

TALLAHASSEE SENIOR CENTER  
CALENDAR OF WEEKLY PROGRAMS  
MAY 2025



Point your smartphone camera  
here to view our calendar online

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

1400 N. MONROE ST. • TALLAHASSEE, FL 32303 • (850) 891-4000 • [TallahasseeSeniorFoundation.org](http://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 Beg. 10:00 SHINE PRR <b>10:30 Adv. French ZM (KC)</b> 10:30 <i>Fitness at Fort Braden</i> 11:00 Line Dance 11:00 Senior Counseling <i>(by appointment)</i> 11:00 French Int. 1:00 Brain-Body- Balance 1:00 French Adv. 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 Round Dance 7:00 Twirlers Square Dance 7:00 Capital City Carvers	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 &amp; 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 PRR (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> <b>1:00 Friends Connection ZM (ML)</b> 1:00 TDBC Bridge 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 Canasta / Pinocle 1:30 <i>Beg. Yoga at Bradfordville PRR (LB)</i> 2:00 <i>Beg. Yoga at Lake Jackson</i> 4:30 Celtic Music Session 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 &amp; Fit at Chaires</i> 10:45 Ballet 11:00 Senior Counseling <i>(by appointment)</i> 11:15 <i>Fitness at Miccosukee</i> 12:00 <i>Mindful Movement</i> 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 Hand and Foot/ Euchre 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](http://www.TallahasseeSeniorFoundation.org)

# TALLAHASSEE SENIOR SERVICES – MAY 2025

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

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

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](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)    (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)