

Active LIVING

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

Get out and explore for fun, adventure!

LifeLong Learning Extravaganza attendees branch
out to enjoy tours and educational opportunities



From the Apalachicola Pearl to mermaids, dip into new classes

Maureen Haberfeld
Lifelong Learning Coordinator

Lifelong Learning offers a variety of classes throughout the year with the Tallahassee Senior Center. For more info or to register, go to TallahasseeSeniorFoundation.org/lifelong-learning or contact Maureen.Haberfeld@talgov.com 850-891-4033

Apalachicola Pearl with Mike Kinnett

Thu., Nov. 18, 1:30–3 p.m.

Michael Kinnett, author of The Apalachicola Pearl Novel Series, Apalachicola Pearl, Apalachicola Gold, and Apalachicola Mother of Pearl will discuss the novels and how he came to write them as well as some Apalachicola's history. It was in the historic town of Apalachicola he began caring for the Orman House Historic State Park Museum. The Orman family archive is extensive, and soon found himself immersed in local history, and for 13 years, shared Apalachicola's rich heritage with thousands of visitors from around the world. We'll examine Apalachicola's commercial rise to power and its fall on the eve of the "Terrible War," known today as "The Civil War." We'll examine how the Orman family and other prominent citizens of the time became entwined into the storyline. The author will separate fact from fiction and introduce the characters he created to bring Apalachicola's history to life. Michael Kinnett states, "The Apalachicola Pearl series of novels was born from my passion for the town's history and its unforgettable people. My sincere wish is for you to enjoy reading my Apalachicola Pearl series as much as I enjoyed writing them." Hybrid class at TSC and on Zoom. Fee \$5

Women Artists: Four Centuries of Creativity at the Gadsden Arts Center

Tue., Dec. 7, 9:15–11:30 a.m.

This exhibit presents etchings, engravings, lithographs, drawings, watercolors, and photographs—by some of the most important women artists of the last four centuries, all from the collection of the Reading, PA Public Museum. Included in the exhibition are historical works by some of the great women artists including Rosa Bonheur, Sonia Delaunay, Joan Mitchell, Louise Nevelson, Françoise Gilot, Clara Skinner, Lorna Simpson, and dozens more. The exhibition chronicles the emergence of women as professionals in the field of art and records the extraordinary creative contributions made over the centuries. Transportation provided from TSC, meet in TSC Dining Room at 9:15 a.m. Limited space available. Fee \$12



Technology Help Available

TSC volunteers are available to assist with technology challenges, from Zoom, email, e-books, smartphones and iPads, to uploading photos and more. A partnership with FSU Institute for Successful Longevity. Call 850-891-4000 from 8am to 4pm, Mon.–Fri. for assistance or for a Zoom User Guide.

Weeki Wachee City of Mermaids

Thu., Dec. 9, 2-3:30 p.m.

In the post WW II explosion of domestic tourism, Weeki Wachee spring offered the quintessential vacation fantasy, a city of colorful mermaids in a natural crystal spring right off the West Coast highway in a sparsely inhabited Florida. Join author and historian, Lu Vickers as she traces the colorful history of this Florida roadside attraction since its early start—when local teens were hired to play the mermaid parts performing silent ballets—to the heyday when ABC built them a million-dollar theater, and its subsequent establishment as a Florida State Park. Follow the park's rise to prominence through stunning vintage photographs and Lu's commentary to experience the daily life of a mermaid at Weeki Wachee Springs. Hybrid class at TSC and on Zoom. Fee \$5

Play with the Trains

Tue., Dec. 14, 6:30–8:00 p.m.

Toy trains are a big part of many of our holiday memories. Come to the TSC and celebrate the holiday season with the Big Bend Model Train Association. Four model train layouts, including a Disney set, will be on display in the Tallahassee Senior Center auditorium and members of the club will be available to answer questions. Come play with the trains and relive happy holiday memories. Kids are welcome so bring your grandchildren. Holiday refreshments will be served. Pre-registration not necessary. \$5 donation for adults, kids are free. Masks required.

ABOUT THE PUBLICATION

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

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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 more information on Tallahassee Senior Services, the TSC & Foundation, activities, and 15 neighborhood venues, contact 850-891-4000 or visit Talgov.com/seniors and TallahasseeSeniorFoundation.org.

"Like" us at [Facebook.com/TallahasseeSeniorCenter](https://www.facebook.com/TallahasseeSeniorCenter)

On the cover

Cherokee Pollinator Gardens: Beth Grant offers a tour of the Cherokee Pollinator Garden in Thomasville, which grows almost exclusively native wildflowers, shrubs, and trees. The main garden at this Cherokee Lake Park is in the shape of a butterfly.

Foraging Hike: L3Xers learn to seek out, identify, and sample edible plants on a foraging hike lead by Greg Haberfeld.

Goat House Farm: Pat Thomas offers a branch at Goat House Farm, a locally owned micro-farm home to a happy herd of goats.

Overstreet Hike: Rangers from Maclay Gardens lead a hike around the Lake Overstreet trails, sharing about the historical background and residents who previously lived in the community along Lakes Hall and Overstreet.

Kick off the holiday season with Deck the Halls

Kaila Hardee

Vice President, TSCF

Team Tallahassee Senior Center, including Board and Advisory Council members, volunteers, and staff have worked hard to keep activities and services going throughout the 19 months of a pandemic that brought so much to a halt. Together we have persevered and are happy to tell you that Deck the Halls is returning!

We will be celebrating the holidays on Friday, December 3 from 6:30 to 9:30 pm at the Senior Center. We hope you will plan to join us and be a part of this fun event. Tell your neighbors and friends!

Deck the Halls is the premier annual fundraiser for various events and classes at the Tallahassee Senior Center. We are going all out, and the band Jazz, Etc., is coming back! You can expect good food, fun and fellowship. And the famous silent auction will offer a variety of options ranging from trips and jewelry, to pet services, events and sporting experiences, to homemade goodies. What a great place to take care of some of that shopping that needs to be done!

Tickets can be purchased on our website TallahasseeSeniorFoundation.org. Donations are also accepted if you can't make the event. Not quite ready for the in person gathering? That's ok and we understand. You can still help. The TSC relies on your donations to fund virtual and in-person programs to keep seniors connected to their network of friends. We appreciate YOU, our donors and participants!

Making this event possible is our wonderful presenting sponsor, Audiology Associates of North Florida, along with our many supporting co-sponsors. It is the mutual support of those around us that has and will continue to see us through challenging times. So thank you, Audiology Associates and all of our business partners and donors!

Our signature martinis will be revealed on Zoom at the Virtual Deck-tini class on November 18 from 6-7:30 p.m. Mixologist extraordinaire Eric Pounders of Madison Social along with Michael Spellman of Sniffen and Spellman share secrets for martini making. You can even order an optional drink-making kit

Deck the Halls

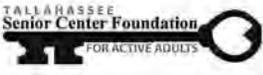
**Friday
December 3, 2021
6:30 p.m.**
*Tallahassee Senior Center
1400 N. Monroe St.*

**For more details or
to purchase tickets visit
www.TallahasseeSeniorFoundation.org**

**Fun, Fine Foods & Beverages
Live Music, Silent Auction**

**Cash Giveaway
Holiday Martinis
Complimentary Valet Parking**

**For more information
850-891-4003
Lisa.DollarCovert@talgov.com**



with all the ingredients need to make this year's fabulous martinis!

And if the World Wide Web still leaves you a bit perplexed and you don't feel confident logging on, you can still help by making a donation. Every bit of support makes a difference and is appreciated. You are helping others stay connected and active. And for many, this is their lifeline. So thank you for considering making your donation for this great cause and organization.

