



# Leon County Senior Outreach

February / March 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, Feb 14 & Mar 14, 10:30 am – 12:30 pm. Lunch \$6.

**Bradfordville Classes** ❖ Leon County NE Branch Library, 5513 Thomasville Rd, Room 103

*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

**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](mailto:turtlehillclaystudio@yahoo.com) for the list of art supplies to bring to class.

**Watercolor with Eluster Richardson.** Thurs 1:30 – 4 pm, Feb 15 – Apr 5. Intermediate level. \$80 (50+), \$96 (others). To register, call 891-4016 by Wed, Feb 7.

**NEW! LifeLong Learning Classes:** see page 5 for details

**The History of the Holocaust.** Mon, Jan 29, Feb 5, 12, 19, 10 – 11:30 am

**Alfred B. Maclay Gardens State Park: History of Property, Home, and Gardens:** Mon, Feb 26 & Mar 5, 10 – 11:30 am. **Ranger-led Tour at the park:** Mon, Mar 19, 10 am - 12:30 pm

**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, Feb 27 & Mar 27, 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, Feb 20 & Mar 20, 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, Feb 15 – Apr 5. Some experience with oil painting preferred. \$80 (50+), \$96 (others). To register, call 891-4016 by Wed, Feb 7.

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

**Lake Jackson Lunch and Learn.** Thurs, Feb 15 & Mar 15, 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, Feb 1 & Mar 1, 10:30 am – 12:30 pm. Lunch \$6

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

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

**Computer Class.** Fri, Feb 9 and 23 & Mar 9 and 23, 10 am – 12 noon. \$1 per class

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

**Woodville Lunch and Learn.** Thurs, Feb 8 & Mar 8, 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**

Wed, Feb 28 and Mar 28, 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](mailto:karen.boebinger@talgov.com).

## **LIFELONG LEARNING CLASSES**

For more information or to register, email [Maureen.Haberfeld@talgov.com](mailto:Maureen.Haberfeld@talgov.com) or call 891-4033.

**The History of the Holocaust.** Mon, Jan 29, , Feb 5, 12, 19, 10 – 11:30 am The Holocaust was a state sponsored systematic persecution and annihilation of Europe's Jewish population by Nazi Germany between 1933 and 1945. Historian Linda Davey will present an overview of how the long history of anti-Semitism collided with the rise and actions of the Nazi Party, culminating in this horrific crime against humanity. \$5 donation (50+) / \$7 (others) per class

**Alfred B. Maclay Gardens State Park: History of Property, Home, and Gardens; Ranger-Led Tour.**

Mon, Feb 26 & Mar 5, 10 – 11:30 am, NE Branch Library. Park staff will present the history of the home and property, design and layout of the gardens. \$5 donation (50+) / \$7 (others) per class

Mon, Mar 19, 10 am - 12:30 pm. Tour. Meet at Alfred B. Maclay Gardens State Park and tour the house and gardens, followed by a picnic lunch. \$16 (50+) / \$18 (others) includes park entrance, class fee, and lunch

## *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  891-4000

### ***Travel Talk***

Mon, Feb 12, 10-11 am. Day trips, motor coach tours, cruises & more — something for every interest and budget. RSVP: [Kristy.Carter@talgov.com](mailto:Kristy.Carter@talgov.com) or 891-4000

### **Red Carpet Team *Invites You to Connect!***

Tues, Feb 27, 5:30-7 pm

Are you new to Tallahassee? Meet people and explore opportunities, activities, businesses, and events throughout Tallahassee. RSVP:

[Lisa.DollarCovert@talgov.com](mailto:Lisa.DollarCovert@talgov.com) or 891-4003

### **Capital City Senior Games**

Fri, March 2 – Mon, March 12, county-wide

Enjoy fun, competition, athletic camaraderie, and the joy of challenging yourself!

Registration forms are available at:

- Tallahassee Parks office, 912 Myers Park Dr
- Tallahassee Senior Center

...or register online at [talgov.com/seniorgames](http://talgov.com/seniorgames)

### **Celebration of Athletes Reception and Dinner**

Mon, Mar 12, 5:30 – 7:30 pm

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.