

TALLAHASSEE SENIOR CENTER CALENDAR OF WEEKLY PROGRAMS FEBRUARY 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 at Optimist Park 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 PRR (WB)</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 Hand and Foot/ Euchre
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>	9:00 Oil Adv.
10:00 SHINE PRR	9:30 <i>Sit & Fit at Chaires</i>	10:00 Tai Chi Practice	10:45 Ballet	9:30 <i>Fitness at Bradfordville II PRR (LB)</i>
10:30 Adv. French ZM (KC)	10:00 Seniors vs. Crime	10:30 <i>Fitness at Fort Braden</i>	11:00 Senior Counseling (by appointment)	10:00 Chess
10:30 <i>Fitness at Fort Braden</i>	10:30 Wii Bowling	11:00 AARP Tax Aide (by appointment 850-891-4030)	11:00 AARP Tax Aide (by appointment 850-891-4030)	10:00 Tai Chi Practice
11:00 Senior Counseling (by appointment)	10:30 <i>Fitness Beg. at Bradfordville PRR (LB)</i>	11:30 Pickleball Lesson	11:15 <i>Fitness at Miccosukee</i>	10:30 <i>Brain Body Balance at Fort Braden</i>
11:00 AARP Tax Aide (by appointment 850-891-4030)	10:45 <i>Brain Body Balance at Southwood PRR (WB)</i>	11:30 Pickleball	1:00 Tai Chi Basics	10:30 <i>Senior Fitness Beg. at Bradfordville PRR (LB)</i>
11:00 French Beg.	11:00 Mindful Movement	1:00 Oil and Acrylic with Debbie Int./Adv.	1:00 Friends Connection	11:00 AARP Tax Aide (by appointment 850-891-4030)
1:00 Brain-Body-Balance	11:00 AARP Tax Aide (by appointment 850-891-4030)	1:00 Canasta / Pinoche	1:00 Experimental Watercolor Inter./Adv.	11:30 Senior Dining (PRR or Bring a Lunch)
1:00 French Int.	11:15 <i>Fitness at Miccosukee</i>	1:30 Draw with Your Eyes, Paint with Your Heart ZM (HMc)	1:00 <i>Mindful Movement at Lake Jackson</i>	11:30 Pickleball
1:30 <i>Yoga for Women at Bradfordville PRR (LB)</i>	11:30 Senior Dining (PRR or Bring a Lunch)	1:30 <i>Beg. Yoga at Bradfordville PRR (LB)</i>	2:30 Ping-Pong	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>	7:00 ACA Group	1:00 Model Building
3:00 Friends Connection	1:00 Friends Connection ZM (ML)	5:30 Yoga	7:00 Capital Chordsmen	1:00 Oil and Acrylic, Beg.
5:45 Intermediate German Study Group	1:00 TDBC Bridge	7:00 Pickleball	7:00 Writers Workshop	5:30 Ballroom and Swing
6:00 Round Dance	1:00 Senior Singers	7:15 Al-Anon Family		5:30 Overeaters Anonymous
7:00 Twirlers Square Dance	1:00 Gentle Yoga			7:00 Al-Anon Newcomers
7:00 Capital City Carvers	1:00 <i>Canasta at Lake Jackson</i>			
	2:30 Ping-Pong			
	4:00 Guitar			
	7:00 Line Dance			
	8:00 SA Support Group			

MEMBERSHIP WEEK – FEBRUARY 12-17, 2024

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			FEB 1 <i>10:30a Miccosukee Lunch & Learn</i> 1:30p LLL-Gulf Specimen Marine Lab PRR (MH)	FEB 2 <i>10a Walmart Trip from Miccosukee</i>	FEB 3 CENTER CLOSED
FEB 5 2:30p Slow Sushi Bike Roll (RN)	FEB 6 10a Blood Pressure & Glucose Screening 11a Coffee House Concert-House of Hamill (RN) 12p Tech Help (KC) 1p GaP Advisory Council ZM (KB)	FEB 7 10a Newcomers Coffee Chat 12p Fiddle Tunes (KC)	FEB 8 8:30a Podiatry <i>10:30a Woodville Lunch & Learn</i> 11a Living a Healthy Lifestyle (RN) 11a Caregiver Support Group (JS) <i>11a Health for Life at Jack McLean (WB)</i> 1p TDBC Bridge <i>1:30p LLL-Spring House Tour PRR (MH)</i> <i>6:30p LLL-Snow Queen Performance PRR (MH)</i>	FEB 9 7:30p Contra Dance – Caller Vicki Morrison	FEB 10 CENTER CLOSED
FEB 12 10a Mindful Meditation 11a Art Council 1p Poetry Group ZM (KC) 6p TDBC Bridge <i>7p GAP Circle of Parents ZM (KB)</i>	FEB 13 <i>11a Wellness Circle at Jack McLean</i> 7p Stamp and Cover Club	FEB 14 10:30a Bike Safety (RN) <i>10:30a Bradfordville Lunch & Learn</i> 12p Fiddle Tunes (KC) <i>12:30p Friends Connection LNC</i>	FEB 15 9a LLL-Magnolia Blossoms PRR (MH) <i>10:30a Lake Jackson Lunch & Learn</i> <i>11a Health for Life at Jack McLean (WB)</i> 2p Tech Help (KC)	FEB 16	FEB 17 7p USA Dance: Champagne & Roses – Semi Formal
FEB 19 1:30p Advisory Council (SS)	FEB 20 <i>10:30a Ft. Braden Lunch & Learn</i> 5p TDBC Board Meeting	FEB 21 8:30a Capital Coalition on Aging (KC) 9a Hike (RN) <i>11a Wellness Circle at Jake Gaither</i> 12p Fiddle Tunes (KC)	FEB 22 <i>11a Health for Life at Jack McLean (WB)</i> 11a Caregiver Support Group (JS) 11a LLL-The Neutral Zone: A Lady of Spain's Encounter with 1960's Georgia PRR (MH) 1p TDBC Bridge	FEB 23 7:30p Contra Dance – Wild Bill's Traveling Circus Band with Callers Drew Thomas & Bronwyn Chelette	FEB 24 CENTER CLOSED
FEB 26 1p Poetry Group ZM (KC) <i>7p GAP Circle of Parents ZM (KB)</i>	FEB 27 <i>10:30a Chaires Lunch & Learn</i> 11:30a Heart Health (RN)	FEB 28 8a AARP FL-Coffee & Connections 10:30a Science of Happiness (RN) 11a Avoiding Financial Exploitation (KC) <i>12:30p Friends Connection LNC</i> <i>12:30p Lunch & Learn at Jake Gaither (WB)</i> 3:30p Foundation Board Meeting <i>6p Senior Games - Torch Run at Cascades Park</i>	FEB 29 9a LLL- Civil Rights Institute PRR (MH) 10:30a Stretching for Life (RN) <i>11a Health for Life at Jack McLean (WB)</i> 11:30a Senior LGBT+ Support Group		

TALLAHASSEE SENIOR CENTER, 1400 N. Monroe Street, 850-891-4000

LEGEND PRR = Pre-registration Required LLL = Lifelong Learning
 We now offer in-person and virtual classes.
 ZM = Virtual Classes on Zoom H = Hybrid Classes (virtual + in-person)

Register Online at www.TallahasseeSeniorFoundation.org unless otherwise noted

() = Staff Contact for class information as follows:
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SENIOR GAMES – FEBRUARY 28 – MARCH 19, 2024