While the City of Tallahassee gener-

ously maintains our building, it is our members, donors, business partners, and grants that keep our programs going. Activities like fitness, wellness, and lifelong learning, drive-thru Lunch & Learns, Friends Connections, and GaP support groups—are all possible through donations to our TSC Foundation. Give the gift of active aging this holiday season, by making your donation at TallahasseeSeniorFoundation.org or mailing your check to TSCF, 1400 N. Monroe St., Tallahassee, FL 32303

HOLIDAYS AT THE TSC

**Deck-tinis and More: Thu., Nov. 18,
5:30-7 p.m. on Zoom**

Invite some friends over for a virtual pre-holiday party and learn how to mix some unique and enticing cocktails that will kick your celebrations up a notch during the holiday season! Join mixologist extraordinaire, Eric Pounders, of Madison Social, along with Michael Spellman, of Sniffen and Spellman, who will share their secrets for martini making! An optional Drink Kit is available, which will include all ingredients and liquor to make four different martinis. This event is co-sponsored by Madison Social and Sniffen & Spellman. Virtual class on Zoom: \$10, or \$25 with drink kit. Register on TallahasseeSeniorFoundation.org

Pick-up for the Drink Kit pre-orders will be Thurs. Nov. 18, at the Tallahassee Senior Center from 3-4:30 pm.

Capital City Band of TCC Holiday Concert: Mon., Dec. 6 at 7 p.m.

Enjoy the music of the holiday season performed by the Capital City Band of TCC. \$5 admission benefits the Senior Center

Capital Chordsmen Holiday Harmony Concert: Thurs., Dec. 9 at 7 p.m.

A mix of traditional and secular holiday music, in our a-Capella barbershop style, including pieces that will have you laughing and pieces that will inspire you for the season. Plan to leave with tunes floating through your head. Bring your friends and family for this wonderful event. Free event, donations appreciated.

Senior Center Holiday Closures

Nov. 23/24, Close at 5 p.m.

Nov. 25/26, Thanksgiving Holiday

Dec. 23, Close at 1 p.m.

Dec. 24, Christmas Holiday

Dec. 30, Close at 1 p.m.

Dec. 31, New Year's Day Holiday

Jan. 17, MLK, Jr. Holiday

Happy trails: I'm off to find my flow!

Susan P. Davis

Susan.Davis@talgov.com or 850-891-4065.

I am retiring. There, I've said it – but I'm not sure the word is accurate. I am vacating my job as coordinator of the Leon County Senior Outreach program, but I'm far from retiring. I am simply taking on a new adventure.

Nineteen years ago, I answered an ad in the newspaper for a senior services coordinator position with the Tallahassee Senior Center and Foundation. The main purpose of the job was to bring resources, services and social opportunities to seniors who lived inside Leon County, but outside the city limits. It was to be a brand-new program and had no instructions. What a gift.

Have you ever heard the concept of “flow?” It refers to involving yourself so deeply in something that hardly anything else seems to matter and you lose all track of time. It marries challenges of interest with personal skills. This job helped me discover skills I never knew I had, and presented challenges that I loved. I have been immersed for 19 years.

The best part of all? The people. Many program participants live in deeply rural areas of Leon County, some for generations. They brought gardenias, zucchini, and grapefruits to share, along with tales of community lore. Others were newcomers to the area and grateful for the warm reception they found at our events. Everyone shared unique histories, friendly smiles, and heartfelt hugs.

It takes a village to make a program like this work. Since 2003, approximately 100 community partners a year have brought resources and information to these locations. In addition, our staff members are passionate about serving residents in these areas. Leon County seniors are enveloped by caring professionals who hopefully, help them stay in the communities they love – with dignity, security, and purpose.

It is bittersweet to change directions at this point in my life. New communities were born, and friendships blossomed. Participants and staff became like family. I find comfort knowing there are people who will step in with new energy, creative ideas and an equal amount of passion. The Leon County



Maybe I will find my “flow” while fishing. It is OK if I don't catch anything. That's why they call it “fishing” and not “catching.”

Lifelong Outdoor Pursuits: Bicycle Workshop for Women

Wed., Dec. 8, 10:30 a.m.-noon, Tallahassee Senior Center

Remember the fun you had bicycling as a kid? It can be just as fun for you as an adult. There are lots of types of bicycles for your lifestyle, including E-bikes, which make riding possible for people of all ages and varying abilities. It isn't too late to discover a new pursuit, and this presentation will help you get started. Join Laurie Koeburger and friends for a fun and informational workshop on bicycling.

This presentation will include: How to get started; types of bikes; tips for purchasing a bike; bicycle gear; local bike trails and cycling groups; traveling with bikes; car free bike trails around the country. The group will also share their fun bicycling explorations in the US, Netherlands, Germany and Austria, featuring beautiful pictures and interesting stories. Cost: \$10 per person. Registration required: contact Susan.Davis@talgov.com or 850-891-4065.

Senior Outreach program will be left in good hands!

I am off to find new “flow” and the excitement is mounting. There are many things to explore. I can't wait to immerse myself in passions where I lose all track of time. My wish is that you too, find

your flow. Don't know where to start? Try the myriad of activities at the Tallahassee Senior Center and its outreach sites. I may see you there!

Want to help me celebrate my new adventure? Please consider a donation to the Tallahassee Senior Foundation at

TallahasseeSeniorFoundation.org or mailing your check to TSCF, 1400 N. Monroe St., Tallahassee, FL 32303 Your contribution will go directly to enhance program activities that make a positive impact in the lives of those we serve. Tell them Susan Davis sent you!

Elder Care seeking 'Elves' for the holidays

Jocelyne Fliger

Elder Care Services helps Leon County seniors with the basics throughout the year – food, a bath, trips to the doctor. However, many older adults on a very low fixed income have nothing to spare to celebrate the holidays.

As we move towards Thanksgiving, our thoughts turn to the joy the winter holidays bring. The theme behind this joyful season is often showing people that they matter to you and you are thinking about them. It may still feel a bit different this year, but the spirit of caring remains especially important. With Elder Care Services, you can show that love and worth to a local senior through Elder Elf, a gift giving program to benefit the individuals served by Elder Care Services throughout the year.

Care managers have identified clients in need this holiday season and are meeting with them to create wish lists with basic needs and holiday treats. Local businesses, families and individuals brighten the holiday each year for seniors in Leon County by “adopting” a senior’s wish list. The connections created through Elder Elf provide wonderful memories and remind all what this season is truly about. Last year with the help of more than 130 generous individuals and groups, the Elder Elf Program brightened the holidays for over 200 seniors and many more received gifts and other essentials to help them throughout the year.

If you are interested in being an Elder Elf, please contact Nicole Ballas at 850-245-5945 or visit www.eldercarebigbend.org

Grandparents as Parents

(GaP) program is for grandparents or relatives who are the primary caregivers for their grandchildren. GaP offers support groups, informational luncheons, access to community agencies, legal services and health screenings plus social activities for the whole grand-family.

GaP Support Lunch (new dates & times) - location TBA

Wed, Nov 17, 11:30-12:30 p.m.

Wed, Dec 15, 11:30-12:30 p.m.

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

GaP Meeting (new event) - location TBA

Wed, Nov 24, 11:30-12:30 p.m.

Wed, Dec 22, 11:30-12:30 p.m.

Join other grandparents outside to socialize and share experiences

GaP Evening Support Group - Meeting virtually via Zoom

Mon, Nov 8 & 22, 7-8 p.m.

Mon, Dec 6 & 20, 7-8 p.m.

Join other grandparents raising their grandchildren to discuss your unique situation

Call 850-891-4027 or email Karen.boebinger@talgov.com for more information or to RSVP for any events above! GaP is a program of the TSC Foundation, funded by Leon County Commission, grants and donations.



Transitions is a program that offers non-medical support to those living with a serious illness.

