

# TALLAHASSEE SENIOR CENTER CALENDAR OF WEEKLY PROGRAMS NOVEMBER 2024



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

1400 N. MONROE ST. • TALLAHASSEE, FL 32303 • (850) 891-4000 • [TallahasseeSeniorFoundation.org](http://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>	8:30 Spanish Life – Int.	8:30 <i>Fitness at Bradfordville I PRR (LB)</i>
9:00 Quilting Bees	9:00 <i>Brain-Body-Balance at Optimist Park PRR (RN)</i>	9:00 Ceramics	9:00 Ceramics	8:30 <i>Fitness at Chaires</i>
9:00 Portrait Studio	9:00 Landscapes in Soft Pastels	9:00 Nimble Fingers	9:00 Experimental Watercolor Inter./Adv.	<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 Oil and Acrylic with Debbie (All Levels)	9:00 <i>Brain-Body-Balance at Optimist Park PRR (RN)</i>	9:00 Oil Adv.
9:30 French Beg.	9:30 <i>Fitness at Bradfordville II PRR (LB)</i>	9:30 <i>Fitness at Woodville</i>	9:30 Life Exercise	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 Seniors vs. Crime	9:30 <i>Sit &amp; Fit at Chaires</i>	10:00 Hand and Foot/ Euchre
<b>10:30 Adv. French ZM (KC)</b>	10:00 Seniors vs. Crime	10:00 Tai Chi Practice	10:45 Ballet	10:00 Chess
10:30 <i>Fitness at Fort Braden</i>	10:30 <i>Fitness Beg. at Bradfordville PRR (LB)</i>	10:30 <i>Fitness at Fort Braden</i>	11:00 Senior Counseling (by appointment)	10:00 Tai Chi Practice
11:00 Senior Counseling (by appointment)	10:45 <i>Brain Body Balance at Southwood PRR (RN)</i>	11:30 Pickleball Lesson	11:15 <i>Fitness at Miccosukee</i>	10:30 <i>Brain Body Balance at Fort Braden</i>
11:00 French Int.	11:00 Mindful Movement	11:30 Pickleball	12:00 <i>Mindful Movement Lake Jackson at TSC*</i>	10:30 <i>Senior Fitness Beg. at Bradfordville PRR (LB)</i>
1:00 Brain-Body-Balance	11:00 Senior Dining (PRR or Bring a Lunch)	1:00 Oil and Acrylic with Debbie Int./Adv.	1:00 Tai Chi Basics	11:00 Senior Dining (PRR or Bring a Lunch)
1:00 French Adv.	11:15 <i>Fitness at Miccosukee</i>	1:00 Canasta / Pinoche	1:00 Friends Connection	11:30 Pickleball
1:30 <i>Yoga for Women at Bradfordville PRR (LB)</i>	11:30 <i>Fitness Adv. at Bradfordville PRR (LB)</i>	<b>1:00 Draw, Paint, Create: An Artists' Forum ZM (HM)</b>	1:00 Experimental Watercolor Inter./Adv.	11:30 <i>Fitness Adv. at Bradfordville PRR (LB)</i>
2:00 Beg. Spanish	<b>1:00 Friends Connection ZM (ML)</b>	1:30 <i>Beg. Yoga at Bradfordville PRR (LB)</i>	2:30 Ping-Pong	1:00 Oil and Acrylic, Beg.
2:30 Pickleball	1:00 TDBC Bridge	2:00 <i>Beg. Yoga at Lake Jackson</i>	2:30 Mah Jongg	5:30 Ballroom and Swing
3:00 Friends Connection	1:00 Senior Singers	5:30 Yoga	6:00 Two Step Dancing	6:00 Overeaters Anonymous
5:45 Intermediate German Study Group	1:00 Gentle Yoga	7:00 Pickleball	7:00 ACA Group	7:00 Al-Anon Newcomers
6:00 Round Dance	1:00 <i>Canasta at Lake Jackson</i>		7:00 Capital Chordsmen	
7:00 Twirlers Square Dance	2:30 Ping-Pong		7:00 Writers Workshop	
7:00 Capital City Carvers	2:30 Wii Bowling			
	4:00 Guitar			
	8:00 SA Support Group			

# TALLAHASSEE SENIOR SERVICES – NOVEMBER 2024

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				NOV 1 8:30a LLL-Audubon Bird Walk PRR (MH) 6p Coffeehouse Concert-Avis Berry & Bill Peterson (RN)	NOV 2  CENTER CLOSED
NOV 4 7p GAP Circle of Parents ZM (KB)	NOV 5 CLOSED ELECTION DAY	NOV 6 10a Newcomers Coffee Chat 12:30p Basketry Woven Corn (HM)	NOV 7 10:30a Matter of Balance (RN) 10:30a Miccosukee Lunch & Learn 11a Healthy for Life at Jack McLean 1p Adv. Ukuladies (KC) 1p TDBC 5p Art Reception & Talk	NOV 8 3p LLL-Glam Yourself Up (MH) 7:30p Contra Dance Yazoo Kickstarts with caller Vicki Morrison	NOV 9  CENTER CLOSED
NOV 11 CLOSED VETERAN'S DAY 1p Poetry Group ZM (KC)	NOV 12 10a Blood Pressure & Glucose Screening 11a Wellness Circle at Jack McLean PRR (BW) 1p GAP Advisory (KB) 7p Stamp and Cover Club	NOV 13 10:30a Bradfordville Lunch & Learn 12p "Counting Our Blessings" PRR (SV) 12:30p Friends Connection LNC	NOV 14 10a Hearing Screening PRR (JS) 10:30a Matter of Balance (RN) 10:30a Woodville Lunch & Learn 11a Healthy for Life at Jack McLean 11a Caregiver Support Group (JS) 1p TDBC	NOV 15 11a Lunch and Learn with the Doctor – Diabetes (RN)	NOV 16  CENTER CLOSED
NOV 18 10a LLL Holiday Cooking PRR (MH) 1:30p Advisory Council (SS) 2p Starmetro Ride Ready (KC) 6p TDBC 7p Square Dance Open House 7p GAP Circle of Parents ZM (KB)	NOV 19 10:30a Brain Games with Ruth 10:30a Ft. Braden Lunch & Learn 5p TDBC Board Meeting	NOV 20 8:30a Capital Coalition on Aging (KC) 9a Hike (RN) 11a Wellness Circle at Jake Gaither PRR (BW) 12p GAP Lunch & Learn 1p LCSO Advisory Council 1:30p AHEC-Tools to Quit 3:30p Foundation Board Meeting 4:30p Tech Help (KC)	NOV 21 10:30a Matter of Balance (RN) 10:30a Lake Jackson Lunch & Learn 11a Healthy for Life at Jack McLean 1p Adv. Ukuladies (KC) 2p Tech Help (KC)	NOV 22	NOV 23  CENTER CLOSED
NOV 25 1p Poetry Group ZM (KC) 2p LLL-Jewish Partisans during the Holocaust AM (MH)	NOV 26 10:30a Chaires Lunch & Learn  CENTER CLOSES AT 5PM	NOV 27 12:30p Friends Connection LNC  CENTER CLOSES AT 5PM	NOV 28  CENTER CLOSED THANKSGIVING	NOV 29  CENTER CLOSED THANKSGIVING	NOV 30  CENTER CLOSED

**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](http://www.TallahasseeSeniorFoundation.org) unless otherwise noted

( ) = Staff Contact for class information as follows:

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