to noon

Bring your voice and instrument of choice. Learn songs, in a casual setting, for sustainable communities and a healthy, peaceful planet. Versions of music that are especially "ukulele-friendly" will be used, though all instruments are welcome.

### DANCE & FITNESS

#### USA Ballroom Dance

Sat. 7:30-10:30 p.m.

Come and dance on the largest dance floor in Tallahassee. Dance lessons, at no charge, provided at 6:30 p.m. Dance nights with paid entry. Dances are smoke and alcohol free. \$8/USAB Dance members and \$14/non-members; \$5 for students with valid IDs. Upcoming dance dates:

Jan. 21 - Anything Goes  
Feb. 18 - We Love Dancing

#### Contra Dance (Tallahassee Community Friends of Old Time Dance)

Fri. 7:15-10:30 p.m.

Jigs, reels, and all kinds of fun. Similar to square dance with a caller instructing each dance before the music begins. \$8/adults, \$7/seniors, \$5/students, \$3/dancing kids. Wear comfortable shoes and clothes. No partner or experience necessary. Newcomers should arrive by 7:15 p.m.

Jan. 13 - Bendemeer with Caller Jo-Laine Jones-Pokorney (Gainesville)

Jan. 27 - TBA with Caller Rachel Flemming

Feb. 10 - Whistlin' Rufus (ATL) with Caller Doug Singleton (ATL)

Feb. 17 - TBA with Caller Susie Ruder (Gainesville)



The Capital City Concert Band of TCC always puts on a talented performance of holiday favorites.

Mar. 10 - TBA

#### Beginning Line Dance

Mon. at 5:15 p.m. and Thu. at 12:30 p.m. \$4 for Mon., and \$2 for Thu. Lace up your shoes and let's dance. From country to pop music, let the beat move your feet!

#### Dancing For Fun

Fri., 2-4 p.m.

A fun dance for any age group - it's our love of dancing that keeps us young! All types of ballroom dancing. Come with or without a partner. \$2 (50+), \$3 (others).

#### Beginning Ballroom & Swing Lessons

Fri., 5:30-7 p.m.

Ballroom and Swing dance lessons; Fox Trot, Swing, Tango, Waltz and Cha Cha are also included. No partner needed. Come meet people and have fun! \$5.

#### Fitness at the Tallahassee Senior Center

Fitness classes are \$2 unless otherwise indicated. For more information or to reserve a space in class, call (850) 891-4042 or (850) 891-4045, or email Ruth.Nickens@talgov.com.

#### Mindful Movement

Tue., 11 a.m.-noon

Taught by Lori Roberts, certified NIA yoga instructor.

#### Brain-Body-Balance

Mon., 1:30-2:30 p.m. at the TSC

An active-aging, fall prevention program specifically created to train and reverse many types of aging. Our philosophy fuses movement with neuroplasticity-enhancing drills to improve balance, the various functions of the brain, reflex skills, and improve daily life skills. Taught by Kathy Gilbert. Additional

classes below and see Neighborhood Fitness Sites for other times, listings and instructors.

Tue., 10-11 a.m., Optimist Park, taught by Kathy Gilbert

Tue., 1-2 p.m., SouthWood, taught by Wendy Barber (\$5 donation)

Wed., 2-3 p.m., Allegro Heritage Oaks, taught by Kathy Gilbert

#### Chair Yoga

Fri., 11 a.m.-noon

Offers a gentle yoga workout for increased mobility, bladder control, self-esteem, and mental focus. Taught by Certified Yoga Instructor Bridget Welch.

#### Life Exercises

Tue. and Thu., 9:30-10:30 a.m.

A very popular and dynamic workout consisting of aerobics, light weights, stretching, strengthening and balance exercises. This workout is suitable for everyone and you can participate seated.

#### Tai Chi

Wed. and Fri. 10-11 a.m.

#### Zumba® Gold

Thu., 5:30-6:30 p.m.  
\$5 (50+) \$7 others.

#### Yoga

Mon. and Wed., 5:30-7 p.m.

Taught by certified yoga instructor Pamela Hunter. Vigorous practice for adults including poses, relaxation, and meditation. Wear comfortable clothes and bring yoga mat (if you have one). Fee: \$10 (50+), \$12 others.

#### NEIGHBORHOOD FITNESS SITES

Each class \$2 (50+), \$3 others.

**Allegro**, 4501 Shannon Lakes Dr. W  
Brain, Body, Balance with Kathy Gilbert, Wed., 2-3 p.m.

## Capital Twirlers Square Dance

**Open Houses:** Intro to Square Dancing Mon. at 7 p.m. Mainstream and Plus Level Square Dancing. Monthly dues \$12.50 per person. Visitors always welcome \$2pp. Level adjusted to fit dancers' skills. Check web site at [http://www.squaredancesites.com/capital\\_twirlers](http://www.squaredancesites.com/capital_twirlers).

Introduction to Square Dancing/free open houses will be held on Mon., Jan. 23 & 30, 7-8 p.m. Lessons will begin on Feb. 6 at 7 p.m. and continue, same time, on Mon. nights for the next 12-15 weeks. For more information, contact Libby, 566-2117 or [libbypenrod@comcast.net](mailto:libbypenrod@comcast.net) or <https://www.facebook.com/TallahasseeTwirlers>.

**Bradfordville Fitness**, Northeast Branch Library, Rm. 103, 5513 Thomasville Rd. Due to limited size, call Llona Geiger, instructor, at 850-510-2801 for availability of the following Senior Fitness classes:

Beginners: Tue. & Fri., 10:30-11:15 a.m.  
Intermediate: Tue. & Fri., 11:30 a.m.-12:30 p.m.

Afternoon Class: Tue. & Fri., 1-2 p.m.  
**Chaires-Capitola Dorothy C. Spence Community Center**, 4768 Chaires Crossroad

Senior Fitness with Judy Upchurch: Mon., Wed. & Fri., 8:30-9:30 a.m.

Seated Fitness: Tue. & Thu., 9:30-10:30 a.m.

**Fort Braden Community Center**, 16387 Blountstown Hwy.

Senior Fitness with Wendy Barber: Mon. & Wed., 10:30-11:30 a.m.

**Jack McLean Community Center**, 700 Paul Russell Rd.

Super Seniors Fitness with Edwina Martin: Tue., Wed. & Thu., 10-11 a.m. (no charge)

**Lake Jackson Community Center**, 3840 N. Monroe St., Ste. 301.

Mindful Movement with Lori Roberts: Thu., 1-2 p.m.

**Miccosukee Community Center**, 13887 Miccosukee Gap Rd.

Senior Fitness with Judy Upchurch: Tue. & Thu., 11:15 a.m.-12:15 p.m.

**Optimist Park**, 1355 Indianhead Dr.  
Brain - Body-Balance with Dr. Kathy Gilbert: Tue., 10-11 a.m.

**SouthWood Community Center**, 4675 Grove Park Dr.

Brain-Body-Balance with Wendy Barber: Tue., 1-2 p.m., \$5 requested

**Woodville Community Center**, 8000 Old Woodville Rd.

Senior Fitness with Llona Geiger: Mon. & Wed., 8:30-9:30 a.m.

## HEALTH & WELLNESS PROGRAMS

The listed presentations, massage and classes at the Tallahassee Senior Center are \$2 unless otherwise indicated. We graciously accept donations of clean medical equipment (walkers, wheelchairs, dressing supplies, adult diapers, Ensure, shower chairs, etc.) to share with those in need. Your donation is tax deductible.

We are looking for a few volunteer nurses or other health care professionals to assist with blood pressures and education in the TSC Health Suite. It's great fun for new retirees or folks who just want to help out.

For more information on programs, registration or to volunteer, email Ruth.Nickens@tal.gov.com or call 850-891-4042 or 891-4045.

### “Tools to Quit: A Smoking Cessation Workshop”

Mon., Jan. 23, Feb. 6 & Mar. 6 2:30 - 4:30 p.m., Conf. Rm. 1A

Do it for your heart and your loved ones. This program, designed by former smokers, was developed for people who want to become non-smokers. Attend one of these highly effective class/support groups if you are ready to quit smoking now. Nicotine patches provided at no charge. Offered by Big Bend AHEC. Call 224-1177 to register.

### “FAMU Occupational Therapy Poster Sessions”

Thu. Feb 16, 10 a.m.-Noon, Dining Room

The FAMU OT students present poster presentations on a variety of issues related to activity, mobility, independence and physical and cognitive well-being. Stop by for a heaping dose of great information!

