

TALLAHASSEE SENIOR CENTER  
CALENDAR OF WEEKLY PROGRAMS  
AUGUST 2026



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[TallahasseeSeniorFoundation.org/calendar](https://TallahasseeSeniorFoundation.org/calendar)

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

[www.TallahasseeSeniorFoundation.org](https://www.TallahasseeSeniorFoundation.org)

Leave Your Comfort Zone with L3X

[TallahasseeSeniorFoundation.org/L3X](https://TallahasseeSeniorFoundation.org/L3X)

L3X Previews: 5:30p Mon. 8/10 & 10a Tues. 8/11 at Westminster Oaks

# TALLAHASSEE SENIOR SERVICES – AUGUST 2026

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

| MONDAY                                                                                                                                                                                | TUESDAY                                                                                                                                | WEDNESDAY                                                                                                                                                                                                                                                          | THURSDAY                                                                                                                                                                          | FRIDAY                                                                              | SATURDAY                                                         |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|------------------------------------------------------------------|
|                                                                                                                                                                                       |                                                                                                                                        |                                                                                                                                                                                                                                                                    |                                                                                                                                                                                   |                                                                                     | AUG 1<br>CENTER CLOSED                                           |
| AUG 3<br><i>9a Technology Assistance at Miccosukee</i><br>1:30p By Laws Discussion of Advisory Council (KC)<br>6p TDBC Bridge                                                         | AUG 4<br>10a Blood Pressure & Glucose Screening<br>11:30a Tech Help (ES)<br>1p GaP Advisory Council (KB)                               | AUG 5<br>9a Balance Screenings (AH)<br>10a Newcomers Coffee Chat<br><i>1p Southside Friends Connection at BL Perry Library</i>                                                                                                                                     | AUG 6<br>10a Hearing Screening (AH)<br><i>10:30a Miccosukee Lunch &amp; Learn</i><br>11a Adv. Ukuladies (KC)<br>12:15p Ballet (KC)                                                | AUG 7                                                                               | AUG 8<br>CENTER CLOSED                                           |
| AUG 10<br>10a Mindful Meditation<br>11a Art Council<br><i>1p Poetry Group ZM (KC)</i><br><i>5:30p L3X Preview at Westminster Oaks (ES)</i><br><i>7p GAP Circle of Parents ZM (KB)</i> | AUG 11<br>9:30a Travel Training<br>10a Therapeutic Touch<br><i>10a L3X Preview at Westminster Oaks (ES)</i><br>7p Stamp and Cover Club | AUG 12<br>8:30a Podiatry PRR (AH)<br><i>10:30a Bradfordville Lunch &amp; Learn PRR (LB)</i><br><i>11a Southside Lunch &amp; Learn PRR (IW)</i><br><i>12:30p Friends Connection LNC</i><br>1p TDBC Bridge<br>6p Coin Club                                           | AUG 13<br><i>10:30a Woodville Lunch &amp; Learn PRR (LB)</i><br>11a Caregiver Support Group (ML)<br>11a Adv. Ukuladies (KC)<br>11a Rhythm & Drumming Circle PRR<br>1p TDBC Bridge | AUG 14<br>7:30p Contra Dance: Greasy String Band with Caller: Tom Greene            | AUG 15<br>7p USA Dance: <i>Sultry Summer Fiesta</i>              |
| AUG 17<br>1:30p Advisory Council (CG)                                                                                                                                                 | AUG 18<br><i>11a Wellness Circle at Jack McLean PRR (IW)</i>                                                                           | AUG 19<br>8:30a Capital Coalition on Aging (KC)<br>9a Hike (RN)<br>10:30a Lunch & Learn: Complimentary Therapies (AH)<br><i>11a Wellness Circle at Jake Gaither PRR (IW)</i><br><i>1p Southside Friends Connection at BL Perry Library</i><br>4:30p Tech Help (ES) | AUG 20<br><i>10:30a Lake Jackson Lunch &amp; Learn</i><br>10:30a Art Therapy PRR (AH)<br>11a Adv. Ukuladies (KC)<br>12:15p Ballet (KC)<br>1p TDBC Bridge<br>2p Tech Help (ES)     | AUG 21                                                                              | AUG 22 & 23<br>Sat: 9a-5p<br>Sun: 9a-3p<br><b>Coin Show Free</b> |
| AUG 24<br>9a Balance Screening (AH)<br><i>1p Poetry Group ZM (KC)</i><br><i>7p GAP Circle of Parents ZM (KB)</i>                                                                      | AUG 25<br><i>10a LLL-Spring-house Tour PRR (ES)</i><br><i>10:30a Chaires Lunch &amp; Learn</i>                                         | AUG 26<br>10a Travel Presentation (KC)<br>12p Foundation Board Meeting<br><i>12p GAP Lunch &amp; Learn PRR (KB)</i><br><i>12:30p Friends Connection LNC</i>                                                                                                        | AUG 27<br>11a Coffeehouse Concert: Doc Russell<br>11a Caregiver Support Group (ML)<br>11:30a Senior LGBT+ Support Group                                                           | AUG 28<br>7:30p Contra Dance: <i>Walk Old Shoe Band with Caller: Vicki Morrison</i> | AUG 29<br>CENTER CLOSED                                          |
| AUG 31                                                                                                                                                                                |                                                                                                                                        |                                                                                                                                                                                                                                                                    |                                                                                                                                                                                   |                                                                                     |                                                                  |

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

### LEGEND

We now offer in-person and virtual classes.  
**ZM = Virtual Classes on Zoom**  
**PRR = Pre-registration Required**

**H = Hybrid Classes (virtual + in-person)**  
**LLL = Lifelong Learning**

### REGISTRATION INFORMATION:

Register Online at [www.TallahasseeSeniorFoundation.org](http://www.TallahasseeSeniorFoundation.org) unless otherwise noted

( ) = Staff Contact for class information as follows:

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