

# TALLAHASSEE SENIOR CENTER CALENDAR OF WEEKLY PROGRAMS SEPTEMBER 2024



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[TallahasseeSeniorFoundation.org/calendar](http://TallahasseeSeniorFoundation.org/calendar)

1400 N. MONROE ST. • TALLAHASSEE, FL 32303 • (850) 891-4000 • [TallahasseeSeniorFoundation.org](http://TallahasseeSeniorFoundation.org)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 <i>Fitness at Chaires</i>	8:30 <i>Fitness at Bradfordville I PRR (LB)</i>	8:30 <i>Fitness at Chaires</i>	8:30 Spanish Life – Int.	8:30 <i>Fitness at Bradfordville I PRR (LB)</i>
9:00 Quilting Bees	9:00 <i>Brain-Body-Balance at Optimist Park PRR (RN)</i>	9:00 Ceramics	9:00 Ceramics	8:30 <i>Fitness at Chaires</i>
9:00 Portrait Studio	9:00 Landscapes in Soft Pastels	9:00 Nimble Fingers	9:00 Experimental Watercolor Inter./Adv.	<b>9:00 English 2<sup>nd</sup> Language ZM (KC)</b>
9:30 <i>Fitness at Woodville</i>	9:30 Life Exercise	9:30 Oil and Acrylic with Debbie (All Levels)	9:00 <i>Brain-Body-Balance at Optimist Park PRR (RN)</i>	9:00 Oil Adv.
9:30 French Beg.	9:30 <i>Fitness at Bradfordville II PRR (LB)</i>	9:30 <i>Fitness at Woodville</i>	9:30 Life Exercise	9:30 <i>Fitness at Bradfordville II PRR (LB)</i>
10:00 SHINE PRR	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 Hand and Foot/ Euchre
<b>10:30 Adv. French ZM (KC)</b>	10:00 Seniors vs. Crime	10:00 Tai Chi Practice	10:45 Ballet	10:00 Chess
10:30 <i>Fitness at Fort Braden</i>	10:30 <i>Fitness Beg. at Bradfordville PRR (LB)</i>	10:30 <i>Fitness at Fort Braden</i>	11:00 Senior Counseling (by appointment)	10:00 Tai Chi Practice
11:00 Senior Counseling (by appointment)	10:45 <i>Brain Body Balance at Southwood PRR (RN)</i>	11:30 Pickleball Lesson	11:15 <i>Fitness at Miccosukee</i>	10:30 <i>Brain Body Balance at Fort Braden</i>
11:00 French Int.	11:00 Mindful Movement	11:30 Pickleball	12:00 <i>Mindful Movement Lake Jackson at TSC*</i>	10:30 <i>Senior Fitness Beg. at Bradfordville PRR (LB)</i>
1:00 Brain-Body-Balance	11:00 Senior Dining (PRR or Bring a Lunch)	1:00 Oil and Acrylic with Debbie Int./Adv.	1:00 Tai Chi Basics	11:00 Senior Dining (PRR or Bring a Lunch)
1:00 French Adv.	11:15 <i>Fitness at Miccosukee</i>	1:00 Canasta / Pinoche	1:00 Friends Connection	11:30 Pickleball
1:30 <i>Yoga for Women at Bradfordville PRR (LB)</i>	11:30 <i>Fitness Adv. at Bradfordville PRR (LB)</i>	1:30 <i>Beg. Yoga at Bradfordville PRR (LB)</i>	1:00 Experimental Watercolor Inter./Adv.	11:30 <i>Fitness Adv. at Bradfordville PRR (LB)</i>
2:00 Beg. Spanish	<b>1:00 Friends Connection ZM (ML)</b>	2:00 <i>Beg. Yoga at Lake Jackson</i>	2:30 Ping-Pong	1:00 Model Building
2:30 Pickleball	1:00 TDBC Bridge	5:30 Yoga	2:30 Mah Jongg	1:00 Oil and Acrylic, Beg.
3:00 Friends Connection	1:00 Senior Singers	7:00 Pickleball	6:00 East Coast Swing	5:30 Ballroom and Swing
5:45 Intermediate German Study Group	1:00 Gentle Yoga		7:00 ACA Group	6:00 Overeaters Anonymous
6:00 Round Dance	1:00 <i>Canasta at Lake Jackson</i>		7:00 Capital Chordsmen	7:00 Al-Anon Newcomers
7:00 Twirlers Square Dance	2:30 Ping-Pong		7:00 Writers Workshop	
7:00 Capital City Carvers	2:30 Wii Bowling			
	4:00 Guitar			
	8:00 SA Support Group			