SERVICES PROVIDED TO CLIENTS THROUGH TRANSITIONS INCLUDE:

Companionship visits by Trained Volunteers

Bi-Weekly Wellness Calls

Assistance by a Social Worker to connect to available Community Resources

Transitions services are appropriate for people who:

- Have a serious diagnosis
- Are not yet ready or qualified for hospice care
- Want to remain in their own home with support
- Have been hospitalized or needed emergency care several times in the past year

Call (850) 671-6090
for information on this FREE service

Transitions: A Pre- and Post Hospice Program
1669 Mahan Center Boulevard, Tallahassee, FL 32308

WWW.BIGBENDHOSPICE.ORG/PRE-HOSPICE-TRANSITIONS

COMMUNICATION RESOURCES FOR SENIORS

Video Communication Devices & Platforms

Uniper is a worldwide virtual community designed for seniors, which provides an end-to-end solution that transforms a TV or mobile device into an interactive connectivity hub. Join live, interactive classes, video chat with family, friends and professional caregivers. Uniper is HIPPA compliant and multilingual. The service is also free. Access to the Internet is needed, however the cost for access is covered by the program if not already available in the home. For more information, please contact Advantage Aging Solutions at 800-963-5337

GrandPad This tablet provides a safe, streamlined way for seniors to participate in video calls and share photos, as well as limited access to the internet. Designed without complicated features, GrandPad utilizes large buttons and an intuitive interface to simplify use. It provides protection against spam and robocalls, with live support available 24/7. Call 800-704-9412

Video Communication Programs

Most communication platforms and programs require users to set up an

account, but doing so is usually straightforward and can be completed in a matter of minutes. Additionally, security is a concern with any internet-based communication, so familiarize yourself with any application before using it. Review the settings and make sure that the security features provided are activated.

Zoom is a video teleconferencing program used to set up and meet with groups or classes, and invite others to participate. If you are joining a hosted meeting, such as Tallahassee Senior Center classes, use is complimentary. For more information, visit Zoom.us or go to tallahasseeSeniorFoundation.org/ resources and review the Zoom User Guide as well as the Zoom on Your TV document which explains how to view Zoom meetings and classes on a TV screen.

Skype is used for videoconferencing, voice calls and chat. Skype can be downloaded at skype.com, or the app can be downloaded to your mobile device. Once the software is installed, simply complete your account setup, and invite friends for a video chat.

Google Meet is a video-communication

Helplines and Hotlines

Abuse Hotline: 1-800-962-2873 or 1-800-96ABUSE

Area Agency on Aging, Elder Helpline: 1-800-96-ELDER (3-5337)

Consumer Hotline: 1-800-435-7352

Medicare Hotline: 1-800-633-4227

2-1-1 Big Bend: 617-6333 or 211

service developed by Google. Anyone with a Google Account can create a video meeting, invite up to 100 participants, and meet for up to 60 minutes per meeting for free.

FaceTime is available to anyone using an iPhone. FaceTime is an Apple program and is typically used from one Apple device to another. To get started, locate the FaceTime app on your Apple device, and follow the prompts. You will need your Apple ID.

Duo is a video chat mobile app devel-

oped by Google. If you own an Android device, downloading the Duo app will allow you to accept FaceTime calls from iPhone users as well.

Facebook Messenger A Facebook account is not required to sign up for Facebook Messenger. Users can send messages and exchange photos, videos, audio, and files, as well as react to other users' messages. The service also supports voice and video calling.

WhatsApp allows users to send text messages and voice messages, make voice and video calls, and share images, documents, user locations, and other media. WhatsApp runs on mobile devices, but is also accessible from desktop computers, as long as the user's mobile device remains connected to the Internet while the desktop is in use. A standard cellular mobile number is required for registering with the service. *NOTE: This information is not all-inclusive and does not imply endorsement of any persons, offices, or agencies by Tallahassee Senior Services. For information, call 850-891-4000, email nick.schrader@talgov.com or visit talgov.com/seniors/seniorservices.aspx and tallahasseeSeniorFoundation.org*

SOUTHSIDE SENIOR SERVICES & PROGRAMS

For more information or to enroll in these classes, contact Wendy.Barber@talgov.com or call 850-891-4052

Monthly Wellness Circles: 11-noon, Wed., Nov. 17 and Dec. 15 at Jake Gaither and Tue., Dec. 14 at Jack McLean. In November, Elizabeth Jenkins with WellCare Insurance will discuss the ins and outs of Medicare and answer your questions. The December dates will be in-person CarFit workshops, limited to 15 people. Suggested donation: \$2 per class.

Resources: Nick Schrader, Resource Coordinator with the Tallahassee Senior Center will guide you through the Senior Center Foundation website showing how to access resource cards providing an array of information and resources that are available to you. This in-person workshop will take place Thu., Nov. 18, 11:15 am at Jake Gaither Community

Center, 801 Bragg Drive.

Healthy for Life series continues at Jake Gaither on December 2 and 9. Our guest will be Sally Sanders, Field Educator for the Ethical Choices Program. Sally will educate participants about "the impact of their food choices, empowering them to make decisions that are consistent with their own values as related to human health, the environment, and animals". You will be encouraged to "think critically" about your food choice.

Brain Body Balance indoor classes, Tuesdays and Thursdays 9-10:00 am at Optimist Park in Indian Head Acres. Exercises improve agility, balance, coordination, flexibility and strength. Space is limited so pre-registration is required. Suggested donation: \$3/class. Fitness Cards are available for \$25 for 10 classes, a savings of \$5.

UPSLIDE

If you are feeling lonely and would like to meet new people, then UPSLIDE's Friends Connection group is for you! UPSLIDE is an award-winning program that addresses loneliness, isolation & depression, and Friends Connection is a great way to make friends, share ideas and engage in meaningful conversation.

It is a welcoming and accepting community of support and, mostly, just plain fun. We would love for you to join us! UPSLIDE also offers no cost on-line and in-person counseling. For more information or to sign up to attend, email Melanie.Lachman@talgov.com or call 850-891-4066.

UPSLIDE Friends Connection:

Tallahassee Senior Center: Mon. 3-4:30 p.m. and Thur. 1-2:30 p.m.

Virtual (via Zoom): Tue. 1-2:30 p.m. Call or email for link.

Lincoln Neighborhood Center: 2nd & 4th Wed., 1-2 p.m.

Miccosukee Community Center: 1st Tues. 12:30-1:30 p.m.

Tallahassee Senior Center celebrates volunteers

Rosetta Land

Elda Martinko

“Volunteerism brings the best of service to others,” says Elda Martinko. She takes that to heart. Elda served 15 years on the Tallahassee Senior Foundation Board. She still finds joy helping seniors in numerous ways. Fundraising, serving at special events, and donating to Senior Center programs are among her favorite activities.

She’s a people person who wants to help other seniors get pleasure from learning opportunities and fun pursuits offered at the Center. When asked if she had a favorite activity, there was no hesitation before Elda exclaimed, “Deck the Halls.” She particularly loves this festive occasion and is eagerly awaiting the 2021 event.

She’s very happy that more activities are open to TSC participants, and that availability increases steadily. Over the previous 18 months “everybody’s world was different,” Elda acknowledged. “We all learned to Zoom classes,” and “I’m happy that was an available tool for our very active seniors. I’m also happy that we are moving forward,” Elda added with great enthusiasm.

Susie Howell

Reiki is a healing art that promotes relaxation and wellness. With loving hands, Susie Howell has treated hundreds of Tallahassee Senior Center participants through Reiki. This year Susie celebrates 15 years of volunteerism.

“I’ve truly enjoyed treating the people who have come to receive Reiki in the Health Suite. The atmosphere is really uplifting, and it has been an honor to work with a variety of students who have volunteered there with me,” says Susie enthusiastically. It’s easy to understand how this practitioner has a following – she’s engaging and caring with every word.

Susie promoted Reiki as an exhibitor at center events, donated Reiki sessions at TSC’s signature event Deck the Halls and looks forward to the end of the pandemic. In addition to practicing Reiki, she’s also a vocalist. “I’ve been singing



Elda Martinko, 15 year Volunteer



Susie Howell, 15 Year Volunteer

with fellow practitioner Angie Prather for 20 years, and we’ve often sung, along with many clients, while giving Reiki.”



Laurie Hosford, 20 year Volunteer



Mike Francis, 15 Year Volunteer

Laurie Hosford

Ask Laurie Hosford what he likes about volunteering at the Tallahassee Senior Center and he will instantly tell

you, “Everyone there is outstanding! Staff is extremely nice and they are accommodating to any need.” He’s been a regular on the scene for 15 years – 14 of those years as a class leader. Prior to the pandemic, Laurie led the Writers Workshop, and he says he “organized, not taught,” class. “I edited stories for class members – almost all have been published.” He’s also a published writer, one who let his class participants edit his stories.

