

**TALLAHASSEE SENIOR SERVICES
CALENDAR OF WEEKLY PROGRAMS
MARCH 11 – APRIL 14, 2019**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 <i>Fitness at Woodville</i>	9:00 Watercolor Studio Lab	8:30 <i>Fitness at Woodville</i>	9:00 Watercolor Studio Lab	8:30 <i>Fitness at Chaires</i>
8:30 <i>Fitness at Chaires</i>	9:00 Ceramics	8:30 <i>Fitness at Chaires</i>	9:00 Spanish: 2	9:00 English 2 nd Language
9:00 Crafting Bee	9:30 Life Exercise	9:00 French: C	9:30 Life Exercise	9:30 Drawing Together
9:00 Portraiture	9:30 <i>Seated Exercise at Chaires</i>	9:00 Ceramics	9:30 <i>Seated Exercise at Chaires</i>	9:30 <i>Beginner Fitness at Bradfordville NE Library (I)</i> <i>(limited space call first 878-1685)</i>
9:00 Clay Lab	9:30 <i>Beginner Fitness at Bradfordville NE Library (I)</i> <i>(limited space call first 878-1685)</i>	9:00 Pastels	10:00 Blood Pressure Screening	10:00 Tai Chi
9:30 French: A	10:00 Seniors vs. Crime	9:00 Nimble Fingers	10:00 <i>Brain-Body-Balance at Optimist Park</i>	10:00 Social Bingo
10:00 French: Advanced	10:00 <i>Brain-Body-Balance at Optimist Park</i>	10:00 Seniors vs. Crime	10:30 Wii Bowling	10:30 <i>Beginner Fitness at Bradfordville NE Library (II)</i> <i>(limited space call first 878-1685)</i>
10:00 SHINE <i>(by appointment)</i>	10:30 <i>Beginner Fitness at Bradfordville NE Library (II)</i> <i>(limited space call first 878-1685)</i>	10:00 Tai Chi	10:45 Adult Ballet	11:00 French: Advanced
10:30 <i>Fitness at Fort Braden</i>	10:30 <i>Beginner Fitness at Bradfordville NE Library (II)</i> <i>(limited space call first 878-1685)</i>	10:00 Blood Pressure Screening	11:00 Beginning Spanish: 1	11:00 Chair Yoga
11:00 French: D	10:30 <i>Beginner Fitness at Bradfordville NE Library (II)</i> <i>(limited space call first 878-1685)</i>	10:00 Glucose Screening	11:00 Counseling <i>(by appointment)</i>	11:30 <i>Senior Fitness at Bradfordville NE Library (III)</i> <i>(limited space call first 878-1685)</i>
11:00 Counseling <i>(by appointment)</i>	10:30 Reiki	10:30 <i>Fitness at Fort Braden</i>	11:15 <i>Senior Fitness at Miccosukee</i>	11:30 <i>Senior Fitness at Bradfordville NE Library (III)</i> <i>(limited space call first 878-1685)</i>
12:00 Senior Dining	10:30 Wii Bowling	11:00 Legal Services <i>(by appointment)</i>	12:00 Senior Dining	12:00 Senior Dining
