

TALLAHASSEE SENIOR SERVICES CALENDAR – VIRTUAL + MAY 10-JUNE 12, 2021

We are now offering online classes some which require pre-registration for the Zoom link. Please note the initials in the parenthesis after the class title. The corresponding contact name and registration email address is noted at the bottom of the calendar. Description and Registration located at: TallahasseeSeniorFoundation.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAY 10 8a Brain Body Balance FB (RN) 10:30a Adv. French ZM (KC) 11a Art Council ZM (JH) 12:30p Hands-On Art History ZM (JH) 2:45p Poetry Group ZM (KC) 3p Friends Connection ZM (ML) 7p GAP Circle of Parents ZM (KB)	MAY 11 Quit Smoking Now PRR (RN) 224-9340 8a Mindful Movement FB (RN) 3p LLL-Water Liquid Gold PRR ZM (MH) 5:30 Celebration of Athletes Senior Games FB (KC)	MAY 12 8a Gentle Yoga FB (RN) 9:30a Hearing Challenges During Challenging Times ZM (RN) 11a Legacy Planning Workshop ZM (NG) 1:30p Draw with Your Eyes ZM (JH) 7:15p Al-Anon-tallyalanon.org	MAY 13 8a Stretch & Flex FB (RN) 10a Meditation FB (RN) 1p Friends Connection ZM (ML) 7p Capital Chordsmen ZM (KC)	MAY 14 8a Seated Yoga FB (RN) 9a English 2 nd Language (KC)
MAY 17 8a Brain Body Balance FB (RN) 10:30a Adv. French ZM (KC) 11a Beginner's Ukulele PRR ZM (KC) 12:30p Hands-On Art History ZM (JH) 1p Advisory Council (SS) 3p Friends Connection ZM (ML)	MAY 18 Quit Smoking Now PRR (RN) 224-9340 8a Mindful Movement FB (RN)	MAY 19 8a Gentle Yoga FB (RN) 8:30a Capital Coalition on Aging (KC) 1p LCSO Advisory Council (SD) 1p Friends Connection LNC ZM (ML) 1p DEEP: Diabetes (RN) 1:30p Draw with Your Eyes ZM (JH) 7:15p Al-Anon-tallyalanon.org	MAY 20 CLOSED Recognition of Emancipation Day	MAY 21 8a Seated Yoga FB (RN) 9a English 2 nd Language (KC) 11a Ukulele Fingerstyle PRR ZM (KC)
MAY 24 8a Brain Body Balance FB (RN) 10:30a Adv. French ZM (KC) 12:30p Hands-On Art History ZM (JH) 2:45p Poetry Group ZM (KC) 3p Friends Connection ZM (ML) 7p GAP Circle of Parents ZM (KB)	MAY 25 Quit Smoking Now PRR (RN) 224-9340 8a Mindful Movement FB (RN)	MAY 26 8a Gentle Yoga FB (RN) 1p Foundation Board Meeting ZM (SS) 1p DEEP: Diabetes (RN) 1:30p Draw with Your Eyes ZM (JH) 7:15p Al-Anon-tallyalanon.org	MAY 27 8a Stretch & Flex FB (RN) 1p Friends Connection ZM (ML) 1:30p LLL-Art of Greece ZM (MH) 7p Capital Chordsmen ZM (KC)	MAY 28 8a Seated Yoga FB (RN) 9a English 2 nd Language ZM (KC)
MAY 31 CLOSED MEMORIAL DAY	JUNE 1 Quit Smoking Now PRR (RN) 224-9340 8a Mindful Movement FB (RN)	JUNE 2 8a Gentle Yoga FB (RN) 1p Friends Connection LNC ZM (ML) 1p DEEP: Diabetes (RN) 1:30p Draw with Your Eyes ZM (JH) 7:15p Al-Anon-tallyalanon.org	JUNE 3 8a Stretch & Flex FB (RN) 10a LLL-Shipwrecks: The Spanish Plate Fleets ZM (MH) 1p Friends Connection ZM (ML) 7p Capital Chordsmen ZM (KC)	JUNE 4 8a Seated Yoga FB (RN) 9a English 2 nd Language (KC) 11a Ukulele Fingerstyle PRR ZM (KC)
JUNE 7 8a Brain Body Balance FB (RN) 10a Mindfulness FB (RN) 10:30a Adv. French ZM (KC) 11a Beginner's Ukulele PRR ZM (KC) 12:30p Hands-On Art History PRR ZM (JH) 3p Friends Connection ZM (ML) 7p GAP Circle of Parents ZM (KB)	JUNE 8 Quit Smoking Now PRR (RN) 224-9340 8a Mindful Movement FB (RN)	JUNE 9 8a Gentle Yoga FB (RN) 1p DEEP: Diabetes (RN) 1:30p Draw with Your Eyes ZM (JH) 7:15p Al-Anon-tallyalanon.org	JUNE 10 8a Stretch & Flex FB (RN) 10a Meditation FB (RN) 1p Friends Connection ZM (ML) 1:30p LLL-Loosen UP with Laughter Yoga ZM (MH) 7p Capital Chordsmen ZM (KC)	JUNE 11 8a Seated Yoga FB (RN) 9a English 2 nd Language (KC)

