

TALLAHASSEE SENIOR CENTER CALENDAR OF WEEKLY PROGRAMS MAY 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>	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>	9:00 Watercolor – Lab	9:30 <i>Fitness at Woodville</i>	9:30 Life Exercise	9:30 <i>Fitness at Bradfordville II PRR (LB)</i>
9:30 French Beg.	9:30 Life Exercise	10:00 Seniors vs. Crime	9:30 <i>Sit & Fit at Chaires</i>	9:30 Chess
10:00 SHINE PRR	9:30 <i>Fitness at Bradfordville II PRR (LB)</i>	10:00 Tai Chi Practice	10:45 Ballet	10:00 Hand and Foot/ Euchre
10:30 Adv. French ZM (KC)	9:30 <i>Sit & Fit at Chaires</i>	10:30 <i>Fitness at Fort Braden</i>	11:00 Senior Counseling (by appointment)	10:00 Tai Chi Practice
10:30 <i>Fitness at Fort Braden</i>	10:00 Seniors vs. Crime	11:30 Pickleball Lesson	11:15 <i>Fitness at Miccosukee</i>	10:30 <i>Brain Body Balance at Fort Braden</i>
11:00 Line Dance	10:30 <i>Fitness Beg. at Bradfordville PRR (LB)</i>	11:30 Pickleball	12:00 <i>Mindful Movement</i>	10:30 <i>Senior Fitness Beg. at Bradfordville PRR (LB)</i>
11:00 Senior Counseling (by appointment)	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	11:00 Senior Dining (PRR or Bring a Lunch)
11:00 French Int.	11:00 Mindful Movement	1:00 Canasta / Pinoche	1:00 Friends Connection	11:30 Pickleball
1:00 Brain-Body-Balance	11:00 Senior Dining (PRR or Bring a Lunch)	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.	11:15 <i>Fitness at Miccosukee</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>	11:30 <i>Fitness Adv. at Bradfordville PRR (LB)</i>	4:30 Celtic Music Session	2:30 Ping-Pong	1:00 Oil and Acrylic, Beg.
2:00 Beg. Spanish	1:00 Friends Connection ZM (ML)	5:30 Yoga	2:30 Mah Jongg (experienced only)	5:30 Ballroom and Swing
2:30 Pickleball	1:00 TDBC Bridge		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			

www.TallahasseeSeniorFoundation.org

TALLAHASSEE SENIOR SERVICES – MAY 2025

Monthly, Bi-monthly & Special Events and Programs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			MAY 1 10a LLL-Exciting Life of a Flying High Circus Trainer <i>10:30a Miccosukee Lunch & Learn</i> 10:30a Matter of Balance (RN) <i>11a Healthy for Life at Jack McLean</i> 11:00 Adv. Ukuladies (KC) 1:00 TDBC Bridge	MAY 2	MAY 3 CENTER CLOSED
MAY 5 <i>7p GAP Circle of Parents ZM (KB)</i>	MAY 6 9:30a Live Music with Hot Tamales for Life Exercise & Mindful Movement 10a Blood Pressure & Glucose Screening 11:30a Tech Help (ES) 1p GaP Advisory Council (KB)	MAY 7 10a Newcomers Coffee Chat <i>1p Southside-Friends Connection (ML)</i>	MAY 8 8:30a Podiatry PRR (AH) <i>10:30a Woodville Lunch & Learn</i> 10:30a Matter of Balance (RN) <i>11a Healthy for Life at Jack McLean</i> 11a Caregiver Support Group (ML) 11:00 Adv. Ukuladies <u>Building Closes at 4:30p</u> 5:30p Silver Stars PRR	MAY 9 7:30p Contra Dance – <i>The Bunny Bread Bandits Band with Caller: Rachel Flemming</i>	MAY 10 CENTER CLOSED
MAY 12 10a Mindful Meditation 11a Art Council <i>1p Poetry Group ZM (KC)</i> 6p TDBC Bridge	MAY 13 10a Therapeutic Healing Touch (RN) <i>11a Wellness Circle at Jack McLean PRR (BW)</i> 7p Stamp and Cover Club	MAY 14 10:30a Storm Prep (RN) <i>10:30a Bradfordville Lunch & Learn</i> 12:30p Friends Connection LNC 1:30p LLL-German Girl 6p Coin Club	MAY 15 <i>10:30a Lake Jackson Lunch & Learn</i> 10:30a Matter of Balance (RN) <i>11a Healthy for Life at Jack McLean</i> 11:00 Adv. Ukuladies (KC) 1:00 TDBC Bridge 2p Tech Help (ES)	MAY 16 11a Lunch & Learn: Stroke Update (RN) 6:30p USA Dance: FL Sunshine Dance Symposium	MAY 17 8a USA Dance: Competition 6:30p USA Dance: FL Sunshine Dance Symposium MAY 18 8:30a www.FLSunshineDance.com
MAY 19 1:30p Advisory Council (MB) <i>7p GAP Circle of Parents ZM (KB)</i>	MAY 20 CLOSED Emancipation Day	MAY 21 8:30a Capital Coalition on Aging 9a Hike (RN) 9a Hearing Screenings & Expo <i>11a Wellness Circle at Jake Gaither PRR (BW)</i> 1p LCSO Advisory Council <i>1p Southside-Friends Connection (ML)</i> 1:30p LLL-German Girl 4:30p Tech Help (ES)	MAY 22 <i>10:30a Ft. Braden Lunch & Learn</i> 10:30a Matter of Balance (RN) <i>11a Healthy for Life at Jack McLean</i> 11a Caregiver Support Group (ML) 1:00 TDBC Bridge	MAY 23	MAY 24 CENTER CLOSED
MAY 26 CLOSED Memorial Day <i>1p Poetry Group ZM (KC)</i>	MAY 27 <i>10:30a Chaires Lunch & Learn</i> <i>1:30p LLL-Spring House Tour PRR (MH)</i>	MAY 28 <i>12:30p Friends Connection LNC</i> 1:30p LLL-German Girl 3:30p Foundation Board Meeting	MAY 29 10:30a Matter of Balance (RN) 11a Coffeehouse Concert-Therese Whichello (RN) 11:30a Senior LGBT+ Support Group 1:00 TDBC Bridge	MAY 30	MAY 31 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 unless otherwise noted. () = Staff Contact for class information as follows:

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