**Leave Your Comfort Zone with L3X-Sept. 9-27**  
**[www.TallahasseeSeniorFoundation.org](http://www.TallahasseeSeniorFoundation.org)**

# TALLAHASSEE SENIOR SERVICES – SEPTEMBER 2024

## Monthly, Bi-monthly & Special Events and Programs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SEPT 2 CENTER is CLOSED LABOR DAY	SEPT 3 10a Blood Pressure & Glucose Screening 12p Tech Help (KC)	SEPT 4 3p Newcomers Coffee Chat	SEPT 5 10:30a Miccosukee Lunch & Learn 1p TDBC Bridge	SEPT 6 10a Walmart Trip from Miccosukee	SEPT 7 CENTER CLOSED
SEPT 9 10a Mindful Meditation 11a Art Council 1p Poetry Group ZM (KC) 6p TDBC Bridge 7p GAP Circle of Parents ZM (KB)	SEPT 10 10a Bridge Lessons PRR (KC) 11a Wellness Circle at Jack McLean PRR (BW) 7p Stamp and Cover Club	SEPT 11 10:30a Safety in Your Home 10:30a Bradfordville Lunch & Learn 12:30p Friends Connection LNC 2p FSU Health Expo	SEPT 12 10:30a Summer Nutrition-Less Sodium 10:30a Woodville Lunch & Learn 11a Caregiver Support Group (JS)	SEPT 13 11a Lunch w/ the Dr.: The Healthy Back Kitchen (RN) 7:30p Contra Dance Little Mercies Band with caller Drew Thomas & Robert Moleski	SEPT 14 CENTER CLOSED
SEPT 16 1:30p Advisory Council (SS)	SEPT 17 10a Bridge Lessons PRR (KC) 10:30a Ft. Braden Lunch & Learn 5p TDBC Board Meeting	SEPT 18 8:30a Capital Coalition on Aging (KC) 9a Hike-Phipps Park (RN) 11a Wellness Circle at Jake Gaither PRR (BW) 1p LCSO Advisory Council 1:30p AHEC- Tools to Quit 4:30p Tech Help (KC)	SEPT 19 10:30a Lake Jackson Lunch & Learn 1p TDBC Bridge 2p Tech Help (KC)	SEPT 20 6p Art Reception – Insider’s Showcase	SEPT 21 3:30p Dance Showcase \$ 7p USA Dance: Saturday Night Fever
SEPT 23 1p Poetry Group ZM (KC) 7p GAP Circle of Parents ZM (KB)	SEPT 24 10:30a Chaires Lunch & Learn	SEPT 25 9a Immunization Fair: Vaccines 12p GAP Lunch & Learn 12:30p Friends Connection LNC 3:30p Foundation Board Meeting	SEPT 26 11a Caregiver Support Group (JS) 11:30a Senior LGBT+ Support Group	SEPT 27 7:30p Contra Dance Random Twang Band with caller Tom Greene	SEPT 28 CENTER CLOSED
SEPT 30					

**TALLAHASSEE SENIOR CENTER, 1400 N. Monroe Street, 850-891-4000**

### LEGEND

We now offer in-person and virtual classes.

**ZM = Virtual Classes on Zoom**      **H = Hybrid Classes (virtual + in-person)**

**PRR = Pre-registration Required**      **LLL = Lifelong Learning**

### REGISTRATION INFORMATION:

Register Online at [www.TallahasseeSeniorFoundation.org](http://www.TallahasseeSeniorFoundation.org) unless otherwise noted

( ) = Staff Contact for class information as follows:

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**Register for L3X classes at: [www.TallahasseeSeniorFoundation.org](http://www.TallahasseeSeniorFoundation.org)**