

# TALLAHASSEE SENIOR CENTER CALENDAR OF WEEKLY PROGRAMS OCTOBER 2023



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[TallahasseeSeniorFoundation.org/calendar](https://TallahasseeSeniorFoundation.org/calendar)

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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>	<b>9:00 English 2<sup>nd</sup> Language ZM (KC)</b>
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 &amp; Fit at Chaires</i>	9:30 <i>Fitness at Bradfordville II PRR (LB)</i>
10:00 SHINE PRR	9:30 <i>Sit &amp; Fit at Chaires</i>	10:00 Tai Chi Practice	10:45 Ballet	10:00 Tai Chi Practice
<b>10:30 Adv. French ZM (KC)</b>	10:00 Seniors vs. Crime	10:30 <i>Fitness at Fort Braden</i>	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	11:30 Pickleball Lesson	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	1:00 Tai Chi Basics	11:30 Senior Dining (PRR or Bring a Lunch)
11:00 French Beg.	10:45 <i>Brain Body Balance at Southwood PRR (WB)</i>	1:00 Oil and Acrylic with Debbie Int./Adv.	1:00 TDBC Bridge	11:30 Pickleball
1:00 Brain-Body-Balance	11:00 Mindful Movement	1:00 Canasta / Pinoche	1:00 Friends Connection	11:30 <i>Fitness Adv. at Bradfordville PRR (LB)</i>
1:00 French Int.	11:15 <i>Fitness at Miccosukee</i>	<b>1:30 Draw with Your Eyes, Paint with Your Heart ZM (HMc)</b>	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 <i>Beg. Yoga at Bradfordville PRR (LB)</i>	<b>1:00 French Study Group ZM (KC)</b>	1:00 Oil and Acrylic, Beg.
2:30 Pickleball	11:30 <i>Fitness Adv. at Bradfordville PRR (LB)</i>	2:00 <i>Beg. Yoga at Lake Jackson</i>	1:00 <i>Mindful Movement at Lake Jackson</i>	5:30 Ballroom and Swing
3:00 Friends Connection	<b>1:00 Friends Connection ZM (ML)</b>	5:30 Yoga	2:30 Ping-Pong	5:30 Overeaters Anonymous
5:45 Intermediate German Study Group	1:00 TDBC Bridge	7:00 Pickleball	7:00 Capital Chordsmen	7:00 Al-Anon Newcomers
6:00 Round Dance	1:00 Senior Singers	7:15 Al-Anon Family	7:00 Writers Workshop	
7:00 Twirlers Square Dance	1:00 Yoga			
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			

# TALLAHASSEE SENIOR SERVICES – OCTOBER 2023

## Monthly, Bi-monthly & Special Events and Programs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>OCT 2</b> 9a Flu Vaccine Clinic PRR (RN) 1p Abstract Painting (HM)	<b>OCT 3</b> 9a Wellness Fair (RN) 9a Lively Barbers 10a Blood Pressure & Glucose Screening 12p Tech Help (KC)	<b>OCT 4</b> 8:30a LLL-St. Marks Refuge Butterfly Hike (MH) 10a Newcomers Coffee	<b>OCT 5</b> 9a Podiatry PRR (JS) 10:30a Miccosukee Lunch & Learn	<b>OCT 6</b> 10a Walmart Trip from Miccosukee	<b>OCT 7</b> CENTER CLOSED
<b>OCT 9</b> 10a SHINE (KC) 10a Mindful Meditation 11a Art Council 1p Poetry Group ZM (KC) 6p TDBC Bridge 7p Square Dance Sampler 7p GAP Circle of Parents ZM (KB)	<b>OCT 10</b> 11a Wellness Circle at Jack McLean 7p Stamp and Cover Club	<b>OCT 11</b> 10:30a Emotional Safety: Live & Thrive (RN) 10:30a Bradfordville Lunch & Learn 12:30p Friends Connection LNC	<b>OCT 12</b> 10a Healing Touch 10:30a Woodville Lunch & Learn 11a Caregiver Support Group (JS)	<b>OCT 13</b> 7:30p Contra Dance	<b>OCT 14</b> CENTER CLOSED
<b>OCT 16</b> 1:30p Advisory Council (SS)	<b>OCT 17</b> 10:30a Ft. Braden Lunch & Learn 5p TDBC Board Meeting	<b>OCT 18</b> 9a Capital Coalition on Aging (KC) 9a Hike (RN) 11a Wellness Circle at Jake Gaither	<b>OCT 19</b> 10a Hearing Screening 10:30a Matter of Balance (RN) 10:30a Lake Jackson Lunch & Learn 11a Healthy for Life at Jake Gaither (WB) 2p Tech Help (KC)	<b>OCT 20</b> 6p Art Reception	<b>OCT 21</b> 7p USA Dance: Hot Harvest Moon Semi-Formal
<b>OCT 23</b> 9a Clay Creations (HM) 12:30p SUMI-E (HM) 1p AARP Shred Event (KC) 1p Poetry Group ZM (KC) 7p GAP Circle of Parents ZM (KB)	<b>OCT 24</b> 10:30a Chaires Lunch & Learn 2:30p LLL-Henry VIII His 6 Wives & More (MH) 5:30p TALL Preview (LB)	<b>OCT 25</b> 8a LLL-Wildflower Wonderland PRR (MH) 12p GAP Lunch & Learn 12:30p Friends Connection LNC 3:30p Foundation Board Meeting	<b>OCT 26</b> 10:30a Matter of Balance (RN) 11a Healthy for Life at Jake Gaither (WB) 11a Caregiver Support Group (JS) 11:30a Senior LGBT+ Support Group 11:30a Volunteer Recognition PRR (SL) 1:30p LLL-The Holy Land PRR (MH)	<b>OCT 27</b> 7:30p Contra Dance	<b>OCT 28</b> CENTER CLOSED
<b>OCT 30</b> 11a Coffeehouse Concert: Claude Bourbon (RN)	<b>OCT 31</b> 11a Halloween Party (KC) 2:30p LLL-Henry VIII His 6 Wives & More (MH)				

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

### LEGEND & REGISTRATION INFORMATION:

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**

Register Online at [www.TallahasseeSeniorFoundation.org](http://www.TallahasseeSeniorFoundation.org) unless otherwise noted

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