

# Tallahassee Senior Center

## OCTOBER 2026 WEEKLY PROGRAMS

Visit: [www.TallahasseeSeniorFoundation.org](http://www.TallahasseeSeniorFoundation.org) 850-891-4000



View calendar on-line at:  
[TallahasseeSeniorFoundation.org/calendar](http://TallahasseeSeniorFoundation.org/calendar)

**M** = 1400 N. Monroe St, Tallahassee 32303    **W** = 2743 Welaunee Blvd, Tallahassee 32308

| MONDAY                                               | TUESDAY                                                  | WEDNESDAY                                       | THURSDAY                                                 | FRIDAY                                                     |
|------------------------------------------------------|----------------------------------------------------------|-------------------------------------------------|----------------------------------------------------------|------------------------------------------------------------|
| 8:30 <i>Fitness at Chaires</i>                       | 8:30 <i>Fitness at Bradfordville PRR (LB)</i>            | 8:30 <i>Fitness at Chaires</i>                  | 9:00 M-Ceramics                                          | 8:30 <i>Fitness at Bradfordville PRR (LB)</i>              |
| 9:00 M-Quilting Bees                                 | 9:00 <i>Brain-Body-Balance at Optimist Park PRR (IW)</i> | 9:00 M-Ceramics                                 | 9:00 M-Experimental Watercolor Inter./Adv.               | 8:30 <i>Fitness at Chaires (LB)</i>                        |
| 9:00 M-Portrait Studio                               | 9:00 M-Landscapes in Soft Pastels                        | 9:00 M-Nimble Fingers                           | 9:00 <i>Brain-Body-Balance at Optimist Park PRR (IW)</i> | 9:00 M-Oil Adv.                                            |
| 9:00 W-Walking                                       | 9:00 W-Pickleball                                        | 9:00 W-Walking                                  | 9:00 W-Pickleball                                        | 9:00 W-Fitness Orientation PRR (BF)                        |
| 9:00 W-Fitness Orientation PRR (BF)                  | 9:30 M-Life Exercise                                     | 9:00 W-Fitness Orientation PRR (BF)             | 9:30 M-Life Exercise                                     | 9:00 W-Qi Gong                                             |
| 9:30 <i>Fitness at Woodville (LB)</i>                | 9:30 <i>Fitness at Bradfordville II PRR (LB)</i>         | 9:30 M-Oil & Acrylic with Debbie (All Levels)   | 9:30 <i>Sit &amp; Fit at Chaires</i>                     | 9:30 <i>Fitness at Bradfordville PRR (LB)</i>              |
| 9:30 M-French Adv.                                   | 9:30 <i>Sit &amp; Fit at Chaires</i>                     | 9:30 <i>Fitness at Woodville</i>                | 10:00 W-Cards & Games                                    | 9:30 M-Chess                                               |
| 10:00 SHINE PRR                                      | 10:00 M-Seniors vs. Crime                                | 10:00 W-Strong for Life                         | 10:30 <i>Brain Body Balance at Southwood (LB)</i>        | 10:00 M-Cards & Games                                      |
| 10:00 W-Strong for Life                              | 10:00 W-Mah Jongg <i>experienced only – begin 10/13</i>  | 10:00 M-Seniors vs. Crime                       | 11:00 M-Mindful Movement                                 | 10:00 M-Tai Chi Practice                                   |
| 10:30 ZM-Adv. French (ES)                            | 10:30 <i>Fitness Beg. at Bradfordville PRR (LB)</i>      | 10:00 M-Tai Chi Practice                        | 11:00 Senior Counseling ( <i>by appointment</i> )        | 10:30 <i>Brain Body Balance at Fort Braden (LB)</i>        |
| 10:30 <i>Fitness at Fort Braden</i>                  | 10:45 <i>Brain Body Balance at Southwood (LB)</i>        | 10:30 <i>Fitness at Fort Braden</i>             | 11:15 <i>Fitness at Miccosukee</i>                       | 10:30 <i>Senior Fitness Beg. at Bradfordville PRR (LB)</i> |
| 11:00 M-Line Dance                                   | 11:00 M-Mindful Movement                                 | 11:30 M-Pickleball Lesson                       | 12:00 W-Yoga                                             | 11:00 M-Senior Dining ( <i>PRR or Bring a Lunch</i> )      |
| 11:00 M-Senior Counseling ( <i>by appointment</i> )  | 11:00 M-Senior Dining ( <i>PRR or Bring a Lunch</i> )    | 11:30 M-Pickleball                              | 12:30 W-Zumba <i>begin 10/13</i>                         | 11:30 M-Pickleball                                         |
