

TALLAHASSEE SENIOR CENTER
CALENDAR OF WEEKLY PROGRAMS
OCTOBER 2025



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

www.TallahasseeSeniorFoundation.org

TALLAHASSEE SENIOR SERVICES – OCTOBER 2025

Monthly, Bi-monthly & Special Events and Programs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		OCT 1 10a Newcomers Coffee Chat 1p Painting Oyster Shells <i>1p Southside Friends Connection at BL Perry Library</i>	OCT 2 <i>10:30a Miccosukee Lunch & Learn</i> <i>11a Healthy for Life PRR (BW)</i> 11a Functional Fitness Fencing 11a Adv. Ukuladies	OCT 3 8a Produce Distribution <i>11a Matter of Balance at Allegro</i> 2p LLL-Henry VIII (ES)	OCT 4 CENTER CLOSED
OCT 6 10a Adv. Planning-7Things You Should Do Before You Die (SV) <i>7p GAP Circle of Parents ZM (KB)</i>	OCT 7 10a Blood Pressure & Glucose Screening 11:30a Tech Help (ES)	OCT 8 9:30a Lively Haircuts <i>10:30a Bradfordville Lunch & Learn</i> <i>12:30p Friends Connection LNC</i> 6p Coin Club	OCT 9 10:30a Preventing Scams (KC) <i>10:30a Woodville Lunch & Learn</i> <i>11a Healthy for Life PRR (BW)</i> 11a Caregiver Support Group (ML) 11a Adv. Ukuladies (KC)	OCT 10 <i>11a Matter of Balance at Allegro</i> 11:30a Medicare 101 (SV) 2p LLL-Henry VIII (ES) 6p TDBC Bridge Lessons (KC) 7:30p Contra Dance	OCT 11 CENTER CLOSED
OCT 13 10a Your Legacy, Your Plan (SV) 10a Mindful Meditation 11a Art Council <i>1p Poetry Group ZM (KC)</i> 6p TDBC Bridge	OCT 14 8:30a QiGong PRR (RN) 10a Therapeutic Touch <i>11a Wellness Circle at Jack McLean PRR (BW)</i> 6p Martini's & More (SV) 7p Stamp and Cover Club	OCT 15 8:30a Capital Coalition on Aging (KC) 9a Hike (RN) <i>11a Wellness Circle at Jake Gaither PRR (BW)</i> 11a Lunch & Learn: Chronic Pain (RN) <i>1p Southside Friends Connection at BL Perry Library</i> 4:30p Tech Help (ES)	OCT 16 <i>10:30a Lake Jackson Lunch & Learn</i> <i>11a Healthy for Life PRR (BW)</i> 11a Functional Fitness Fencing (RN) 11a Adv. Ukuladies (KC) 1:00 TDBC Bridge 2p Tech Help (ES) 6:30p Apalachee Audubon Society Mtg. – “Winter Hummingbirds”	OCT 17 <i>11a Matter of Balance at Allegro</i> 11:30a Medicare in 2026 (SV) 2p LLL-Henry VIII (ES) 6p TDBC Bridge Lessons (KC)	OCT 18 7p USA Dance: Pirates Dance Party
OCT 20 10a Advanced Planning – 5 Wishes (SV) 1:30p Advisory Council (CG) <i>7p GAP Circle of Parents ZM (KB)</i>	OCT 21 8:30a QiGong PRR (RN) 10a Artificial Intelligence (ES) <i>10:30a Ft. Braden Field Trip (LB)</i> 5:30p TALL Preview (LB)	OCT 22 <i>12:30p Friends Connection LNC</i>	OCT 23 11a Caregiver Support Group (ML) 11a Adv. Ukuladies (KC) <i>11a Healthy for Life PRR (BW)</i> 1:00 TDBC Bridge	OCT 24 11a Coffeehouse Concert-The Close (RN) <i>11a Matter of Balance at Allegro</i> 2p LLL-Henry VIII (ES) 6p TDBC Bridge Lessons (KC) 7:30p Contra Dance	OCT 25 CENTER CLOSED
OCT 27 <i>1p Poetry Group ZM (KC)</i>	OCT 28 8:30a QiGong PRR (RN) <i>10:30a Chaires Lunch & Learn</i> <i>1:30p LLL-Spring House Tour PRR (ES)</i>	OCT 29 <i>12p GAP Lunch & Learn</i> 3:30p Foundation Board Meeting	OCT 30 <i>11a Healthy for Life PRR (BW)</i> 11a Functional Fitness Fencing (RN) 11:30a Senior LGBT+ Support Group 6:45p LLL-TLH Ghost Tour PRR (ES)	OCT 31 10:30a Halloween Party RSVP (AH) <i>11a Matter of Balance at Allegro</i>	

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

Register Online at www.TallahasseeSeniorFoundation.org unless otherwise noted

LEGEND: ZM = Virtual Classes on Zoom PRR = Pre-registration Required LLL = Lifelong Learning

REGISTRATION INFORMATION: () = Staff Contact for class information as follows:

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