Some folks may remember his Tallahassee Magazine article “A Man and his Cat,” featuring a Seminole Indian and a Florida kitten. That Seminole tribesman was Jimmy McDaniel, a former Leon High School classmate, and the kitten grew to a 150-pound panther that was released in a South Florida preserve. Laurie has visited the panther, now 13 years old. Turns out McDaniel is Laurie’s distant cousin.

Mike Francis

“I love to help people. It’s fun to see their smiles,” Mike Francis offers as he chats easily about why he volunteers. He’s been volunteering in one, two, even three areas at the senior center. He engaged his students in photography classes, photo editing classes, and with stamp collections and questions.

Mike’s been a volunteer for nearly 20 years. It’s enjoyment to him to be able to help individuals with answers to their questions. Of special delight to Mike is to “see the light come on” when he assists beginning photographers. “It’s explaining what a camera can do, how your eye can help, what the light influences and much more,” he explains.

In addition to photography and editing, Mike is president of the Tallahassee Samp & Cover Club that has met at TSC since the early 90s. He volunteers and assists collectors, inheritors, and novice stamp enthusiasts.

Continued on next page

Jane Greene

"I volunteer to feel useful and because it gives me purpose," Jane Greene says, adding "I enjoy the people and volunteering keeps me busy." Jane's 25-year career as an R.N. began in a South Florida hospital. After moving to Tallahassee, she found volunteering in the Senior Center's health suite rewarding. Since the reopening of the center (it was temporarily closed during the pandemic), Jane volunteers during the exercise program.

Jane emphasizes, "I strongly advocate volunteerism," and tells friends, "You could be doing so much good by serving others as a volunteer." She's no stranger to volunteer work. It is a work that brings its own satisfaction and love of people. "I've volunteered with a school PTA, my Homeowners Association, and Leon County's Adult Education program," Jane adds.

Participants at TSC continue to see Jane in her new role of volunteerism and she's delighted to share her time with them. Volunteer – a title Jane proudly claims.

Jill Sandler

"So fun! Volunteering is fun!" says Jill Sandler. She volunteers at both the Senior Center and Westminster Oaks, because she likes "meeting people and I find each person interesting." It's their stories that engage Jill, "I find enjoyment in helping. It's fun to be social." When asked what her favorite volunteer job is, Jill immediately responds, "the TSC reception desk. No two days are alike! People bring ideas to me or require assistance finding something."

For instance, she started Mahjong at the center, and proudly says "It grew from two tables to 16 and even 20 players."

Some of her special time is spent with dog Buddy. He's a terrier "mutt" that's been with Jill for several years. The pair found a new environment at Westminster Oaks and Jill's wasted no time getting involved. She serves on a committee already and future opportunities are anticipated. Jill's ready to give up some pool time to be helpful.

Volunteers staying active

When you enter the Tallahassee Senior Center, you experience a variety of people, from all ages who enjoy the center and all it has to offer. The staff and volunteers show commitment and dedication to helping others with the incredible variety of programs and services offered. Growth is important in anyone's life and the center has added years of learning new things, meeting new people, and finding a new path to follow. Volunteers are inspired to serve at the Tallahassee Senior Center knowing that they make a positive impact on seniors' lives. We applaud these volunteers reaching milestone years of service at the Tallahassee Senior Center:

25 Years

Lisa Meyer - Special Projects
Lauchlin Waldoch - Attorney, TALL Advisory Council

20 Years

Zilpah Boyd - LCSO Advisory Council, Baby Bloomer
Laurie Hosford - Writers Workshop

15 Years

Carolyn Brown - Greeter, LCSO, Bradfordville Senior Day, Special Events
Mike Francis - Advisory Council, Stamp & Cover, Digital Camera
Jane E. Greene - Health Suite
Susie Howell - Health Suite
Elda Martinko - Foundation Board
Jill Sandler - Advisory Council, Mahjongg, Art Council, Receptionist, Accreditation Committee, TALL Advisory Council
Beville Vertuno - French Instructor

10 Years

Thomas Bassett - Guitar
Gerald Bell - Fly Tying
Mary Berman - Art
Sandy DeLopez - Foundation Board, Art Council
Leslie Hanks - Meditation Instructor
Jesse Hodsdon - Special Events
Rauha Jessup - AARP Tax Aide
Joan Kanan - Art Council
Carol Moomaw - Ceramics
Peter Piper - Computer Classes, Advisory Council
Eleanore Rosenberg - Library
Lawrence Sack - Library, Special Projects
Ruth Weaver - Lunch & Learn, Greeter
Nancy Wenhold - Lunch & Learn, La-



Jane Greene, 15 year Volunteer



Jill Sandler, 15 Year Volunteer

beler

5 Years

Greg Boebinger - Special Events
Carol Boebinger - GaP, LCSO
Elise Bollier - Advanced French
William Brown - Labeler
Michelle Chason - Reiki
Peter Cowdrey - LLL Instructor
Thomas Friedman - LLL Instructor
Nicholas Fugate - Attorney
Steve Gagne - Advisory Council, Special Events
Nancy Godette - Advisory Council
Danny Haberdorf - Special Events
Barbara Hudson - TOPS
John Hutchison - Special Events
David Jacobsen T- ALL Advisory Council
Susan Young Lee - Receptionist, Special Events
Jeanie Martin - Foundation Board
Lee McNeil - iPad Instructor
Cynthia R. Mitchell - Special Events, GaP
Abi Moon - Advisory Council
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Farewell, Jennifer

Our wonderful Art Program Coordinator, Jennifer Haskins, is leaving for rewarding adventures in North Carolina. Over the past two years Jennifer has expanded the TSC Art Exhibits to online galleries that can be seen worldwide. Her creative spirit kept artists and their fans connected virtually although we couldn't meet in person. We wish her and her family all the best! May you continue to guide and inspire those around you!

TALLAHASSEE SENIOR CENTER FOR THE ARTS

Email Hella.Spellman@talgov.com or call 850-891-4007 for class information.

Art Exhibit: Tallahassee Senior Artist Showcase

Now on display in the TSC Auditorium through Nov. 26 & online: TallahasseeSeniorFoundation.org – click on Art.

Art Reception: Insider's Showcase Fri., Dec. 17, 6-8 p.m.

Meet the artists and hear them speak about their artwork. Vote for People's Choice – winners announced at the reception. Refreshments will be served.

ON-GOING CLASSES AT THE TSC

\$10 a class unless stated otherwise.

Portrait Studio Lab, Mondays 9-12, \$5

Draw or paint from live model, bring your own art supplies, no instructor.

Pastels Landscape Lab, Tuesdays 9-12, \$5, no instructor.

Ceramics, Wednesdays & Thursdays 9-12

\$2 lab fee, plus cost of materials and firing fee. Use mold-made bisque items to paint or glaze. Lead by helpful volunteers.

Acrylic Painting – Debbie Gaedtke, Wednesdays 9:30-12:30

Learn and develop basic skills and techniques with a versatile acrylic medium in a friendly, supportive class. For beginners, as well as continuing artists.

Oil and Acrylics – Debbie Gaedtke, Wednesdays 1-4, Intermediate-Advanced

Explore your creative side among a friendly, supportive group of painters. Work at your own pace on your own projects with feedback and participate in critiques.



The Tallahassee Senior Artist Showcase is an annual juried fine art exhibition highlighting talented, mature artists residing in Tallahassee and the neighboring counties. This year's first place winner, Susan Stubbs, impressed all viewers with her hyper realistic oil painting, Farmer's Market Onions.

Experimental Watercolor – Linda Pelc, Thursdays 9-12 or 1-4, Intermediate-Advanced

Enhance your creativity with projects, techniques and critique that will expand your skill set and knowledge of the medium.

