



Leon County Senior Outreach

April / May 2018

Don't forget to bring a canned good to Lunch & Learn. Donations benefit the food pantry at Elder Care Services. Thank you for your generosity!

Bradfordville ❖ Wildwood Presbyterian Fellowship Hall, 100 Ox Bottom Rd
Bradfordville Lunch and Learn. Wed, April 11, 10:30 am – 12:30 pm. Lunch \$6. **Field trip on May 9. Call 891-4065 to register.**

For Bradfordville fitness classes, due to limited class size, please call the instructor (878-1685) to check availability before attending your first class. All classes meet on Tues and Fri. \$2 per class

Senior Fitness I (Beginners): 9:30 – 10:15 am

Senior Fitness III: 11:30 am – 12:30 pm

Senior Fitness II (Beginners): 10:30 – 11:15 am

Senior Fitness IV: 1 – 2 pm

Bradfordville Classes ❖ Leon County NE Branch Library, 5513 Thomasville Rd, Room 103
Beginning Yoga. Mon 1:30 – 2:30 pm. \$2 per class

Draw With Your Eyes, Paint with Your Heart, with Mark Fletcher. Wed 1:30 - 4 pm. Ongoing class. Pen and ink with a little watercolor. Beginners welcome. No preregistration required. Seniors 50+, \$9. Others, \$11. Contact Mark Fletcher at turtlehillclaystudio@yahoo.com for the list of art supplies to bring to class.

Watercolor with Eluster Richardson. Thurs 1:30 – 4 pm, April 26- June 14. Intermediate level. \$80 (50+), \$96 (others). To register, call **891-4016** by Wed, April 18.

LifeLong Learning Classes: see page 5 for details

Bradfordville Historic Schoolhouse ❖ 6808 Beech Ridge Trail

Social Bridge. Mon 12 – 3:30 pm. \$1 per class. Call **668-7252** before attending first class to check for openings.

Chaires-Capitola ❖ Dorothy C. Spence Community Center, 4768 Chaires Crossroad

Chaires-Capitola Lunch and Learn. Tues, April 24 & May 22, 10:30 am – 12:30 pm. Lunch \$6.

Seated Exercise. Tues & Thurs, 9:30 – 10:30 am. \$2 per class

Senior Fitness. Mon, Wed, & Fri, 8:30 – 9:30 am. \$2 per class

Fort Braden ❖ Fort Braden Community Center, 16387 Blountstown Hwy

Fort Braden Lunch and Learn. Tues, April 17 & May 15, 10:30 am – 12:30 pm. Lunch \$6.

Senior Fitness. Mon & Wed, 10:30 – 11:30 am. \$2 per class

Painting with Oils with Robert DeWitt Smith. Thurs 2-4:30 pm, April 26 – June 14. Some experience with oil painting preferred. \$80 (50+), \$96 (others). To register, call **891-4016** by Wed, April 18.

Lake Jackson ❖ Lake Jackson Community Center, 3840 North Monroe St

Lake Jackson Lunch and Learn. Thurs, April 19 & May 17, 10:30 am – 12:30 pm. Lunch \$6.

Mindful Movement. Thurs 1 – 2 pm. \$2 per class

Canasta, Cards & Games. Tues 1 – 4 pm. \$1 per class

Micosukee ❖ Micosukee Community Center, 13887 Moccasin Gap Rd

Micosukee Lunch and Learn. Thurs, April 5 & May 3, 10:30 am – 12:30 pm. Lunch \$6

Bus Trip to WalMart. Fri, April 6 & May 4, 10 am – 12:30 pm. \$2 round-trip

Senior Fitness. Tues & Thurs, 11:15 am – 12:15 pm. \$2 per class

Computer Class. Fri, April 13 & 27 and May 11 & 25, 10 am – 12 noon. \$1 per class

Woodville ❖ Woodville Community Center, 8000 Old Woodville Rd

Woodville Lunch and Learn. Thurs, April 12 & May 10, 10:30 am – 12:30 pm. Lunch \$6.

Senior Fitness. Mon & Wed, 8:30 – 9:30 am. \$2 per class



Calendar

Call 891-4065 or 891-4049 for more information



Grandparents as Parents (GaP)

GaP Support Lunch

Wednesday, April 25 and May 30, 12 – 1:30 pm,
Leon County Public Library, 200 W. Park Ave, Program Room A
Complimentary lunch provided for grandparents and other relative caregivers.
Reservations are required for all attending. For reservations or more information about GaP,
call Karen Boebinger at 891-4027 or email karen.boebinger@talgov.com.



LIFELONG LEARNING CLASSES

- U.S. Defenders in the Philippines, WWII. Mon, April 2, 9, 16, & 23, 10 am – noon. NE Branch Library, 5513 Thomasville Rd.
- Solar Power Comes to Tallahassee and Tour of the Tallahassee Solar Farm. Fri, April 6, 2 – 3:30 pm (TSC Dining Room, 1400 N. Monroe St.), and Fri, April 13 (meet at 9 am at TSC to travel to the Solar Farm)
- Spring Garden Tour: Invitation for Sustainable Living. Thurs, April 19, 10 – 11:30 am
- American Folk Music. Mon, Apr. 30, May 7 & 14, 10 am – noon, NE Branch Library, 5513 Thomasville Rd
- Dynamic Aging: I Intend to Live Forever...So Far, So Good. Thurs, May 3, 10, & 17, 1:30 – 3 pm, TSC, 1400 N. Monroe St.

The cost is \$5 per class session for 50+, and \$7 for others. Space is limited, and classes fill up quickly. Visit talgov.com/seniors and click on "Keep Learning" for full class descriptions. For more info or to register, email Maureen.Haberfeld@talgov.com or call 891-4033, or stop by the TSC.

Lifelong Learning programs are sponsored in part by Tallahassee Moose Lodge #1075, the City of Tallahassee, Leon County, and the Tallahassee Senior Center & Foundation.

TALLAHASSEE SENIOR CENTER

1400 North Monroe Street ☎ 891-4000



17th Annual Silver Stars



Recognizing Senior Center Volunteers, Sponsors, and
Silver Star Award Winners

Thursday, May 24, 6 pm, University Center Club
\$40 single, \$75 couple, \$360 for a table of 10
Purchase tickets at

TallahasseeSeniorFoundation.org

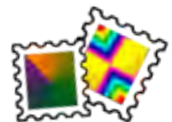
or call 891-4003

or email LisaDollarCovert@talgov.com

Tallahassee Stamp & Coin Show

Sat, April 7, 10 am – 5 pm, and
Sun, April 8, 10 am – 3 pm

Free admission. Several stamp and coin
dealers, door prizes, and more. Call 284-4712.



National Healthcare Decision Day

Tues, April 17, 6 – 7:30 pm

Free admission

Learn the value of advance care planning and
how to talk about it with family and friends.

Call 878-5310.



Leon County Senior Outreach, a program of the Tallahassee Senior Foundation, appreciates the support and sponsorship of many local businesses, some of which attend Lunch and Learn events as exhibitors. However, it is our policy not to endorse, recommend, or favor any specific services or products. Attendance at our events does not constitute an endorsement from the Tallahassee Senior Foundation or the Leon County Senior Outreach program.