

**TALLAHASSEE SENIOR SERVICES CALENDAR – VIRTUAL +  
NOVEMBER 9 – DECEMBER 11, 2020**

*We are now offering online classes some which require pre-registration for the Zoom link. Please note the initials in the parenthesis after the class title. The corresponding contact name and registration email address is noted at the bottom of the calendar. Description and Registration located at: TallahasseeSeniorFoundation.org*

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>NOV 9</b> <b>10a Medicare Open Enrollment: Making an Informed Decision FB (RN)</b> <b>10:30a Adv. French ZM (KC)</b> <b>11a Art Council ZM (JH)</b> <b>11a Brain Body Balance FB (RN)</b> <b>12:30p Hands-On Art History ZM (JH)</b> <b>2:45p Poetry Group ZM (KC)</b> <b>3p Friends Connection ZM (ML)</b> <i>7p GAP Circle of Parents ZM (KB)</i>	<b>NOV 10</b> <b>Quit Smoking Now PRR (RN) 224-9340</b> <b>9a Coffee &amp; Chat ZM (HS)</b> <b>11a Mindful Movement FB (RN)</b>	<b>NOV 11</b> <b>VETERANS DAY</b>	<b>NOV 12</b> <b>11a Stretch &amp; Flex FB (RN)</b> <b>1p Friends Connection ZM (ML)</b> <b>5:30p Deck-orate for the Holidays ZM (MH)</b> <b>7p Capital Chordsmen ZM (KC)</b>	<b>NOV 13</b> <b>9a English 2<sup>nd</sup> Language (KC)</b> <b>10a Virtual Office Hours with Melanie ZM (ML)</b> <b>11a Seated Yoga FB (RN)</b> <b>11a Ukulele PRR ZM (KC)</b>
<b>NOV 16</b> <b>10:30a Adv. French ZM (KC)</b> <b>11a Brain Body Balance FB (RN)</b> <b>11a Beginner's Ukulele PRR ZM (KC)</b> <b>12:30p Hands-On Art History ZM (JH)</b> <b>1p Advisory Council ZM (SS)</b> <b>3p Friends Connection ZM (ML)</b>	<b>NOV 17</b> <b>Quit Smoking Now PRR (RN) 224-9340</b> <b>11a Mindful Movement FB (RN)</b> <b>3p Online Grocery Shopping: Shop Safely During the Pandemic FB (RN)</b>	<b>NOV 18</b> <b>8:30a Capital Coalition on Aging (KC)</b> <b>10a Diabetes &amp; COVID FB (RN)</b> <b>11a Gentle Yoga FB (RN)</b> <b>11:15a Adv. Painting Critique ZM (JH)</b> <b>1p LCSO Advisory Council (SD)</b> <b>1p Ageless Grace ZM (RN)</b> <i>1p Friends Connection LNC ZM (ML)</i> <b>1:30p Draw with Your Eyes ZM (JH)</b> <b>7:15p Al-Anon-tallyalanon.org</b>	<b>NOV 19</b> <b>11a Stretch &amp; Flex FB (RN)</b> <b>1p Five Wishes ZM (RN)</b> <b>1p Friends Connection ZM (ML)</b> <b>5:30p Deck-tinis &amp; More ZM (MH)</b> <b>7p Capital Chordsmen ZM (KC)</b>	<b>NOV 20</b> <b>9a English 2<sup>nd</sup> Language (KC)</b> <b>11a Seated Yoga FB (RN)</b> <b>11a Ukulele PRR ZM (KC)</b> <b>4p People's Choice Awards Banquet &amp; Art Appreciation ZM (JH)</b>
<b>NOV 23</b> <b>10:30a Adv. French ZM (KC)</b> <b>11a Brain Body Balance FB (RN)</b> <b>12:30p Hands-On Art History ZM (JH)</b> <b>2:45p Poetry Group ZM (KC)</b> <b>3p Friends Connection ZM (ML)</b> <b>3p Holiday Arrangements ZM (MH)</b> <i>7p GAP Circle of Parents ZM (KB)</i>	<b>NOV 24</b> <b>Quit Smoking Now PRR (RN) 224-9340</b> <b>9a Coffee &amp; Chat ZM (HS)</b> <b>11a Mindful Movement FB (RN)</b>	<b>NOV 25</b> <i>10a Friends Connections Facilities ZM (ML)</i> <b>11a Gentle Yoga FB (RN)</b> <b>11:15a Adv. Painting Critique ZM (JH)</b> <b>1p Foundation Board Meeting ZM (SS)</b> <b>1p Ageless Grace ZM (RN)</b> <b>1:30p Draw with Your Eyes ZM (JH)</b> <b>7:15p Al-Anon-tallyalanon.org</b>	<b>NOV 26</b> <b>THANKSGIVING</b>	<b>NOV 27</b> <b>THANKSGIVING</b>
<b>NOV 30</b> <b>10:30a Adv. French ZM (KC)</b> <b>11a Brain Body Balance FB (RN)</b> <b>12:30p Hands-On Art History ZM (JH)</b> <b>3p Friends Connection ZM (ML)</b>	<b>DEC 1</b> <b>Quit Smoking Now PRR (RN) 224-9340</b> <b>11a Mindful Movement FB (RN)</b> <b>1p Life Stories / Mixed Media ZM (JH)</b>	<b>DEC 2</b> <b>11a Gentle Yoga FB (RN)</b> <b>11:15a Adv. Painting Critique ZM (JH)</b> <b>1p Ageless Grace ZM (RN)</b> <i>1p Friends Connection LNC ZM (ML)</i> <b>1:30p Draw with Your Eyes ZM (JH)</b> <b>7:15p Al-Anon-tallyalanon.org</b>	<b>DEC 3</b> <b>11a Stretch &amp; Flex FB (RN)</b> <b>1p Friends Connection ZM (ML)</b> <b>1p Life Stories / Mixed Media ZM (JH)</b> <b>7p Capital Chordsmen ZM (KC)</b>	<b>DEC 4</b> <b>9a Virtual Office Hours with Ruth ZM (RN)</b> <b>9a English 2<sup>nd</sup> Language (KC)</b> <b>11a Seated Yoga FB (RN)</b> <b>11a Ukulele PRR ZM (KC)</b> <b>5p Deck the Halls – ZM &amp; 98.9 Radio (KaC)</b>