Oil Painting – Eluster Richardson, Fridays 9-12, Advanced level

ONGOING TSC ART CLASSES OFFERED VIA ZOOM

Hands-On Art History – Mark Fletcher, Mondays, 12:30-3:30

Create your own art applying and combining the methods of various artists like Van Gogh, Monet, Durer and others. This is an on-going class and can be joined at any time.

Draw With Your Eyes, Paint With Your Heart – Mark Fletcher, Wednesdays, 1:30-4:30

Pen & Ink with a little watercolor. At least one prior art class highly recommended. This is an on-going class and can be joined at any time.

UPCOMING ART WORKSHOPS

Year's End Zentangle® – Midori Okasako, CZT

Weds, Nov. 17, Dec. 1, Dec. 8, 1:30-4:30 OR 6-8:30

As we wrap another year, treat yourself to calming 'tangling' moments, fo-

See ARTS, Page 14X



Jennifer Haskins: "I hope I can take my experience here and expand the Tallahassee Senior Center spirit of community and engagement in North Carolina. Something this amazing needs to be shared!"

Tallahassee Senior Artist Showcase Winners

1st Place: Susan Stubbs, Farmer's Market Onions

2nd Place: J. Randy Smith, What a Nice Day

3rd Place: D. Arthur McBride, Southern Greetings

Honorable Mentions:

Terry Hawkins, Antique Kettle

Rosemary Ferguson, Singing The Blues

Lee McHugh, Old Pier at St. Marks

Congratulations People's Choice Winners:

Favorite Bird: Susan Stubbs, Hummer

Overall Favorite: Joyce Raichelson, A Walk in the Woods

Most Creative: Tom Friedman, Circ with Tri

Favorite Seascape: Duke Kraai, A Day on The River

Favorite Still Life: Susan Stubbs, Farmer's Market Onions

Favorite Portrait: D Arthur McBride, Sharing Time

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Make plans now to compete in 2022 Senior Games

Nicky Gandy

When an annual event reaches double digit years, it has become an event people mark on their calendars every year. It's time to get out those 2022 calendars and mark March 3, 2022 and start getting ready to compete in the 13th Annual Capital City Senior Games.

The 2022 Games return to full strength with a roster of 14 sports over an 11 day span in March. The Capital City Senior Games features some of Tallahassee's finest and traditional athletic facilities.

Athletes age 50 and over have the opportunity to play Tennis at the Forest Meadows Racquet Club, the home of the annual ATP Tournament. Tom Brown Park hosts Pickleball on its four, recently built, outdoor courts and the adjacent tennis courts, marked for Pickleball. Track and Field runners take their marks on Godby High School's blue track.

Competition venues also include some of the Capital City's classic facilities like the Sue McCollum Center at Lafayette Park, the Jack McLean Recreation Center, Jake Gaither Gymnasium and Hilaman Golf Course.

"Tallahassee definitely has some top-notch facilities for the athletes to compete," said Parks and Recreation Supervisor Cindy Mead, who heads up the annual Games for the Department. "The Senior Games athletes are very appreciative and comfortable in their competitive atmosphere offered at the Capital City Senior Games."

Senior athletes have embraced the annual Capital City Senior Games. The 2020 Games were rolling along with more than 600 registered athletes before things came to an abrupt halt on Friday, March 13 due to the Covid-19 initial shutdown.

"The community was really starting to catch on about the Games in 2020," said Sheila Salyer, Executive Director of the Tallahassee Senior Center, who helps coordinate the Games with the Parks and Recreation Department. "The number of athletes were growing every year and family members and friends were coming out to cheer on their moms and dads, grandparents and other friends. They realized it was the real deal and a competitive event to come



Senior Games 2021 Ladies Basketball players. The 13th Annual Capital City Senior Games will begin March 3, 2022.

out and support.

Due to the diligence of the City of Tallahassee Parks and Recreation Department and Tallahassee Senior Center staff, the 2021 Games survived a postponement from March to early May. Schedules and logistics needed to be rearranged, and the message of the change needed to be communicated with athletes. Let it be known, the 2021 Capital City Senior Games proceeded with more than 300 athletes in action.

"The City of Tallahassee communications department was very supportive," Salyer said. "Also during the Covid shutdown time, our email list had a huge increase in numbers. People enjoyed our weekly email blasts and we were able to reach about 10,000 people with our weekly emails."

Besides a collection of sports that can be highly competitive and physical,

the Capital City Senior Games also offers events for those just wanting to get out and be a part of the Games. To kick off the annual Track and Field meet, there's a one-mile fun walk, with four laps around the track at the athlete's own pace.

Wade Wehunt Pool at Myers Park also hosts a Water Aerobics event, along with the swimming competition, "under the dome," of the pool during the winter months.

For those who may not consider themselves athletes but want to get out and join the fun of the Annual Games, try Bag Toss at Gaither Gymnasium. "Bag Toss is a fun, no skills needed game," said Mead. "It helps to have skills, but most are there for a fun, friendly competitive event."

The City of Tallahassee Parks and Recreation Department facilities are

available year-round for prospective athletes to train for their annual Capital City Senior Games events. Mead and the Parks and Recreation staff encourages those age 50 and over to set a goal for themselves now and be ready for March 2022.

"The Senior Games is all about an active and healthy lifestyle and getting out and meeting new people," she said. "These events are great for those who may be fighting the issues of feeling lonely. After the time we've spent away due to Covid, it's a great time to engage again."

Mark that calendar now for the 13th Annual Capital City Senior Games for March 2022 and mark your internal calendar for years into the future and continue a journey through the five-year age groups and a healthy and active lifestyle.

Keep growing with Tallahassee Active Lifelong Learners

Hella Spellman

Discover creative ways to use your energy. Learn more about your area. Tallahassee Active Lifelong Leaders (TALL) is a community leadership program for people age 50+, provided in partnership with the Tallahassee Chamber's Leadership Tallahassee Program.

Offering a unique opportunity to get an up-close look at the many different facets of our community, TALL provides an educational experience for older adults seeking to explore creative and productive roles for their retirement years.

Through on-site visits and interactive activities with area leaders, class members gain valuable insights into how a community functions and the many challenges involved. Each day focuses on a different topic and offers participants the opportunity to gain a better understanding of the community's cultural, political, safety, legal & justice, educational, health, human service, and other public services or public-private initiatives. The goal is to inspire and better equip adults to enhance positive change and growth in the community, while enriching their own lives.

If you have the desire to be actively engaged in the betterment of our community, apply now. Classes get underway in January, meeting weekly for two months. Contact Hella.Spellman@tal.gov.com or call 850-891-4007.

Rewarding Learning Opportunities

The 12th Annual L3X - Lifelong Learning Extravaganza delivered 45 opportunities for adults in our community to EXPLORE, EXAMINE, and EXPERIENCE arts, culture, history, nature, and science through classes, tours, and field trips. Though L3X happens during the month of September, the fun continues year-round with a variety of Lifelong Learning classes offered each month. Check out page 2 for what classes are in store during the months of November and December through the Tallahassee Senior Center.



Florida Archaeological Collections houses over half a million artifacts representing over 12,000 years of human occupation in Florida.



Heidi Copeland demonstrates recipes and techniques that incorporate locally sourced foods, grown or produced at farms within a 100-mile radius of Tallahassee.



L3Xers tour the Sleepy Hollow exhibit as well as the historic Riley House, representing the thriving black neighborhood that once existed just east of downtown Tallahassee.

Thank you to our L3X 2021 Sponsors

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Judy Duffy sows her bucket during the Bucket Garden program, where attendees learn to grow their own garden out of a five-gallon bucket, no yard work or garden beds required.

'Tis about to be the season for a lot of things

Here at Alzheimer's Project, this time of year is a busy one for us. Our annual Cliff Hinkle Round to Remember Golf Tournament takes place on Nov.15 at Capital City Country Club. This is one of our largest fundraisers every year. Because we don't charge for services, we rely on funds from events like this to ensure our ability to provide services like respite rooms, education and support groups.