12:00 Quilting Bees	11:00 Mindful Movement	11:30 Pickleball Basic Lesson	12:00 Canasta	12:30 Beginning Acrylic Painting
12:30 Canasta	11:15 <i>Senior Fitness at Miccosukee</i>	12:00 Senior Dining	12:30 Line Dance	1:00 <i>Senior Fitness at Bradfordville NE Library (IV)</i> <i>(limited space call first 878-1685)</i>
12:30 Drawing Like Durer & Friends – Pen & Ink	11:30 <i>Senior Fitness at Bradfordville NE Library (III)</i> <i>(limited space call first 878-1685)</i>	12:00 Pickleball	1:00 Friends Connection	1:30 Pickleball
1:15 French: B	12:00 Senior Dining	12:30 Bridge-a- Dears	1:00 French Study	12:00 Senior Dining
1:30 Tax Aide <i>(2/1 thru 4/15)</i>	1:00 Senior Singers	1:00 Oil & Acrylic	1:00 Drawing Etc. – <i>Still Life & Portraits</i>	12:30 Beginning Acrylic Painting
1:30 <i>Yoga at Bradfordville NE Library</i> <i>(limited space call first 766-6001)</i>	1:00 Watercolor Adv.	1:30 Tax Aide <i>(2/1 thru 4/15)</i>	1:00 <i>Mindful Movement at Lake Jackson</i>	1:00 <i>Senior Fitness at Bradfordville NE Library (IV)</i> <i>(limited space call first 878-1685)</i>
1:30 Brain-Body-Balance	1:00 <i>Senior Fitness at Bradfordville NE Library (IV)</i> <i>(limited space call first 878-1685)</i>	1:30 <i>Draw with Your Eyes, Paint with Your Heart at Bradfordville NE Library</i>	1:30 Tax Aide <i>(2/1 thru 4/1)</i>	1:00 Model Ship Building
1:30 Bridge 99'ers	1:00 <i>Senior Fitness at Bradfordville NE Library (IV)</i> <i>(limited space call first 878-1685)</i>	1:30 Capital City Duplicate Bridge	1:30 Capital City Duplicate Bridge	1:30 Tax Aide <i>(2/1 thru 4/15)</i>
3:00 Friends Connection	1:00 TDBC Bridge	2:00 <i>Brain-Body Balance at Allegro</i>	2:15 Ping-Pong	2:00 Dancing for Fun
5:30 Yoga	1:00 <i>Canasta, Cards and Games at Lake Jackson</i>	2:00 <i>Yoga at Lake Jackson</i>	5:30 Zumba® Gold	5:30 Ballroom and Swing Dance Lessons
6:00 Round Dance	1:00 <i>Brain-Body-Balance at SouthWood</i>	4:00 <i>Yoga at Bradfordville NE Library</i>	5:30 Line Dance w/ Gina	6:30 Capital City Duplicate Bridge
6:30 TDBC Bridge	1:30 Tax Aide <i>(2/1 thru 4/15)</i>	5:30 Yoga	6:00 Novice Bridge Lesson	7:15 Beginners Al-Anon
7:00 Capital City Carvers	2:15 Scrabble	6:30 TDBC Bridge	6:30 TDBC Bridge	
7:00 Twirlers Square Dance	2:15 Ping-Pong	7:15 Family Al-Anon	7:00 Writers Workshop	
	2:15 Mahjongg		7:00 Capital Chordsmen	
	2:30 Spanish Int.			
	6:00 Guitar			
	8:00 SA Support			

