

# TALLAHASSEE SENIOR CENTER CALENDAR OF WEEKLY PROGRAMS DECEMBER 2024



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[TallahasseeSeniorFoundation.org/calendar](https://TallahasseeSeniorFoundation.org/calendar)

1400 N. MONROE ST. • TALLAHASSEE, FL 32303 • (850) 891-4000 • [TallahasseeSeniorFoundation.org](https://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>	8:30 Spanish Life – Int.	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 Ceramics	8:30 <i>Fitness at Chaires</i>
9:00 Portrait Studio	9:00 Landscapes in Soft Pastels	9:00 Nimble Fingers	9:00 Experimental Watercolor Inter./Adv.	<b>9:00 English 2<sup>nd</sup> Language ZM (KC)</b>
9:30 <i>Fitness at Woodville</i>	9:30 Life Exercise	9:30 Oil and Acrylic with Debbie (All Levels)	9:00 <i>Brain-Body-Balance at Optimist Park PRR (RN)</i>	9:00 Oil Adv.
9:30 French Beg.	9:30 <i>Fitness at Bradfordville II PRR (LB)</i>	9:30 <i>Fitness at Woodville</i>	9:30 Life Exercise	9:30 <i>Fitness at Bradfordville II PRR (LB)</i>
10:00 SHINE PRR	9:30 <i>Sit &amp; Fit at Chaires</i>	10:00 Seniors vs. Crime	9:30 <i>Sit &amp; Fit at Chaires</i>	9:30 Chess
<b>10:30 Adv. French ZM (KC)</b>	10:00 Seniors vs. Crime	10:00 Tai Chi Practice	10:45 Ballet	10:00 Hand and Foot/ Euchre
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 Adv. Ukuladies (KC)	10:00 Tai Chi Practice
11:00 Senior Counseling (by appointment)	10:45 <i>Brain Body Balance at Southwood PRR (RN)</i>	11:30 Pickleball Lesson	11:00 Senior Counseling (by appointment)	10:30 <i>Brain Body Balance at Fort Braden</i>
11:00 French Int.	11:00 Mindful Movement	11:30 Pickleball	11:15 <i>Fitness at Miccosukee</i>	10:30 <i>Senior Fitness Beg. at Bradfordville PRR (LB)</i>
1:00 Brain-Body-Balance	11:00 Senior Dining (PRR or Bring a Lunch)	1:00 Oil and Acrylic with Debbie Int./Adv.	12:00 <i>Mindful Movement Lake Jackson at TSC*</i>	11:00 Senior Dining (PRR or Bring a Lunch)
1:00 French Adv.	11:15 <i>Fitness at Miccosukee</i>	1:00 Canasta / Pinoche	1:00 Tai Chi Basics	11:30 Pickleball
1:30 <i>Yoga for Women at Bradfordville PRR (LB)</i>	11:30 <i>Fitness Adv. at Bradfordville PRR (LB)</i>	1:30 <i>Beg. Yoga at Bradfordville PRR (LB)</i>	1:00 Friends Connection	11:30 <i>Fitness Adv. at Bradfordville PRR (LB)</i>
2:00 Beg. Spanish	<b>1:00 Friends Connection ZM (ML)</b>	2:00 <i>Beg. Yoga at Lake Jackson</i>	1:00 Experimental Watercolor Inter./Adv.	1:00 Oil and Acrylic, Beg.
2:30 Pickleball	1:00 TDBC Bridge	5:30 Yoga	1:00 Clay Pinch Coil Slab	5:30 Ballroom and Swing
3:00 Friends Connection	1:00 Senior Singers	7:00 Pickleball	2:30 Ping-Pong	6:00 Overeaters Anonymous
5:45 Intermediate German Study Group	1:00 Gentle Yoga		2:30 Mah Jongg	7:00 Al-Anon Newcomers
6:00 Round Dance	1:00 <i>Canasta at Lake Jackson</i>		6:00 Two Step Dancing	
7:00 Twirlers Square Dance	2:30 Ping-Pong		7:00 ACA Group	
7:00 Capital City Carvers	2:30 Wii Bowling		7:00 Capital Chordsmen	
	4:00 Guitar		7:00 Writers Workshop	
	8:00 SA Support Group			

