Tallahassee Senior Center
NOVEMBER 2026 WEEKLY PROGRAMS
Visit: www.TallahasseeSeniorFoundation.org 850-891-4000

SCAN HERE

View calendar on-line at:
TallahasseeSeniorFoundation.org/calendar

M = 1400 N. Monroe St, Tallahassee 32303 **W** = 2743 Welaunee Blvd, Tallahassee 32308

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 *Fitness at Chaires*	8:30 *Fitness at Bradfordville PRR (LB)*	8:30 *Fitness at Chaires*	9:00 M-Ceramics	8:30 *Fitness at Bradfordville PRR (LB)*
9:00 M-Quilting Bees	9:00 *Brain-Body-Balance at Optimist Park PRR (IW)*	9:00 M-Ceramics	9:00 M-Experimental Watercolor Inter./Adv.	8:30 *Fitness at Chaires (LB)*
9:00 M-Portrait Studio	9:00 M-Landscapes in Soft Pastels	9:00 M-Nimble Fingers	9:00 *Brain-Body-Balance at Optimist Park PRR (IW)*	9:00 M-Oil Adv.
9:00 W-Walking	9:00 W-Pickleball	9:00 W-Walking	9:00 W-Pickleball	9:00 W-Power Building (BF)
9:00 W-Power Building (BF)	9:30 M-Life Exercise	9:00 W-Power Building (BF)	9:30 M-Life Exercise	9:00 W-Basketball
9:30 *Fitness at Woodville (LB)*	9:30 *Fitness at Bradfordville II PRR (LB)*	9:30 M-Oil & Acrylic with Debbie (All Levels)	9:30 *Sit & Fit at Chaires*	9:00 W-Walking
9:30 M-French Adv.	9:30 *Sit & Fit at Chaires*	9:30 *Fitness at Woodville*	10:00 W-Cards & Games	9:00 W-Qi Gong
10:00 SHINE PRR	10:00 M-Seniors vs. Crime	10:00 W-Strong for Life	10:30 *Brain Body Balance at Southwood (LB)*	9:30 *Fitness at Bradfordville PRR (LB)*
10:00 W-Strong for Life	10:00 W-Mah Jongg *experienced only*	10:00 M-Seniors vs. Crime	11:00 M-Mindful Movement	9:30 M-Chess
10:30 ZM-Adv. French (ES)	10:30 *Fitness Beg. at Bradfordville PRR (LB)*	10:00 M-Tai Chi Practice	11:00 Senior Counseling *(by appointment)*	10:00 M-Cards & Games
10:30 *Fitness at Fort Braden*	10:45 *Brain Body Balance at Southwood (LB)*	10:30 *Fitness at Fort Braden*	11:15 *Fitness at Miccosukee*	10:00 M-Tai Chi Practice
11:00 M-Line Dance	11:00 M-Mindful Movement	11a W-Weightlifting for Osteoporosis (BF)	12:00 W-Fitness Room Orientation (BF)	10:30 *Brain Body Balance at Fort Braden (LB)*
11:00 M-Senior Counseling *(by appointment)*	11:00 M-Senior Dining *(PRR or Bring a Lunch)*	11:30 M-Pickleball Lesson	12:00 W-Yoga	10:30 *Senior Fitness Beg. at Bradfordville PRR (LB)*
11:00 M-French Beg. (ES)	11:15 *Fitness at Miccosukee*	11:30 M-Pickleball	12:30 W-Zumba	11:00 M-Senior Dining *(PRR or Bring a Lunch)*
11a W-Weightlifting for Osteoporosis (BF)	11:30 *Fitness Adv. at Bradfordville PRR (LB)*	12:00 W-Yoga	1:00 M-Friends Connection	11:30 M-Pickleball
12:00 W-Yoga	12:00 W-Fitness Room Orientation (BF)	12:00 W-Power Building (BF)	1:00 M-Experimental Watercolor Inter./Adv.	11:30 *Fitness Adv. at Bradfordville PRR (LB)*
12:00 W-Power Building (BF)	12:30 *Canasta at Lake Jackson*	1:00 M-Oil & Acrylic with Debbie (Int./Adv.)	1:00 M-Clay Pinch Coil Slab	12:00 W-Power Building (BF)
1:00 M-Brain-Body-Balance	12:30 W-Zumba	1:00 M-Pinocle	1:30 M-Tai Chi Basics	1:00 M-Model Building
1:15 M-French Int.(ES)	1:00 ZM-Friends Connection (ML)	1:00 W-TDBC Bridge	2:00 W-Drum Fit	1:00 M-Oil & Acrylic, (Beginners)
1:30 *Yoga for Women at Bradfordville PRR (LB)*	1:00 W-TDBC Bridge	1:00 W-Pickleball	2:30 M-Table Tennis	1:00 W-TDBC Bridge
2:00 M-Conversational Spanish PRR (ES)	1:00 M-Senior Singers	1:00 W-Basketball	2:30 W-Mah Jong *experienced only*	1:00 W-Pickleball
2:30 M-Pickleball	1:00 M-Gentle Yoga	1:30 *Beg. Yoga at Bradfordville PRR (LB)*	6:00 M-Two Step Dancing	4:00 W-Power Building (BF)
3:00 M-Friends Connection (ML)	2:00 W-Drum Fit	2:00 *Beg. Yoga at Lake Jackson*	7:00 M-ACA Group	5:30 M-Ballroom and Swing
3:00 M-Jazz Jam	2:30 M-Table Tennis	4:00 W-Power Building (BF)	7:00 M-Capital Chordsmen	6:00 M-Overeaters Anonymous
4:00 W-Power Building (BF)	2:30 M-Wii Bowling	5:30 M-Yoga	7:00 M-Writers Workshop	7:00 M-Al-Anon Newcomers
5:45 M-Intermediate German Study Group	4:00 M-Guitar			
6:00 M-Capital City Carvers	5:00 W-Pickleball			
6:00 M-Round Dance	6:00 W-Table Tennis *begin 11/17*			
7:00 M-Twirlers Square Dance	8:00 M-SA Support Grp			