### “Cardiovascular Health”

Wed. Feb. 22, 11 a.m.-Noon, Dining Room

February is Heart Healthy month, so how can we keep our heart and blood vessels healthy? How can we prevent Heart Attack and Brain Attacks? What should we do if it happens? Presented by Lucinda Rosebush, RN, CRMC.

### Stroke Support Group

Mon., Feb. 6 & Fri., Feb. 24, 10:30 - 11:30 a.m., Health Suite

During heart health month, we offer this opportunity for caregivers and stroke survivors. Receive support, voice concern and share strategies in small group setting. Facilitated by Tanya

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Stokes, Director, Stroke Program, Health South Rehab.

### “Smoothie Tuesday: Heart Healthy”

Tue., Feb. 28, 10:30- 11:30 a.m. Health Suite

Smoothies are one of the simplest paths to good nutrition! Learn how to make smoothies that will protect and support your heart using fresh wholesome ingredients. Enjoy a tasty sample! Offered by New Leaf Market.

### HEALTH SCREENINGS

Tallahassee Senior Center Health Suite, \$2 unless otherwise noted.

**Blood Pressure**, Wed. & Thu., 10 a.m. - noon

**Glucose**, Wednesdays, 10 a.m. - noon

**Pulse Oximetry**, Thu., Feb. 2 & Mar. 2, 10 a.m. - noon, offered by Dr. Elton Powell

**Spinal Health Screenings**, Thu., Feb. 9, 10 a.m. - noon

**Hearing**, Wed., Mar. 8, 10 a.m. - noon, offered by Audibel

**Cholesterol Screenings**, Wed., Mar. 15, 10 a.m. - noon, offered by WCRx

### MASSAGE, MEDITATION, & REIKI

**Reiki**, Tuesdays, 10:30 a.m. - noon, Susie Howell, Reiki Master, and Friends

**Meditation and Mindfulness Guidelines**, Tue., Feb. 7 & Mar. 7 10:30 - 11:30 a.m. Offered one Tuesday each Month in conjunction with Reiki, these encounters introduce you to the secrets of the timeless art of meditation. You will feel calmer, more focused and balanced. Taught by Leslie Hanks', Yoga Unlimited.

**Massage**, Tue., Feb. 7, 10 a.m. - noon, Norma Reesor, LMT.

## Get informed, treat your feet, and improve your balance!

### “Vocal Changes as we Age”

Wed., Jan. 25, 11 a.m. - Noon, Dining Room

Age undoubtedly brings changes to our bodies, including our voices. Healthy living can delay some changes. These and other options and approaches will be presented. Offered by Spencer Gillian, MD, Tallahassee ENT & Audiology Associates.

### “Medical Marijuana: The Facts”

Tue., Jan. 24, 6 - 7:30 p.m. Auditorium

Florida's amendment 2 was passed in the 2016 election. Here is an opportunity to learn about marijuana as a legal controlled substance for many chronic health conditions. Dr. Ken Brummel-Smith, Medical Director, first medical cannabis dispensary in the state of Florida will present the facts. Snacks provided.

### Podiatry Screening & Foot Care

Thu., Feb. 9, 12:30 - 2:30 p.m., Health Suite

Dr. Gary McCoy, Podiatrist & foot specialist cuts toenails and assesses foot problems. Doctor accepts Medicare, Medicaid, and secondary insurance, which may cover costs for this service if you have diabetes, vascular disease, neuropathy, renal failure, MS, or are on blood thinner Coumadin. Otherwise, \$25 fee applies. No appointment necessary.

### “A Matter of Balance”

Thu., Mar. 2 - Apr. 20, 10 a.m. - Noon, Activity Room

A Matter of Balance is a tried and true 8-week falls prevention program that emphasizes practical strategies to reduce fear of falling and to increase activity levels. Participants learn to view falls and fear of falling as controllable; set realistic goals to increase activity; change their environment to reduce fall risk factors; and, exercise to increase strength and balance. No-cost. Call 850-891-4045 to register. Offered by Area Agency on Aging.



Deck the Halls Silver Bell Sponsor Capital Home Health Corp.'s Amy Kelly Porter and her daughter, Doris Carpenter, and Jaclyn Shapiro, Community Liaison.

## OUTREACH PROGRAMS

### Lunch & Learns, Lifelong Learning - Save the Date!

Lunch & Learns (L&L) offer lively and engaging programs for adults 50+. All Lunch & Learns are 10:30 a.m.-12:30 p.m. Each L&L includes exhibitors, health screenings, and lunch,



\$6. These events are a program of the Tallahassee Senior Center & Foundation, funded by the Leon County Board of County Commissioners. For information on Leon County

Senior Outreach events, field trips, and classes, e-mail Susan.Davis@talgov.com or call 850-891-4065. Note: LifeLongLearning classes, fitness classes and art workshops are offered at multiple locations. See page 2 for LifeLongLearning classes, page 5 for fitness classes and page 15 for art workshops.

**Bradfordville**, Wildwood Presbyterian Fellowship Hall, 100 Ox Bottom Rd.

*Lunch & Learns:* No L&L in Jan.; Thu., Feb. 8 & Mar. 8, 10:30 a.m.-12:30 p.m. Lunch \$6.

**Bradfordville Historic Schoolhouse**, 6808 Beech Ridge Trl.

*Social Bridge:* Mon., 12-3:30 p.m., \$1 per class.

**Bradfordville**, Leon County NE Branch Library, 5513 Thomasville Rd., Rm. 103

*LifeLongLearning:* Iceland: Land of Fire and Ice, Mon. 10-11:30 a.m. Jan. 23, 30, Feb. 6 & 13. See page 2 for more details and class description.

**Chaires-Capitola**, Dorothy C. Spence Community Center, 4768 Chaires Crossroad

*Lunch & Learns:* No L&L in Jan.; Tue., Feb. 28, 10:30 a.m. - 12:30 p.m. Lunch \$6.

**Fort Braden**, Fort Braden Community Center, 16387 Blountstown Hwy.

*Lunch & Learns:* No L&L in Jan.; Tue., Feb. 21, 10:30 a.m.-12:30 p.m. Lunch \$6.

**Lake Jackson**, Lake Jackson Community Center, 3840 North Monroe St., Ste. 301

*Lunch & Learns:* No L&L in Jan.; Thu., Feb. 16, 10:30 a.m.-12:30 p.m. Lunch \$6.

*Canasta, Cards & Games:* Tue., 1-4 p.m., \$1 per class.

**Miccosukee**, Miccosukee Community Center, 13887 Moccasin Gap Rd.

*Lunch & Learns:* No L&L in Jan.; Thu., Feb. 2 & Mar. 2, 10:30 a.m.-12:30 p.m. Lunch \$6.

*Bus Trip to WalMart:* Fri., Feb. 3 & Mar. 3, 10 a.m.-12:30 p.m. \$2 round-trip.

*Computer Class:* Fri., Jan 13, 27 & Feb. 10, 24, 10 a.m. - noon. \$1 per class.

**Woodville**, Woodville Community Center, 8000 Old Woodville Rd.

*Lunch & Learns:* No L&L in Jan.; Thu., Feb. 9 & Mar. 9, 10:30 a.m.-12:30 p.m. \$6 per person.

### Southside Senior Service & Outreach

The TSC is in the process of hiring a new Southside Outreach Coordinator. In the interim, the Wellness Circles will continue. Please call 850-891-4065 for more information.

### Wellness Circles

Casual settings with healthy refreshments for various health related discussions, demonstrations, guest speakers and health screenings. Enjoy seeing your neighbors and making new friends! For more information, call 850-891-4009.

### Wellness Circle dates

Jake Gaither Community Center, 801 Bragg Drive, 850-891-3940

No Wellness Circle in Jan.; next, Mon., Feb. 20, 11 a.m. - noon.

Jack McLean Community Center, 700 Paul Russell Road, 850-891-2505

No Wellness Circle in Jan.; next, Tue., Feb. 14, 11 a.m. - noon.

# New support group for grandparents starts this month

**KAREN BOEBINGER**

GAP COORDINATOR

Do you know a grandparent who is raising a grandchild? Chances are you do! There are well over 2,000 grandparents in Leon County who are the primary caregivers for their grandchildren. Within Leon County Schools, over 3,000 children are being raised by their grandparents.

