TALLAHASSEE SENIOR CENTER CALENDAR OF WEEKLY PROGRAMS NOVEMBER 2025







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1400 N. MONROE ST.	• TALLAHASSEE, F	FL 32303 • (850) 891-4000 •	TallahasseeSeniorFoundation.org
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 Fitness at Chaires 9:00 Quilting Bees 9:00 Portrait Studio 9:30 Fitness at Woodville 9:30 French Int. Off Nov. 10:00 SHINE PRR 10:30 Adv. French ZM (KC) 10:30 Fitness at Fort Braden 11:00 Line Dance 11:00 Senior Counseling (by appointment) 11:00 French Adv. Off Nov. 1:00 Brain-Body- Balance 1:00 French Beg. Off Nov. 1:30 Yoga for Women at Bradfordville PRR (LB) 2:00 Beg. Spanish PRR (ES) 2:30 Pickleball 3:00 Friends Connection	8:30 Fitness at Bradfordville I PRR (LB) 9:00 Brain-Body- Balance at Optimist Park PRR (RN) 9:00 Landscapes in Soft Pastels 9:30 Life Exercise 9:30 Fitness at Bradfordville II PRR (LB) 9:30 Sit & Fit at Chaires 10:00 Seniors vs. Crime 10:30 Fitness Beg. at Bradfordville PRR (LB) 10:45 Brain Body Balance at Southwood (RN) 11:00 Mindful Movement 11:00 Senior Dining (PRR or Bring a Lunch) 11:15 Fitness at Miccosukee 11:30 Fitness Adv. at Bradfordville PRR (LB) 1:00 Friends Connection ZM (ML) 1:00 TDBC Bridge	WEDNESDAY 8:30 Fitness at Chaires 9:00 Ceramics 9:00 Nimble Fingers 9:30 Oil and Acrylic with Debbie (All Levels) 9:30 Fitness at Woodville 10:00 Seniors vs. Crime 10:00 Tai Chi Practice 10:30 Fitness at Fort Braden 11:30 Pickleball Lesson 11:30 Pickleball 1:00 Oil and Acrylic with Debbie Int./Adv. 1:00 Pinocle 1:30 Beg. Yoga at Bradfordville PRR (LB) 2:00 Beg. Yoga at Lake Jackson 5:30 Yoga	9:00 Ceramics 9:00 Experimental Watercolor Inter./Adv. 9:00 Brain-Body- Balance at Optimist Park PRR (RN) 9:30 Life Exercise 9:30 Sit & Fit at Chaires 10:30 Brain Body Balance at Southwood (RN) 10:45 Ballet 11:00 Senior Counseling (by appointment) 11:15 Fitness at Miccosukee 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	8:30 Fitness at Bradfordville I PRR (LB) 8:30 Fitness at Chaires 9:00 Oil Adv. 9:30 Fitness at Bradfordville II PRR (LB) 9:30 Chess 10:00 Cards & Games 10:00 Tai Chi Practice 10:30 Brain Body Balance at Fort Braden 10:30 Senior Fitness Beg. at Bradfordville PRR (LB) 11:00 Senior Dining (PRR or Bring a Lunch) 11:30 Pickleball 11:30 Fitness Adv. at Bradfordville PRR (LB) 1:00 Model Building 1:00 Oil and Acrylic, Beg. 5:30 Ballroom and Swing
2:30 Pickleball 3:00 Friends Connection 5:45 Intermediate German Study	1:00 Friends Connection ZM (ML)		Slab 2:30 Ping-Pong	Beg. 5:30 Ballroom and Swing 6:00 Overeaters Anonymous
Group 6:00 Capital City Carvers 6:00 Round Dance 7:00 Twirlers Square Dance	1:00 Gende Toga 1:00 Canasta at Lake Jackson 2:30 Ping-Pong 2:30 Wii Bowling 4:00 Guitar 5:00 Pickleball 8:00 SA Support Group		Dancing 7:00 ACA Group 7:00 Capital Chordsmen 7:00 Writers Workshop	7:00 Al-Anon Newcomers

