

TALLAHASSEE SENIOR CENTER CALENDAR OF WEEKLY PROGRAMS DECEMBER 2025



Point your smartphone camera here to view our calendar online

TallahasseeSeniorFoundation.org/calendar

1400 N. MONROE ST. • TALLAHASSEE, FL 32303 • (850) 891-4000 • TallahasseeSeniorFoundation.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 <i>Fitness at Chaires</i>	8:30 <i>Fitness at Bradfordville I PRR (LB)</i>	8:30 <i>Fitness at Chaires</i>	9:00 Ceramics	8:30 <i>Fitness at Bradfordville I PRR (LB)</i>
9:00 Quilting Bees	9:00 <i>Brain-Body-Balance at Optimist Park PRR (RN)</i>	9:00 Ceramics	9:00 Experimental Watercolor Inter./Adv.	8:30 <i>Fitness at Chaires</i>
9:00 Portrait Studio	9:00 Landscapes in Soft Pastels	9:00 Nimble Fingers	9:00 <i>Brain-Body-Balance at Optimist Park PRR (RN)</i>	9:00 Oil Adv.
9:30 <i>Fitness at Woodville</i>	9:30 Life Exercise	9:30 Oil and Acrylic with Debbie (All Levels)	9:30 Life Exercise	9:30 <i>Fitness at Bradfordville II PRR (LB)</i>
9:30 French Int.	9:30 <i>Fitness at Bradfordville II PRR (LB)</i>	9:30 <i>Fitness at Woodville</i>	9:30 <i>Sit & Fit at Chaires</i>	9:30 Chess
10:00 SHINE PRR	9:30 <i>Sit & Fit at Chaires</i>	10:00 Seniors vs. Crime	10:30 <i>Brain Body Balance at Southwood (RN)</i>	10:00 Cards & Games
10:30 Adv. French ZM (KC)	10:00 Seniors vs. Crime	10:00 Tai Chi Practice	10:45 Ballet	10:00 Tai Chi Practice
10:30 <i>Fitness at Fort Braden</i>	10:30 <i>Fitness Beg. at Bradfordville PRR (LB)</i>	10:30 <i>Fitness at Fort Braden</i>	11:00 Senior Counseling (by appointment)	10:30 <i>Brain Body Balance at Fort Braden</i>
11:00 Line Dance	10:45 <i>Brain Body Balance at Southwood (RN)</i>	11:30 Pickleball Lesson	11:15 <i>Fitness at Miccosukee</i>	10:30 <i>Senior Fitness Beg. at Bradfordville PRR (LB)</i>
11:00 Senior Counseling (by appointment)	11:00 Mindful Movement	11:30 Pickleball	12:00 Mindful Movement	11:00 Senior Dining (PRR or Bring a Lunch)
11:00 French Adv.	11:00 Senior Dining (PRR or Bring a Lunch)	1:00 Oil and Acrylic with Debbie Int./Adv.	1:00 Tai Chi Basics	11:30 Pickleball
1:00 Brain-Body-Balance	11:15 <i>Fitness at Miccosukee</i>	1:00 Pinoche	1:00 Friends Connection	11:30 <i>Fitness Adv. at Bradfordville PRR (LB)</i>
1:00 French Beg.	11:30 <i>Fitness Adv. at Bradfordville PRR (LB)</i>	1:30 <i>Beg. Yoga at Bradfordville PRR (LB)</i>	1:00 Experimental Watercolor Inter./Adv.	1:00 Model Building
1:30 <i>Yoga for Women at Bradfordville PRR (LB)</i>	1:00 Friends Connection ZM (ML)	2:00 <i>Beg. Yoga at Lake Jackson</i>	1:00 Clay Pinch Coil Slab	1:00 Oil and Acrylic, Beg.
2:30 Pickleball	1:00 TDBC Bridge	5:30 Yoga	2:30 Ping-Pong	5:30 Ballroom and Swing
3:00 Friends Connection	1:00 Senior Singers ends 12/9		2:30 Mah Jongg (experienced only)	6:00 Overeaters Anonymous
5:45 Intermediate German Study Group	1:00 Gentle Yoga		7:00 ACA Group	7:00 Al-Anon Newcomers
6:00 Capital City Carvers	1:00 <i>Canasta at Lake Jackson</i>		7:00 Capital Chordsmen	
6:00 Round Dance	2:30 Ping-Pong		7:00 Writers Workshop	
7:00 Twirlers Square Dance	2:30 Wii Bowling			
	4:00 Guitar			
	5:00 Pickleball			
	8:00 SA Support Group			