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

LEGEND - PRR= Pre-Registration Required; LLL=Lifelong Learning; FB=Facebook; ZM=Zoom Meeting

(KB) Karen.Boebinger@talgov.com; (KC) Kristy.Carter@talgov.com; (JH) Jennifer.Haskins@talgov.com;

(MH) Maureen.Haberfeld@talgov.com; (ML) Melanie.Lachman@talgov.com (NG) Nancy.Gentry@talgov.com

(RN) Ruth.Nickens@talgov.com; (SS) Sheila.Salyer@talgov.com; (WB) Wendy.Barber@talgov.com

Need computer or technology assistance? Please contact the Tallahassee Senior Center at (850) 891-4000 Monday – Friday; 8am-4pm and we will assist.

Tallahassee Senior Center Fitness Classes on WCOT

Monday, Wednesday, Friday & Saturday at 9 am

TSC Facebook page Mon. through Fri. at 8 a.m.

Staying active is one of the most important things we can do to stay healthy and age successfully, and we realize you are missing your weekly in-person classes.

To help you access quality senior fitness, WCOT (Channel 13 on cable or Talgov.com/WCOT) will now be airing four TSC classes with some of your favorite instructors. Fitness classes are provided by the City of Tallahassee Parks, Recreation & Neighborhood Affairs and the Tallahassee Senior Center and Foundation. Learn more by visiting Talgov.com/Seniors. Below are the classes that you can view.

Monday Mindful Movement w/ Lori Roberts, certified NIA yoga instructor

Mindful Movement is a gentle, yoga-based, fitness class focuses on increasing energy, reducing falls, and maintaining flexibility.

Brought to you in partnership with [Capital Health Plan](#).

Wednesday Gentle Yoga w/ Ferdouse Sultana, E-RYT® 500

Enjoy a gentle yoga class which includes both standing and mat poses for balance (a chair is an option). Benefits include improved range of motion, flexibility, balance, and strength. It also focuses on breathing exercises for stress reduction and relaxation.

Friday Brain-Body-Balance w/ Merisha Johnson Phillips, AFAA-CPT

An active-aging, fall-prevention program created to be fun while reversing many types of aging. The class fuses physical movement with brain-enhancing drills to improve balance, memory, brain health, reflexes, and daily life. Have a chair on hand.

Brought you in partnership with [AARP Tallahassee](#).

Saturday Stretch & Flex w/ Robin Perry Davis, ACSM

This class will help you stay strong, flexible, and mobile with gentle yoga-like movement. Safe stretching routines maintain joint mobility and muscle flexibility. Some classes will be seated, others use a mat, viewers can easily move between.

For more info, contact our Health & Wellness Coordinator Ruth.Nickens@talgov.com

[#Senior](#) [#fitness](#) [#flexibility](#) [#Stretching](#) [#mobility](#) [#yoga](#)

Staying active is one of the most important things we can do to keep healthy and age successfully. While we can't be together in person, we encourage to join us for a variety of virtual fitness classes, offered 3 ways for your viewing convenience:

- (1) WCOT (Channel 13 on cable or Talgov.com/WCOT) on TV - M/W/F/& SAT @ 9 a.m.
- (2) On demand: www.TallahasseeSeniorFoundation.org/on-demand-classes/
- (3) Posted on our Foundation page at 8:00 a.m. – Tallahassee Senior Center

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+.

TSC programs like these Fitness classes are supported by donations to the TSC Foundation. If you would like to contribute or become a member, go to www.tallahasseeSeniorFoundation.org or mail your check to: TSC

Foundation, 1400 N. Monroe St. Tallahassee, FL, 32303.

The TSC Team is excited to welcome back participants for activities, as well as continue to offer classes via Zoom, WCOT Channel 13, Outdoors, and drive throughs. You will be notified when your activity is being scheduled. **Participants are strongly encouraged to have been fully vaccinated (vaccine+2 weeks) before attending an inside activity.** Your donations are appreciated to support programs. We encourage donations for all activities, including virtual and on demand classes – to donate, TallahasseeSeniorFoundation.org; click the donate button (top right hand corner) or to become a member or renew your membership – click the membership tab - or checks can be mailed.