If you would like to participate or be a sponsor, please contact us at 850-386-2778. We are also holding our virtual Walk to Remember starting on Nov. 29 thru Dec.13. A virtual walk allows you to

walk when it is best for you. We encourage you to sign up, or better yet, put a team together and help us support the caregivers in our community. More information is available on our website Alzheimersproject.org.

For many of you this time of year also brings about the joys, and pains of the holidays. For me holidays are about spending time with family and loved ones without fear of another meeting, appointment or other distraction. This sounds ideal to some, but for caregivers and those living with dementia, it may not sound so good.

The holidays also bring about the

chaos of piling into a family or friend's house for a meal or get together, that means lots of conversations and laughter and kids running around. An environment like this can be triggering for someone living with dementia. This may also be the reason you don't see that person or their caregiver during the Holidays. It doesn't have to be that way.

If you have a situation like this in your family, take charge of it. Work with the caregiver to come up with solutions that can work for them and your loved one living with dementia. Here are some things to consider:

Set aside a quiet room or place for

your loved one with dementia if they become over stimulated. Keep an eye on their body language so you can redirect before over stimulation becomes an issue. Have an activity or puzzle for them to work on that will keep them calm. Their caregiver can help you with this. Calm soothing music is helpful.

The holidays can be a lonely time, take care of your loved ones that are caregivers and those living with dementia. Find ways to include them as much as possible. Be intentional about their inclusion. For more help with this, contact us at the Alzheimer's Project, 850-386-2778 or at alzheimersproject.org

Making charitable gifts can provide tax benefits

Karin Caster

Making tax-free gifts to charity from an IRA is gaining in popularity among older investors, thanks to tax laws. IRS rules mandate that individuals age 70½ and older take Required Minimum Distribution (RMD) from their IRA each year.

What many folks don't know is they can donate all, or a portion of this directly to charity without paying tax on that transaction. It's known as a Qualified Charitable Distribution or QCD. By making a QCD directly from your IRA to the charity of your choice, such as the Tallahassee Senior Center Foundation, you can satisfy your RMD amount without that gift counting as income.

Making a QCD as opposed to a normal charitable gift has two main advantages. First, it counts toward satisfying the individual's required minimum distribution for that year. Second, the distribution is excluded from the taxpayer's income. The gift must be made directly to the organization from the IRA, not the individual. Contact your IRA administrator to direct a charitable distribution on your behalf.

We invite you to join us in supporting



the well-being of older adults in our community. As donations grow, so does our capacity to provide a place for adults to connect with friends, pursue passions and enhance their wellness. By making a contribution to the Tallahassee Senior Foundation, you can feel good knowing you are helping enhance the lives of thousands of seniors in our community. We are grateful for your support and wish you a beautiful holiday season!

Membership Makes Programs Happen

Your Membership and donations allow us to provide programs for active adults, such as Fitness, Art, Lifelong Learning and Wellness classes – keeping seniors mentally and physically healthy – with activities, resources, and ideas for staying engaged. Join the Tallahassee Senior Foundation today! Mail your contribution to the Tallahassee Senior Center, 1400 N. Monroe St., Tallahassee FL 32303 or visit TallahasseeSeniorFoundation.org for more informa-

tion or to join online.

Membership: Senior Citizen (Age 50+) \$30; Senior Couple \$50; Supporter (under age 50) \$40

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

Thank you for being a key to active aging!

Silver Keyholders: Geoffrey & Barbara Styles

Bronze Keyholders: Claudia Coaker; Daniel & Jean Conrad; Michael & Phyllis Gelman; Barbara Judd; Jeanie Martin; Ermine Owenby

Friend Keyholders: Rick & Jovita Ashton; Nancy Bivins; Matt & Bev Brown; Diane Carr; Phyllis Causseaux; Elsie Crowell; Judith Evans; Margie McAdoo; Barbara O'Donnell; Judy Westbrook; Fred & Charlene Williams

New and Renewing Members: We are extremely grateful by your continued support. It's because of your contributions that TSC & Foundation is fulfilling its mission of offering programs, activities, and opportunities designed to encourage active living, optimal aging, and social fitness.

HONORARIUM DONATIONS

In honor of: Silver Star Betty Roberts
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In honor of: Silver Star Rev. Edith Holiday-Austin

By: Addie Carroll-Beal
In honor of: Silver Star Judy Westbrook

By: Penny Davis
In honor of: Charles Hazelip
By: Faith Hazelip
In honor of: Art & Fitness
By: Laura Ruane

In honor of: Fitness Classes
By: Carol Gregg

MEMORIAL DONATIONS

In memory of: Jean Carr
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In memory of: Ed Duffee, Jr.
By: Alberta Duffee
In memory of: Ed Harvey
By: Merry Frisby; Patricia Yackanech-Hughes; Sheila Salyer; Angel & D'Lo Trejo

In memory of: Fred LaCrone
By: Jodi Gooding
In memory of: Elizabeth Levy
By: James & Jody Brian
In memory of: Alex Pitts
By: Linda Roberts
In memory of: Paul Trusik
By: Klaus & Debbie Boehmke

Month helps raise awareness of the benefits of hospice care

Throughout the month of November, Big Bend Hospice will be joining organizations across the nation hosting community activities in recognition of National Hospice and Palliative Care Month.

The winter holidays are generally perceived as “the most wonderful time of the year.” But for those who are facing grief after the death of a loved one, the holidays may instead be a time filled with pain and sadness. Even those for whom grief is not as fresh, the holidays may serve as an annual reminder of the loss—not only of that person, but of tradition and celebration.

Bereavement professionals working in hospice and palliative care understand how difficult this season can be.

They support families coping with loss all year long. Bereavement counselors stress the importance of making decisions that feel right to the grieving person, and giving oneself permission to make new or different choices at the holidays. Experts in Grief offer some tips:

Be Willing to Change Traditions. Holidays often center on certain traditions and rituals. For some, continuing these traditions without a loved one may be an important way to continue sharing their memory. For others, it may be more comforting to develop new rituals to help lessen the pain and immediacy of the loss.

Help Reduce Stress. While the holidays can be filled with meaning, they

can also be filled with pressure and stress because of additional tasks such as shopping, baking and decorating. Grieving people should be encouraged to prioritize what needs to be done, and focus on those projects that may bring them pleasure. Perhaps the gift list can be pared down, cards need not be sent out, or another family member can cook the family dinner this year.

Remember those Who Have Died. The holidays can bring opportunities to remember the person who has died in a way that is personally meaningful. Some families choose to participate in holiday events at a local hospice. Others may choose to share special family stories over a meal. Some may find that making a donation to a special charity

or volunteering time to help others in need may be a comforting way to honor their loved one.

Hospice and palliative care professionals know of the importance of providing emotional and spiritual support to those who are grieving but most importantly, they remind us that a person grieving should do what’s most comfortable for him or her during this time of year.

To learn more about grief and loss or about hospice and palliative care, contact Big Bend Hospice at 850-878-5310 or visit us at www.bigbendhospice.org. We’d like to recognize the support of the National Hospice and Palliative Care Organization (NHPCO)




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You don't have to be a member to give OLLI a try

Fran Conaway

Are you a lifelong learner? Want to enjoy the Osher Lifelong Learning Institute at Florida State University before becoming a member? Sign up for OLLI's December special lecture series and choose from five intriguing topics offered by experts from around the nation and the world. This lecture series not only caps off an active Fall Semester for current OLLI members but offers a taste of OLLI's offerings to non-members. Lectures are presented on Zoom.

Take a visit to an art museum in Brazil or get the latest news on COVID from a Tallahassee physician who's leading the local response. Get an update on U.S./China relations, Chinese politics and its economy. Curious about Eleanor Roosevelt? Our instructor has the inside scoop. Learn what it's like to guard the Tomb of the Unknown Soldier.

While these lectures are free to current members, all lifelong learners can register for one or more of these lectures by creating an account at olli.fsu.edu. Cost to non-members for each lecture is just \$10.

Update on the COVID-19 Pandemic in Tallahassee Wed., Dec. 1, 1-3 p.m.

