

TALLAHASSEE SENIOR CENTER CALENDAR OF WEEKLY PROGRAMS JUNE 2024



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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 Optimist Park at Hartsfield Elem. PRR (EM)</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 Optimist Park at Hartsfield Elem. PRR (EM)</i>	9:00 English 2nd Language ZM (KC)
9:30 <i>Fitness at Woodville</i>	9:30 Life Exercise	9:30 <i>Fitness at Woodville</i>	9:30 Life Exercise	9:00 Oil Adv.
9:30 French Adv.	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 <i>Fitness at Bradfordville II PRR (LB)</i>
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 <i>(by appointment)</i>	10:00 Chess
10:30 <i>Fitness at Fort Braden</i>	10:30 Wii Bowling	11:30 Pickleball Lesson	11:15 <i>Fitness at Miccosukee</i>	10:00 Tai Chi Practice
11:00 Senior Counseling <i>(by appointment)</i>	10:30 <i>Fitness Beg. at Bradfordville PRR (LB)</i>	11:30 Pickleball	12:00 <i>Mindful Movement Lake Jackson at TSC*</i>	10:30 <i>Brain Body Balance at Fort Braden</i>
11:00 French Beg.	10:45 <i>Brain Body Balance at Southwood PRR (RN)</i>	1:00 Oil and Acrylic with Debbie Int./Adv.	1:00 Tai Chi Basics	10:30 <i>Senior Fitness Beg. at Bradfordville PRR (LB)</i>
1:00 Brain-Body-Balance	11:00 Mindful Movement	1:00 Canasta / Pinole		11:30 Senior Dining <i>(PRR or Bring a Lunch)</i>
1:00 French Int.	11:15 <i>Fitness at Miccosukee</i>	1:30 Draw with Your Eyes, Paint with Your Heart ZM (HM)	1:00 Friends Connection	11:30 Pickleball
1:30 <i>Yoga for Women at Bradfordville PRR (LB)</i>	11:30 Senior Dining <i>(PRR or Bring a Lunch)</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>
2:30 Pickleball	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
3:00 Friends Connection	1:00 Friends Connection ZM (ML)	5:30 Yoga	2:30 Mah Jongg	1:00 Oil and Acrylic, Beg.
5:45 Intermediate German Study Group	1:00 TDBC Bridge	7:00 Pickleball	6:00 Two Step Dancing	5:30 Ballroom and Swing
6:00 Round Dance	1:00 Gentle Yoga		7:00 ACA Group	6:00 Overeaters Anonymous
7:00 Twirlers Square Dance	1:00 <i>Canasta at Lake Jackson</i>		7:00 Capital Chordsmen	7:00 Al-Anon Newcomers
7:00 Capital City Carvers	2:30 Ping-Pong		7:00 Writers Workshop	
	2:30 Wii Bowling			
	4:00 Guitar			
	8:00 SA Support Group			

TALLAHASSEE SENIOR SERVICES – JUNE 2024
Monthly, Bi-monthly & Special Events and Programs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					JUNE 1 CENTER CLOSED
JUNE 3 10a LLL-Food For Life (MH) 1p TDBC 7p GAP Circle of Parents ZM (KB)	JUNE 4 10a Blood Pressure & Glucose Screening 12p Tech Help (KC)	JUNE 5 3p Newcomers Coffee Chat	JUNE 6 10a DEEP-Diabetes (RN) 10:30a Miccosukee Lunch & Learn 1p TDBC	JUNE 7 10a Walmart Trip from Miccosukee 11a Men's Health Update (RN) 6:30p USA Dance: FL Sunshine Dance Symposium	JUNE 8 8:30a USA Dance: Competition 6:30p USA Dance: FL Sunshine Dance Symposium www.USA Dance6010.org
JUNE 10 10a Mindful Meditation 10a LLL-Food For Life (MH) 11a Art Council 1p Poetry Group ZM (KC) 6p TDBC Bridge	JUNE 11 10a Smoothies (RN) 2p Wellness Circle at Perry Library PRR (EM) 7p Stamp and Cover Club	JUNE 12 9a Brain Challenge (RN) 10:30a Safety: Storm Prep (RN) 10:30a Bradfordville Lunch & Learn 12:30p Friends Connection LNC	JUNE 13 8:30a Podiatry (RN) 10a DEEP-Diabetes (RN) 10:30a Woodville Lunch & Learn 11a Caregiver Support Group (JS) 1p TDBC 5:30p Art Reception: By Land By Sea	JUNE 14 11a Wellness Circle at Perry Library PRR (EM) 7:30p Contra Dance Long Forgotten String Band with Caller Joey Norton of St. Pete	JUNE 15 CENTER CLOSED
JUNE 17 10a LLL-Food For Life (MH) 11a Coffeehouse Concert-Nick Staver (RN) 1:30p Advisory Council (SS) 7p GAP Circle of Parents ZM (KB) 7:15p TSC Patriotic Concert	JUNE 18 10:30a Ft. Braden Lunch & Learn 1:30p LLL-Springhouse Tour PRR (MH) 5p TDBC Board Meeting	JUNE 19 8:30a Capital Coalition on Aging (KC) 9a Brain Challenge (RN) 9a Hike (RN) 1:30p AHEC-Tools to Quit 1:30p LLL-Madagascar & the Seychelles (MH)	JUNE 20 10a DEEP-Diabetes (RN) 10:30a Lake Jackson Lunch & Learn 2p Tech Help (KC)	JUNE 21	JUNE 22 CENTER CLOSED
JUNE 24 CLOSED FOR MAINTENANCE 1p Poetry Group ZM (KC)	JUNE 25 CLOSED FOR MAINTENANCE 10:30a Chaires Lunch & Learn	JUNE 26 CLOSED FOR MAINTENANCE 12:30p Friends Connection LNC 3:30p Foundation Board Meeting	JUNE 27 CLOSED FOR MAINTENANCE 1:30p Southside Lunch & Learn at Perry Library PRR (EM)	JUNE 28 CLOSED FOR MAINTENANCE	JUNE 29 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:**

(EM) Emily.Mcneill2@talgov.com (HM) HeathHilary.McRae@talgov.com

(KB) Karen.Boebinger@talgov.com (KC) Kristy.Carter@talgov.com

(LB) Lisa.Baggett@talgov.com (MH) Maureen.Haberfeld@talgov.com

(ML) Melanie.Lachman@talgov.com (RN) Ruth.Nickens@talgov.com

(SS) Sheila.Salyer@talgov.com