



# Leon County Senior Outreach

December 2016 / January 2017

\* Please note \*

No classes will be held on Mon, Dec 26, Mon, Jan 2, or Mon, Jan 16

\* No art classes until February \*



**Bradfordville** ❖ Wildwood Presbyterian Fellowship Hall, 100 Ox Bottom Rd  
**Bradfordville Lunch and Learn:** Wed, Dec 14, 10:30 am – 12:30 pm. Lunch \$6. **No L&L in Jan**

**Bradfordville Classes** ❖ NE Branch Library, 5513 Thomasville Rd

*For Bradfordville fitness classes, due to limited class size, please call the instructor (510-2801) to check availability before attending your first class.*

**Senior Fitness I (Beginners):** Tues & Fri, 9:30 – 10:15 am. \$2 per class

**Senior Fitness II (Beginners):** Tues & Fri, 10:30 – 11:15 am. \$2 per class

**Senior Fitness III:** Tues & Fri, 11:30 am – 12:30 pm. \$2 per class

**Senior Fitness IV:** Tues & Fri, 1 – 2 pm. \$2 per class

**LifeLong Learning: Iceland: Land of Fire & Ice.** Mon, 10 – 11:30 am, Jan 23 & 30, Feb 6 & 13. \$5 per class for seniors (50+); \$7 others. Registration required. Call 891-4033

**Bradfordville Historic Schoolhouse** ❖ 6808 Beech Ridge Trail

**Social Bridge:** Mon, 12 – 3:30 pm. \$1 per class

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

**Chaires-Capitola Lunch and Learn:** Field trip to Historic Capital, Tues, Dec 13, 10 am – 2 pm. Cost: \$6.

Registration required. Call 891-4065. **No L&L in Dec or Jan**

**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, Dec 20, 10:30 am – 12:30 pm. Lunch \$6. **No L&L in Jan**

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

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

**Lake Jackson Lunch and Learn:** Thurs, Dec 15, 10:30 am – 12:30 pm. Lunch \$6. **No L&L in Jan**

**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, Dec 1, 10:30 am – 12:30 pm. Lunch \$6. **No L&L in Jan**

**Bus Trip to WalMart:** Fri, Dec 2 & Jan 6, 10 am – 12:30 pm. \$2 round-trip

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

**Computer Class:** Fri, Jan 13 & 27, 10 am – 12 pm. No classes in Dec. \$1 per class

**Woodville** ❖ Woodville Community Center, 8000 Old Woodville Rd

**Woodville Lunch and Learn:** Thurs, Dec 8, 10:30 am – 12:30 pm. \$6 per person. **No L&L in Jan**

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

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!



# Calendar

Call 891-4065 or 891-4049 for more information



## Grandparents as Parents (GaP)

### GaP Support Lunch

No support lunch meeting in December.  
Wed, Jan 25, 2017, 12 – 1:30 pm  
Leon County Public Library,  
200 W. Park Avenue, Program Room A  
Complimentary lunch provided for grandparents  
and other relative caregivers. Reservations  
required for all attending. Call Karen Boebinger at  
891-4027 or email [karen.boebinger@talgov.com](mailto:karen.boebinger@talgov.com).



### NEW! GaP Support Group

Fri, Jan 13, 2017, 11 am - 12 pm  
Jake Gaither Community Center,  
801 Bragg Dr.  
Join other grandparents raising  
their grandchildren to discuss  
your unique situation. No reservations  
necessary.



## Have Lunch on Us!

Bring someone who has never attended before to an upcoming Lunch and Learn,  
and both of you will enjoy a complimentary meal.  
See a staff member when you arrive so we can welcome your guest.

## TALLAHASSEE SENIOR CENTER

1400 North Monroe Street \* [Kristy.Carter@talgov.com](mailto:Kristy.Carter@talgov.com)

\* 891-4008 or 891-4000 \*

### CAPITAL CITY BAND OF TCC HOLIDAY CONCERT

Mon, Dec 5, 7-8:30 pm. \$5  
All proceeds benefit TSC.

### HONEYWELL HOLIDAY LUNCHEON

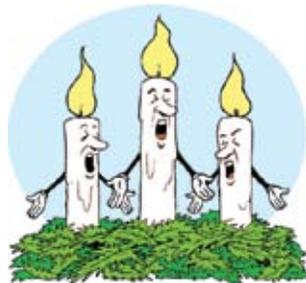
Wed, Dec 7, 12:15 pm  
All are invited.

### 9th ANNUAL CAPITAL CHORDSMEN HOLIDAY CONCERTS

Thurs, Dec 8 & Tues,  
Dec 13, 7 - 8:15 pm  
\$12.50 Adult / \$10 Senior  
(65+) / \$5 Student  
To purchase tickets, call  
224-7729.

### THOMASVILLE ROAD BAPTIST CHURCH CHORAL

PERFORMANCE  
(TSC Auditorium)  
Mon, Dec 12, 12 - 1 pm  
Bring your lunch, if you  
wish.



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.