These numbers continue to increase. Grand-families are created for a variety of reasons such as the death or illness of a parent, abandonment or neglect, teen pregnancy, incarceration, mental illness or changing economic situations. Grandparents want to keep the family together and keep their grandchildren out of foster care.

Even though grandparents willingly take on the role of primary caregiver, it still means a very different lifestyle for them. It is often not the retirement that they had planned and can lead to social isolation and feelings of depression and other stresses.

Getting together with other grandparents in the same situation can be very beneficial. As one member of GaP (Grandparents as Parents) said, "It feels so good to know that there are others out there in the same situation of raising grandchildren, and can understand what you're going through."

Because sharing feelings and experiences in a support group setting has been shown to help, GaP is expanding to include a NEW support group. This new support group will meet on the 2nd Friday of the month from 11 a.m. - 12 p.m. at the Jake Gaither Community Center. The first meeting will be on Jan. 13, 2017 and will continue every month (except July).

The GaP monthly support/information luncheons, which include educational presentations, legal services, health screenings and access to community agencies, will continue as well. These meetings are held on the last Wednesday of the month (except for July and December) from 12-1:30 p.m. at the main public library downtown.

GaP is a program of the Tallahassee Senior Foundation funded by the Leon County Commission, an Area Agency on Aging Older Americans Act grant, other grants, and donations. The GaP program includes these two meetings as well as family socials and trips, advocacy and information and referral for custodial grandparents and other relative caregivers.



## Upcoming events

Grandparents as Parents: Remember these dates

### GaP Support Lunch

*Wed., Jan. 25 & Feb. 22, 12 (noon) - 1:30 p.m.*

Leon County Public Library, 200 W. Park Ave, Program Room A.

Complimentary lunch provided for grandparents and other relative caregivers. Reservations are required.

### NEW! GaP Support Group

*Fri., Jan. 13 & Fri., Feb. 10, 11 a.m. - noon.*

Jake Gaither Community Center, 801 Bragg Dr.

Join other grandparents raising their grandchildren to discuss your unique situation. No reservations necessary.

Call or email Karen Boebinger at 891-4027 or Karen.boebinger@talgov.com if you would like more information or to RSVP for any events above!



Kali Spurgin of Florida Fish and Wildlife shows Bradfordville Lunch & Learn participants an invasive Lionfish.



Grandparent Debbie Simmons and her grandson enjoy GaP picnics!

For more information, email Karen.Boebinger@talgov.com or call 850-891-4027.

# Cyclist rides in style on the course, to the course

**NICKY GANDY**

FLORIDA SPORTS FOUNDATION

Corky Elbertson rides in the Florida Senior Games 5K and 10K Time trials in an impressive manner. But the ride bringing him to the competition venue is even more impressive.

Parked a few hundred yards from the start/finish line of the 2016 Florida Senior Games Time Trials, at Fort DeSoto Park, sat a very noticeable 35 foot Meridian made by Winnebago recreational vehicle. Elbertson drove himself to 14 different local qualifiers during the 2016 year, including the Capital City Senior Games.

"We go to other states if there's something interesting going on," Elbertson casually admitted with the Gulf of Mexico serving as a backdrop in December.

Elbertson, who won a 10K Time Trials bronze medal and qualified for the 2017 National Senior Games, in the 80-84 age group at Florida Senior Games, rides 30 miles every other day at his Crystal River home.

He has turned in times at the Florida Senior Games since 2000.

While his time on the bike at the Florida Senior Games is impressive, he has a personal accomplishment even more impressive.

"I've ridden a bicycle from coast to coast in one day," Elbertson said.

But it's not what you think for the longtime Florida resident.

"I worked on the Panama Canal for 32 years and it's 51 miles from the Gulf of Mexico to the Pacific Ocean."

From 1958 to 1990, Elbertson managed heavy equipment at the Panama Canal, the bulldozers and other machinery building roads.

"All of the tax money given to Panama for improvements," he said. "I helped put it to good use."

He's a native of New Jersey and left the state at age 22 for Florida. Traveling the country for something interesting keeps him on the road, but he still thinks the coolest place in the United States is Florida.

"I like my home state."

Elbertson enjoys his trip to the Capital City Senior Games because he claims it is run very well event and the race course in the Apalachicola National Forest properly showcases the North Florida area.

"You can't beat the scenery and I usually place very well in Tallahassee."

While Elbertson's travels take him to various locations around the state and country, the Tallahassee area and the Capital City Senior Games were well represented at the 2016 Florida Senior Games in Clearwater.



Cyclist Corky Elbertson and his Winnebago travel to Senior Games throughout Florida.

A total of 61 Tallahassee area athletes competed in 11 sports at the 25th Anniversary Florida Senior Games.

More than 2,600 athletes competed in the 2016 Games in 24 sports which served as a qualifier for the 2017 National Senior Games in Birmingham, Alabama.

While the number of North Florida athletes continues to climb at the Florida Senior Games, look for more athletes like Corkey Elbertson and others to make their way to Tallahassee and the Capital City Senior Games.

Visit [www.floridaseniorgames.com](http://www.floridaseniorgames.com) for a schedule of 2017 Florida Senior Games Series Qualifiers which includes the Capital City Senior Games, to be held March 3-13.

## Capital City Senior Games sets dates for 2017

**Mark your calendar for the Senior Games – Mar. 4-13**

Train now and gather your fans!

Schedule of Events

**Archery, TBD**

**Bag Toss, Thursday, 3/9 at 10 a.m.**

**Basketball, Friday, 3/10 at 9 a.m.**

**Bowling, (S) Friday, 3/10 at 1 p.m. & (DIM) Friday, 3/10 at 4 p.m.**

**Cycling, Sunday, 3/12 at 10 a.m.**

**Fun Walk, Saturday, 3/4 at 9:30 a.m.**

**Golf, Monday, 3/13 at 9 a.m.**

**Horseshoes, Saturday, 3/4 at 10 a.m.**

**Pickleball, (S) Tuesday, 3/7, (D) Wednesday, 3/8, & (M) Thursday, 3/9 All at 9 a.m.**

**Power Lifting, Thursday, 3/9 at 2 p.m.**

**Swimming, Wednesday, 3/8 at 6 p.m.**

**Table Tennis, Saturday, 3/11 at 9 a.m.**

**Tennis, (D) Friday 3/10 at 9 a.m. & (M) Saturday, 3/11 at 1 p.m.**

**Track & Field, Saturday, 3/4 at 10am, Javelin & Fun Walk at 9:30 a.m.**

For further information, please call 850-891-3866 or visit [www.tal.gov.com/seniors/seniors-seniorgames.aspx](http://www.tal.gov.com/seniors/seniors-seniorgames.aspx).

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## Deck the Halls

Presented by Audiology Associates of North Florida

Deck the Halls was made possible by the City of Tallahassee, the Tallahassee Senior Center & Foundation, and the following generous sponsors:

### Presenting Shining Star Sponsor:

Audiology Associates of North Florida, a division of Tallahassee Ear, Nose & Throat

### Ruby Stocking:

Capital City Builders, Inc., Tapestry Senior Living

### Gold Ribbons:

Allegro Inspired Living, Maren Cox, Realtor-Moving Tally Seniors LLC, Donald L. Tucker Civic Center, Eye Associates of Tallahassee, Steve Halsell, CASL®, LocalSeniorDiscounts.com, Midtown Merchants Association, Pete & Emily Millett, Tallahassee Moose Lodge 1075, Visiting Angels Living Assistance Services

### Media Elves:

Prime Meridian Bank, Tallahassee Democrat

### Cupcake Dessert Table:

Waldoch & McConaughay, P.A.

### Martini Bar:

Sniffen & Spellman, P.A.

### Deck the Halls Kickoff:

Capital Regional Medical Center

### Valet Parking:

Seven Hills Health and Rehabilitation Center

### German Band Sponsor:

Home Instead Senior Care

### Silver Bells:

Capital Home Health Corp., CapTel Captioned Telephone, Jim Davis, CPA,

# Thank you sponsors!

### Inaugural German Christmas Market and Beer Garden

Think Christmas Market with artisan crafts and good, local beer donated from Deep, Grasslands, Lake Tribe and Tally Brewing. German Polka music by Gesundheit, sponsored by Home Instead Senior Care, the Tallahassee RollerGirls, and a German food truck had everyone yodeling with holiday delight. Thank you to Capital Regional Medical Center and the Tallahassee Senior Center & Foundation for sponsoring the event.