Presented by Dr. Dean Watson, Chief Integration Officer, Tallahassee Memorial Health Care and Capital Health Plan

Inhotim: A Brazilian Art Museum as Paradise Thurs., Dec. 2, 2-3 p.m.

Visit one of the largest foundations of contemporary art in Brazil and one of the largest outdoor art centers in Latin America with Lauren S. Weingarden, Professor Emerita, Florida State University, who conducted research on the museum as a Fulbright Scholar.

Update on China from a Former U.S. Diplomat Monday, December 6, 1-3 p.m.

Presenter Fred Rocafort will address the



OLLI will offer a course on guarding the Tomb of the Unknown Soldier in December. Here, a soldier from the 3d U.S. Infantry Regiment (The Old Guard), Tomb Guard Platoon, goes past the Tomb of the Unknown Soldier sarcophagus and a recently laid wreath in Arlington National Cemetery, June 15, 2015, in Arlington, Va. U.S. ARMY PHOTO BY RACHEL LARUE/RELEASED

current U.S.-China political relationship, tariffs and commercial issues, Hong Kong's status; the Uyghurs and the Muslim minority; and forced labor. Rocafort is an attorney with the Harris Bricken international law firm background and served as a U.S. diplomat in China, attended the Chinese University of Hong Kong and handled legal issues in China, Vietnam and Thailand.

Anna Eleanor Roosevelt: The Controversial First Lady in the U. S. White House Tues., Dec. 7, 1:30-3:30 p.m.

Learn about the controversial First Lady and her life in the White House from Toni Fuss Kirkwood-Tucker, associate professor of social science and global education, College of Education, Florida State University.

Guarding the Tomb of the Unknown Soldier Thurs., Dec. 9, 1:30-3:00 pm

Gerry Mansell, sentinel and assistant relief commander at the Tomb of the Unknown Soldier in 1982-83, will speak about his experience in this unique role.

OLLI's Spring Semester will begin in February 2022. Full information will be available at olli.fsu.edu

Membership in OLLI at FSU is open to all adults 50 and older who love to learn in a stress-free environment where there are no tests, no homework and no required reading. There are no education prerequisites. Instructors typically come from the faculty of local institutions of higher education and area experts, but Zoom has extended the range of instructors and students, who can join OLLI's classes and activities, regardless of location.

For more information about OLLI at FSU, visit olli.fsu.edu. Need help? Contact Deb Herman at dherman@fsu.edu or Terry Aaronson at taaronson@fsu.edu Fran Conaway is chair of Marketing and Communications for OLLI and co-chair of Special Lectures.

Arts

Continued from Page 9

ocusing on gratitude. Draw inspirational patterns in ink, embellished with gold

and glimmer on origami and mini-mobile paper creations to lift your spirit and to bring well wishes and hope. Also, immerse yourself in your personal Zentangle project during studio hours. Prerequisite: Introduction to Zentangle. \$30 + Kit \$5

Watercolor - Continuing Beginners - Diane Ogorzaly

Fridays, Nov. 19-Dec. 17 (skip Nov. 26) 4 weeks, 1 - 3:30, TSC Clay Studio
Developing basics with watercolor. Good for continuing beginners and intermediates. \$40

Painting with Oils and Acrylics for the Absolute Beginner - Fran Buie

Fridays, Nov. 19-Dec. 17 (skip Nov. 26) 4 weeks, 1-4, TSC Art Studio
Learn and develop basics in painting as the instructor guides you through a composition of your choice. \$40

HEALTH & WELLNESS PROGRAMS

For more information about programs, registration or equipment donations, email Ruth.Nickens@talgov.com or call 850-891-4042.

Seniors & Students Buddy Program with FSU College of Nursing

Ask a friend or loved one to consider joining the Buddy Program! In ongoing partnership with UPSLIDE, adults age 50+ are paired with nursing students to share life experiences and help them meet their educational needs. Conversations can take place via telephone or video chat, and frequency is flexible. Students are earnest, back-ground checked, and supervised by their instructors. For more info, or to sign up, email Judy.Shipman@talgov.com or call 850-556-5697

HEALTH EDUCATION & SCREENINGS: Ask the Expert: Update on Post-Covid Conditions and Hope for Long-Haulers

Tues., Nov. 16, 2-3:00 pm, Zoom
Although most people with Covid-19 improve within weeks, some people experience lingering post-Covid conditions, including neurological symptoms that may last for months. Perhaps you or someone you know is considered a Covid "Long-Hauler." Nancy Klimas, MD,

Director, Institute for Neuro-Immune Medicine, Nova Southeastern University, has over 30 years of experience and has received international recognition for her research in multi-symptom disorders. Join her in this virtual presentation/conversation to learn more about Long Covid, the challenges faced by post-Covid Long Haulers, and the current research and treatments that offer promise for recovery in the future. Register <https://bit.ly/3maeSNy>
Protecting Your Head: Epilepsy, Seizures, and Safety

Wed., Nov. 17 @ 11:00 am, Facebook
November is National Epilepsy Awareness month. This presentation addresses the relationship between brain injury and epilepsy and seizures. It will also inform about ways you can protect your head from injury. Offered by Sarah Vernon, BSW

Healthy & Creative Holiday Eating, 3-part series:

Meal Planning for the holidays: What You Need to Know – Thu., Nov. 18 @ 11:00 am, Zoom

Cooking with Herbs: Variety, Health and Flavor – Thu., Dec. 2 @ 11:00 am, Zoom
Managing your Sweet Tooth: All Desserts are NOT Off the Table – Thur., Dec. 16 @ 11:00 am, In-person

This 3-part series, created by TMH addresses YOUR top areas of nutritional interest. Get new ideas for planning healthy and creative meals, spotlighting herbs, and managing your sweet tooth. The first 2 classes are virtual, and the 3rd class will include an in-person demonstration and samples to taste, and a Q&A with nutrition professionals. Presented by Tallahassee Memorial Metabolic Health Center and UF/IFAS Extension Family Nutrition Program. Register for the series: <https://bit.ly/3DHAYNo> or email Ruth.Nickens@talgov.com

Podiatry Screening and Foot Care

Thu., Dec. 2, Noon – 3:00 pm, TSC
Dr. Gary McCoy, Podiatrist & foot specialist, at TSC with Covid-safety protocols. He cuts toenails and assesses and treats foot problems. Doctor accepts Medicare, Medicaid, and secondary insurance, which may cover costs. \$25 flat fee if no insurance. Appointment required: Sarah.Vernon@talgov.com or (850) 891-4045

Vitamins and Minerals for Grown-ups

Thu., Jan. 6 @ 10:30 am, Zoom
Vitamins and minerals are two of the main types of nutrients that your body needs to survive and stay healthy. Learn about some essential vitamins recommended for older adults and how to get the recommended amount within your diet. Bring your questions! Presented by Tallahassee Memorial Metabolic Health Center. Register: <https://bit.ly/3IGFw0q> For more info Ruth.Nickens@talgov.com

The Diabetes Empowerment Education Program (DEEP™)

Thu., Jan. 13 – Feb. 17, 10 am – noon, Activity Room
DEEP is 6-week evidence-based program for people or families living with prediabetes/diabetes. The goal is to teach people how to reduce the risk of complications, such as kidney failure, amputation, vision loss, heart failure, and stroke. Offered by Big Bend AHEC. For more info/registration, call 850-692-2845 or email mdarcangelis@bigbendahec.org For other class options, visit



Fitness class at the Tallahassee Senior Center. SPECIAL TO THE DEMOCRAT | CITY OF TALLAHASSEE

bigbendahec.org/programs

VIRTUAL FITNESS CLASSES:

- 1) WCOT TV - Tal.gov.com/WCOT Mon, Wed, Fri and Sat @ 9 am (Comcast Channel 13)
- 2) On-Demand – TallahasseeSeniorFoundation.org
Brain-Body-Balance w/ Merisha Johnson Phillips, AFAA-CPT
Mindful Movement w/ Lori Roberts, NIA yoga instructor
Gentle Yoga w/ Ferdouse Sultana, E-RYT® 500

Stretch & Flex w/ Robin Perry Davis, ACSM

IN-PERSON FITNESS AT THE TALLAHASSEE SENIOR CENTER:

Classes are approx. 1 hour, \$3 (50+), \$4 (others), unless otherwise indicated. Discount fitness cards can be purchased.