| 11:00 M-French Beg. (ES)                             | 11:15 <i>Fitness at Miccosukee</i>                       | 12:00 W-Fitness Orientation PRR (BF)            | 1:00 M-Friends Connection                                | 11:30 <i>Fitness Adv. at Bradfordville PRR (LB)</i>        |
| 12:00 W-Fitness Orientation PRR (BF)                 | 11:30 <i>Fitness Adv. at Bradfordville PRR (LB)</i>      | 1:00 M-Oil & Acrylic with Debbie (Int./Adv.)    | 1:00 M-Experimental Watercolor Inter./Adv.               | 12:00 W-Fitness Orientation PRR (BF)                       |
| 1:00 M-Brain-Body-Balance                            | 12:30 <i>Canasta at Lake Jackson</i>                     | 1:00 M-Pinocle                                  | 1:00 M-Clay Pinch Coil Slab                              | 1:00 M-Model Building                                      |
| 1:15 M-French Int.(ES)                               | 12:30 W-Zumba <i>begin 10/13</i>                         | 1:00 W-TDBC Bridge                              | 1:30 M-Tai Chi Basics                                    | 1:00 M-Oil & Acrylic, (Beginners)                          |
| 1:30 <i>Yoga for Women at Bradfordville PRR (LB)</i> | 1:00 ZM-Friends Connection (ML)                          | 1:00 W-Pickleball                               | 1:00 M-Table Tennis                                      | 1:00 W-TDBC Bridge <i>begin 10/9</i>                       |
| 2:00 M-Conversational Spanish PRR (ES)               | 1:00 W-TDBC Bridge                                       | 1:30 <i>Beg. Yoga at Bradfordville PRR (LB)</i> | 2:00 W-Drum Fit <i>begin 10/8</i>                        | 1:00 W-Pickleball                                          |
| 2:30 M-Pickleball                                    | 1:00 M-Senior Singers                                    | 2:00 <i>Beg. Yoga at Lake Jackson</i>           | 2:30 W-Mah Jong <i>experienced only - starts 10/15</i>   | 4:00 W-Fitness Orientation PRR (BF)                        |
| 3:00 M-Friends Connection (ML)                       | 1:00 M-Gentle Yoga                                       | 4:00 W-Fitness Orientation PRR (BF)             | 6:00 M-Two Step Dancing                                  | 5:30 M-Ballroom and Swing                                  |
| 3:00 M-Jazz Jam                                      | 1:00 M-Table Tennis                                      | 5:30 M-Yoga                                     | 6:00 W-Cardio Fitness <i>begin 10/13</i>                 | 6:00 M-Overeaters Anonymous                                |
| 4:00 W-Fitness Orientation PRR (BF)                  | 2:00 W-Drum Fit                                          |                                                 | 7:00 M-ACA Group                                         | 7:00 M-Al-Anon Newcomers                                   |
| 5:45 M-Intermediate German Study Group               | 2:30 M-Wii Bowling                                       |                                                 | 7:00 M-Capital Chordsmen                                 |                                                            |
| 6:00 M-Capital City Carvers                          | 4:00 M-Guitar                                            |                                                 | 7:00 M-Writers Workshop                                  |                                                            |
| 6:00 M-Round Dance                                   | 5:00 W-Pickleball <i>begin 10/20</i>                     |                                                 |                                                          |                                                            |
| 7:00 M-Twirlers Square Dance                         | 6:00 W-Table Tennis <i>begin 10/20</i>                   |                                                 |                                                          |                                                            |
|                                                      | 6:00 W-Cardio Fitness <i>begin 10/20</i>                 |                                                 |                                                          |                                                            |
|                                                      | 8:00 M-SA Support Grp                                    |                                                 |                                                          |                                                            |

