**2019 FALL HIKING SERIES**

All hikes are on Wednesdays at 10 am. $2.00 per hike (except Nov 6). Bring a water bottle! Please dress appropriately for the weather and wear sturdy, comfortable athletic or hiking shoes. Wear sunscreen and bug repellent if needed. All distances are approximate.

Registration required: Susan.Davis@talgov.com or 891-4065.

- **October 2**: Lake Overstreet, 2 miles. Meet at Forest Meadows parking lot, 4750 N. Meridian Rd. There is an additional $2 cash entrance fee if you do not have a FL State Parks pass. Limit 15 people.

- **October 9**: Miccosukee Greenway, 2.5 miles. Meet at the Edenfield Trailhead, 5600 Miccosukee Rd. Limit 15 people.

- **October 16**: Lafayette Heritage Trail, 3.3 miles. Meet at Piney Z Trailhead, 4900 Heritage Park Blvd. Limit 15 people.

- **October 23**: Miccosukee Greenway, 3.3 miles. Meet at the Edenfield Trailhead, 5600 Miccosukee Rd. Limit 15 people.

- **October 30**: Lafayette Heritage Trail, 3.3 miles. Meet at Piney Z Trailhead, 4900 Heritage Park Blvd. Limit 15 people.

- **November 6**: St Marks National Wildlife Refuge, 3.3 miles. Includes lunch. Cost: $15 per person. Transportation available from Tallahassee Senior Center. Bus leaves at 9 am and returns by 3 pm. If taking your own transportation, meet at Visitor’s Center at 10 am. Limit 30 people.

**GOLF CLINIC FOR BEGINNERS**

**Thursday, October 24, 9:30 am – 12 noon**
Jake Gaither Club House, 801 Bragg Drive

$15 per person. Registration required: Susan.Davis@talgov.com or 891-4065. Bring sunscreen, hat, sunglasses, and water bottle; golf clubs if you have them (not required). Wear athletic shoes. No sandals!

Includes rules of the game and scoring; which golf clubs to use and when; stance and swing techniques for chipping and putting; golf etiquette; and hands-on instruction.

**LIFELONG OUTDOOR PURSUITS EXPO**

**Tuesday, November 5, 10 am – 1 pm**
Goodwood Museum and Gardens, 1600 Miccosukee Road

Admission: Complimentary to Expo and grounds (house tours extra)

Lunch $10 per plate: chili (reg and veg), salad, cornbread, drink, and dessert. For first 125 people – Pay at the entrance.

Visit an array of outdoor-oriented exhibitors and discover new adventures, destinations and the latest in outdoor gear!

Questions? Email Susan.Davis@talgov.com or call 891-4065.
Leon County
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Bradfordville  ❖  Wildwood Presbyterian Fellowship Hall, 100 Ox Bottom Rd
Bradfordville Lunch and Learn: Wed, Oct 9 & Nov 13, 10:30 am – 12:30 pm. Lunch $6

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

Please note for Bradfordville fitness classes: Due to limited class size call the instructor to check availability before attending your first class! Ferdouse at 766-6001 or Llona at 878-1685.
Cost is $3 per fitness class, $5 per yoga class.
Senior Fitness I (Ferdouse): Tues & Fri, 9:30 – 10:15 am  Senior Fitness III (Llona): Tues & Fri, 11:30 am – 12:30 pm
Senior Fitness II (Llona): Tues & Fri, 10:30 – 11:15 am  Senior Fitness IV (Llona): Tues & Fri, 1 – 2 pm
Beginning Yoga (Ferdouse): Mon, 1:30 – 2:30 pm & Wed, 4:15 – 5:15 pm

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 pre-registration required. $10 per class (age 50+), $12 others. Contact Mark Fletcher at turtlehillclaystudio@yahoo.com for list of art supplies to bring to class.


LifeLong Learning Classes: See next page for upcoming classes

Chaires-Capitola  ❖  Dorothy C. Spence Community Center, 4768 Chaires Cross Road
Chaires-Capitola Lunch and Learn: Tues, Oct 22 & Nov 26, 10:30 am – 12:30 pm. Lunch $6
Seated Exercise with Judy Upchurch: Tues & Thurs, 9:30 – 10:30 am, $3 per class
Senior Fitness with Judy Upchurch: Mon, Wed & Fri, 8:30 – 9:30 am, $3 per class

Fort Braden  ❖  Fort Braden Community Center, 16387 Blountstown Hwy.
Fort Braden Lunch and Learn: Tues, Oct 15 & Nov 19, 10:30 am – 12:30 pm. Lunch $6
Senior Fitness with Wendy Barber: Mon & Wed, 10:30 – 11:30 am, $3 per class
Oil & Acrylic Painting with Fran Buie: Thurs, Oct 24 – Dec 12, no class Nov 28, 2 – 4:30 pm. Beginners and intermediates. $70 (50+), $84 (others). Call 891-4016 to register by Thurs, Oct 17

