

# TALLAHASSEE SENIOR CENTER CALENDAR OF WEEKLY PROGRAMS DATE: JULY 11 – AUGUST 13, 2022



1400 N. MONROE ST. • TALLAHASSEE, FL 32303 • (850) 891-4000 • TallahasseeSeniorFoundation.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 <i>Fitness at Chaires</i>	9:00 Life Exercise	8:30 <i>Fitness at Chaires</i>	9:00 Ceramics	8:30 <i>Fitness at Chaires</i>
9:00 Quilting Bees	9:00 <i>Brain-Body-Balance at Optimist Park PRR (WB)</i>	9:00 Ceramics	9:00 Watercolor Inter./Adv.	<b>9:00 English 2<sup>nd</sup> Language ZM (KC)</b>
9:00 Portrait Studio	9:00 Pastels Landscapes	9:00 Nimble Fingers	9:00 Life Exercise	9:00 Oil Painting Adv.
9:30 <i>Fitness at Woodville</i>	9:30 <i>Fitness at Bradfordville PRR (SV)</i>	9:30 Oil & Acrylic Inter. Painting	9:00 <i>Brain-Body-Balance at Optimist Park PRR (WB)</i>	9:30 <i>Fitness at Bradfordville PRR (SV)</i>
9:30 French Int.	9:30 <i>Sit &amp; Fit at Chaires</i>	10:00 Seniors vs. Crime	9:30 <i>Sit &amp; Fit at Chaires</i>	10:00 Movement Meditation
10:00 SHINE PRR	10:00 Seniors vs. Crime	10:00 Movement Meditation	10:30 Ballet	10:30 <i>Fitness at Fort Braden</i>
<b>10:30 Adv. French ZM (KC)</b>	10:00 Wii Bowling	10:30 <i>Fitness at Fort Braden</i>	11:00 Senior Counseling <i>(by appointment)</i>	10:30 <i>Senior Fitness Beg. at Bradfordville PRR (SV)</i>
10:30 <i>Fitness at Fort Braden</i>	10:30 <i>Fitness Beg. at Bradfordville PRR (SV)</i>	11:30 Pickleball Lesson	11:15 <i>Fitness at Miccosukee</i>	11:30 Senior Dining <i>(PRR or Bring a Lunch)</i>
11:00 Senior Counseling <i>(by appointment)</i>	10:45 <i>Brain Body Balance at Southwood PRR (WB)</i>	11:30 Pickleball	1:00 TDBC Bridge	11:30 Pickleball
11:00 French Adv.	11:00 Mindful Movement	1:00 Oil & Acrylics Adv.	1:00 Friends Connection	11:30 <i>Fitness Adv. at Bradfordville PRR (SV)</i>
1:00 Brain-Body-Balance	11:00 <i>Line Dance at Woodville</i>	<b>1:30 Draw with Your Eyes, Paint with Your Heart ZM (SV) returns Aug. 17, 2022</b>	1:00 <i>Ageless Mind &amp; Body at The Grove</i>	1:00 Model Building
1:30 French Beg.	11:15 <i>Fitness at Miccosukee</i>	2:00 <i>Beg. Yoga at Lake Jackson</i>	<b>1:00 French Study Group ZM (KC)</b>	1:00 Painting with Oils and Acrylics, Beg
2:30 Pickleball	11:30 Senior Dining <i>(PRR or Bring a Lunch)</i>	4:15 <i>Beg. Yoga at Bradfordville-PRR (SV)</i>	1:00 <i>Mindful Movement at Lake Jackson</i>	5:30 Ballroom & Swing
2:30 <i>Yoga for Women at Bradfordville PRR (SV)</i>	11:30 <i>Fitness Adv. at Bradfordville PRR (SV)</i>	5:30 Yoga	2:30 Ping-Pong	7:00 Al-Anon Newcomers
3:00 Friends Connection	<b>1:00 Friends Connection ZM (ML)</b>	7:00 Pickleball	7:00 Capital Chordsmen	
5:45 Intermediate German	1:00 TDBC Bridge	7:15 Al-Anon Family	7:00 Writers Workshop	
6:00 TDBC Bridge	1:00 <i>Canasta at Lake Jackson</i>			
6:00 Round Dance	1:30 <i>Mahjongg at The Grove</i>			
7:00 Twirlers Square Dance	2:15 Bag Toss			
7:00 Capital City Carvers	2:30 Ping-Pong			
	4:00 Guitar			
	7:00 Line Dance			
	8:00 SA Support Group			