# Tallahassee Senior Center – October 2026

## Monthly, Bi-monthly & Special Events and Programs

| MONDAY                                                                                                                                                                 | TUESDAY                                                                                                                                                                           | WEDNESDAY                                                                                                                                                                                                                                    | THURSDAY                                                                                                                                                                                                                                                                      | FRIDAY                                                                                                                                                         | SATURDAY                                              |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------|
|                                                                                                                                                                        |                                                                                                                                                                                   |                                                                                                                                                                                                                                              | <b>OCT 1</b><br>10:30a Miccosukee Lunch & Learn (LB)<br>10:30a M-Heart Health Bingo<br>11a M-Adv. Ukuladies (KC)<br>11a Health for Life at Jack McLean (IW)                                                                                                                   | <b>OCT 2</b>                                                                                                                                                   | <b>OCT 3</b><br>CENTERS CLOSED                        |
| <b>OCT 5</b><br>9a Technology Assistance at Miccosukee (LB)<br>7p ZM-GAP Circle of Parents (KB)                                                                        | <b>OCT 6</b><br>10a M-Blood Pressure & Glucose Screening (AS)<br>10:30a Ft. Braden Lunch & Learn(LB)<br>11:30a M-Tech Help (ES)                                                   | <b>OCT 7</b><br>10a M-Newcomers Coffee Chat<br>1p Southside Friends Connection at BL Perry Library (ML)<br>3p W-Wellness with the Nurse (AS)                                                                                                 | <b>OCT 8</b><br>9a M-Health Care Decision Day<br>10:30a Woodville Lunch & Learn (LB)<br>10:30a M-Art Therapy-Mask Making (AH)<br>11a M-Caregiver Support Grp (ML)<br>11a M-Adv. Ukuladies (KC)<br>11a Health for Life at Jack McLean (IW)<br>3p W-Open House at Welaunee (SV) | <b>OCT 9</b><br>7:30p M-Contra Dance – Mystic Gorillas with caller Rachel Flemming                                                                             | <b>OCT 10</b><br>CENTERS CLOSED                       |
| <b>OCT 12</b><br>10a M-Mindful Meditation (AS)<br>11a M-Art Council<br>1p ZM-Poetry Group (KC)                                                                         | <b>OCT 13</b><br>9:30a M-Travel Training<br>10a M-Therapeutic Touch (AS)<br>11a Wellness Circle at Jack McLean PRR (IW)<br>6p W-Martinis & More (SV)<br>7p M-Stamp and Cover Club | <b>OCT 14</b><br>10a W-Wellness with the Nurse (AS)<br>10a W-Blood Pressure & Glucose Screening<br>10a M-Veterans Cafe<br>10:30a Bradfordville Lunch & Learn (LB)<br>12:30p Friends Connection LNC<br>6p M-Coin Club                         | <b>OCT 15</b><br>9a M-Podiatry PRR (AH)<br>10:30a M-Oral Health & Hygiene (AS)<br>10:30a Lake Jackson Lunch & Learn(LB)<br>11a M-Adv. Ukuladies (KC)<br>11a Health for Life at Jack McLean (IW)<br>2p M-Tech Help (ES)                                                        | <b>OCT 16</b>                                                                                                                                                  | <b>OCT 17</b><br>CENTERS CLOSED                       |
| <b>OCT 19</b><br>11a M-Lunch & Learn: Treatment Options for Chronic Pain (AS)<br>1:30p M-Advisory Council (CG)<br>6p W-TDBC Bridge<br>7p ZM-GAP Circle of Parents (KB) | <b>OCT 20</b><br>9:40a Kayak Wakulla River PRR (ES)<br>5:30p W-TALL Preview (LB)                                                                                                  | <b>OCT 21</b><br>8:30a M-Capital Coalition on Aging (KC)<br>9a Hike (BF)<br>11a Wellness Circle at Jake Gaither PRR (IW)<br>1p Southside Friends Connection at BL Perry Library (ML)<br>1p M-LCSO Advisory Council<br>4:30p M-Tech Help (ES) | <b>OCT 22</b><br>11a M-Caregiver Support Group (ML)<br>11a M-Adv. Ukuladies (KC)<br>11a Health for Life at Jack McLean (IW)<br>11:30a W-Volunteer Appreciation Luncheon<br>6:30p M-Apalachee Audubon Society (KC)                                                             | <b>OCT 23</b><br>9a W-Wellness with the Nurse (AS)<br>10a M-Wellness with the Nurse<br>7:30p M-Contra Dance – Bunny Bread Bandits Band with caller Drew Thomas | <b>OCT 24</b><br>CENTERS CLOSED                       |
| <b>OCT 26</b><br>1p ZM-Poetry Group (KC)<br>3p W- Blood Pressure & Glucose Screening (AS)                                                                              | <b>OCT 27</b><br>10:30a Chaires Lunch & Learn(LB)<br>1:30p Springhouse Tour (ES)                                                                                                  | <b>OCT 28</b><br>9:45a Taste of Thomasville (ES)<br>12p W-Foundation Board Meeting<br>12p GAP Lunch & Learn (KB)<br>12:30p Friends Connection LNC                                                                                            | <b>OCT 29</b><br>10:30a M-Halloween Party (AH)<br>11a M-Adv. Ukuladies (KC)<br>11a Health for Life at Jack McLean (IW)<br>11:30a M-Senior LGBT+ Support Group                                                                                                                 | <b>OCT 30</b><br>9:35a Lucky Goat Behind the Scene (ES)<br>11:30a M-Medicare Discussion (SV)<br>1p W-Art Therapy-Color Hunting (AH)                            | <b>OCT 31</b><br>7p M-USA Dance: Moonlight Masquerade |