FASTSIGNS, HealthSouth Rehabilitation Hospital of Tallahassee, Lifesong Funerals and Cremations, Premier Fine Homes, Inc., Linda Roberts, Tallahassee Senior Living at Cherry Laurel

### Candy Canes

Bobbie Bailey Sweet Creations, Bevis Funeral Home, Doug & Melanie Carlson, Centre Pointe Health & Rehabilitation, E. Ann Cleare, Realtor, Premier Homes, Dr. Tom DeLopez, DDS, Angie Goodman, Realtor, Keller Williams, HarborChase of Tallahassee, Healing By Nature Senior Care, LLC, Health and Wellness Centers of North Florida, India Association of Tallahassee (IATLH), Jamestown Woods Apartments, Shirley's Clothes Closet & Things, Sanitation Products of America, Jill Sandler, Bonnie Strade



Tallahassee Roller Girls volunteer to hand out pretzels.



Event Coordinators, from left, Hella Spellman, Doug and Melanie Carlson.



Many attendees wore their lederhosen and dirndls.

# A martini toast

A Christmas tree, in top hat, greeted 400 festively dressed guests for an evening of fun and fundraising to benefit Tallahassee Senior Services. The TSC auditorium was transformed into a holiday wonderland of twinkling lights, red, green and gold. Attendees sipped on their Cosmopolitan or Mochatini from colorfully-lit glasses, noshed on gourmet appetizers, desserts and cupcakes, and bid on unique auction items – all as they celebrated the season with friends, family, office mates and neighbors. Emcee

and humorist Mark Hinson and the jazzy Jazz Etcetera further added to the light-hearted yet elegant tone.

As the evening came to an end, the last to leave confided in Senior Center staff that this Deck the Halls was the best yet! Presenting Shining Star Sponsor — Audiology Associates of North Florida, a division of Tallahassee Ear, Nose & Throat, the City of Tallahassee, the Tallahassee Senior Center & Foundation and other generous sponsors listed on page 9 made the evening possible.



From left, Sponsor and TSCF Treasurer, Carol Thompson-Riley, Healing By Nature Senior Care LLC, Lori Swanson, Community Relations Assistant, Jeanie Martin Armstrong, Board Member and Sponsor Tallahassee Senior Living at Cherry Laurel.



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PHOTOS BY ROBERT OVERTON

DTH Kick Off Sponsor Capital Regional Medical Center's Nancy Spears, volunteer Zilpah Boyd and Martha Rodeseike.



From right, Martini Sponsors Sniffen & Spellman P.A., Alison Kostelnik, Jeffrey D. Slanker, Michael Spellman, Hetal McGuire, Kevin Kostelnik, and TSCF staff Susan Davis and Addie Carroll-Beal.



Irving Felker and Dot Carroll have a festive and fun evening out.



From left, Lori Swanson, Sponsor Tapestry Senior Living represented by Mackenzie Hellstrom, Jerry Stone, and sister Sydney.



In pink jacket, Sponsor and TSCF Board Member, Linda Roberts, and friends, from left, Cookie Stevens, Linda Smith, and Yvonne Weems.



From left, TSCF Board President and German Band Sponsor, Scott Harrell of Home Instead Senior Care, Lisa Dollar-Covert and Scott Berube of Seven Hills Health & Rehabilitation Center.

Friends, seated left to right, Pat Jacobs, Buzz and Jeanie Ireland, and standing Michelle Chicoine, Emily Millet, and Edna Owens.



Board Member Elda Martinko (center) and Friends celebrate their auction purchase.



Cupcake Servers and their dance instructor Aurora Hansen.



Friends and family gather for fun (from left) Shirley Puckett and David Smith, Richard Puckett, Sandra Cartwright, Shirley Benson, family friend, and Leslie Puckett, Art Program Coordinator.

# 2017 Tours

## TALLAHASSEE SENIOR CENTER

Tours are open to all travelers and benefit the Tallahassee Senior Foundation. Email [Kristy.Carter@talgov.com](mailto:Kristy.Carter@talgov.com) or call 850-891-4008 for more information. The Senior Center requests that you complete a participation form prior to taking a tour.

## COLLETTE VACATION TOURS

All Collette Vacations tours include roundtrip air from Tallahassee, fees, surcharges, and hotel transfers. For information, email [Kristy.Carter@talgov.com](mailto:Kristy.Carter@talgov.com) or call 850-891-4008. Visit [www.talgov.com/seniors/](http://www.talgov.com/seniors/) to access video of tours. TRAVEL ANYWHERE, ANYTIME and benefit the TSC when you call Collette World Connect at 877-368-0928 and mention ID#1895136 or visit <http://www.gocollette.com/>. Space is limited; book now!

## MACKINAC ISLAND

**Apr. 29-May 6, 2017**, Book now and save \$100 at \$2,849 pp/double Highlights include: Greenfield Village/Henry Ford Museum/Edsel and Eleanor Ford House/Mackinac Island, featuring The Grand Hotel/ Millennium Park, Chicago.

## CANYON COUNTRY

**Aug 14-22, 2017**, Book before Feb 14, 2017 and save \$170 at \$2,999 pp/double. Highlights include: Scottsdale/Oak Creek Canyon/Kaibab National Forest/Grand Canyon/Lake Powell/Choice of Monument Valley Navajo Tribal Park or Canyon Adventure Cruise/Bryce Canyon National Park/Zion National Park/Las Vegas

## SPOTLIGHT ON TUSCANY

**Nov. 7-15, 2017**, Book now and save \$100 until May 8, 2017. Price begins at

\$3,099 pp/double with saving! Highlights include: Spa resort town of Montecatini Terme/"Cradle of the Italian Renaissance" in Florence/Academy Gallery with Michelangelo's statue of David/Piazza del Duomo/Medieval city of Lucca/Gothic Line, one of the Germans' last WWII lines of defense/Museum of Liberation/Piazza del Campo in Siena/Tuscan winery/ Leaning Tower of Pisa/San Gimignano

## ICELAND'S MAGICAL NORTHERN LIGHTS

**March 3-9, 2018**, Save \$100 at \$3,449 pp/double if you book before Sep 4, 2017. Highlights include: Reykjavik/Northern Lights Cruise/Golden Circle/Thingvellir National Park/Geysir/Gullfoss/Seljalandsfoss/ Vik/Eyjafjallajokull Volcano Visitor Centre/Skogar Museum/Skoga-foss/Jokulsarlon Glacial Lagoon/Skaftafell National Park/ Vatnajokull Galcier/ Blue Lagoon.



GETTY IMAGES

## Travel Presentation

**Mon., Feb. 6, 10 – 11 a.m. TSC Auditorium**

Learn about adventurous travel opportunities available in partnership with the Senior Center. RSVP [Kristy.Carter@talgov.com](mailto:Kristy.Carter@talgov.com) or (850) 891-4008.



From left, Sponsor Capital Home Health Care's Nancy Sanguiliano, Cupcake Dessert sponsor Jana McConnaughay of Waldoch & McConnaughay P.A., and Sponsor Angie Goodman, Realtor, Keller Williams.



From left, Board member Dr. Ken Brummel-Smith, Tina Niggel, Mark Hinson, Marge Jones, Advisory Council Mike Francis, and DTH Chair and Board VP Doug Carlson.

# Feeling stuffed after the holidays?

MAREN COX

We have probably all have felt over stuffed after a great meal, or a succession of great meals over the holidays. Our immediate desire is to take control over our intake. We may even decide to lose weight or go on a diet.

What about our homes, closets, rooms, garage or attic? Are there places in your home that are over-stuffed? We can we put our homes on a diet and regain their original shape. Many of our home areas have become giant storage areas of unused, or un-needed items.

Often, before your house can go on the market to sell, your realtor may suggest that you downsize your belongings in your home. Purging is the first step. As a Realtor, I have had people actually think about not selling their homes once we got it all cleaned up because they felt like they had a new home.

Freddie Mac (Federal Home Loan Mortgage Company) recently did a nationwide survey and found that as we age, 37 percent of people will make a move in retirement; 50+ percent say they will stay where they are, and the remainder is undecided.

Whether you stay or go, making a decision to “right size your stuff” is a great decision. Remember the comedian George Carlin’s monologue on *Stuff?* You can see this on You Tube, which adds reality and humor on how our stuff has taken over our lives.

