

ACTIVE LIVING

TALLAHASSEE SENIOR CENTER



GET INVOLVED

Staying active and engaged is key to maintaining good health as we age. With more than 100 classes and activities each week, Tallahassee Senior Center is a place where active adults connect and participate in art, lifelong learning, fitness and recreation, support groups, as well as signature events during the year.

STAY ACTIVE

Our experienced instructors offer a wide range of fitness programs geared toward seniors at all fitness levels. Whether you're looking to improve your strength, flexibility and balance or simply want to have fun, we have a program for you. We also offer monthly hikes.



CITY OF
TALLAHASSEE



1400 N. MONROE ST. | TALLAHASSEE, FL. 32303 | (850) 891-4000

We invite you to stop by and take a tour,
M-F 8 am – 4 pm to find out more .

Talgov.com/Seniors
 [@TallahasseeSeniorCenter](https://www.facebook.com/TallahasseeSeniorCenter)

KEEP LEARNING

Learning is a lifelong journey that should be fun and engaging. That's why we offer a wide range of classes, workshops and lectures that stimulate all the senses, from exploring local treasures to learning about art, culture, nature, history, music, science and more.

BE ARTISTIC



Whether you're interested in painting landscapes or sculpting figures, we have a class for you. Our art program boasts a diverse range of offerings, including watercolor, oils, acrylics, pastels, drawing, clay and

ceramics. Our instructors are experienced artists and work closely with students to help them develop artistically.

EVENTS

Sept. 5 – 22

LifeLong Learning Extravaganza (L3X)

A robust month of classes, tours, workshops, recreational activities, field trips and entertainment.

Dec. 1

Deck the Halls

Kick off the holidays with live music, gourmet food, a silent auction and more!