

TALLAHASSEE SENIOR CENTER CALENDAR OF WEEKLY PROGRAMS JULY 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 Optimist Park at Hartsfield Elem. PRR (EM)</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 Optimist Park at Hartsfield Elem. PRR (EM)</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 Oil Adv.
10:00 SHINE PRR	9:30 <i>Fitness at Bradfordville II PRR (LB)</i>	10:00 Seniors vs. Crime	9:30 <i>Sit & Fit at Chaires</i>	9:30 <i>Fitness at Bradfordville II PRR (LB)</i>
10:30 Adv. French ZM (KC)	9:30 <i>Sit & Fit at Chaires</i>	10:00 Tai Chi Practice	10:45 Ballet	10:00 Hand and Foot/ Euchre
10:30 <i>Fitness at Fort Braden</i>	10:00 Seniors vs. Crime	10:30 <i>Fitness at Fort Braden</i>	11:00 Senior Counseling (by appointment)	10:00 Chess
11:00 Senior Counseling (by appointment)	10:30 Wii Bowling	11:30 Pickleball Lesson	11:15 <i>Fitness at Miccosukee</i>	10:00 Tai Chi Practice
1:00 Brain-Body-Balance	10:30 <i>Fitness Beg. at Bradfordville PRR (LB)</i>	11:30 Pickleball	12:00 <i>Mindful Movement Lake Jackson at TSC*</i>	10:30 <i>Brain Body Balance at Fort Braden</i>
1:30 <i>Yoga for Women at Bradfordville PRR (LB)</i>	10:45 <i>Brain Body Balance at Southwood PRR (RN)</i>	1:00 Oil and Acrylic with Debbie Int./Adv.	1:00 Tai Chi Basics	10:30 <i>Senior Fitness Beg. at Bradfordville PRR (LB)</i>
2:30 Pickleball	11:00 Mindful Movement	1:00 Canasta / Pinole	1:00 Friends Connection	11:00 Senior Dining (PRR or Bring a Lunch)
3:00 Friends Connection	11:00 Senior Dining (PRR or Bring a Lunch)	1:30 Draw with Your Eyes, Paint with Your Heart ZM (HM)	1:00 Experimental Watercolor Inter./Adv.	11:30 Pickleball
5:45 Intermediate German Study Group	11:15 <i>Fitness at Miccosukee</i>	1:30 <i>Beg. Yoga at Bradfordville PRR (LB)</i>	2:30 Ping-Pong	11:30 <i>Fitness Adv. at Bradfordville PRR (LB)</i>
6:00 Round Dance	11:30 <i>Fitness Adv. at Bradfordville PRR (LB)</i>	2:00 <i>Beg. Yoga at Lake Jackson</i>	2:30 Mah Jongg	1:00 Model Building
7:00 Twirlers Square Dance	1:00 Friends Connection ZM (ML)	5:30 Yoga	6:00 West Coast Swing Dancing	1:00 Oil and Acrylic, Beg.
7:00 Capital City Carvers	1:00 TDBC Bridge	7:00 Pickleball	7:00 ACA Group	5:30 Ballroom and Swing
	1:00 Gentle Yoga		7:00 Capital Chordsmen	6:00 Overeaters Anonymous
	1:00 <i>Canasta at Lake Jackson</i>		7:00 Writers Workshop	7:00 Al-Anon Newcomers
	2:30 Ping-Pong			
	2:30 Wii Bowling			
	4:00 Guitar			
	8:00 SA Support Group			

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
JULY 1 <i>7p GAP Circle of Parents ZM (KB)</i>	JULY 2 10a Blood Pressure & Glucose Screening 12p Tech Help (KC)	JULY 3 9a Brain Challenge	JULY 4 CENTER CLOSED FOR INDEPENDENCE DAY	JULY 5 <i>10a Walmart Trip from Miccosukee</i>	JULY 6 CENTER CLOSED
JULY 8 8:30a Bloodmobile 10a Mindful Meditation 11a Art Council <i>1p Poetry Group ZM (KC)</i> 6p TDBC Bridge	JULY 9 11a Lunch & Learn w/ Dr.: Weight Loss Goals (RN) 7p Stamp and Cover Club	JULY 10 9a Brain Challenge <i>12:30p Friends Connection</i> <i>LNC mtg. at TSC</i>	JULY 11 10:30a Summer Nutrition: Hydration (RN) 11a Caregiver Support Group (JS) 1p TDBC Bridge	JULY 12 8:45a Bike Ride with a Planner (RN) 1p TDBC Bridge 7:30p Contra Dance: Long Forgotten String Band w/ callers Drew Thomas & Bronwyn Chelette	JULY 13 CENTER CLOSED
JULY 15 12:30p Ice Cream Social <i>7p GAP Circle of Parents ZM (KB)</i>	JULY 16 5p TDBC Board Meeting	JULY 17 8:30a Capital Coalition on Aging (KC) 9a Brain Challenge 9a Hike (RN) 10a LLL- Financial Planning (MH) 1p TDBC Bridge 1p LCSO Advisory Council 1:30p AHEC- Tools to Quit	JULY 18 1:30p LLL- Art at the Airport (MH) 2p Tech Help (KC)	JULY 19 1p TDBC Bridge	JULY 20 7p USA Dance: Hot Dog & ice Cream Day
JULY 22 11a Coffeehouse Concert: Avis Berry (RN) <i>1p Poetry Group ZM (KC)</i>	JULY 23	JULY 24 <i>12:30p Friends Connection</i> <i>LNC mtg. at TSC</i> 3:30p Foundation Board Meeting	JULY 25 11a Caregiver Support Group (JS) 11:30a Senior LGBT+ Support Group 1p TDBC Bridge 5p Summer Art Party PRR (HM)	JULY 26	JULY 27 CENTER CLOSED
JULY 29 <i>7p GAP Circle of Parents ZM (KB)</i>	JULY 30	JULY 31			

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 unless otherwise noted

() = Staff Contact for class information as follows:

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