Solutions can begin with a single step — to take on one area in your home and purge! A great way to start is to be sure your trash cans are stuffed every week! I

## SAVE THE DATE!

### Tips for Aging in Place, Monday, April 24

#### An Age Friendly Community Housing Symposium

Keynote speaker, Marni Jameson  
Nationally syndicated home design columnist and author of  
*Downsizing the Family Home: What to Save, What to Let Go*  
Jameson shares personal wisdom and valuable advice gained from  
Downsizing both her personal and her parents’ homes  
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Lisa.DollarCovert@talgov.com or 850-891-4041.  
For more information, contact Sheila.Salyer@talgov.com or 850-891-4000.

have found it much easier to help my home regain its shape than my own efforts to lose weight. Enjoy all the new space and new look in your homes.

Maren Cox is Broker Associate with Coldwell Banker Hartung and Noblin, Moving Tally Seniors LLC.

# Partnership offers seniors travel options

KRISTEN BLACK  
ELDER CARE SERVICES

Elder Care Services, LocalSeniorDiscounts.com and Yellow Cab recently announced a partnership to address the need for additional transportation options for struggling seniors.

Through the newly formed partnership, eligible seniors who are unable to afford transportation to medical appointments, the grocery store or to the drug store to fill their prescriptions can schedule a ride through Elder Care Services and Yellow Cab will provide the transportation. Yellow Cab will also offer a discount to adults 50+ who have a LocalSeniorDiscounts.com membership card. Membership cards are sold for \$5 and proceeds benefit Elder Care Services.

More than one in five Americans age 65 and older do not drive, according to the Surface Transportation Policy Partnership. Declining health, eyesight, physical or mental abilities and other factors can take their toll and prompt a decision to give up the keys as adults get older. Compared with older drivers, older non-drivers make: 5 percent fewer trips to the doctor; 59 percent fewer shopping trips and restaurant visits; 65 percent fewer trips for social, family and religious activities.

“Seniors can feel isolated when they have to stop driving. They are also likely to experience a reduced quality of life,” said Mark Baldino, President and CEO of Elder Care Services. “We want to ensure our seniors have adequate transportation to address their medical and nutritional needs.”

The partnership will allow eligible seniors to be transported to and from their destinations through a reservation based approval process, scheduled in advance during normal business hours by contacting Elder Care Services at 245-5907. Elder Care Services covers the cost of the rides through dedicated United Way grant funding to assist seniors with transportation challenges.



Bob Smith and Candy Cane Sponsor and Advisory Council Member E. Ann Cleare Realtor with Premier Fine Home.



Silver Bell Sponsor, Capital City Builders Inc.'s Larry Strickland and wife Gloria.

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# Alzheimer's Project kicks off 2017 with 'Purple Craze'

**DEBBIE MORONEY**  
CEO, ALZHEIMER'S PROJECT

Alzheimer's Project is getting ready to "purposely go purple" at the fifth annual Purple Craze Party on April 22 at The Moon. Purple Craze features The Blues Factor, the Southeast's number one party band, famous for their live horns and high energy. You'll hear the hottest hits from the past to the present including Classic Rock, Motown, Funk and R&B.

The evening will also showcase a Battle of the Chef's, where you'll taste the signature dishes of the area's leading senior residences, and you can participate in a Silent Auction, Dance Competition, and Costume Contest. Tickets are \$25 apiece or two tickets for \$45. For more information or to purchase your tickets, call Betsy at 386-2778.

The 32nd Annual Alzheimer's Disease Education and Training Conference will be held February 18th from 8 a.m. to 3 p.m. at the FSU College of Medicine. The keynote Speaker will be Dr. Ken Brummel-Smith presenting on "Person-Centered Care." A variety of workshops will include information on nutrition, legal and financial information, healthy practices for mind-body-spirit, and managing adverse behaviors. The conference is designed for both family caregivers and professionals working in the field. CE's are available. Call Stephanie at 386-2788 for more information.

Caregiver Support Services expanded! Caregiving is a challenge, whether you are providing care in your home, through a facility, or at a distance. You need not be alone in this journey! On Tue., Jan. 24 at 6 p.m., an ongoing, evening support group for caregivers will begin at Temple Israel. Caregivers will share how to care for yourself while providing for others, and review the important resources that are available to you in the community. Respite care is available. Call Maggie at 386-2778 for more information and to confirm your participation.

If you are a caregiver, you will not want to miss Powerful Tools for Caregivers! This six-week course teaches caregivers how to take better care of themselves, improve communication, reduce personal stress, and so much more. Classes will be offered multiple times beginning in February. Call Megan or Stephanie at 386-2778 to register.



Jackie Wilson and Sherry Foster, Committee Members for Purple Craze.

## Take the NEW AARP Smart Driver Course

You could reduce your overall maintenance and car insurance costs! Refresh your driving skills and learn the new rules of the road. Learn research-based driving strategies to help you stay safe behind the wheel. There are no tests to pass. \$15 for AARP members; \$20 for non-members. Sign up today! Seating is limited. Call Ernie Conte @ 850-926-4605 for details and to register for one of these classes:  
Allegro Inspired Living, Tue., Jan. 24, 9-3:30  
Cherry Laurel, Sat., Feb. 18, 9-3:30  
Leon County School Board, Mon., Mar. 6, 9-3:30  
Westminster Oaks, Sat., Mar. 18, 9-3:30

SAVE THE DATE | WEDNESDAY, MARCH 29, 2017 | FLORIDA STATE CAPITOL

Join us at the State Capitol to celebrate and advocate for Florida's seniors. More than 100 statewide partners invite you to join us for a televised town hall meeting, free lunch, entertainment, exhibitors, and free health screenings.



**FLORIDA Senior Day**

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Strength in Action!



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**FLORIDASENIORDAY.ORG**

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STATE OF FLORIDA



## ART CLASSES

### TSC ART EXHIBITIONS

TSC Art Instructors on exhibit in the Auditorium and in the first floor lobby display case through Jan. 20. Paintings, drawings, clay, zentangle and jewelry by our fine cadre of teachers at the Senior Center. Drawings by Instructor Mark Fletcher are featured in the first floor Dining Room.

### UPCOMING ART EXHIBIT

Personal Expressions, an exhibition of watercolors by TSC Artists, Jan. 24 – Mar. 24. Art Reception Fri., Feb. 3, 6-8 p.m. TSC Auditorium.

### UPCOMING ART WORKSHOPS

Art workshops require pre-registration and payment one week before the first class meeting. Most meet once a week with a beginning and end date. They are at the Tallahassee Senior Center unless otherwise indicated. Newcomers can register on-line by visiting [www.tallahassee-seniorfoundation.org](http://www.tallahassee-seniorfoundation.org).

#### **Life Stories in Painting and Collage, Mariann Kearsley**

Thu. 1-3:30 p.m., Feb. 9 – Mar. 30 (eight class meetings), TSC Clay Studio. Develop artworks in mixed media painting and/or collage, using stories from your personal history, favorite songs or poems, with consideration of color, style and symbols to enhance the story. All skill levels, perfect for beginners. Class fee \$72 Seniors, Others \$88. Register by Feb. 2.

#### **Zentangle® - Introduction, Midori Okasako, CZT**

Tue. 1:30 – 4 p.m., Feb. 14 – Mar. 21 (six class meetings), TSC Clay Studio. Discover the fun and joy of creating beautiful designs one stroke at a time in this calming process founded by Rick Roberts and Maria Thomas. No prior art experience necessary for this beginning level class. \$54 Seniors, \$66 others. Register by Feb. 7.

#### **Zentangle® - Continuing with Black Tile, Midori Okasako, CZT**

Wed., 1:30 – 4 p.m., Feb. 15 – Mar. 22 (six class meetings), TSC Clay Studio. This class explores Zentangle design using white ink on black square and round tiles. Prerequisite: Introductory Zentangle® workshop. \$54 Seniors, \$66 others. Register by Feb. 8.

#### **Cohen Art Craft – Paper Mache' Thingamajigs, Leslie Cohen**

Thu., 9:30 – 11:30 a.m., Feb. 16 - Mar. 9 (four class meetings), TSC Clay Studio. Create whimsical paper mache objects, small matchbox faces to lively animal creatures. You will create thingamajigs guaranteed to put a smile on your face. \$32 Seniors, \$44 others. Register by Feb. 8.

