



Leon County Senior Outreach

June / July 2014

Bradfordville ☀ St. Peter's Anglican Church, 4784 Thomasville Rd., Tallahassee

Bradfordville Lunch and Learn: Please note: Wed, June 11 meeting has been moved to different location. See next page for details. **No Lunch and Learn in July**

Bradfordville ☀ Historic Bradfordville Schoolhouse, 3439 Bannerman Road

<i>For the fitness classes at Bradfordville, class sizes are limited. Before attending your first class, please call the instructor (510-2801) to check availability.</i>	Senior Fitness Beginners: Tue & Thu, 10:30 – 11:15 am. \$2 per class Senior Fitness Intermediate: Tue & Thu, 11:30 am – 12:30 pm. \$2 per class Senior Fitness – Afternoon Class: Tue & Thu, 1-2 pm. \$2 per class
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Oil Painting with Eluster: Instructor, Eluster Richardson. Fri, 1:30 – 4 pm, July 11- Aug 15 (six weeks). Fee \$54 seniors (age 55+), \$66 others. Register by Thu, July 3; call **891-4016**

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

Chaires-Capitola Lunch and Learn: Tue, June 24, 10:30 am – 12:30 pm. \$6 lunch donation.

No Lunch and Learn in July

Seated Exercise: Tue & Thu, 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: Tue, June 17, 10:30 am – 12:30 pm. \$6 lunch donation.

No Lunch and Learn in July

Painting with Oils: Instructor, Robert DeWitt Smith. Thur, 2 – 4:30 pm, July 10 – Aug 14 (six weeks). Fee \$54 seniors (55+), \$66 others. Register by Thu, July 3; call **891-4016**

Senior Fitness: No fitness classes until mid-August

Zumba: Mon & Wed, 6:30 – 7:30 pm. \$2 seniors 55+, \$3 others

OLD FASHIONED ICE CREAM SOCIAL: Sat, June 14, 2 – 3:30 pm. Free

Lake Jackson ☀ Lake Jackson Community Center, 3840 North Monroe Street, Suite 301

Lake Jackson Lunch and Learn: Thu, June 19, 10:30 am – 12:30 pm. \$6 lunch donation.

No Lunch and Learn in July

Canasta, Cards & Games: Tue, 1 – 4 pm. \$1 donation

Miccosukee ☀ Miccosukee Community Center, 13887 Moccasin Gap Road

Miccosukee Lunch and Learn: Thu, June 5, 10:30 am – 12:30 pm. \$6 lunch donation.

No Lunch and Learn in July

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

Senior Fitness: Tue & Thu, 11:15 am – 12 noon. \$2 per class

Computer Class at Community Center: Fri, June 13 & July 25, 10 am – 12 noon. \$2 seniors 55+

Computer Lab at Community Center: Wed, June 18 & July 16, 10 am – 12 noon. Free for seniors 55+

Computer Class at Eastside Branch Library on Pedrick Road: Fri, June 27 & July 25, 10 am - 12 noon.

Transportation provided from Miccosukee Community Center. Bus leaves at 9:30 am. \$2 seniors 55+

Woodville ☀ Woodville Community Center, 8000 Old Woodville Rd

Woodville Lunch and Learn: Thu, June 12, 10:30 am – 12:30 pm. \$6 lunch donation.

No Lunch and Learn in July

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

Calendar

Call 891-4065 or 891-4033 for more information



Grandparents as Parents (GaP)

GaP Support Lunch

Wed, June 25, 12 noon – 1:30 pm

Leon County Public Library, 200 W. Park Ave, Program Room A.
Complimentary lunch provided for grandparents and other relative caregivers. Reservations required. Call 891-4027

No GaP Lunch in July

Contact Karen Boebinger (891-4027 or karen.boebinger@talgov.com) for more information or to RSVP.

Attention Bradfordville Participants

Our Bradfordville Lunch & Learn for June (*and only June*) is being moved to

St. Peter's Anglican Church – the new one
4784 Thomasville Road

Use the downstairs entrance nearest Thomasville Road.

Wed, June 11, 10:30 am – 12:30 pm

It's the same fun event with an engaging speaker, exhibitors, health screenings, and lunch (\$6 per plate).

Plus, you can take a peek at the new building. Come join us!

*** Reservations Required - Call 891-4033**



Fort Braden Ice Cream Social

Join us for free live entertainment, local exhibitors, ice cream, lemonade, fun, and fellowship!

When: Saturday, June 14, 2 – 3:30 pm

Where: Fort Braden Community Center, 16387 Blountstown Hwy

Who: Fort Braden area seniors, friends and families of all ages are invited. Gift for adults ages 55+

For more information, call 891-4065

Catch our news electronically in Active Living online at www.tallahassee.com/section/AL/Active-Living

- or on Facebook at www.facebook.com/TallahasseeSeniorCenter. Don't forget to "LIKE" us!
- or at www.talgov.com/seniors
- or at www.leoncountyfl.gov. Click on Departments in the left column; then scroll down and click on Senior Outreach (under "Other"). The Outreach page has a link to the Senior Gazette in the right column. or via our E-newsletter. Call 891-4008 and ask to be on our email list for twice-monthly updates.

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.