www.TallahasseeSeniorFoundation.org

TALLAHASSEE SENIOR SERVICES – NOVEMBER 2025 Monthly, Bi-monthly & Special Events and Programs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					NOV 1
					CENTER CLOSED
NOV 3	NOV 4	NOV 5	NOV 6	NOV 7	NOV 8
9a Technology Assistance at	10a Blood Pressure & Glucose	10a Newcomers Coffee Chat	10:30a Miccosukee Lunch & Learn	1p Southside Art Therapy at B.L.	CENTER CLOSED
Miccosukee 7p GAP Circle of	Screening 11:30a Tech Help	Ip Southside Friends Connection at BL	Field Trip PRR	Perry Library	
Parents ZM (KB)	(ES)	Perry Library	11a Healthy for Life at Jake Gaither	(ML)	
	1p GaP Advisory Council (KB)	1p Let's Make Greeting Cards	(BW)		
		3p Open Art Studio (AH)	11a Adv. Ukuladies (KC)		
NOV 10	NOV 11	NOV 12	NOV 13	NOV 14	NOV 15
9a Coffee Chat: Meet & Greet	CLOSED	10:30a Bradfordville	9:45a LLL-First FL Capitol & Union	1p Southside Art Therapy at B.L.	7p USA Dance: Veteran's Dance
with HCA	VETERAN'S	Lunch & Learn	Bank PRR (ES)	Perry Library	, etc 5 2
10a Mindful	DAY	10:30a LLL-	10:30a Woodville Lunch & Learn	(ML)	
Meditation 11a Art Council		Writing Your Family History	11a Healthy for Life	7:30p Contra Dance	
1p Poetry Group		(ES)	at Jake Gaither (BW)		
ZM (KC) 6p TDBC Bridge		11a Legal Services 12:30p Friends	11a Caregiver Support		
op 1DDC Bridge		Connection LNC	Group (ML) 11a Adv. Ukuladies		
		3p Open Art	(KC)		
		Studio (AH) 6p Coin Club	1:00 TDBC Bridge 5:30p Art Reception		
NOV 17	NOV 18	NOV 19	NOV 20	NOV 21	NOV 22
11:30a Counting Our Blessings	10:30a Ft. Braden Lunch & Learn	8:30a Capital Coalition on Aging	10:30a Lake Jackson Lunch & Learn	1p Southside Art Therapy at B.L.	CENTER CLOSED
Lunch (KC)	11a Lunch &	(KC)	11a Healthy for Life	Perry Library	CEIVIER CEOSED
1:30p Advisory Council (CG)	Learn: Lung Health (RN)	9a Hike (RN) 10:30a LLL-Writing	at Jake Gaither (BW)	(ML)	
7p GAP Circle of	1:30p LLL-Spring	Your Family History (ES)	11a Adv. Ukuladies		
Parents ZM (KB)	House Tour PRR	11a Wellness Circle at	(KC) 11a Drumming Circle		
	(ES)	Jake Gaither PRR (BW)	(RN)		
		12p Foundation	11a Coffeehouse Concert – Luke		
		Board Meeting <i>1p Southside Friends</i>	Bulla (RN) 1:00 TDBC Bridge		
		Connection at BL Perry Library	2p Tech Help (ES)		
		1p LCSO Advisory			
		Council 1p Painting Oyster			
		Shells PRR			
		1:30p FOOT-Birding (RN)			
NOV 24	NOV 25	4:30p Tech Help (ES) NOV 26	NOV 27	NOV 28	NOV 29
NOV 24 11a LLL-Med	NOV 25 10:30a Chaires	12:30p Friends	110 1 2/	110 7 40	11U V 29
Instead of Meds PRR (ES)	Lunch & Learn	Connection LNC	CENTER CLOSED	CENTER CLOSED THANKSGIVING	CENTER CLOSED
1p Poetry Group	CENTER CLOSES	CENTER CLOSES	THANKSGIVING	111111111111111111111111111111111111111	
ZM (KC) 2p LLL-Shanghi-	AT 5PM	AT 5PM			
Unlikely Refuge					
for Jews Escaping					
Holocaust (ES)					

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) <u>Lisa.Baggett@talgov.com</u> (KB) <u>Karen.Boebinger@talgov.com</u> (KC) <u>Kristy.Carter@talgov.com</u>

 $(CG) \ \underline{Ceola.Grant@talgov.com} \ \ (AH) \ \underline{Abigail.Hines2@talgov.com} \ \ \ (ML) \ \underline{Melanie.Lachman@talgov.com}$

(HM) <u>HeathHilary.McRae@talgov.com</u> (RN) <u>Ruth.Nickens@talgov.com</u> (NS) <u>Nick.Schrader@talgov.com</u>

(ES) Emily.Starnes@talgov.com (SV) Sarah.Vernon@talgov.com (BW) Beverly.Womble@talgov.com