PRR = Pre-registration Required      ZM = Virtual on Zoom

( ) = Staff Contact for class information:

(AH) [Abigail.Hines2@talgov.com](mailto:Abigail.Hines2@talgov.com)
(AS) [Anastasia.Storey@talgov.com](mailto:Anastasia.Storey@talgov.com)
(BF) [Brett.Fain@talgov.com](mailto:Brett.Fain@talgov.com)  
(CG) [Ceola.Grant@talgov.com](mailto:Ceola.Grant@talgov.com)
(ES) [Emily.Starnes@talgov.com](mailto:Emily.Starnes@talgov.com)
(HM) [HeathHilary.McRae@talgov.com](mailto:HeathHilary.McRae@talgov.com)  
(IW) [Ivy.Ward@talgov.com](mailto:Ivy.Ward@talgov.com)
(KB) [Karen.Boebinger@talgov.com](mailto:Karen.Boebinger@talgov.com)
(KC) [Kristy.Carter@talgov.com](mailto:Kristy.Carter@talgov.com)  
(LB) [Lisa.Baggett@talgov.com](mailto:Lisa.Baggett@talgov.com)
(ML) [Melanie.Lachman@talgov.com](mailto:Melanie.Lachman@talgov.com)
(SV) [Sarah.Vernon2@talgov.com](mailto:Sarah.Vernon2@talgov.com)

**850-891-4000**

M = 1400 N. Monroe St, Tallahassee 32303    W = 2743 Welaunee Blvd, Tallahassee 32308

**Visit: [www.TallahasseeSeniorFoundation.org](http://www.TallahasseeSeniorFoundation.org)**