

# TALLAHASSEE SENIOR CENTER CALENDAR OF WEEKLY PROGRAMS FEBRUARY 2025



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[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>	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 &amp; Fit at Chaires</i>	9:30 Chess
10:00 SHINE PRR	9:30 <i>Sit &amp; Fit at Chaires</i>	10:00 Seniors vs. Crime	10:45 Ballet	10:00 Hand and Foot/ Euchre
<b>10:30 Adv. French ZM (KC)</b>	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 Senior Counseling (by appointment)	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 Miccosukee</i>	10:30 <i>Senior Fitness Beg. at Bradfordville PRR (LB)</i>
11:00 AARP Tax Aide (by appointment 850-891-4030)	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 French Int.	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)
1:00 Brain-Body-Balance	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 French Adv.	11:15 <i>Fitness at Miccosukee</i>	1:00 Canasta / Pinoche	1:00 Experimental Watercolor Inter./Adv.	11:30 <i>Fitness Adv. at Bradfordville PRR (LB)</i>
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 Clay Pinch Coil Slab	1:00 Oil and Acrylic, Beg.
2:00 Beg. Spanish	<b>1:00 Friends Connection ZM (ML)</b>	2:00 <i>Beg. Yoga at Lake Jackson</i>	2:30 Ping-Pong	1:00 Model Building
2:30 Pickleball	1:00 TDBC Bridge	4:30 Celtic Jam Session	2:30 Mah Jongg (experienced only)	5:30 Ballroom and Swing
3:00 Friends Connection	1:00 Senior Singers	5:30 Yoga	6:00 Two Step Dancing	6:00 Overeaters Anonymous
5:45 Intermediate German Study Group	1:00 Gentle Yoga	7:00 Pickleball	7:00 ACA Group	7:00 Al-Anon Newcomers
6:00 Round Dance	1:00 <i>Canasta at Lake Jackson</i>		7:00 Capital Chordsmen	
7:00 Twirlers Square Dance	2:30 Ping-Pong		7:00 Writers Workshop	
7:00 Capital City Carvers	2:30 Wii Bowling			
	4:00 Guitar			
	8:00 SA Support Group			

**February is Membership Month**    [www.TallahasseeSeniorFoundation.org](http://www.TallahasseeSeniorFoundation.org)  
**TALLAHASSEE SENIOR SERVICES – FEBRUARY 2025**

