

TALLAHASSEE SENIOR CENTER CALENDAR OF WEEKLY PROGRAMS MARCH 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 & Fit at Chaires</i>	9:30 Chess
10:00 SHINE PRR	9:30 <i>Sit & Fit at Chaires</i>	10:00 Seniors vs. Crime	10:45 Ballet	10:00 Hand and Foot/ Euchre
10:30 Adv. French ZM (KC)	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 Micosukee</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 Oil and Acrylic with Debbie Int./Adv.	1:00 Friends Connection	11:30 Pickleball
1:00 Brain-Body-Balance	11:15 <i>Fitness at Micosukee</i>	1:00 Canasta / Pinoche	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>	1:30 <i>Beg. Yoga at Bradfordville PRR (LB)</i>	1:00 Clay Pinch Coil Slab	1:00 Model Building
1:30 <i>Yoga for Women at Bradfordville PRR (LB)</i>	1:00 Friends Connection ZM (ML)	2:00 <i>Beg. Yoga at Lake Jackson</i>	2:30 Ping-Pong	1:00 Oil and Acrylic, Beg.
2:00 Beg. Spanish	1:00 TDBC Bridge	4:30 Celtic Music Session	2:30 Mah Jongg (experienced only)	5:30 Ballroom and Swing
2:30 Pickleball	1:00 Senior Singers	5:30 Yoga	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 – MARCH 2025

Monthly, Bi-monthly & Special Events and Programs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MAR 3 8:30a OT Pop Up	MAR 4 10a Blood Pressure & Glucose Screening 11a Coffeehouse Concert-Alice Wallace (RN) 11:30a Tech Help (ES)	MAR 5 7a LLL-Manatees Jacksonville Zoo (MH) 10a Newcomers Coffee Chat	MAR 6 8:30a Podiatry (AH) 10:30a Miccosukee Lunch & Learn 11a Lunch & Learn: Prostate & Lung Cancer (RN) 11:00 Adv. Ukuladies (KC)	MAR 7 9a Botanical Bas Relief (HH)	MAR 8 CENTER CLOSED
MAR 10 8:30a OT Pop Up 10a Mindful Meditation 11a Art Council 1p Poetry Group ZM (KC) 6p TDBC Bridge 7p GAP Circle of Parents ZM (KB)	MAR 11 11a Wellness Circle at Jack McLean PRR (BW) 3p TALL Graduation 7p Stamp and Cover Club	MAR 12 10a Self Defense (RN) 10:30a Bradfordville Lunch & Learn 12:30p Friends Connection LNC 6p Coin Club	MAR 13 10a LLL-Shakespeare (MH) 10:30a Woodville Lunch & Learn 11a Relaxation Yoga (RN) 11a Caregiver Support Group (ML) 11:00 Adv. Ukuladies (KC)	MAR 14 7:30p Contra Dance – The Flathead String Band with Caller Joey Norton	MAR 15 7p USA Dance: <i>Motown</i>
MAR 17 8:30a OT Pop Up 10:30a LLL-Winging It (MH) 1:30p Advisory Council (MB)	MAR 18 10a LLL-Goat Soap Making/Redemptive Love Farm (MH) 10:30a Ft. Braden Lunch & Learn 5:30p Celebration of Athletes (KC)	MAR 19 8:30a Capital Coalition on Aging (KC) 9a LLL-N. FL Wildlife Center Tour (MH) 9a Hike (RN) 11a Wellness Circle at Jake Gaither PRR (BW) 1p LCSO Advisory Council 1p Making Bird Sock Critters (HM) 4:30p Tech Help (ES)	MAR 20 10a LLL-Shakespeare (MH) 10:30a Lake Jackson Lunch & Learn 11:00 Adv. Ukuladies (KC) 11a Relaxation Yoga (RN) 2p Tech Help (ES) 5p Art Reception: All Creatures Great & Small	MAR 21 9a LLL-Hike with a Llama (MH)	MAR 22 10a-5p – Stamp & Coin Show <u>Sunday, March 23</u> 10a-3p – Stamp & Coin Show FREE Entry
MAR 24 8:30a OT Pop Up 1p Poetry Group ZM (KC) 7p GAP Circle of Parents ZM (KB)	MAR 25 10a LLL-Spring Wreath Making (MH) 10:30a Chaires Lunch & Learn 1:30p LLL-Springhouse Tour (MH)	MAR 26 12p GAP Lunch & Learn 12:30p Friends Connection LNC 4:30p Open House – Annual Meeting	MAR 27 10a LLL-Shakespeare (MH) 10:30a Nutrition Education (RN) 11a Caregiver Support Group (ML) 11:30a Senior LGBT+ Support Group 1:30p Hand Bike Ride at St. Marks Trail	MAR 28 7:30p Contra Dance – Greasy String Band with caller Rachel Flemming	MAR 29 CENTER CLOSED
MAR 31 8:30a OT Pop Up 9a Health Expo (RN)					

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:

- | | |
|---|---|
| (LB) Lisa.Baggett@talgov.com | (MB) Michael.Body@talgov.com |
| (KB) Karen.Boebinger@talgov.com | (KC) Kristy.Carter@talgov.com |
| (MH) Maureen.Haberfeld@talgov.com | (AH) Abigail.Hines2@talgov.com |
| (ML) Melanie.Lachman@talgov.com | (HM) HeathHilary.McRae@talgov.com |
| (RN) Ruth.Nickens@talgov.com | (ES) Emily.Starnes@talgov.com |
| (BW) Beverly.Womble@talgov.com | |

www.Tal.gov.com/SeniorGames