

TALLAHASSEE SENIOR CENTER CALENDAR OF WEEKLY PROGRAMS JANUARY 2025



Point your smartphone camera here to view our calendar online

TallahasseeSeniorFoundation.org/calendar

1400 N. MONROE ST. • TALLAHASSEE, FL 32303 • (850) 891-4000 • 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>	9:00 Ceramics	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 Experimental Watercolor Inter./Adv.	8:30 <i>Fitness at Chaires</i>
9:00 Portrait Studio	9:00 Landscapes in Soft Pastels	9:00 Nimble Fingers	9:00 <i>Brain-Body-Balance at Optimist Park PRR (RN)</i>	9:00 Oil Adv.
9:30 <i>Fitness at Woodville</i>	9:30 Life Exercise	9:30 <i>Fitness at Woodville</i>	9:30 Life Exercise	9:30 <i>Fitness at Bradfordville II PRR (LB)</i>
9:30 French Beg.	9:30 <i>Fitness at Bradfordville II PRR (LB)</i>	10:00 Seniors vs. Crime	9:30 <i>Sit & Fit at Chaires</i>	9:30 Chess
10:00 SHINE PRR	9:30 <i>Sit & Fit at Chaires</i>	10:00 Tai Chi Practice	10:45 Ballet	10:00 Hand and Foot/ Euchre
10:30 Adv. French ZM (KC)	10:00 Seniors vs. Crime	10:30 <i>Fitness at Fort Braden</i>	11:00 Senior Counseling (by appointment)	10:00 Tai Chi Practice
10:30 <i>Fitness at Fort Braden</i>	10:30 <i>Fitness Beg. at Bradfordville PRR (LB)</i>	11:30 Pickleball Lesson	11:15 <i>Fitness at Miccosukee</i>	10:30 <i>Brain Body Balance at Fort Braden</i>
11:00 Senior Counseling (by appointment)	10:45 <i>Brain Body Balance at Southwood PRR (RN)</i>	11:30 Pickleball	12:00 <i>Mindful Movement Lake Jackson at TSC*</i>	10:30 <i>Senior Fitness Beg. at Bradfordville PRR (LB)</i>
11:00 French Int.	11:00 Mindful Movement	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 Brain-Body-Balance	11:00 Senior Dining (PRR or Bring a Lunch)	1:00 Canasta / Pinoche	1:00 Friends Connection	11:30 Pickleball
1:00 French Adv.	11:15 <i>Fitness at Miccosukee</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>
1:30 <i>Yoga for Women at Bradfordville PRR (LB)</i>	11:30 <i>Fitness Adv. at Bradfordville PRR (LB)</i>	2:00 <i>Beg. Yoga at Lake Jackson</i>	1:00 Clay Pinch Coil Slab	1:00 Oil and Acrylic, Beg.
2:00 Beg. Spanish	1:00 Friends Connection ZM (ML)	5:30 Yoga	2:30 Ping-Pong	5:30 Ballroom and Swing
2:30 Pickleball	1:00 TDBC Bridge	7:00 Pickleball	2:30 Mah Jongg	6:00 Overeaters Anonymous
3:00 Friends Connection	1:00 Senior Singers		6:00 Two Step Dancing	7:00 Al-Anon Newcomers
5:45 Intermediate German Study Group	1:00 Gentle Yoga		7:00 ACA Group	
6:00 Round Dance	1:00 <i>Canasta at Lake Jackson</i>		7:00 Capital Chordsmen	
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			

www.TallahasseeSeniorFoundation.org

TALLAHASSEE SENIOR SERVICES – JANUARY 2025
Monthly, Bi-monthly & Special Events and Programs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		JAN 1 HAPPY NEW YEAR 2025 – CENTER IS CLOSED	JAN 2 8:30a Podiatry (RN) 11a Adv. Ukuladies (KC) CENTER CLOSES AT 5PM	JAN 3 <i>10a Walmart Trip from Miccosukee</i> CENTER CLOSES AT 5PM	JAN 4 CENTER CLOSED
JAN 6 6p TDBC Bridge	JAN 7 10a Blood Pressure & Glucose Screening 12p Tech Help (KC)	JAN 8 10a Safety Series ZM (RN) <i>12:30p Friends Connection LNC</i> 6p Coin Club	JAN 9 11a Caregiver Support Group (ML) 11a Adv. Ukuladies (KC) 11a Stretch for Life (RN) <i>11a Healthy for Life at Jake Gaither (BW)</i> 1p TDBC Bridge	JAN 10 7:30p Contra Dance <i>Larry Unger & Company with Caller Rachel Flemming</i>	JAN 11 CENTER CLOSED
JAN 13 10a Mindful Meditation 11a Lunch & Learn - Breast Cancer (RN) 11a Art Council <i>1p Poetry Group ZM (KC)</i> <i>7p GAP Circle of Parents ZM (KB)</i>	JAN 14 9a Brown Bag Medicine Review (RN) <i>11a Wellness Circle at Jack McLean PRR (BW)</i> 7p Stamp and Cover Club	JAN 15 8:30a Capital Coalition on Aging (KC) 9a Hike (RN) <i>11a Wellness Circle at Jake Gaither PRR (BW)</i> 1p LCSO Advisory Council 4:30p Tech Help	JAN 16 10a LLL – Plant-based Nutrition for Your Health (MH) 10:30a QiGong PRR (RN) 11a Adv. Ukuladies (KC) <i>11a Healthy for Life at Jake Gaither (BW)</i> 1p TDBC Bridge 2p Tech Help (KC)	JAN 17	JAN 18 CENTER CLOSED
JAN 20 CENTER IS CLOSED – Martin Luther King Day	JAN 21	JAN 22 <i>12:30p Friends Connection LNC</i> 3:30p Foundation Board Meeting	JAN 23 10a LLL – Plant-based Nutrition for Your Health (MH) 10:30a QiGong PRR (RN) 11a Caregiver Support Group (ML) 11a Adv. Ukuladies (KC) <i>11a Healthy for Life at Jake Gaither (BW)</i> 1p TDBC Bridge	JAN 24 7:30p Contra Dance <i>Otemeal Band with Caller Tom Greene</i>	JAN 25 7p USA Dance: <i>Winter Dance</i>
JAN 27 8:30a Bloodmobile 8:30a Pop-Up OT (RN) <i>1p Poetry Group ZM (KC)</i> <i>7p GAP Circle of Parents ZM (KB)</i>	JAN 28 11a Coffeehouse Concert – Daniel Neihoff	JAN 29 10:30a Brain Games with Ruth <i>12p GAP Lunch & Learn</i>	JAN 30 10a LLL – Plant-based Nutrition for Your Health (MH) 10:30a QiGong PRR (RN) <i>11a Healthy for Life at Jake Gaither (BW)</i> 11:30a Senior LGBT+ Support Group 1p TDBC Bridge	JAN 31	

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 unless otherwise noted

() = Staff Contact for class information as follows:

(LB) Lisa.Baggett@talgov.com

(KB) Karen.Boebinger@talgov.com

(KC) Kristy.Carter@talgov.com

(MH) Maureen.Haberfeld@talgov.com

(ML) Melanie.Lachman@talgov.com

(HM) HeathHilary.McRae@talgov.com

(RN) Ruth.Nickens@talgov.com

(SS) Sheila.Salver@talgov.com

(BW) Beverly.Womble@talgov.com