### NEIGHBORHOOD LOCATIONS

#### **Draw with Your Eyes, Paint with Your Heart, Mark Fletcher, NE Library Bradfordville**

Wed., 1:30 – 4 p.m., On-going beginning Jan. 18. Learn to draw what you see, using ink line drawing with a little watercolor. Beginners and intermediates. \$9 Seniors, \$11 others, each time you come. No pre-registration required, ask for art supply list before you come.

#### **Acrylic Painting, Debbie Gaedtke, at Southwood**

Wed., 6-8 p.m., Feb. 8 – Mar. 29 (eight class meetings), Southwood Community Center. Learn basic skills and develop technique with a versatile medium. Per-



Bart Frost teaches art classes at the Tallahassee Senior Center.

fect for beginners and continuing artists. \$72 Seniors, \$88 others. Register by Feb. 1.

#### **Beginning Drawing with Maria at Westminster Oaks**

Wed., 9:30 – noon, Feb. 15 – Apr. 19 (skip March 8 & Apr. 12, eight class meetings), Pool House. Learn and develop basic drawing technique. Perfect for beginners. \$72 Seniors, \$88 others. Register by Feb. 8.

#### **Drawing II with Maria at Westminster Oaks**

Wed., 1 – 3:30, Feb. 15 – Apr. 19 (skip Mar. 8 & Apr. 12, eight class meetings), Pool House. Continue to develop drawing skills, technique and composition. For continuing students. \$72 Seniors, \$88 others. Register by Feb. 8.

#### **Watercolor Painting at Lake Jackson Community Center at Huntington Oaks Plaza, Linda Pelc**

Mon. 1 – 3:30 p.m., Feb. 13 – Apr. 17 (skip Mar. 20 & 27, eight class meetings). Watercolor with focus on still life. Beginners and Continuing Beginners. \$72 Seniors, \$88 others. Register by Feb. 6.

#### **Painting with Oils, at Fort Braden Community Center, Robert DeWitt Smith**

Thu., 2 – 4:30 p.m., Feb. 16 – Apr. 6 (eight weeks). Each session provides both a demonstration and the opportunity to paint. Some experience with oil painting preferable. \$72 Seniors, \$88 others. Register by Feb. 16.

#### **Watercolor, Eluster Richardson, NE Library Bradfordville**

Thu., 1:30 – 4 p.m., Feb. 16 – Apr. 6 (eight weeks). Develop skills and insight, improving composition and subject matter working with watercolor. Intermediate Level. \$72 Seniors, \$88 others. Register by Feb. 8.

### WEEKLY STUDIO CLASSES

On-going studio classes meet on a weekly basis and do not require pre-registration. Pay the days you attend. Instructors work with individual students, and students assist and critique one another in a rewarding

collaborative environment. It is recommended that you visit the class and talk to the instructor prior to joining; the instructor will provide you with a supply list for that class. Studio Artists have the opportunity to exhibit in the center's gallery spaces. All classes are located at the Senior Center Art Studio unless otherwise noted. Classes do not meet on holidays, L3X week, nor Maintenance Week. \$9 per class Age 50+, \$11 Others (age 18-49). Or buy an art card that gives you eight classes for the price of seven. For more information, email [Leslie.Puckett@Tal.gov](mailto:Leslie.Puckett@Tal.gov) or call 850-891-4016.

**Artistry in Clay – Handbuilding, Mark Fletcher** - Mon., 9 – noon, TSC Clay Studio. Perfect for beginners.

**Drawing Like Durer & Friends - Pen & Ink, Mark Fletcher** - Mon., 12:30 – 3 p.m., TSC Clay Studio.

**Watercolor Tue. Studio, Linda Pelc** - Tue., 9 – noon.

**Watercolor Beginners, Linda Pelc** - Tue., 1 – 4 p.m., Beginners and continuing beginners.

**Pastels, Wendy Devarieux** - Wed., 9 – noon. Beginning Feb. 2. No instructor on the 3<sup>rd</sup> Wed. each month.

**Oil and Acrylic Painting, Robert Dewitt Smith** - Wed., 1 – 4 p.m., Beginners & Intermediate.

**Draw With Your Eyes, Paint with your Heart, Mark Fletcher, NE Library Bradfordville** - Wed., 1:30-4 p.m., Pen & Ink with a little watercolor. Beginners welcome.

**Watercolor Thu. Studio, Rosemary Ferguson** - Thu., 9 – noon.

**Drawing Etcetera, Bart Frost** - Thu., 1-4 p.m., drawing & painting, perfect for beginners.

**Oil Painting – Advanced, Eluster Richardson** - Fri., 9 – noon, intermediate and advanced.

**Drawing Together, Michael Harrell** - Fri., 9:30 – 11:30 a.m., developing basics, pencil, pen & ink.

**Beginning Acrylic Painting, Debbie Gaedtke** - Fri., 12:30 – 3 p.m., perfect for beginners.

On-Going Studio Labs:

**Portrait Studio Lab, Mon., 9 – noon, \$5.**

**Ceramics, Tue. & Wed., 9 – noon, \$2 plus cost of materials and firing fee, perfect for beginners.**



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Parallel Universe of Ants instructor and students on a OLLI field trip.

## OLLI at FSU offers 35 no-grade classes

FRAN CONAWAY  
OSHER LIFELONG LEARNING INSTITUTE

Riding the Silver Tsunami, The Art and Science of Birdsong, “Right Care”: Understanding the Evidence of What Works in Medicine, Great Decisions, Murmurs and Secrets: Florida and Cuban Architecture, Traditional Celtic Music and Dance, A Social History of Comic Books, Introduction to Buddhist Traditions, Functional Foods and Human Health, Robert Redford: The Director—these are just a few of the 35 stress-free, no-exam, no-grade classes that are on tap for the Spring Semester of the Osher Lifelong Learning Institute at FSU.

Membership in OLLI, a requirement for class enrollment, is open to all area lifelong learners 50 and older. “OLLI at FSU is a welcoming and inclusive organization, and we emphasize recruiting and retaining members from all segments of our community. Our goal is to have an OLLI at FSU that mirrors our entire community,” says Member President Carroll Bewley.

A catalog of courses and activities will be available to online at [olli.fsu.edu](http://olli.fsu.edu) the second week of January. In addition, instructors will preview their courses at the OLLI Showcase Fri., Jan. 27, 1 p.m., at the Turnbull Center on the FSU Campus. Registration for classes begins Tue., Jan. 31, at [www.olli.fsu.edu](http://www.olli.fsu.edu). The Spring Semester begins Feb. 20 and ends Apr. 7.

Courses are taught by current and former faculty from FSU, Florida A&M University, Tallahassee Community College, graduate students and community experts.

With over 1100 members, besides classes, OLLI offers a wide range of activities including field trips and hikes, concerts, theater, an exhibit of Korean Art, travel and other offerings. Filling out the semester are a wide range of club activities, including a new Paddlers’ Club and a monthly Save the Planet eco-aware lunch group.

For more information on OLLI membership and offerings, see [www.olli.fsu.edu](http://www.olli.fsu.edu) or call 644-1347 or 644-3520.

## Engage your inner ‘seen-ager’ this new year

AUDREY BYRNE  
COMMUNICATIONS COORDINATOR

I’ve been thinking about age and aging; I turn 50 in a month. The truth of the matter, articulately put by Colombian novelist Gabriel Garcia Marquez, is that people do not “stop pursuing dreams because they grow old, they grow old because they stop pursuing dreams.”

The Tallahassee Senior Center is in the “dream-making” business—the pursuit of a happy, balanced life: our mission is to offer programs, activities and opportunities designed to encourage active living, optimal aging, and social fitness for independent adults age 50+.

While yes, many of the Senior Center participants are age 50+ (anyone age 18+ can participate in our activities at full price), most if not all of our participants would not, under any circumstance, identify as a senior.

A senior, according to Merriam Webster, is: “(1) a person older than another; (2) (a) a person with higher standing or rank, (b) a senior fellow of a college, (c) a student in the year preceding graduation from a [high] school; and (3) senior as in “senior citizen,” an elderly person; especially, one who has retired.

If you were to show TSC participants the definition of a senior, most would align more closely to the 2nd definition – as having a higher standing or rank in society (as in “living life”) and feeling internally like a “high school-or college-senior.” These “Seen-agers” are having the time of their life! They don’t have the stress of grades or proving themselves.

TSC participants are a vibrant, active, fun-loving group of people – just stop in for a Life Fitness class or a game of pickleball and listen to all the hooting, hollering and yipping. If they have a few wrinkles, it is from all the smiling they do.