<b>DEC 7</b> 10a Mindfulness ZM (RN) 10:30a Adv. French ZM (KC) 11a Brain Body Balance FB (RN) 11a Beginner's Ukulele PRR ZM (KC) 12:30p Hands-On Art History PRR ZM (JH) 3p Friends Connection ZM (ML) 7p GAP Circle of Parents ZM (KB)	<b>DEC 8</b> Quit Smoking Now PRR (RN) 224-9340 9a Coffee & Chat ZM (HS) 10a Cookies & Cocoa w/ KitchenAble ZM (MH) 11a Mindful Movement FB (RN) 1p Life Stories / Mixed Media ZM (JH)	<b>DEC 9</b> 11a Gentle Yoga FB (RN) 1p Ageless Grace ZM (RN) 1:30p Draw with Your Eyes ZM (JH) 7:15p Al-Anon-tallyalanon.org	<b>DEC 10</b> 11a Stretch & Flex FB (RN) 1p Friends Connection ZM (ML) 1p Life Stories / Mixed Media ZM (JH) 7p Capital Chordsmen ZM (KC)	<b>DEC 11</b> 9a English 2 <sup>nd</sup> Language (KC) 10a Virtual Office Hours with Melanie ZM (ML) 11a Seated Yoga FB (RN) 11a Ukulele PRR ZM (KC)
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**TALLAHASSEE SENIOR CENTER, 1400 N. Monroe Street, 891-4000**

**LEGEND** - PRR= Pre-Registration Required; LLL=Lifelong Learning; FB=Facebook; ZM=Zoom Meeting  
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(RN) [Ruth.Nickens@talgov.com](mailto:Ruth.Nickens@talgov.com); (SS) [Sheila.Salyer@talgov.com](mailto:Sheila.Salyer@talgov.com); (WB) [Wendy.Barber@talgov.com](mailto:Wendy.Barber@talgov.com)

Need computer or technology assistance? Please contact the Tallahassee Senior Center at (850) 891-4000 Monday – Friday; 8am-4pm and we will assist.