# BI-WEEKLY & MONTHLY PROGRAMS - JULY 11 – AUGUST 13, 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>JULY 11</b> <i>10a DEEP at Miccosukee</i> <b>11a Art Council</b> <b>1p Poetry Group ZM (KC)</b> <i>2p Ice Cream Social at The Grove 2601 Crestline Rd</i>	<b>JULY 12</b> <b>1p Yoga PRR (SV)</b> <b>7p Stamp and Cover Club</b>	<b>JULY 13</b> <b>10:30a Storm &amp; Hurricane PREP</b>	<b>JULY 14</b>	<b>JULY 15</b>	<b>JULY 16</b> <b>9a USA Dance – Workshop Intensive. More information at: <a href="http://USAdance6010.org">USAdance6010.org</a></b> <b>7p USA Dance: Sock Hop – Cruise In</b>
<b>JULY 18</b> <i>10a DEEP at Miccosukee</i> <i>10a LLL-Connect with a Classic PRR at NE Library (MH)</i> <b>6p Photoshop Elements</b> <i>7p GAP Circle of Parents ZM (KB)</i>	<b>JULY 19</b> <b>1p Yoga PRR (SV)</b> <b>2:15 UPSLIDE Games</b>	<b>JULY 20</b> <b>8:15a Hike (RN)</b> <b>8:30a Capital Coalition on Aging ZM (KC)</b> <b>1p LCSO Advisory Council</b> <b>6:30p USA Dance Board Meeting</b>	<b>JULY 21</b> <b>10a Brain Body Bingo (RN)</b> <b>10:30a Matter of Balance PRR (RN)</b> <i>2:30p LLL-Greco Persian Wars at The Grove PRR (MH)</i>	<b>JULY 22</b> <b>11a National Hot Dog Day PRR (KC)</b>	<b>JULY 23</b> <b>CENTER CLOSED</b>
<b>JULY 25</b> <i>10a DEEP at Miccosukee</i> <b>10a Meditation with Jeff (RN)</b> <b>1p Poetry Group ZM (KC)</b>	<b>JULY 26</b> <b>1p Yoga PRR (SV)</b> <b>5p TDBC Board Meeting</b>	<b>JULY 27</b> <b>10a FAAST – Cell Phone and Technology (KC)</b> <i>12:30p Friends Connection LNC</i> <b>2p LBB-Vision Loss Support Group</b>	<b>JULY 28</b> <b>10a Brain Body Bingo (RN)</b> <b>10:30a Matter of Balance PRR (RN)</b> <b>11:30a Senior LGBT+ Support Group</b> <i>2:30p LLL-Masters of American Photography at The Grove PRR (MH)</i>	<b>JULY 29</b> <b>6p Capital City Twirlers – Round Up</b> <i>More Information at 850-566-2117 – Libby Penrod</i>	<b>JULY 30</b> <b>9:45a Capital City Twirlers – Round Up</b> <i>More Information at 850-566-2117 – Libby Penrod</i>
<b>AUG 1</b> <i>10a DEEP at Miccosukee</i> <b>10a Meditation with Jeff (RN)</b> <b>6p Photoshop Elements</b> <i>7p GAP Circle of Parents ZM (KB)</i>	<b>AUG 2</b> <b>10a Blood Pressure &amp; Glucose Screening</b> <b>12p Tech Help (KC)</b> <i>12:30p Game Day at Miccosukee</i> <b>1p GaP Advisory Council ZM (KB)</b> <b>1p Yoga PRR (SV)</b>	<b>AUG 3</b> <b>10a Explorer’s Corner PRR (KC)</b>	<b>AUG 4</b> <b>10a Brain Body Bingo (RN)</b> <b>10:30a Matter of Balance PRR (RN)</b> <i>10:30a Miccosukee Lunch &amp; Learn</i>	<b>AUG 5</b>	<b>AUG 6</b> <b>CENTER CLOSED</b>
<b>AUG 8</b> <b>10a L3X Preview</b> <b>10a Meditation with Jeff (RN)</b> <b>10a SHINE-Medicare Supplement</b> <b>11a Art Council</b> <b>1p Poetry Group ZM (KC)</b>	<b>AUG 9</b> <i>11a Wellness Circle at Jack McLean</i> <b>1p Yoga PRR (SV)</b> <b>5:30p L3X Preview</b> <b>7p Stamp and Cover Club</b>	<b>AUG 10</b> <b>10:30a Emotional Safety: Live &amp; Thrive (RN)</b> <i>10:30a Bradfordville Lunch &amp; Learn</i> <i>12:30p Friends Connection LNC</i>	<b>AUG 11</b> <b>10:30a Matter of Balance PRR (RN)</b> <i>10:30a Woodville Lunch &amp; Learn</i>	<b>AUG 12</b> <b>7:30p Contra Dance – Somethin’ Sassy Band with caller Tom Greene</b>	<b>AUG 13</b> <b>CENTER CLOSED</b>

**TALLAHASSEE SENIOR CENTER, 1400 N. Monroe Street, 891-4000**

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:**
  - **LLL** = Lifelong Learning                      **PRR** = Pre-registration Required
  - Register Online at [www.TallahasseeSeniorFoundation.org](http://www.TallahasseeSeniorFoundation.org) unless otherwise noted
  - ( ) = **Contact staff to pre-register and/or for Zoom link as follows:**
    - (KB) [Karen.Boebinger@talgov.com](mailto:Karen.Boebinger@talgov.com); (KC) [Kristy.Carter@talgov.com](mailto:Kristy.Carter@talgov.com);
    - (MH) [Maureen.Haberfeld@talgov.com](mailto:Maureen.Haberfeld@talgov.com); (ML) [Melanie.Lachman@talgov.com](mailto:Melanie.Lachman@talgov.com);
    - (RN) [Ruth.Nickens@talgov.com](mailto:Ruth.Nickens@talgov.com); [Sheila.Salyer@talgov.com](mailto:Sheila.Salyer@talgov.com)
    - (SV) [Sarah.Vernon@talgov.com](mailto:Sarah.Vernon@talgov.com); (WB) [Wendy.Barber@talgov.com](mailto:Wendy.Barber@talgov.com)