Like me, many of our participants are still busy with full- or part-time jobs, caregivers of parents, children or grandchildren — and they embrace the active, creative, learning and friendship-building opportunities available to them at the Senior Center as “therapy” for the usual stresses and occasional blows in life.

Flip through the pages of this issue of Active Living, and note this is merely a snapshot of the vast array of Lifelong Learning, computer, photography, music, dance, fitness, art, and language classes and opportunities offered that add energy and vibrancy to your daily life.

While the above opportunities are available to me now, I must admit my excitement to receive the 50+ discount. . . I certainly love a bargain and I look forward to pursuing the dream of a gold medal in the Capital City Senior Games and taking some Lifelong Learning and art classes . . . adding a wrinkle or two to my face from smiling so much.

To find out more about classes, opportunities and resources available, stop in and take a tour of the Tallahassee Senior Center, 1400 N. Monroe St., call 850-891-4000 or check out one of our satellite centers via Leon County Senior Outreach (email Susan.Davis@talgov.com or call 850-891-4065).



Angie Goodman of Keller Williams and Nick Gandy of Florida senior Games enjoy tasting a local brew at the Deck the Halls Kick Off.

## SUPPORT GROUPS

Support groups bring together people that share similar challenges and stories to provide emotional and moral support as well as opportunities to share advice.

The Mayo Clinic found some benefits from attending a support group include:

» gaining a sense of empowerment and control;

» reduced distress, depression, anxiety or fatigue; and

» acquiring a practical understanding of available resources from those in similar situations.

Support groups are not only for patients or those dealing with the relevant issue addressed by the support group. They may also be for family, friends, and caregivers. There are also a number of support groups that are specifically for family, friends, and caregivers.

There are support groups available for a multitude of issues ranging from broad to more specific (for example mental health or specifically depression). Examples include, but are not limited to, chronic disease, caregiving, grief, eating disorders, and various forms of addiction. Traditionally groups have met in person locally allowing for confidential interaction. Today some groups can be accessed on-line. Some support groups also maintain contact through newsletters, telephone, internet forums, and mailing lists.

### ADDICTION & SUBSTANCE ABUSE

#### Alcoholics Anonymous

Provides education and support, either through group meetings or individual contacts, for individuals to achieve sobriety

850-224-1818; intergroup5.org

#### Al-Anon Groups

Fellowship for families and friends of those suffering from alcoholism to provide an opportunity to share their experiences and provide strength, hope, and coping strategies.

850-222-2294; tallyalanon.org

#### Big Bend Area Narcotics Anonymous

Facilitates education and support for those recovering from drug addiction.

850-224-2321; bigbendna.org

#### Debtors Anonymous

A program of support and recovery for those suffering from compulsive spending.

1-800-421-2383; debtorsanonymous.org

## CANCER

### Look Good Feel Better

A program provided by the American Cancer Society out of the Tallahassee Memorial Hospital for women that have had hair loss or skin changes from cancer therapies. Advance registration is required.

1-800-227-2345; tmh.org

### Man to Man

A group that offers community education and support to male cancer survivors and their families.

850-894-4853

### National Ovarian Cancer Coalition, Big Bend Chapter

Raises awareness, conducts community outreach, and promotes education about the disease and offers support to ovarian cancer survivors, their family, and friends.

850-443-8251; ovarian.org

## CAREGIVER SUPPORT

### Alzheimer's Project

Provides education, facility respite, and support to caregivers assisting Alzheimer's patients. Note: Must meet eligibility requirements

850-386-2778; alzheimersproject.org

### Ability 1<sup>st</sup>

Offers education/training and other support services to caregivers.

Note: must meet eligibility requirements

850-575-9621; ability1st.info

## MENTAL HEALTH

### Bipolar and Depression Support Group

Provides people living with depression and bipolar disorder a place to share experiences, discuss coping skills, and offer hope to one another.

850-431-5160; tmh.org/health-wellness/support-groups

### NAMI (National Alliance of Mental Illness) Tallahassee Chapter

Offers family training and individual support for those suffering from mental illness.

850-671-4445; nami-tallahassee.org

## NEUROLOGICAL DISORDERS

### Stroke Support Group

Provides an opportunity for stroke survivors and their families to share information, experiences, and insights.

850-431-5164; tmh.org

### Parkinson's Support Group

Provides education for TMH Neuroscience Center clients, family members, caregivers and the community. All individuals with Parkinson's disease may attend group meetings.

850-431-5002; tmh.org

### Epilepsy Support Group

Established for people with epilepsy, their families, and the community that would like to know more about epilepsy.

850-222-1777; eabb.org

## GRIEF & LOSS

### Big Bend Hospice

Support provided for anyone that has lost a loved one. They also provide support groups for specific loss such as to those to suicide. Individual counseling is available by appointment.

850-671-6078; bigbendhospice.org

## Helplines & Hotlines

**Abuse Hotline:** 800-962-2873  
**Area Agency on Aging, Elder Helpline:** 800-963-5337  
**Consumer Hotline:** 800-435-7352  
**Medicare Hotline:** 800-633-4227  
**2-1-1 Big Bend:** 617-6333 or 211

### Covenant Care Grief Support

Provides support groups to those that are experiencing grief.

850-575-4998; choosecovenant.org

## WEIGHT CONTROL

### Tallahassee Memorial Bariatric and Weight Management Support Group

Offers support for patients considering or having bariatric surgery.

850-431-5409

## OTHER

You may also call 2-1-1 Big Bend which is an information and referral helpline that may refer you to other support groups that are in the local community that may be able to fit your specific needs.

## HAVE TIME TO SPARE?

### CARRY WITH CARE TO HELP GET OUR CITIZENS THERE!

More and more seniors and persons with disabilities require assistance with transportation. That's why **WE NEED YOU!**

Join the **StarMetro Volunteer Driver Program**, and help your neighbors maintain their independence and connection to the community by providing them with a ride to and from medical appointments and other destinations.



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# The Red Carpet Team Invites You to Connect

**Tue., Feb. 28, 5:30-7 p.m., TSC**

Are you new to Tallahassee? Are you recently retired? Have you just joined the Senior Center? Do you have friends or parents you wish would CHOOSE TALLAHASSEE? Join us! Meet other people at your stage of life and explore the vast number of opportunities, ac-

tivities, and events throughout the Tallahassee Community. Light refreshments & beverages will be served. Please RSVP to Lisa.DollarCovert@talgov.com or call 850-891-4003. Event sponsored by OLLI, and the Tallahassee Senior Center & Foundation.



The Big Bend Association of Fundraising Professionals pays tribute to 2016 Heart of Gold Recipient, Loyce Sulkes (center) for her generous support of the TSF. From left, Dorothy Brickler, Sheila Salyer, TSF Executive Director, Doris Partridge, Loyce Sulkes, Scott Harrell, TSF Board President, and Lori Swanson, Community Relations Assistant. Thanks to Jim Davis for sponsoring TSF's table.

## Tallahassee Senior Foundation

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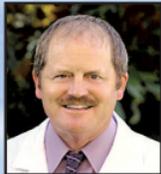
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## BE A KEY HOLDER

Please join the Tallahassee Senior Foundation today. Your contribution pays for programs and enhances services. Mail or drop off your annual membership contribution at the Senior Center.

