

# TALLAHASSEE SENIOR CENTER CALENDAR OF WEEKLY PROGRAMS JUNE 2026



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

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

**TALLAHASSEE SENIOR SERVICES – JUNE 2026**  
**Monthly, Bi-monthly & Special Events and Programs**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>JUNE 1</b> <i>9a Technology Assistance at Miccosukee</i> <i>10a Intro Qi Gong</i> <b>11a Lunch &amp; Learn: Skin Cancer Screening (AH)</b> <i>7p GAP Circle of Parents ZM (KB)</i>	<b>JUNE 2</b> <b>10a Blood Pressure &amp; Glucose Screening</b> <b>11:30a Tech Help (ES)</b> <b>1p Receptionist/ Greeter Training PRR (TN)</b>	<b>JUNE 3</b> <b>9a Balance &amp; Falls Prevention PRR (AH)</b> <b>10a Newcomers Coffee Chat</b> <i>10:30a Bradfordville Lunch &amp; Learn (LB)</i> <i>1p Southside Friends Connection at BL Perry Library</i>	<b>JUNE 4</b> <i>10:30a Miccosukee Lunch &amp; Learn</i> <b>11a Coffeehouse Concert: Ari Hest</b> <b>11a Adv. Ukuladies (KC)</b>	<b>JUNE 5</b>	<b>JUNE 6</b> <b>CENTER CLOSED</b>
<b>JUNE 8</b> <b>10a Mindful Meditation</b> <b>11a Art Council</b> <i>1p Poetry Group ZM (KC)</i> <b>6p TDBC Bridge</b>	<b>JUNE 9</b> <b>9:30a Travel Training</b> <b>10a Therapeutic Touch</b> <b>10a Storm PREP (AH)</b> <i>11a Wellness Circle at Jack McLean PRR (IW)</i> <b>7p Stamp and Cover Club</b> <b>7p ACA Book Study</b>	<b>JUNE 10</b> <b>9a Brain Challenge for Better Health (AH)</b> <b>1p Receptionist/ Greeter Training PRR (TN)</b> <i>11:30a Lunch &amp; Learn: Funeral Planning (SV)</i> <i>12:30p Friends Connection LNC</i> <i>2p Southside Friends Connection at BL Perry Library</i> <b>5p Art Reception</b> <b>6p Coin Club</b>	<b>JUNE 11</b> <b>8:30a Podiatry (AH)</b> <i>10:30a Woodville Lunch &amp; Learn (LB)</i> <b>11a Caregiver Support Group (ML)</b> <b>11a Stretching (AH)</b> <b>11a Adv. Ukuladies (KC)</b> <b>1:00 TDBC Bridge</b>	<b>JUNE 12</b> <b>9a Farmers Market Bundles (NS)</b> <b>7:30p Contra Dance</b>	<b>JUNE 13</b> <b>7p USA Dance: Tropical Island Get a Way</b>
<b>JUNE 15</b> <b>9a Advanced Health Care Planning Day (ES)</b> <b>1:30p Advisory Council (CG)</b> <b>4p LLL-Sourdough Making PRR (ES)</b> <i>7p GAP Circle of Parents ZM (KB)</i> <b>7:15p TSC Community Concert (KC)</b>	<b>JUNE 16</b> <i>10:30a Ft. Braden Lunch &amp; Learn (LB)</i>	<b>JUNE 17</b> <b>8:30a Capital Coalition on Aging (KC)</b> <b>9a Brain Challenge for Better Health (AH)</b> <b>9a Hike (RN)</b> <b>10a Veterans Café (KC)</b> <i>11a Wellness Circle at Jake Gaither PRR (IW)</i> <i>12:30p Friends Connection LNC</i> <i>2p Southside Friends Connection at BL Perry Library</i> <b>4:30p Tech Help (ES)</b>	<b>JUNE 18</b> <i>10:30a Lake Jackson Lunch &amp; Learn (LB)</i> <b>11a Adv. Ukuladies (KC)</b> <b>1:00 TDBC Bridge</b> <b>2p Tech Help (ES)</b> <b>6:30p Apalachee Audubon Society (KC)</b>	<b>JUNE 19</b> <i>11:45a LLL-Summer Movie: Lost Wolves of Yellowstone PRR (ES)</i>	<b>JUNE 20</b> <b>CENTER CLOSED</b>
<b>JUNE 22</b> <b>CLOSED FOR MAINTENANCE</b> <i>1p Poetry Group ZM (KC)</i>	<b>JUNE 23</b> <b>CLOSED FOR MAINTENANCE</b> <i>10:30a Chaires Lunch &amp; Learn (LB)</i>	<b>JUNE 24</b> <b>CLOSED FOR MAINTENANCE</b> <b>12p Foundation Board Meeting</b> <i>12:30p Friends Connection LNC</i> <i>2p Southside Friends Connection at BL Perry Library</i>	<b>JUNE 25</b> <b>CLOSED FOR MAINTENANCE</b> <i>11:30a Senior LGBT+ Support Group (KC) Off Campus</i>	<b>JUNE 26</b> <b>CLOSED FOR MAINTENANCE</b>	<b>JUNE 27</b> <b>CLOSED FOR MAINTENANCE</b>
<b>JUNE 29</b> <i>7p GAP Circle of Parents ZM (KB)</i>	<b>JUNE 30</b> <i>10a LLL-Springhouse Tour PRR (ES)</i>				

**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 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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