

TALLAHASSEE SENIOR CENTER CALENDAR OF WEEKLY PROGRAMS

National Senior Center Month SEPTEMBER 2025



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TallahasseeSeniorFoundation.org/calendar

1400 N. MONROE ST. • TALLAHASSEE, FL 32303 • (850) 891-4000 • 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>	9:00 Watercolor – Lab	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 Int.	9:30 Life Exercise	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>Fitness at Bradfordville II PRR (LB)</i>	10:00 Seniors vs. Crime	10:30 <i>Brain Body Balance at Southwood (RN)</i>	10:00 Cards & Games
10:30 Adv. French ZM (KC)	9:30 <i>Sit & Fit at Chaires</i>	10:00 Tai Chi Practice	10:45 Ballet	10:00 Tai Chi Practice
10:30 <i>Fitness at Fort Braden</i>	10:00 Seniors vs. Crime	10:30 <i>Fitness at Fort Braden</i>	11:00 Senior Counseling (by appointment)	10:30 <i>Brain Body Balance at Fort Braden</i>
11:00 Line Dance	10:30 <i>Fitness Beg. at Bradfordville PRR (LB)</i>	11:30 Pickleball Lesson	11:15 <i>Fitness at Miccosukee</i>	10:30 <i>Senior Fitness Beg. at Bradfordville PRR (LB)</i>
11:00 Senior Counseling (by appointment)	10:45 <i>Brain Body Balance at Southwood (RN)</i>	11:30 Pickleball	12:00 Mindful Movement	11:00 Senior Dining (PRR or Bring a Lunch)
11:00 French Adv.	11:00 Mindful Movement	1:00 Oil and Acrylic with Debbie Int./Adv.	1:00 Tai Chi Basics	11:30 Pickleball
1:00 Brain-Body-Balance	11:00 Senior Dining (PRR or Bring a Lunch)	1:00 Pinoche	1:00 Friends Connection	11:30 <i>Fitness Adv. at Bradfordville PRR (LB)</i>
1:00 French Beg.	11:15 <i>Fitness at Miccosukee</i>	1:30 <i>Beg. Yoga at Bradfordville PRR (LB)</i>	1:00 Experimental Watercolor Inter./Adv.	1:00 Model Building
1:30 <i>Yoga for Women at Bradfordville PRR (LB)</i>	11:30 <i>Fitness Adv. at Bradfordville PRR (LB)</i>	2:00 <i>Beg. Yoga at Lake Jackson</i>	1:00 Clay Pinch Coil Slab	1:00 Oil and Acrylic, Beg.
2:00 Beg. Spanish	1:00 Friends Connection ZM (ML)	5:30 Yoga	2:30 Ping-Pong	5:30 Ballroom and Swing
2:30 Pickleball	1:00 TDBC Bridge		2:30 Mah Jongg (experienced only)	6:00 Overeaters Anonymous
3:00 Friends Connection	1:00 Senior Singers		6:00 Two Step Dancing	7:00 Al-Anon Newcomers
5:45 Intermediate German Study Group	1:00 Gentle Yoga		7:00 ACA Group	
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			
	5:00 Pickleball			
	8:00 SA Support Group			

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SEPT 1 CENTER CLOSED LABOR DAY	SEPT 2 10a Blood Pressure & Glucose Screening 11:30a Tech Help (ES)	SEPT 3 10a Newcomers Coffee Chat <i>1p Southside Friends Connection at BL Perry Library</i>	SEPT 4 9a Hearing Screening <i>10:30a Miccosukee Lunch & Learn</i> 11a Adv. Ukuladies (KC) 1:00 TDBC Bridge	SEPT 5	SEPT 6 CENTER CLOSED
SEPT 8 10a Mindful Meditation 11a Art Council <i>1p Poetry Group ZM (KC)</i> 6p TDBC Bridge <i>7p GAP Circle of Parents ZM (KB)</i>	SEPT 9 10a Therapeutic Touch <i>11a Wellness Circle at Jack McLean PRR (BW)</i> 7p Stamp and Cover Club	SEPT 10 <i>10:30a Bradfordville Lunch & Learn</i> 12:30p Friends Connection LNC 6p Coin Club	SEPT 11 8:30a Podiatry (AH) 9a Immunization Fair (RN) <i>10:30a Woodville Lunch & Learn</i> 11a Caregiver Support Group (ML) 11a Adv. Ukuladies (KC) 1:00 TDBC Bridge	SEPT 12 11a Coffeehouse Concert – <i>Nate Currin</i> 7:30p Contra Dance – <i>Greasy String Band with caller Vicki Morrison</i>	SEPT 13 CENTER CLOSED
SEPT 15 9:30a FL Greenways & Recreation Expo 1:30p Advisory Council (CG)	SEPT 16 <i>10:30a Ft. Braden Lunch & Learn</i>	SEPT 17 8:30a Capital Coalition on Aging (KC) 9a Hike (RN) <i>11a Wellness Circle at Jake Gaither PRR (BW)</i> <i>1p Southside Friends Connection at BL Perry Library</i> 1p LCSO Advisory Council 4:30p Tech Help (ES)	SEPT 18 <i>10:30a Lake Jackson Lunch & Learn</i> 11a Adv. Ukuladies (KC) 1:00 TDBC Bridge 2p Tech Help (ES) 6p Art Reception – <i>Senior Artist Showcase</i> 6p Audubon Society- <i>Cuba & It's Endemic Bird Species</i>	SEPT 19	SEPT 20 1:30p Dance Showcase 7p USA Dance: <i>National Ballroom Dance Week</i>
SEPT 22 <i>1p Poetry Group ZM (KC)</i> <i>7p GAP Circle of Parents ZM (KB)</i>	SEPT 23 <i>10:30a Chaires Lunch & Learn</i>	SEPT 24 <i>12p GAP Lunch & Learn</i> <i>12:30p Friends Connection LNC</i> 3:30p Foundation Board Meeting	SEPT 25 11a Caregiver Support Group (ML) 11:30a Senior LGBT+ Support Group 1:00 TDBC Bridge	SEPT 26 11:30a L3X Closing Luncheon 7:30p Contra Dance – <i>Bunny Bread Bandits Band with Caller Kenny Greer</i>	SEPT 27 CENTER CLOSED
SEPT 29 10a Advanced Planning – Social Security 101 (SV)	SEPT 30				

Leave Your Comfort Zone with L3X
TallahasseeSeniorFoundation.org/L3X

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:

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