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<b>FEB 1</b> <b>CENTER CLOSED</b>
<b>FEB 3</b> <b>8:30a OT Pop UP</b> <i>10a LLL-Connect with a Classic Banned Book at NE Lib. PRR (MH)</i> <b>11a Lunch &amp; Learn Vascular Disease (RN)</b>	<b>FEB 4</b> <b>10a Blood Pressure &amp; Glucose Screening</b> <b>11:30a Tech Help (EM)</b> <b>1p GaP Advisory Council (KB)</b>	<b>FEB 5</b> <b>10a Newcomers Coffee Chat</b> <b>1p Handmade Flower Bouquet Workshop</b>	<b>FEB 6</b> <b>10a LLL-Cooking Nutrition PRR (MH)</b> <b>10:30 Qi Gong PRR (RN)</b> <i>10:30a Miccosukee Lunch &amp; Learn</i> <i>11a Healthy for Life at Jake Gaither (BW)</i> <b>11:00 Adv. Ukuladies (KC)</b> <b>1p TDBC Bridge</b> <b>1p Shred Event (EM)</b>	<b>FEB 7</b> <i>10a Walmart Trip from Miccosukee</i> <i>1p Art Therapy at BL Perry Library</i> <b>PRR (ML)</b>	<b>FEB 8</b> <b>CENTER CLOSED</b>
<b>FEB 10</b> <b>8:30a OT Pop UP</b> <b>10a LLL-Cooking Nutrition PRR (MH)</b> <b>10a Mindful Meditation</b> <b>11a Art Council</b> <i>1p Poetry Group ZM (KC)</i> <b>6p TDBC Bridge</b> <i>7p GAP Circle of Parents ZM (KB)</i>	<b>FEB 11</b> <i>11a Wellness Circle at Jack McLean PRR (BW)</i> <b>5:30p LLL- Valentine Chocolate Dipping Event PRR (MH)</b> <b>7p Stamp and Cover Club</b>	<b>FEB 12</b> <i>10:30a Bradfordville Lunch &amp; Learn</i> <i>12:30p Friends Connection LNC</i> <b>1p Painting Oyster Shells PRR</b> <b>6p Coin Club</b>	<b>FEB 13</b> <b>10a LLL-Eleanor Roosevelt (MH)</b> <b>10a Hearing Screening</b> <i>10:30a Woodville Lunch &amp; Learn</i> <b>11a Caregiver Support Group (ML)</b> <i>11a Healthy for Life at Jake Gaither (BW)</i> <b>11a Drumming (RN)</b> <b>11:00 Adv. Ukuladies (KC)</b> <b>1p TDBC Bridge</b>	<b>FEB 14</b> <b>10a Art Therapy Workshop</b> <i>1p Art Therapy at BL Perry Library</i> <b>PRR (ML)</b> <b>7:30p Contra Dance</b> <i>- Runaway Biscuits with caller Vicki Morrison</i>	<b>FEB 15</b> <b>7p USA Dance: Valentine's Dance</b>
<b>FEB 17</b> <b>8:30a OT Pop UP</b> <b>11a Lunch &amp; Learn Peripheral Arterial Disease (RN)</b> <b>1:30p Advisory Council (SS)</b>	<b>FEB 18</b> <i>10:30a Ft. Braden Lunch &amp; Learn</i>	<b>FEB 19</b> <b>8:30a Capital Coalition on Aging (KC)</b> <b>9a Hike (RN)</b> <i>11a Wellness Circle at Jake Gaither PRR (BW)</i> <b>4:30p Tech Help (EM)</b>	<b>FEB 20</b> <b>10a LLL-Eleanor Roosevelt (MH)</b> <b>10:30 Qi Gong PRR (RN)</b> <i>10:30a Lake Jackson Lunch &amp; Learn</i> <i>11a Healthy for Life at Jake Gaither (BW)</i> <b>11:00 Adv. Ukuladies (KC)</b> <b>1p TDBC Bridge</b> <b>2p Tech Help (EM)</b>	<b>FEB 21</b> <i>1p Art Therapy at BL Perry Library</i> <b>PRR (ML)</b>	<b>FEB 22</b> <b>CENTER CLOSED</b>
<b>FEB 24</b> <b>8:30a OT Pop UP</b> <i>1p Poetry Group ZM (KC)</i> <i>7p GAP Circle of Parents ZM (KB)</i>	<b>FEB 25</b> <i>10:30a Chaires Lunch &amp; Learn</i> <i>1:30 LLL-Spring House Tour PRR (MH)</i>	<b>FEB 26</b> <b>9:15a LLL-Impressionism by American Women PRR (MH)</b> <b>10:30a Science of Happiness (RN)</b> <i>12p GAP Lunch &amp; Learn</i> <i>12:30p Friends Connection LNC</i> <b>3:30p Foundation Board Meeting</b> <i>6p Senior Games-Torch Run / Fun Walk at Cascades Park (KC)</i>	<b>FEB 27</b> <b>10a LLL-Eleanor Roosevelt (MH)</b> <b>10:30a Nutrition Series (RN)</b> <b>11a Caregiver Support Group (ML)</b> <i>11a Healthy for Life at Jake Gaither (BW)</i> <b>11:30a Senior LGBT+ Support Group</b> <b>1p TDBC Bridge</b> <b>4p Soaring to New Heights</b>	<b>FEB 28</b> <i>10:30a LLL-Black History Month Tour of the Grove Museum (MH)</i> <i>1p Art Therapy at BL Perry Library</i> <b>PRR (ML)</b> <b>7:30p Contra Dance</b> <i>- Wild Bill Traveling Circus with caller Drew Thomas</i>	

**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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