www.TallahasseeSeniorFoundation.org

TALLAHASSEE SENIOR SERVICES – DECEMBER 2025

Monthly, Bi-monthly & Special Events and Programs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DEC 1 <i>9a Technology Assistance at Miccosukee</i> <i>7p GAP Circle of Parents ZM (KB)</i>	DEC 2 10a Blood Pressure & Glucose Screening 11a Coffee House Concert – Joe Crookston (RN) 11:30a Tech Help (ES)	DEC 3 10a Newcomers Coffee Chat <i>1p Southside Friends Connection at BL Perry Library</i>	DEC 4 8:30a Podiatry (AH) <i>10:30a Miccosukee Lunch & Learn</i> 11a Adv. Ukuladies (KC)	DEC 5 <u>No programs in Auditorium ALL day</u> 3:30p No programs center wide 6p Deck the Halls Tickets Available @ TallahasseeSeniorFoundation.org <i>Live music, gourmet food, martini bar, silent auction, & more!</i>	DEC 6 CENTER CLOSED
DEC 8 10a Mindful Meditation 11a Art Council <i>1p Poetry Group ZM (KC)</i> 7:15p TSC Holiday Concert	DEC 9 10a Therapeutic Touch 12p Senior Singers Performance <i>11a Wellness Circle at Jack McLean PRR (BW)</i> 7p Stamp and Cover Club	DEC 10 10:30a Brain Games (RN) <i>10:30a Bradfordville Lunch & Learn</i> <i>12:30p Friends Connection LNC</i> 6p Coin Club	DEC 11 <i>10:30a Woodville Lunch & Learn</i> <i>11a Lunch & Learn at Jack McLean PRR (BW)</i> 11a Caregiver Support Group (ML) 11a Adv. Ukuladies (KC) 7p Capital Chordsmen Concert \$	DEC 12 7:30p Contra Dance – Techno <i>Contra – DJ TacoShel with caller Deana Palumbo</i>	DEC 13 7p USA Dance: Snowflake Wonderland
DEC 15 10:30a GAP Holiday Party PRR (KB) 11a Dealing with Holiday Blues (RN) 6p TDBC Bridge <i>7p GAP Circle of Parents ZM (KB)</i>	DEC 16 <i>10:30a Ft. Braden Lunch & Learn</i> 1:30p LLL-Spring House Tour PRR (ES) 7p Capital Chordsmen Concert \$	DEC 17 8:30a Capital Coalition on Aging (KC) 9a Hike (RN) <i>11a Wellness Circle at Jake Gaither PRR (BW)</i> <i>1p Southside Friends Connection at BL Perry Library</i> 4:30p Tech Help (ES)	DEC 18 10:30a Art Therapy Wellness Workshop (AH) <i>10:30a Lake Jackson Lunch & Learn</i> 11a Adv. Ukuladies (KC) 1p TDBC 2p Tech Help (ES) 6:30p LLL-Model Trains (ES)	DEC 19 11a Friends Connection Holiday Party – PRR (AH)	DEC 20 CENTER CLOSED
DEC 22 <i>1p Poetry Group ZM (KC)</i>	DEC 23 CENTER CLOSING AT 5PM	DEC 24 <i>12:30p Friends Connection LNC</i> CENTER CLOSING AT 1PM	DEC 25 CLOSED FOR HOLIDAY	DEC 26 CLOSED FOR HOLIDAY	DEC 27 CENTER CLOSED
DEC 29 <i>7p GAP Circle of Parents ZM (KB)</i> CENTER CLOSING AT 5PM	DEC 30 CENTER CLOSING AT 5PM	DEC 31 CENTER CLOSING AT 1PM	JAN 1 CLOSED FOR HOLIDAY Happy New Year 2026!	JAN 2 CLOSED FOR HOLIDAY Happy New Year!	JAN 3 CENTER CLOSED

TALLAHASSEE SENIOR CENTER, 1400 N. Monroe Street, 850-891-4000

LEGEND: We now offer in-person and virtual classes.

ZM = Virtual Classes on Zoom H = Hybrid Classes (virtual + in-person)

PRR = Pre-registration Required LLL = Lifelong Learning

REGISTRATION INFORMATION:

Register Online at www.TallahasseeSeniorFoundation.org unless otherwise noted

() = Staff Contact for class information as follows:

(LB) Lisa.Baggett@talgov.com (KB) Karen.Boebinger@talgov.com (KC) Kristy.Carter@talgov.com
 (CG) Ceola.Grant@talgov.com (AH) Abigail.Hines2@talgov.com (ML) Melanie.Lachman@talgov.com
 (HM) HeathHilary.McRae@talgov.com (RN) Ruth.Nickens@talgov.com (NS) Nick.Schrader@talgov.com
 (ES) Emily.Starnes@talgov.com (SV) Sarah.Vernon@talgov.com (BW) Beverly.Womble@talgov.com