

# TALLAHASSEE SENIOR CENTER CALENDAR OF WEEKLY PROGRAMS APRIL 2025



Point your smartphone camera here to view our calendar online

1400 N. MONROE ST. • TALLAHASSEE, FL 32303 • (850) 891-4000 • TallahasseeSeniorFoundation.org

TallahasseeSeniorFoundation.org/calendar

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 (RN)</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 (RN)</i>	9:00 Oil Adv.
9:30 <i>Fitness at Woodville</i>	9:30 Life Exercise	9:30 Oil and Acrylic with Debbie (All Levels)	9:30 Life Exercise	9:30 <i>Fitness at Bradfordville II PRR (LB)</i>
9:30 French Beg.	9:30 <i>Fitness at Bradfordville II PRR (LB)</i>	9:30 <i>Fitness at Woodville</i>	9:30 <i>Sit &amp; Fit at Chaires</i>	9:30 Chess
10:00 SHINE PRR	9:30 <i>Sit &amp; Fit at Chaires</i>	10:00 Seniors vs. Crime	10:45 Ballet	10:00 Hand and Foot/ Euchre
<b>10:30 Adv. French ZM (KC)</b>	10:00 Seniors vs. Crime	10:00 Tai Chi Practice	11:00 Senior Counseling (by appointment)	10:00 Tai Chi Practice
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 AARP Tax Aide (by appointment 850-891-4030)	10:30 <i>Brain Body Balance at Fort Braden</i>
11:00 Line Dance	10:45 <i>Brain Body Balance at Southwood PRR (RN)</i>	11:00 AARP Tax Aide (by appointment 850-891-4030)	11:15 <i>Fitness at Miccosukee</i>	10:30 <i>Senior Fitness Beg. at Bradfordville PRR (LB)</i>
11:00 Senior Counseling (by appointment)	11:00 Mindful Movement	11:30 Pickleball Lesson	12:00 <i>Mindful Movement</i>	11:00 AARP Tax Aide (by appointment 850-891-4030)
11:00 AARP Tax Aide (by appointment 850-891-4030)	11:00 Senior Dining (PRR or Bring a Lunch)	11:30 Pickleball	1:00 Tai Chi Basics	11:00 Senior Dining (PRR or Bring a Lunch)
11:00 French Int.	11:00 AARP Tax Aide (by appointment 850-891-4030)	1:00 Canasta / Pinoche	1:00 Friends Connection	11:30 Pickleball
1:00 Brain-Body-Balance	11:15 <i>Fitness at Miccosukee</i>	1:30 <i>Beg. Yoga at Bradfordville PRR (LB)</i>	1:00 Experimental Watercolor Inter./Adv.	11:30 <i>Fitness Adv. at Bradfordville PRR (LB)</i>
1:00 French Adv.	11:30 <i>Fitness Adv. at Bradfordville PRR (LB)</i>	2:00 <i>Beg. Yoga at Lake Jackson</i>	1:00 Clay Pinch Coil Slab	1:00 Model Building
1:30 <i>Yoga for Women at Bradfordville PRR (LB)</i>	<b>1:00 Friends Connection ZM (ML)</b>	4:30 Celtic Music Session	2:30 Ping-Pong	1:00 Oil and Acrylic, Beg.
2:15 Beg. Spanish	1:00 TDBC Bridge	5:30 Yoga	2:30 Mah Jongg (experienced only)	5:30 Ballroom and Swing
2:30 Pickleball	1:00 Senior Singers		6:00 Two Step Dancing	6:00 Overeaters Anonymous
3:00 Friends Connection	1:00 Gentle Yoga		7:00 ACA Group	7:00 Al-Anon Newcomers
5:45 Intermediate German Study Group	1:00 <i>Canasta at Lake Jackson</i>		7:00 Capital Chordsmen	
6:00 Round Dance	2:30 Ping-Pong		7:00 Writers Workshop	
7:00 Twirlers Square Dance	2:30 Wii Bowling			
7:00 Capital City Carvers	4:00 Guitar			
	5:00 Pickleball			
	8:00 SA Support Group			