**[www.TallahasseeSeniorFoundation.org](https://www.TallahasseeSeniorFoundation.org)**

# TALLAHASSEE SENIOR SERVICES – DECEMBER 2024

## Monthly, Bi-monthly & Special Events and Programs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>DEC 2</b> 11a Coffeehouse Concert – Flamy Grant (RN) 2p LLL-Real vs. Fake News (MH) 7p GAP Circle of Parents ZM (KB)	<b>DEC 3</b> 10a Blood Pressure & Glucose Screening 12p Tech Help (KC)	<b>DEC 4</b> 10a Newcomers Coffee Chat	<b>DEC 5</b> 10:30a Miccosukee Lunch & Learn 11a Healthy for Life at Jack McLean 1p TDBC  ALL ACTIVITIES IN THE AUDITORIUM ARE CANCELLED AFTER 2p	<b>DEC 6</b> 10a Walmart Trip from Miccosukee No programs in Auditorium ALL day 1p No programs center wide 6p Deck the Halls Tickets Available @ TallahasseeSeniorFoundation.org Live music, gourmet food, martini bar, silent auction, & more!	<b>DEC 7</b> CENTER CLOSED
<b>DEC 9</b> 10a Mindful Meditation 10a LLL-No Bake Desserts (MH) 11a Art Council 1p Poetry Group ZM (KC) 2:30p LLL-Holiday Appetizers (MH) 6p TDBC Bridge 7:15p TSC Holiday Concert	<b>DEC 10</b> 11a Wellness Circle at Jack McLean PRR (BW) 7p Stamp and Cover Club	<b>DEC 11</b> 10:30a Holiday Safety 10:30a Bradfordville Lunch & Learn 12:30p Friends Connection LNC 2p LLL-Real vs. Fake News (MH) 6p Coin Club	<b>DEC 12</b> 11a Coffeehouse Concert-The Little Mercies (RN) 10:30a Woodville Lunch & Learn 11a Caregiver Support Group (ML) 1p TDBC 7p Capital Chordsmen Concert \$	<b>DEC 13</b> 7:30p Contra Dance – DJ Tacoshel-Pop with caller Deanna Palumbo	<b>DEC 14</b> 6:30p USA Dance: Catered Dinner & Live Band. \$ Mistletoe & Holly Usadance6010.org
<b>DEC 16</b> 2p LLL-Real vs. Fake News (MH) 7p Square Dance Open House 7p GAP Circle of Parents ZM (KB)	<b>DEC 17</b> 10:30a Ft. Braden Lunch & Learn 7p Capital Chordsmen Concert \$	<b>DEC 18</b> 8:30a Capital Coalition on Aging (KC) 9a Hike (RN) 11a Wellness Circle at Jake Gaither PRR (BW) 4:30p Tech Help (KC)	<b>DEC 19</b> 10:30a Lake Jackson Lunch & Learn 2p Tech Help (KC) 6:30p LLL: Holiday Model Trains (MH)	<b>DEC 20</b>	<b>DEC 21</b> CENTER CLOSED
<b>DEC 23</b> 1p Poetry Group ZM (KC) CENTER CLOSES AT 5PM	<b>DEC 24</b> CENTER CLOSES AT 1PM	<b>DEC 25</b> CLOSED FOR HOLIDAY	<b>DEC 26</b> 11a Caregiver Support Group (ML) 11:30a Senior LGBT+ Support Group CENTER CLOSES AT 5PM	<b>DEC 27</b> CENTER CLOSES AT 5PM	<b>DEC 28</b> CENTER CLOSED
<b>DEC 30</b> CENTER CLOSES AT 5PM	<b>DEC 31</b> CENTER CLOSES AT 1PM	<b>JAN 1</b> CLOSED FOR HOLIDAY Happy New Year 2025!	<b>JAN 2</b> CENTER CLOSES AT 5PM	<b>JAN 3</b> CENTER CLOSES AT 5PM	

**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

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