TALLAHASSEE SENIOR SERVICES – NOVEMBER 2026
Monthly, Bi-monthly & Special Events and Programs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
NOV 2 *9a Technology Assistance at Miccosukee* 10a W-Friends Connection *7p GAP Circle of Parents ZM (KB)*	**NOV 3** **CLOSED Election Day**	**NOV 4** 10a M-Newcomers Coffee Chat *10:30a Bradfordville Lunch & Learn* 11:00 W-Line Dance *1p Southside Friends Connection at BL Perry Library*	**NOV 5** *10:30a Miccosukee Lunch & Learn* 10:30a M-Art Therapy: Gratitude Trees PRR (AH) 11a M-Adv. Ukuladies *11a Healthy for Life at Jack McLean (IW)* 2p W-Astrophotography (ES)	**NOV 6**	**NOV 7** CENTERS CLOSED
NOV 9 10a M-Mindful Meditation 10A W-Blood Pressure/ Glucose Screening & Wellness with the Nurse (AS) 11a W-Prosthodontics 101 (AS) 11a M-Art Council *1p Poetry Group ZM (KC)* 6p W- TDBC Bridge	**NOV 10** 9:30a M-Travel Training 10a M-Therapeutic Touch 10a M-Blood Pressure/Glucose Screening & Wellness with the Nurse (AS) *11a Wellness Circle at Jack McLean PRR (IW)* 1:30p W-Intro. Greek Mythology (ES) 6p M-Line Dance 6p W-Cardio Fitness 7p M-Stamp and Cover Club	**NOV 11** **CLOSED Veterans Day**	**NOV 12** *10:30a Woodville Lunch & Learn* 11a M-Caregiver Support Group (ML) 11a M-Legal Services (NS) 11a M-Adv. Ukuladies (KC) 11a M-Drumming (AS) 11a W-Healthy for Life at Welaunee (IW) 1:30p W-Intro. Greek Mythology (ES) 2:40p Tour of Mag Lab PRR (ES) 4p W-Art Reception	**NOV 13** 10a M-Health & Wellness Open Forum (AS) 11:00 W-Line Dance 7:30p M-Contra Dance – *Greasy String Band with Caller: Rachel Flemming*	**NOV 14** CENTERS CLOSED
NOV 16 10a W-Friends Connection 11a W-Counting Our Blessings Lunch (KC) 1:30p W-Advisory Council (CG) *7p GAP Circle of Parents ZM (KB)*	**NOV 17** 9a W-Balance Screening (AS) 10a W-Hearing Screening (AS) *10:30a Ft. Braden Lunch & Learn* 11a M-Coffeehouse Concert: Jay Nash 1:30p W-Intro. Greek Mythology (ES) 6p W-Make Your Own Glass Ornament PRR (ES) 6p W-Cardio Fitness	**NOV 18** 8:30a M-Capital Coalition on Aging (KC) 9a Hike (BF) 10a W-Fire Safety Bingo *11a Wellness Circle at Jake Gaither PRR (IW)* 11:00 W-Line Dance 12p W-Foundation Board Meeting *12p GAP Lunch & Learn (KB)* *1p Southside Friends Connection at BL Perry Library* 1:30p Consolidated Dispatch PRR (ES) 1p M-LCSO Advisory Council 4:30p M-Tech Help (ES)	**NOV 19** *10:30a Lake Jackson Lunch & Learn* 11a M-Adv. Ukuladies (KC) 11a M-Lunch & Learn: Lung Cancer Screening (AS) *11a Healthy for Life at Jack McLean (IW)* 1p M-Blood Pressure/ Glucose Screening & Wellness with the Nurse (AS) 1:30p W-Intro. Greek Mythology (ES) 2p M-Tech Help (ES) 3:30p W-Falls Prevention Discussion (AS) 6:30p M-Apalachee Audubon (KC)	**NOV 20** 10a W-Veteran's Coffee & Breakfast (KC) 1:30p W-Holocaust by Bullets (ES)	**NOV 21** 7p M-USA Dance: *Harvest Hoedown*
NOV 23 *1p Poetry Group ZM (KC)* 1p Art Therapy: Leaf Wreath (AH)	**NOV 24** 10a W-Health & Wellness Open Forum (AS) *10:30a Chaires Lunch & Learn* 1:30 Springhouse Tour PRR (ES) **CENTERS Close at 5p**	**NOV 25** *12:30p Friends Connection LNC* 2p W-Blood Pressure & Glucose Screenings & Wellness with the Nurse (AS) **CENTERS Close at 5p**	**NOV 26** **CENTERS Closed Thanksgiving**	**NOV 27** **CENTERS Closed Thanksgiving**	**NOV 28** CENTERS CLOSED
NOV 30 10:30a W-Banned Books (ES) *7p GAP Circle of Parents ZM (KB)*					

PRR = Pre-registration Required **ZM** = Virtual on Zoom **850-891-4000**

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