

TALLAHASSEE SENIOR CENTER CALENDAR OF WEEKLY PROGRAMS MAY 2026



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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 (LB)</i>	9:00 Ceramics	9:00 <i>Brain-Body-Balance at Optimist Park PRR (LB)</i>	8:30 <i>Fitness at Chaires</i>
9:00 Portrait Studio	9:00 Landscapes in Soft Pastels	9:00 Nimble Fingers	9:30 Life Exercise	9:00 Oil Adv.
9:30 <i>Fitness at Woodville</i>	9:30 Life Exercise	9:30 Oil and Acrylic with Debbie (All Levels)	9:30 <i>Sit & Fit at Chaires</i>	9:30 <i>Fitness at Bradfordville II PRR (LB)</i>
9:30 French Int.	9:30 <i>Fitness at Bradfordville II PRR (LB)</i>	9:30 <i>Fitness at Woodville</i>	10:30 <i>Brain Body Balance at Southwood (LB)</i>	9:30 Chess
10:00 SHINE PRR	9:30 <i>Sit & Fit at Chaires</i>	10:00 Seniors vs. Crime	10:45 Ballet	10:00 Cards & Games
10:30 Adv. French ZM (KC)	10:00 Seniors vs. Crime	10:00 Tai Chi Practice	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>	10:30 <i>Fitness at Fort Braden</i>	11:15 <i>Fitness at Miccosukee</i>	10:30 <i>Brain Body Balance at Fort Braden</i>
11:00 Line Dance	10:45 <i>Brain Body Balance at Southwood (LB)</i>	11:30 Pickleball Lesson	12:00 Mindful Movement	10:30 <i>Senior Fitness Beg. at Bradfordville PRR (LB)</i>
11:00 Senior Counseling (by appointment)	11:00 Mindful Movement	11:30 Pickleball	1:00 Tai Chi Basics	11:00 Senior Dining (PRR or Bring a Lunch)
11:00 French Adv.	11:00 Senior Dining (PRR or Bring a Lunch)	1:00 Oil and Acrylic with Debbie Int./Adv.	1:00 Friends Connection	11:30 Pickleball
1:00 Brain-Body-Balance	11:15 <i>Fitness at Miccosukee</i>	1:00 Pinoche	1:00 Clay Pinch Coil Slab	11:30 <i>Fitness Adv. at Bradfordville PRR (LB)</i>
1:00 French Beg.	11:30 <i>Fitness Adv. at Bradfordville PRR (LB)</i>	2:00 <i>Beg. Yoga at Lake Jackson</i>	2:30 Ping-Pong	1:00 Model Building
1:30 <i>Yoga for Women at Bradfordville PRR (LB)</i>	12:30 <i>Canasta at Lake Jackson</i>	5:30 Yoga	2:30 Mah Jongg (experienced only)	1:00 Oil and Acrylic, Beg.
2:30 Pickleball	1:00 Friends Connection ZM (ML)		6:00 Two Step Dancing	5:30 Ballroom and Swing
3:00 Friends Connection	1:00 TDBC Bridge		7:00 ACA Group	6:00 Overeaters Anonymous
5:45 Intermediate German Study Group	1:00 Gentle Yoga		7:00 Capital Chordsmen	7:00 Al-Anon Newcomers
6:00 Capital City Carvers	2:30 Ping-Pong		7:00 Writers Workshop	
6:00 Round Dance	2:30 Wii Bowling			
7:00 Twirlers Square Dance	4:00 Guitar			
	5:00 Pickleball			
	8:00 SA Support Group			