MONTHLY, BI-MONTHLY, & SPECIAL EVENTS & PROGRAMS ON BACK!

TALLAHASSEE SENIOR SERVICES
CALENDAR OF BI-WEEKLY AND MONTHLY PROGRAMS
MARCH 11 – APRIL 14, 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MAR 11 <i>10a LLL-Public</i> <i>Opinion Polls at B</i> 2:45p Poetry Group 6p Creative Aging 6p Beginning German <i>6p GAP Support Group at SMCC</i> SENIOR GAMES <i>9a Golf at Hilaman</i> 5:30p Celebration of Athletes	MAR 12 8a StarMetro Assistance 10a Energy Healing through Sound & Reiki 10:30a Meditation & Mindfulness <i>11a Wellness Circle at JM</i> <i>12:30p Friends Connection at M</i> 12p Art Council 5:30p Aphasia Learning Group 7:30p Stamp and Cover Club	MAR 13 10a Vision Screening <i>10:30a Lunch & Learn at B</i> 11:30a Transitions by Big Bend Hospice 6p USA Dance Board Mtg. 6:30p Bridge Lessons	MAR 14 <i>10:30a Lunch & Learn at WV</i> 12:30p Podiatry	MAR 15 10a Beginner Ukulele 11a Ukulele Fingerstyle Class	MAR 16 7:30p USA Dance: Emerald City Ball Semi Formal
MAR 18 <i>10a LLL-Public</i> <i>Opinion Polls at B</i> <i>11a Wellness Circle at JG</i> 11a MS: Mon. Morning at the Movies 1p Advisory Council 6p Beginning German 6:30p Photoshop Elements	MAR 19 10a Massage <i>10:30a Friends Connection at LNC</i> <i>10:30a Lunch & Learn FB</i> 6p TDBC Board	MAR 20 8a StarMetro Assistance 8:30a Capital Coalition on Aging 1p LCSD Advisory Council 3p Financial Counseling (by appointment only) 6:30p Bridge Lessons	MAR 21 10:30a About Your Safety: Senior Self Defense <i>10:30a Lunch & Learn at LJ</i>	MAR 22 11a Ukulele Fingerstyle Class 7:30p Contra Dance <i>- Fish Camp Cut Ups with Caller Vicki Morrison</i>	MAR 23 CENTER CLOSED
MAR 25 <i>9:30a LOP: Outdoors Clinic PRR 891-4065</i> <i>10a LLL-Public</i> <i>Opinion Polls at B</i> 11a MS: Mon. Morning at the Movies 2:45p Poetry Group 6p Beginning German	MAR 26 <i>10:30a Lunch & Learn at CC</i> 7p LLL- St. Patrick's Day Celebration PRR	MAR 27 8:15a Walk w/ Ease 10a Senior Day at the Capital <i>12p GaP at LeRoy Collins Library (PRR 891-4027)</i> 3:30p Foundation Board Meeting 4:30p Mentor Up PRR 577-5165 6:30p Bridge Lessons	MAR 28 8:15a Walk w/ Ease 10:30a About Your Safety: Senior Self Defense 11a LLL-Gadsden Art Center PRR	MAR 29 8:15a Walk w/ Ease 10a Tech Support	MAR 30 10a-5p – Stamp & Coin Show <u>Sunday, March 31</u> 10a-3p – Stamp & Coin Show
APR 1 <i>10a LLL-Patterns that Shaped the Chinese People at B</i> 2:30p Quit Smoking 6p Beginning German 6:30p Photoshop Elements	APR 2 10:30a Meditation 6:30p Myasthenia Gravis Support Group 7p FFU Investment Club	APR 3 8:15a Walk w/ Ease 11a Move Better: Feel Better 6:30p Basic Digital Photography 6:30p Bridge Lessons	APR 4 8:15a Walk w/ Ease 10a Pulse Oximetry <i>10:30a Lunch & Learn at M</i> 1:30p LLL-Don't Look at Me That Way PRR	APR 5 8:15a Walk w/ Ease 9a LLL-History of St. John's PRR <i>10a WalMart Trip at M</i> 10a Tech Support 10a Beginner Ukulele 11a Ukulele Fingerstyle Class 2p Tech Support	APR 6 CENTER CLOSED
APR 8 <i>10a LLL-Patterns that Shaped the Chinese People at B</i> 2:45p Poetry Group 6p Creative Aging 6p Beginning German <i>6p GAP Support Group at SMCC</i>	APR 9 8a StarMetro Assistance <i>11a Wellness Circle at JM</i> <i>12:30p Friends Connection at M</i> 12p Art Council 5:30p Aphasia Learning Group 7:30p Stamp and Cover Club	APR 10 10a Hearing Screening 10:30a About Your Safety: Active Shooter <i>10:30a Lunch & Learn at B</i> 6p USA Dance Board Mtg. 6:30p Adv. Digital Photography 6:30p Bridge Lessons	APR 11 10a Shave & a Haircut: Barbers <i>10:30a Lunch & Learn at WV</i> 1:30p LLL-Don't Look at Me That Way PRR	APR 12 10a Tech Support 11a Ukulele Fingerstyle Class 7:30p Contra Dance <i>- In Cahoots with caller Rachel Flemming</i>	APR 13 9a USA Dance Ballroom Boot Camp 7:30p USA Dance

TALLAHASSEE SENIOR CENTER, 1400 N. Monroe Street, 891-4000

LEGEND - Class in italics off-site: A= Allegro; B= Bradfordville (NE Branch Library);
CC= Chaires-Capitola; FB= Fort Braden; JM= Jack McLean; JG= Jake Gaither;
LJ= Lake Jackson; LNC=Lincoln Neighborhood Center; M= Miccosukee; SMCC=Sue McCollum Community Center; SW= Southwood; WO= Westminster Oaks; WV= Woodville.
PRR= Pre-Registration Required; LLL=Lifelong Learning; LOP=Lifelong Outdoors Pursuits
Specific addresses can be located at <http://www.tal.gov.com/seniors/neighborhoodsites.aspx>