

# TALLAHASSEE SENIOR CENTER CALENDAR OF WEEKLY PROGRAMS APRIL 2026



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

1400 N. MONROE ST. • TALLAHASSEE, FL 32303 • (850) 891-4000 • [TallahasseeSeniorFoundation.org](http://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 (LB)</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 (LB)</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 &amp; Fit at Chaires</i>	9:30 Chess
10:00 SHINE PRR	9:30 <i>Sit &amp; Fit at Chaires</i>	10:00 Seniors vs. Crime	10:30 <i>Brain Body Balance at Southwood (LB)</i>	10:00 Cards & Games
<b>10:30 Adv. French ZM (KC)</b>	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 (LB)</i>	11:00 AARP Tax Aide (by appointment ends 4/15)	11:00 AARP Tax Aide (by appointment ends 4/15)	10:30 <i>Senior Fitness Beg. at Bradfordville PRR (LB)</i>
11:00 Senior Counseling (by appointment)	11:00 AARP Tax Aide (by appointment ends 4/15)	11:30 Pickleball Lesson	11:15 <i>Fitness at Miccosukee</i>	11:00 AARP Tax Aide (by appointment ends 4/15)
11:00 AARP Tax Aide (by appointment ends 4/15)	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	11:00 Senior Counseling (by appointment)	1:00 Pinocle	1:00 Friends Connection	11:30 <i>Fitness Adv. at Bradfordville PRR (LB)</i>
1:00 French Beg.	11:15 <i>Fitness at Miccosukee</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>	11:30 <i>Fitness Adv. at Bradfordville PRR (LB)</i>	2:00 <i>Beg. Yoga at Lake Jackson</i>	1:00 Clay Pinch Coil Slab	1:00 Oil and Acrylic, Beg.
2:30 Pickleball	<b>1:00 Friends Connection ZM (ML)</b>	5:30 Yoga	2:30 Ping-Pong	5:30 Ballroom and Swing
3:00 Friends Connection	1:00 TDBC Bridge		2:30 Mah Jongg (experienced only)	6:00 Overeaters Anonymous
5:45 Intermediate German Study Group	1:00 Senior Singers		6:00 Two Step Dancing	7:00 Al-Anon Newcomers
6:00 Capital City Carvers	1:00 Gentle Yoga		7:00 ACA Group	
6:00 Round Dance	1:00 <i>Canasta at Lake Jackson</i>		7:00 Capital Chordsmen	
7:00 Twirlers Square Dance	2:30 Ping-Pong		7:00 Writers Workshop	
	2:30 Wii Bowling			
	4:00 Guitar			
	5:00 Pickleball			
	8:00 SA Support Group			

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>APR 1</b> 10a Newcomers Coffee Chat <i>1p Southside Friends Connection at BL Perry Library</i> 4p LLL- Understanding AI (ES)	<b>APR 2</b> 10:30a <i>Miccosukee Lunch &amp; Learn</i> 11a <i>Healthy for Life at Jack McLean PRR (IW)</i> 11a Adv. Ukuladies (KC) 5:30p Art Reception	<b>APR 3</b> 10a AI: Phantom Hacker & Tech Support Scams (ES)	<b>APR 4</b> CENTER CLOSED
<b>APR 6</b> <i>9a Technology Assistance at Miccosukee</i> 5p Ruth Nickens Retirement Celebration <i>7p GAP Circle of Parents ZM (KB)</i>	<b>APR 7</b> 10a Blood Pressure & Glucose Screening 11:30a Tech Help (ES)	<b>APR 8</b> <i>10:30a Bradfordville Lunch &amp; Learn</i> 12p Safety Series: CDA (ES) <i>12:30p Friends Connection LNC</i> 6p Coin Club	<b>APR 9</b> 8:30a Podiatry PRR (AH) <i>10:30a Woodville Lunch &amp; Learn</i> 11a <i>Healthy for Life at Jack McLean PRR (IW)</i> 11a Lunch & Learn: Coronary Bypass 11a Caregiver Support Group (ML) 12:15p Adv. Ukuladies	<b>APR 10</b> 10a AI: Phishing & Email Safety (ES) 7:30p Contra Dance – <i>In Cahoots Band with Caller: Tom Greene</i>	<b>APR 11</b> CENTER CLOSED
<b>APR 13</b> 10a Mindful Meditation 11a Art Council <i>1p Poetry Group ZM (KC)</i>	<b>APR 14</b> 9:30a Travel Training- StarMetro 10a Therapeutic Touch <i>11a Wellness Circle at Jack McLean PRR (IW)</i> 7p Stamp and Cover Club	<b>APR 15</b> 8:30a Capital Coalition on Aging (KC) 9a Hike (AH) <i>1p Southside Friends Connection at BL Perry Library</i> 4:30p Tech Help (ES)	<b>APR 16</b> <i>9:30a LLL-Orchard Pond Tour &amp; Strawberry Picking</i> 10:30a Lake Jackson Lunch & Learn <i>11a Healthy for Life at Jack McLean PRR (IW)</i> 11a Adv. Ukuladies 11a Sound Healing PRR (AH) 1:00 TDBC Bridge 2p Tech Help (ES) 6p Apalachee Audubon (KC)	<b>APR 17</b> 10a AI: Cryptocurrency Scams & How to Report (ES)	<b>APR 18</b> 7p USA Dance: <i>Flower Power Dance In</i>
<b>APR 20</b> 1:30p Advisory Council (CG) 6p TDBC Bridge <i>7p GAP Circle of Parents ZM (KB)</i>	<b>APR 21</b> <i>10:30a Ft. Braden Lunch &amp; Learn</i>	<b>APR 22</b> <i>11a Wellness Circle at Jake Gaither PRR (IW)</i> 12p Foundation Board Meeting <i>12:30p Friends Connection LNC</i> 2p LLL-Discussion with Author: Margaret Van Every (ES)	<b>APR 23</b> <i>11a Healthy for Life at Jack McLean PRR (IW)</i> 11:30a Drum fit (AH) 1:00 TDBC Bridge	<b>APR 24</b> 7:30p Contra Dance – <i>Bunny Bread Bandits with Caller: Rachel Fleming</i>	<b>APR 25</b> CENTER CLOSED
<b>APR 27</b> <i>1p Poetry Group ZM (KC)</i>	<b>APR 28</b> <i>10:30a Chaires Lunch &amp; Learn</i> 11a Coffeehouse Concert: <i>Danny Schmidt &amp; Carrie Elkin</i> 12:30p Senior Singers Concert 1:30p LLL- Springhouse Tour PRR (ES)	<b>APR 29</b> <i>12p GAP Lunch &amp; Learn</i> 5:30p Two Regimes-Film Screening & Panel Discussion (KC)	<b>APR 30</b> <i>11a Healthy for Life at Jack McLean PRR (IW)</i> 11a Caregiver Support Group (ML) 11:30a Senior LGBT+ Support Group 11:30a Drum fit (AH)		

**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](http://www.TallahasseeSeniorFoundation.org) unless otherwise noted

( ) = Staff Contact for class information as follows:

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