Despite our temporarily closed doors, we are working hard to develop and share opportunities (such as virtual, live and on demand classes) to keep our age 50+ participants active, optimally aging, and socially fit. Now more than ever, your support is very important to make this possible and we encourage your donations for virtual and on demand classes – to donate, TallahasseeSeniorFoundation.org; click the donate button (top right hand corner) or to become a member or renew your membership – click the membership tab - or checks can be mailed.

**Tallahassee Senior Center Fitness Classes on WCOT  
Monday, Wednesday, Friday & Saturday at 9 am**

*Staying active is one of the most important things we can do to stay healthy and age successfully, and we realize you are missing your weekly in-person classes.*

*To help you access quality senior fitness, WCOT (Channel 13 on cable or Talgov.com/WCOT) will now be airing four TSC classes with some of your favorite instructors. Fitness classes are provided by the City of Tallahassee Parks, Recreation & Neighborhood Affairs and the Tallahassee Senior Center and Foundation. Learn more by visiting Talgov.com/Seniors. Below are the classes that you can view.*

**Monday Mindful Movement w/ Lori Roberts, certified NIA yoga instructor**

Mindful Movement is a gentle, yoga-based, fitness class focuses on increasing energy, reducing falls, and maintaining flexibility. Brought to you in partnership with [Capital Health Plan](#).

**Wednesday Gentle Yoga w/ Ferdouse Sultana, E-RYT® 500**

Enjoy a gentle yoga class which includes both standing and mat poses for balance (a chair is an option). Benefits include improved range of motion, flexibility, balance, and strength. It also focuses on breathing exercises for stress reduction and relaxation.

**Friday Brain-Body-Balance w/ Merisha Johnson Phillips, AFAA-CPT**

An active-aging, fall-prevention program created to be fun while reversing many types of aging. The class fuses physical movement with brain-enhancing drills to improve balance, memory, brain health, reflexes, and daily life. Have a chair on hand.

**Saturday Stretch & Flex w/ Robin Perry Davis, ACSM**

This class will help you stay strong, flexible, and mobile with gentle yoga-like movement. Safe stretching routines maintain joint mobility and muscle flexibility. Some classes will be seated, others use a mat, viewers can easily move between.

For more info, contact our Health & Wellness Coordinator [Ruth.Nickens@talgov.com](mailto:Ruth.Nickens@talgov.com)

Thank you to our Health & Wellness Presenting Sponsor: [McDonnell Hearing Solutions](#)

Staying active is one of the most important things we can do to keep healthy and age successfully. While we can't be together in person, we encourage to join us for a variety of virtual fitness classes, offered 3 ways for your viewing convenience:

- (1) WCOT (Channel 13 on cable or [Talgov.com/WCOT](http://Talgov.com/WCOT)) on TV - M/W/F/& SAT @ 9 a.m.
- (2) On demand: [www.TallahasseeSeniorFoundation.org/on-demand-classes/](http://www.TallahasseeSeniorFoundation.org/on-demand-classes/)
- (3) Posted on our Foundation page at 11:00 a.m. – Tallahassee Senior Center

**The mission of Tallahassee Senior Services is to offer programs, activities, and opportunities designed to encourage active living, optimal aging, and social fitness for independent adults age 50+.**

**TSC programs like these Fitness classes are supported by donations to the TSC Foundation. If you would like to contribute or become a member, go to [www.tallahasseeSeniorFoundation.org](http://www.tallahasseeSeniorFoundation.org) or mail your check to: TSC Foundation, 1400 N. Monroe St. Tallahassee, FL, 32303.**