BRAIN-BODY-BALANCE, Mon., 1 pm
Active-aging, fall prevention program created to train and reverse many types of aging. Instructor Merisha Phillips.

LIFE EXERCISE, Tue. & Thur., 9 am
Popular dynamic workout consisting of seated and standing aerobics, light weights, stretching, strengthening and balance exercises. Suitable for everyone. Taught by Pomeroy Brinkley.

MINDFUL MOVEMENT, Tue., 11 am
Gentle, musical, yoga-based, fitness class focused on increasing energy, reducing falls, and maintaining flexibility. Taught by Lori Roberts, certified NIA yoga instructor.

GENTLE YOGA, Tue., 1 pm
Gentle yoga workout for increased mobility, flexibility, and stress reduction.

Taught by Ferdouse Sultana. Must pre-register! \$4

FEELING FIT, Thur., 1 pm
Semi-seated, aerobic, balance, strength, flexibility class to increase energy, reduce falls, and maintain flexibility. Taught by Robin Perry Davis

NEIGHBORHOOD FITNESS SITES

Each class \$3 (50+), \$4 others, \$5 yoga. For more info, email Sarah.Vernon@tal.gov.com or call 850-891-4045

Bradfordville Fitness, Northeast Branch Library, Rm. 103, 5513 Thomsville Rd.

*Note: Class sizes limited. Must pre-register! Call (850) 891-4045.

Senior Fitness with Ferdouse: Tue. & Fri., 9:30 am

Senior Fitness Beginner with Llona: Tue. & Fri., 10:30 am

Senior Fitness Advanced with Llona: Tue. & Fri., 11:30 am

Yoga for Women with Ferdouse: Mon., 2:30 pm, \$5

Yoga for Adults with Ferdouse: Wed., 4:15 pm, \$5

Chaires-Capitola Dorothy C. Spence Community Center: 4768 Chaires Cross Rd.

Senior Fitness with Judy: Mon., Wed. & Fri., 8:30 am

Sit & Fit with Judy: Tue. & Thur., 9:30 am

Fort Braden Community Center: 16387 Blountstown Hwy.

Senior Fitness with Wendy: Mon. & Wed., 10:30 am

Lake Jackson Community Center: 3840 N. Monroe., Ste. 301

Mindful Movement with Lori: Thur., 1 pm

Gentle Mat Yoga with Lori: Wed., 2 pm, \$5

Miccosukee Community Center: 13887 Moccasin Gap Rd.

Senior Fitness with Judy: Tue. & Thur., 11:15 am

Optimist Park: 1355 Indianhead Dr.
Brain-Body-Balance with Ferdouse or Wendy: Tue. & Thur., 9 am

SouthWood Community Center: 4675 Grove Park Dr.

Brain-Body-Balance with Wendy: Tue., 10:45 am, \$5

Woodville Community Center: 8000 Old Woodville Rd.

Senior Fitness with Llona: Mon. & Wed., 9:30 am

**TALLAHASSEE SENIOR CENTER
CALENDAR OF WEEKLY PROGRAMS
NOVEMBER 15 – DECEMBER 11, 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 Quilting Bees 9:00 Portrait Studio 9:30 <i>Fitness at Woodville</i> 10:00 SHINE PRR 10:30 Adv. French ZM (KC) 10:30 <i>Fitness at Fort Braden</i> 11:00 Senior Counseling (by appointment) 11:30 Yoga ends 11/15 12:30 Hands-On Art History 1:00 Brain-Body-Balance 2:30 <i>Yoga for Women NE Library PRR (SV)</i> 3:00 Friends Connection 5:00 Round Dance 6:00 Twirlers Square Dance 6:00 Capital City Carvers 6:00 Intermediate German	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 PRR (SV)</i> 9:30 <i>Sit & Fit at Chaires</i> 10:00 Seniors vs. Crime 10:00 Wii Bowling 10:30 <i>Fitness Beg. NE Library PRR (SV)</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 PRR (SV)</i> 1:00 Friends Connection ZM (ML) 1:00 TDBC Bridge 1:00 Senior Singers 1:00 <i>Canasta at Lake Jackson</i> 2:30 Ping-Pong 4:00 Guitar	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 PRR (SV)</i> 6:00 Yoga begins 12/1	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 (by appointment) 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 PRR (SV)</i> 10:00 Movement Meditation 10:30 <i>Senior Fitness Beg. NE Library PRR (SV)</i> 11:30 Senior Dining (<i>PRR or Bring a Lunch</i>) 11:30 Pickleball 11:30 <i>Fitness Adv. NE Library PRR (SV)</i> 1:00 Model Building 1:00 TDBC Bridge 7:00 Al-Anon Newcomers

Purchase Deck the Hall Tickets: TallahasseeSeniorFoundation.org/deck-halls

Monthly, Bi-monthly & Special Events and Programs

Please reference LEGEND below

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
NOV 15 1p Advisory Council (SS)	NOV 16 11a Ft. Braden Drive & Wave 2p Ask the Expert: Update on Post COVID Conditions & Hope for Long Haulers ZM (RN) 2:15 UPSLIDE Games	NOV 17 8:30a Capital Coalition on Aging ZM (KC) 11a Protecting Your Head: Epilepsy FB (RN) 11a Wellness Circle Jake Gaither 11:30a GAP Drive & Wave 1p LCSO Advisory Council 3:30p Foundation Board Meeting	NOV 18 11a Lake Jackson Drive & Wave 11a Healthy for Life Jake Gaither PRR (WB) 11a Meal Planning for the Holidays ZM (RN) 1:30p LLL Apalachicola Pearl H (MH) 6p LLL - Deck-Tini Making PRR ZM (MH)	NOV 19 11a Woodville Drive & Wave	NOV 20 CENTER CLOSED
NOV 22 1p Poetry Group 7p GAP Circle of Parents ZM (KB)	NOV 23 11a Chaires Drive & Wave Center Close at 5p	NOV 24 11:30a GAP Vause Park PRR (KB) 1p Friends Connection LNC Center Close at 5p	NOV 25 CLOSED Thanksgiving	NOV 26 CLOSED Thanksgiving	NOV 27 CENTER CLOSED
NOV 29	NOV 30 5:30p Public Meeting	DEC 1	DEC 2 11a Miccosukee Drive & Wave 11a Cooking with Herbs ZM (RN) 11a Healthy for Life Jake Gaither PRR (WB)	DEC 3 No programs in Auditorium ALL day 1p No programs center wide 6:30p DECK THE HALL-Tickets Available	DEC 4 10a TDBC Holiday Social
DEC 6 7p Community Band of TCC Concert 7p GAP Circle of Parents ZM (KB)	DEC 7 9:15a LLL -Women Artists PRR (MH) 12:30p Friends Connection at Miccosukee 6p Capital Twirlers	DEC 8 11a Bradfordville Drive & Wave 1p Friends Connection LNC 2:30p LOP-Bicycling for Women PRR (SD)	DEC 9 11a Woodville Drive & Wave 11a Healthy for Life Jake Gaither PRR (WB) 2p LLL- Weeki Wachee City of Mermaids H(MH) 7p Capital Chordsmen Concert	DEC 10	DEC 11 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
- oPRR = Pre-registration Required; LOP = Lifelong Outdoors Pursuits

o() = Contact staff to pre-register and/or for Zoom link as follows:

- (KB) Karen.Boebinger@talgov.com; (KC) Kristy.Carter@talgov.com;
- (MH) Maureen.Haberfeld@talgov.com; (ML) Melanie.Lachman@talgov.com;
- (RN) Ruth.Nickens@talgov.com; (SD) Susan.Davis@talgov.com;
- (SV) Sarah.Vernon@talgov.com; (WB) Wendy.Barber@talgov.com