**TALLAHASSEE SENIOR SERVICES – ARPIL 2025**  
**Monthly, Bi-monthly & Special Events and Programs**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>APR 1</b> 10a Blood Pressure & Glucose Screening 11:30a Tech Help (ES)	<b>APR 2</b> 10a Newcomers Coffee Chat	<b>APR 3</b> 10:30a Miccosukee Lunch & Learn 11a Healthy for Life at Jack McLean 11a Drumming (RN) 11a Adv. Ukuladies (KC) 1:00 TDBC Bridge	<b>APR 4</b> 11a Coffeehouse Concert – Luke Bulla (RN) 10a LLL-Orchard Pond Tour PRR (MH)	<b>APR 5</b> CENTER CLOSED
<b>APR 7</b> 10:30a Senior Living Expo 7p GAP Circle of Parents ZM (KB)	<b>APR 8</b> 11a Wellness Circle at Jack McLean PRR (BW) 7p Stamp and Cover Club	<b>APR 9</b> 10:30a Bradfordville Lunch & Learn 12:30p Friends Connection LNC 6p Coin Club	<b>APR 10</b> 10:30a QiGong PRR (RN) 10:30a Woodville Lunch & Learn 11a Healthy for Life at Jack McLean 11a Caregiver Support Group (ML) 11a Adv. Ukuladies (KC) 2:30p LLL-Conservation Pathways PRR (MH)	<b>APR 11</b> 12p Volunteer Appreciation (TN) 5p LLL – Behind the Barrel: A Bourbon Discovery Class PRR (MH) 7:30p Contra Dance – In Cahoots Band with Caller Vicki Morrison	<b>APR 12</b> CENTER CLOSED
<b>APR 14</b> 10a Mindful Meditation 11a Lunch & Learn – Parkinson’s Awareness (RN) 11a Art Council 1p Poetry Group ZM (KC) 6p TDBC Bridge	<b>APR 15</b> 10a LLL- Wide World of Sport: Anthropology Perspective PRR (MH) 10:30a Ft. Braden Lunch & Learn	<b>APR 16</b> 8:30a Capital Coalition on Aging (KC) 9a Hike (RN) 11a Wellness Circle at Jake Gaither PRR (BW) 4:30p Tech Help (ES) 5:30p Dinner & Learn: Medicare Seminar PRR (SV)	<b>APR 17</b> 9a LLL-Hike-Coastal Plains PRR (MH) 10a Nutrition – Gut Health & Kitchen Safety (RN) 10:30a Lake Jackson Lunch & Learn 10:30a QiGong PRR (RN) 11a Healthy for Life at Jack McLean 11a Adv. Ukuladies (KC) 1:00 TDBC Bridge 2p Tech Help (ES)	<b>APR 18</b>	<b>APR 19</b> 7p USA Dance: Regency Ball – “Shall We Dance?”
<b>APR 21</b> 1:30p Advisory Council (MB) 7p GAP Circle of Parents ZM (KB)	<b>APR 22</b> 10:30a Chaires Lunch & Learn 1:30p LLL-Springhouse Tour (MH)	<b>APR 23</b> 11a Lunch & Learn – Advantages of Funeral Planning PRR (SV) 12:30p Friends Connection LNC 2:30p LLL-HERC PRR (MH)	<b>APR 24</b> 10:30a Matter of Balance (RN) 11a Healthy for Life at Jack McLean 11a Caregiver Support Group (ML) 11:30a Senior LGBT+ Support Group 1:00 TDBC Bridge	<b>APR 25</b> 7:30p Contra Dance – Kate’s Contradiction Band with caller Drew Thomas	<b>APR 26</b> CENTER CLOSED
<b>APR 28</b> 1p Poetry Group ZM (KC)	<b>APR 29</b> 12p Senior Singers – Sing for Us	<b>APR 30</b> 12p GAP Lunch & Learn 3:30p Foundation Board Meeting			

**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:

(LB) [Lisa.Baggett@talgov.com](mailto:Lisa.Baggett@talgov.com)    (MB) [Michael.Body@talgov.com](mailto:Michael.Body@talgov.com)    (KB) [Karen.Boebinger@talgov.com](mailto:Karen.Boebinger@talgov.com)  
 (KC) [Kristy.Carter@talgov.com](mailto:Kristy.Carter@talgov.com)    (MH) [Maureen.Haberfeld@talgov.com](mailto:Maureen.Haberfeld@talgov.com)    (ML) [Melanie.Lachman@talgov.com](mailto:Melanie.Lachman@talgov.com)  
 (HM) [HeathHilary.McRae@talgov.com](mailto:HeathHilary.McRae@talgov.com)    (RN) [Ruth.Nickens@talgov.com](mailto:Ruth.Nickens@talgov.com)    (TN) [Tina.Niggel@talgov.com](mailto:Tina.Niggel@talgov.com)  
 (ES) [Emily.Starnes@talgov.com](mailto:Emily.Starnes@talgov.com)    (SV) [Sarah.Vernon2@talgov.com](mailto:Sarah.Vernon2@talgov.com)    (BW) [Beverly.Womble@talgov.com](mailto:Beverly.Womble@talgov.com)