

TALLAHASSEE SENIOR CENTER CALENDAR OF WEEKLY PROGRAMS JUNE 2023



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 meets at Hartsfield Elementary PRR (WB)</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 meets at Hartsfield Elementary PRR (WB)</i>	9:00 English 2nd Language ZM (KC)
9:30 <i>Fitness at Woodville</i>	9:30 Life Exercise	9:30 Oil and Acrylic with Debbie (All Levels)	9:30 Life Exercise	9:00 Oil Adv.
9:30 French Int. (ends June 12)	9:30 <i>Fitness at Bradfordville II PRR (LB)</i>	9:30 <i>Fitness at Woodville</i>	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 Seniors vs. Crime	10:45 Ballet	10:00 Tai Chi Practice
10:30 Adv. French ZM (KC)	10:00 Seniors vs. Crime	10:00 Tai Chi Practice	11:00 Senior Counseling (by appointment)	10:30 <i>Brain Body Balance at Fort Braden</i>
10:30 <i>Fitness at Fort Braden</i>	10:00 Wii Bowling	10:30 <i>Fitness at Fort Braden</i>	11:15 <i>Fitness at Miccosukee</i>	10:30 <i>Senior Fitness Beg. at Bradfordville PRR (LB)</i>
11:00 Senior Counseling (by appointment)	10:30 <i>Fitness Beg. at Bradfordville PRR (LB)</i>	11:30 Pickleball Lesson	1:00 Tai Chi Basics	11:30 Senior Dining (PRR or Bring a Lunch)
11:00 French Adv. (ends June 12)	10:45 <i>Brain Body Balance at Southwood PRR (WB)</i>	11:30 Pickleball	1:00 TDBC Bridge	11:30 Pickleball
1:00 Brain-Body-Balance	11:00 Mindful Movement	1:00 Oil and Acrylic with Debbie Int./Adv.	1:00 Friends Connection	11:30 <i>Fitness Adv. at Bradfordville PRR (LB)</i>
1:30 French Beg. (ends June 12)	11:15 <i>Fitness at Miccosukee</i>	1:00 Canasta / Pinoche	1:00 Experimental Watercolor Inter./Adv.	1:00 Model Building
1:30 <i>Yoga for Women at Bradfordville PRR (LB)</i>	11:30 Senior Dining (PRR or Bring a Lunch)	1:30 Draw with Your Eyes, Paint with Your Heart ZM (HM)	1:00 French Study Group ZM (KC)	1:00 Oil and Acrylic, Beg.
2:30 Pickleball	11:30 <i>Fitness Adv. at Bradfordville PRR (LB)</i>	1:30 <i>Beg. Yoga at Bradfordville PRR (LB)</i>	1:00 <i>Mindful Movement at Lake Jackson</i>	5:30 Ballroom and Swing
3:00 Friends Connection	1:00 Friends Connection ZM (ML)	2:00 <i>Beg. Yoga at Lake Jackson</i>	2:30 Ping-Pong	7:00 Al-Anon Newcomers
5:45 Intermediate German Study Group	1:00 TDBC Bridge	5:30 Yoga	7:00 Capital Chordsmen	
6:00 Round Dance	1:00 <i>Canasta at Lake Jackson</i>	7:00 Pickleball	7:00 Writers Workshop	
7:00 Twirlers Square Dance	2:30 Ping-Pong	7:15 Al-Anon Family		
7:00 Capital City Carvers	4:00 Guitar			
	7:00 Line Dance			
	8:00 SA Support Group			

TALLAHASSEE SENIOR SERVICES – JUNE 2023
Monthly, Bi-monthly & Special Events and Programs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			JUNE 1 9a Podiatry 9:15a LLL-Second Harvest Tour (MH) 10:30a Matter of Balance PRR (RN) 10:30a Miccosukee Lunch & Learn 11a Healthy for Life (WB)	JUNE 2 10a Walmart Trip from Miccosukee	JUNE 3 CENTER CLOSED
JUNE 5 10a Alzheimer's Association Meeting 7p GAP Circle of Parents ZM (KB)	JUNE 6 10a Blood Pressure & Glucose Screening 12p Tech Help (KC) 12:30p Friends Connection at Miccosukee 1p Dance Performance-Padayaw, Asian Coalition 1p Yoga PRR (RN)	JUNE 7 9a Farmers Market Coupons	JUNE 8 7:30a LLL-FL Museum in Gainesville (MH) 10a Healing Touch 10:30a Woodville Lunch & Learn 10:30a Matter of Balance PRR (RN) 11a Caregiver Support Group (JS) 11a Healthy for Life (WB)	JUNE 9 7:30p Contra Dance – Greasy String Band with Caller – Alice Raibourne	JUNE 10 CENTER CLOSED
JUNE 12 10a Mindful Meditation 11a Art Council 1p Poetry Group ZM (KC)	JUNE 13 11a Wellness Circle at Jack McLean 1p Yoga PRR (RN) 7p Stamp and Cover Club	JUNE 14 10:30a Hearing Safety Awareness 10:30a Bradfordville Lunch & Learn 12:30p Friends Connection LNC 2p Farmer's Market Coupons	JUNE 15 10:30a Matter of Balance PRR (RN) 10:30a Lake Jackson Lunch & Learn 1:30p LLL-Spring House Tour (MH) 2p Tech Help (KC)	JUNE 16 9:30a LLL-FSU Coastal Marine Lab (MH)	JUNE 17 7p USA Dance: Hippies in the 60's
JUNE 19 10:30a CPR Class (RN) 1:30p Advisory Council (SS) 7p TCC Concert 7p GAP Circle of Parents ZM (KB)	JUNE 20 10:30a Ft. Braden Lunch & Learn 1p Yoga PRR (RN) 2:15 Game Day for ALL 5p TDBC Board Meeting	JUNE 21 8:15a Hike (RN) 9a Capital Coalition on Aging (KC) 11a Wellness Circle at Jake Gaither 11:15a LLL-Golden Legacy Gadsden Art Ctr. (MH) 6p Sleep Disorders (RN)	JUNE 22 10:30a Matter of Balance PRR (RN) 11a Caregiver Support Group (JS) 11:30a Senior LGBT+ Support Group 1:30p LLL-Adventures in Spain (MH)	JUNE 23 7:30p Contra Dance – In Cahoots Band with Caller – Kevin Shephard & Vicki Morrison	JUNE 24 CENTER CLOSED
JUNE 26 CLOSED FOR MAINTENANCE 1p Poetry Group ZM (KC)	JUNE 27 CLOSED FOR MAINTENANCE 10:30a Chaires Lunch & Learn	JUNE 28 CLOSED FOR MAINTENANCE 12:30p Friends Connection LNC 3:30p Foundation Board Meeting	JUNE 29 CLOSED FOR MAINTENANCE	JUNE 30 CLOSED FOR MAINTENANCE	

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.Salyer@talgov.com

(WB) Wendy.Barber@talgov.com