www.TallahasseeSeniorFoundation.org

TALLAHASSEE SENIOR SERVICES – MAY 2026
Monthly, Bi-monthly & Special Events and Programs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				MAY 1	MAY 2 CENTER CLOSED
MAY 4 <i>9a Technology Assistance at Miccosukee</i> 1p Mental Health 1st Aide PRR (ML) <i>7p GAP Circle of Parents ZM (KB)</i>	MAY 5 10a Blood Pressure & Glucose Screening 11:30a Tech Help (ES) 1p GaP Advisory Council (KB) 1:30p LLL-The Trial & Death of Socrates PRR (ES)	MAY 6 10a Newcomers Coffee Chat 10a Hearing Screening (AH) 12p Safety Series: Demystifying Seizures PRR (ES) <i>1p Southside Friends Connection at BL Perry Library</i>	MAY 7 <i>10:30a Miccosukee Lunch & Learn</i> 11a Adv. Ukuladies (KC) <i>11a Healthy for Life at Jack McLean PRR (IW)</i> 1:30p LLL-The Trial & Death of Socrates PRR (ES) <u>Building Closes at 4:30p</u> 5:30p Silver Stars PRR	MAY 8 <i>10a Linking Lives at Jake Gaither PRR (AH)</i> 7:30p Contra Dance – Katie’s Contradiction with caller Drew Thomas	MAY 9 CENTER CLOSED
MAY 11 10a Mindful Meditation <i>10a LLL-History & Mystery of Goodwood PRR (ES)</i> 11a Art Council 1p Mental Health 1st Aide PRR (ML) <i>1p Poetry Group ZM (KC)</i>	MAY 12 9:30a Travel Training 10a Therapeutic Touch <i>11a Wellness Circle at Jack McLean PRR (IW)</i> 1:30p LLL-The Trial & Death of Socrates PRR (ES) 7p Stamp and Cover Club	MAY 13 <i>10:30a Bradfordville Lunch & Learn</i> 11a Coffeehouse Concert: Grant Peoples & Jason Baker <i>12:30p Friends Connection LNC</i> 6p Coin Club	MAY 14 <i>10:30a Woodville Lunch & Learn</i> 11a Caregiver Support Group (ML) 11a Lunch & Learn: Stroke (AH) <i>11a Healthy for Life at Jack McLean PRR (IW)</i> 11a Adv. Ukuladies (KC) 1:00 TDBC Bridge 1p Skin Cancer Screening (AH) 1:30p LLL-The Trial & Death of Socrates PRR (ES) 2:30p LLL_Goodwood House Tour PRR (ES)	MAY 15 <i>10a Linking Lives at Jake Gaither PRR (AH)</i>	MAY 16 7p USA Dance: <i>Cha Cha de Mayo</i>
MAY 18 1:30p Advisory Council (CG) 6p TDBC Bridge <i>7p GAP Circle of Parents ZM (KB)</i>	MAY 19 <i>10:30a Ft. Braden Lunch & Learn</i> <i>11a Wellness Circle at Jake Gaither PRR (IW)</i>	MAY 20 CENTER IS CLOSED Emancipation Day	MAY 21 <i>10:30a Lake Jackson Lunch & Learn</i> 11a Adv. Ukuladies (KC) <i>11a Healthy for Life at Jack McLean PRR (IW)</i> 1:00 TDBC Bridge 2p Tech Help (ES)	MAY 22 9a Botanical Bass Relief PRR (HM) <i>10a Linking Lives at Jake Gaither PRR (AH)</i>	MAY 23 CENTER CLOSED
MAY 25 CENTER IS CLOSED Memorial Day <i>1p Poetry Group ZM (KC)</i>	MAY 26 <i>10:30a Chaires Lunch & Learn</i> <i>1:30p LLL-Spring House Tour PRR (ES)</i>	MAY 27 12p Foundation Board Meeting <i>12:30p Friends Connection LNC</i> 1p LCSO Advisory Council	MAY 28 11a Caregiver Support Group (ML) 11:30a Senior LGBT+ Support Group	MAY 29 9a Botanical Bass Relief PRR (HM) 7:30p Contra Dance: <i>Flathead String Band with caller Vicki Morrison</i>	MAY 30 CENTER CLOSED

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:

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