Lake Jackson  ❖  Lake Jackson Community Center, 3840 North Monroe Street, Suite 301
Lake Jackson Lunch and Learn: Thurs, Oct 17 & Nov 21, 10:30 am – 12:30 pm. Lunch $6
Putting “Fun” In the Fundamentals of Watercolor, Part 2 with Gail Bauman: Mon, Nov 4 – Dec 16, 1 – 3:30 pm. For true beginners. $60 (50+), $72 (others). Call 891-4016 to register by Thurs, Oct 17
Mindful Movement with Lori Roberts: Thurs, 1 – 2 pm, $3 per class
Beginners Yoga with Lori Roberts: Wed, 2 – 3 pm, $5 per class
Canasta, Cards & Games: Tues, 1 – 4 pm, $1 per class

Miccosukee  ❖  Miccosukee Community Center, 13887 Moccasin Gap Road
Miccosukee Lunch and Learn: Thurs, Oct 3 & Nov 7, 10:30 am – 12:30 pm. Lunch $6
Bus Trip to WalMart: Fri, Oct 4 & Nov 1, 10 am – 12:30 pm, $2 round-trip
Senior Fitness with Judy Upchurch: Tues & Thurs, 11:15 am – 12:15 pm, $3 per class
Friends Connection: Tues, Oct 8 & Nov 12, 12:30 – 1:30 pm. Light lunch provided. Meet new people, share ideas, engage in meaningful conversation, and have fun!

Woodville  ❖  Woodville Community Center, 8000 Old Woodville Road
Woodville Lunch and Learn: Thurs, Oct 10 & Nov 14, 10:30 am – 12:30 pm. Lunch $6
Senior Fitness with Llona: 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!
Senior Outreach Calendar
Call 891-4065 or 891-4049 for more information

Grandparents as Parents (GaP)

**GaP Support Lunch**
Wednesday, Oct 30 and Nov 27, 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.

**NEW! GaP Evening Support Group**
Monday, Oct 14 and Nov 11, 6 - 7:30 pm
Sue McCollum Community Center in Lafayette Park, 501 Ingleside Ave.
Join other grandparents raising their grandchildren to discuss your unique situation and then share dinner with other grand-families. 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

Limited space is available, and classes fill up quickly.
For more information or to register, email Maureen.Haberfeld@talgov.com or call 891-4033.

**Ethical Choices in Eating,** NE Branch Library 5513 Thomasville Rd
Mondays, October 7, 14, 21, 28 10-11:30 am. $5 donation (50+) / $7 (others) per class meeting
Instructor Sally Sanders explores how modern farming and agricultural practices contribute to present-day health concerns. Learn about healthful eating, the environment and modern agriculture, and how raising farmed animals and related crops affect ecosystems and our health. Cell- and plant-based technologies that may become the future of meat and dairy will be discussed. The class will cover alternative choices that help protect our environment and the latest meat- and plant-based food technologies.

**Valdosta Arts and History Tour**
Friday, October 18, 8 am – 5 pm. $40 (50+) / $50 (others). Includes transportation and lunch
Spend a day in historic Valdosta, the heart of South Georgia. Visit the Lowndes County Historical Society and Museum. Tour the Annette Howell Turner Center for the Arts, which houses six galleries showcasing local and regional artists’ work. Enjoy a delicious lunch and the Rainwater Conference Center in a private dining room. Finish the day visiting the Crescent at Valdosta Garden Center. This landmark home is on the National Register of Historic Places and is one of the most admired and photographed sites of the South.

Have Lunch On Us!
First time to a Lunch and Learn? Your lunch is complimentary. If you already attend a Lunch and Learn, bring a guest and you BOTH get lunch on the house!

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.
Join the Fun!

Here is your
October / November 2019
Calendar of Activities

Leon County Senior Outreach

For more information, call 891-4065 or 891-4027
or email Susan.Davis@talgov.com

TALLAHASSEE SENIOR CENTER HIGHLIGHTS
1400 North Monroe Street • (850) 891-4000

TALL Class 12 Preview Reception
Tuesday, October 15, 5:30 – 7:30 pm
Tallahassee Active Lifelong Leaders (TALL) is a community leadership program for people age 50 and older, presented in partnership with the Tallahassee Chamber Leadership Tallahassee Program. Its goal is to inspire and better equip committed 50+ adults to enhance positive change and growth in the community and in their own lives. Applications for Class 12 will be available on October 15. Call 891-4007 or email Hella.Spellman@talgov.com to RSVP, to ask questions, or to request an application.

Deck the Halls, Friday, Dec 6, 6:30 pm
Celebrate the holidays and benefit Senior Services! This annual gala event features martinis, giant silent auction, delicious eats, and more. Consider hosting your office party at Deck the Halls! Call 891-4049, go to www.tallahasseeseniорfoundatiοn.org/deck-halls, or email Nancy.Gentry@talgov.com.

Can We Count On Your Support?
Please join the Tallahassee Senior Foundation today! Your contribution pays for programs and enhances services. Contact 891-4041 or Karin.Caster@talgov.com for info.
___$30 Senior (age 50 and over) ___$40 Supporter (under age 50) ___$50 Senior Couple ___$120 Friends Key Holder
Make your check out to Tallahassee Senior Foundation and mail to
Leon County Senior Outreach, 1400 N. Monroe Street, Tallahassee, FL 32303
or visit our website: TallahasseeSeniorFoundation.org

A copy of the official registration and financial information may be obtained from the Division of Consumer Services by calling toll-free (800-435-7352) within the state or visiting www.800helpfla.com. Registration does not imply endorsement, approval, or recommendation by the State. Registration #ch8035