### Membership

Senior Citizen (Age 50+) \$25  
Senior Couple \$40  
Supporter (under age 50) \$35  
Non-profit Organization \$50

### Key Holders

Diamond \$5,040  
Platinum \$2,520  
Ruby \$1,500  
Gold \$1,020  
Silver \$540  
Bronze \$240  
Friend \$120

Thank you for being a key to active aging! Send your contribution to: Tallahassee Senior Center, 1400 N. Monroe St., Tallahassee FL 32303

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CALENDAR OF WEEKLY PROGRAMS | JANUARY 9 – FEBRUARY 11, 2017**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 <i>Fitness at Woodville</i> 8:30 <i>Fitness at Chaires</i> 9:00 Crafting Bee 9:00 Portraiture 9:00 Artistry in Clay 9:30 French: C 10:00 French: Advanced 10:00 SHINE (by appointment) 10:30 <i>Fitness at Fort Braden</i> 11:00 French: B 11:00 Counseling (by appointment) 12:00 Senior Dining 12:00 Quilting Bees 12:00 <i>Bridge at Bradfordville</i> 12:30 Canasta 12:30 Drawing Like Durer & Friends – Pen & Ink 1:15 French: D 1:30 Tax Aide (2/11 thru 4/17) 1:30 Brain-Body-Balance 1:30 Bridge 99ers 5:15 Beginner Line Dance 5:30 Yoga 6:30 TDBC Bridge 7:00 Capital City Carvers 7:00 Square Dance Lessons (begin 2/6/17) 8:00 Twirlers Square Dance	9:00 Watercolor Studio 9:00 Ceramics 9:30 Life Exercise 9:30 <i>Seated Exercise at Chaires</i> 9:30 <i>Beginner Fitness at Bradfordville (I)</i> 10:00 Seniors vs. Crime 10:00 <i>Brain-Body-Balance at Optimist Park</i> 10:30 <i>Beginner Fitness at Bradfordville (II)</i> 10:30 Reiki 10:30 Wii Bowling 11:00 Mindful Movement 11:15 <i>Senior Fitness at Miccosukee</i> 11:30 <i>Senior Fitness at Bradfordville (III)</i> 12:00 Senior Dining 1:00 Senior Singers 1:00 Watercolor Beginners 1:00 <i>Senior Fitness at Bradfordville (IV)</i> 1:00 TDBC Bridge 1:00 <i>Canasta, Cards and Games at Lake Jackson</i> 1:00 <i>Brain-Body-Balance at SouthWood</i> 1:30 Tax Aide (2/11 thru 4/17) 2:15 Wii Games 2:15 Ping-Pong 2:15 Mahjongg 6:00 Guitar 8:00 SA Support	8:30 <i>Fitness at Woodville</i> 8:30 <i>Fitness at Chaires</i> 9:00 French: A 9:00 Ceramics 9:00 Pastels 9:00 Nimble Fingers 10:00 Seniors vs. Crime 10:00 Tai Chi 10:00 Blood Pressure Screening 10:00 Glucose Screening 10:30 <i>Fitness at Fort Braden</i> 11:00 Legal Services (by appointment) 11:30 Pickleball Basic Lesson 12:00 Senior Dining 12:00 Pickleball 12:30 Bridge-a-Deers 1:00 Oil & Acrylic 1:30 Tax Aide (2/11 thru 4/17) 1:30 Capital City Duplicate Bridge 2:00 <i>Brain-Body Balance at Allegro</i> 5:30 Tax Aide (2/11 thru 4/17) 5:30 Yoga 6:00 TDBC Bridge 7:15 Family Al-Anon	9:00 Watercolor Studio 9:00 Beginning Spanish 9:30 Life Exercise 9:30 <i>Seated Exercise at Chaires</i> 10:00 Blood Pressure Screening 10:30 Wii Bowling 11:00 Beginning Spanish starts 1/12/17 11:00 Counseling (by appointment) 11:15 <i>Senior Fitness at Miccosukee</i> 12:00 Senior Dining 12:00 Canasta 12:00 <i>Cards, Etc. at Allegro</i> 12:30 Line Dance 1:00 French Study 1:00 Drawing Etcetera 1:00 <i>Mindful Movement at Lake Jackson</i> 1:30 Tax Aide (2/11 thru 4/17) 2:15 Ping-Pong 3:15 Bean Bag Toss 5:30 Zumba® Gold 6:00 Novice Bridge Lesson 6:30 TDBC Bridge 7:00 Writers Workshop 7:00 Capital Chordsmen 7:00 Beginning Spanish (returns 1/19/17)	8:30 <i>Fitness at Chaires</i> 9:00 English 2nd Language 9:00 Oil Painting Advanced 9:30 Drawing Together 9:30 <i>Beginner Fitness at Bradfordville (I)</i> 10:00 Tai Chi 10:00 Social Bingo 10:30 <i>Beginner Fitness at Bradfordville (II)</i> 11:00 French: Advanced 11:00 Chair Yoga 11:30 <i>Senior Fitness at Bradfordville (III)</i> 11:30 Pickleball 12:00 Senior Dining 12:30 Beginning Acrylic Painting 1:00 <i>Senior Fitness at Bradfordville (IV)</i> 1:00 Model Ship Building 1:30 Tax Aide (2/11 thru 4/17) 2:00 Dancing for Fun 5:30 Ballroom and Swing Dance Lessons 6:30 Capital City Duplicate Bridge 7:15 Beginners Al-Anon

**TALLAHASSEE SENIOR SERVICES  
CALENDAR OF WEEKLY PROGRAMS | JANUARY 9 – FEBRUARY 11, 2017**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
JAN 9 1p Advisory Council 2:45p Poetry Group 6p Creative Aging 6p Beg. German	JAN 10 9a Ipad/Iphone PRR 10:30a Meditation 12p Art Council 2p Windows 10 PRR 7:30p Stamp and Cover Club	JAN 11 10a Hearing Screening 1:30pm NARFE	JAN 12 10a Matter of Balance PRR 2p Windows 10 PRR	JAN 13 11a <i>Gap Support Group at JG</i> 11a Ukuleles & Friends 7:30p Contra Dance	JAN 14 CENTER CLOSED
JAN 16 CENTER CLOSED in honor of Martin Luther King Day	JAN 17 9a Ipad/Iphone PRR 12p <i>Bookworm at Allegro</i> 2p Windows 10 PRR 6p TDBC Board	JAN 18 8:30a Capital Coalition on Aging 1p LCSO Advisory Council 3p Financial Counseling (by appointment only) 6p USA Dance Board Meeting	JAN 19 10a Matter of Balance PRR 2p Windows 10 PRR 2p LLL-Archaeology PRR	JAN 20 9a Memory Matters 10:30a Beginners Ukulele 11a Uke Sing Along Hour	JAN 21 7:30p USA Dance: <i>Anything Goes</i>
JAN 23 10a <i>LLL-Iceland: Land of Fire &amp; Ice PRR at B</i> 2:30p Quit Smoking 2:45p Poetry Group 6p Beg. German 7p Capital Twirlers Open House	JAN 24 9a Ipad/Iphone PRR 6p Medical Marijuana: The Facts	JAN 25 11a Vocal Changes as We Age 12:30p <i>Gap at LeRoy Collins Library (PRR 891-4027)</i> 3:30p Foundation Board Meeting 4:30p Mentor Up PRR 577-5165	JAN 26 10a Matter of Balance PRR 2p LLL-Archaeology PRR	JAN 27 9a Memory Matters 10a <i>Computer Class at M</i> 11a Ukuleles & Friends 7:30p Contra Dance	JAN 28 CENTER CLOSED
JAN 30 10a <i>LLL-Iceland: Land of Fire &amp; Ice PRR at B</i> 10a Legacy Circle PRR 891-4041 6p Beg. German 7p Capital Twirlers Open House	JAN 31 9a Ipad/Iphone PRR	FEB 1	FEB 2 10a Matter of Balance PRR 10:30a <i>Lunch &amp; Learn at M</i> 2p LLL-Archaeology PRR	FEB 3 9a Memory Matters 10a <i>WalMart Trip at M</i> 10a LLL-Tour FL Capitol PRR 10:30a Beginners Ukulele 11a Uke Sing Along Hour 6p Art Reception	FEB 4 CENTER CLOSED
FEB 6 10a Travel Presentation 10a <i>LLL-Iceland: Land of Fire &amp; Ice PRR at B</i> 10:30a Stroke Support Group 2:30p Quit Smoking 6p Beg. German	FEB 7 10a Massage 10:30a Meditation 6p Mona Lisa: Great New for Women 7p FFU Investment Club	FEB 8 10:30a <i>Lunch &amp; Learn at B</i>	FEB 9 10a Matter of Balance PRR 10a Spinal Health Screening 12:30p Podiatry 2p LLL-Archaeology PRR	FEB 10 9a Memory Matters 11a <i>Gap Support Group at JG</i> 7:30p Contra Dance	FEB 11 CENTER CLOSED

**TALLAHASSEE SENIOR CENTER, 1400 N. Monroe Street, 891-4000**  
**LEGEND - Class in italics off-site: A= Allegro; B= Bradfordville (NE Branch Library);**  
**CC= Chaires-Capitola; FB= Fort Braden; JM= Jack McLean; JG= Jake Gaither;**  
**LJ= Lake Jackson; M= Miccosukee; SW= Southwood; WO= Westminster Oaks; WV= Woodville.**  
**PRR= Pre-Registration Required; LLL=Lifelong Learning**  
 Specific addresses can be located at <http://www.talgov.com/seniors/seniors-satellite.aspx>



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