Tallahassee Senior Center
DECEMBER 2026 WEEKLY PROGRAMS
Visit: www.TallahasseeSeniorFoundation.org 850-891-4000

SCAN HERE

View calendar on-line at:
TallahasseeSeniorFoundation.org/calendar

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

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	DEC 1 10a M-Blood Pressure & Glucose Screening 11:30a M-Tech Help (ES) 11:30a W-What's New in Travel	**DEC 2** 10a M-Newcomers Coffee Chat 10a W-Heart Healthy Holiday Eating 11a W-Line Dance *1p Southside Friends Connection at BL Perry Library*	**DEC 3** *10:30a Miccosukee Lunch & Learn* 11a M-Adv. Ukuladies (KC) *11a Healthy for Life at Jack McLean (IW)*	**DEC 4** W-No TDBC or QiGong W-No Programs past 12p 6p W-Deck the Halls	**DEC 5** CENTERS CLOSED
DEC 7 *9a Technology Assistance at Miccosukee* 10A W-Blood Pressure/ Glucose Screening & Wellness with the Nurse (AS) 1p M-Holiday Stamping with Tina & Kristy 7:15p M-Capital City Band Holiday Concert	**DEC 8** 9:30a M-Travel Training 10a M-Therapeutic Touch *11a Wellness Circle at Jack McLean PRR (IW)* 12p M-Senior Singers Sing for Us 6:30p W-Holiday Model Train Event 7p M-Stamp and Cover Club	**DEC 9** 10:30a M-Nourishing Nutrition-Herbs & Spices 10:30a W-Driver Safety Watch Party *10:30a Bradfordville Lunch & Learn* 11a W-Line Dance *12:30p Friends Connection LNC* 6p M-Coin Club	**DEC 10** 10a W-Safety for All 10:30 M-Art Therapy-Creating Calm *10:30a Woodville Lunch & Learn* 11a Caregiver Support Group (ML) 11a M-Adv. Ukuladies (KC) 7p M- Capital Chordsmen Concert $	**DEC 11** 9a M-Musculoskeletal Screening 11a W-Line Dance 7:30p M-Contra Dance	**DEC 12** 6:30p M-Contra Dance *Cajun Dance with Gumbo Limbo*
DEC 14 10a M-Mindful Meditation 11a M-Art Council 11a M-Lunch & Learn-Understanding Diverticulosis *1p Poetry Group ZM (KC)* 6p W- TDBC Bridge *7p GAP Circle of Parents ZM (KB)*	**DEC 15** *10:30a Ft. Braden Lunch & Learn* 11a M-Coffeehouse Concert-Molly Healey 1p W-Healthy Habits to Reduce Cognitive Decline 7p M- Capital Chordsmen Concert $	**DEC 16** 8:30a W-Capital Coalition on Aging (KC) 9a Hike (BF) 11a W-Line Dance *11a Wellness Circle at Jake Gaither PRR (IW)* 4:30p M-Tech Help (ES)	**DEC 17** 9a M-Podiatry PRR (AH) *10:30a Lake Jackson Lunch & Learn* 11a M-Adv. Ukuladies (KC) 1p M-Blood Pressure/ Glucose Screening & Wellness with the Nurse (PK) 2p M-Tech Help (ES)	**DEC 18** 11a W-Line Dance 1p W-Art Therapy: Feelings Reconstructed	**DEC 19** 7p M-USA Dance: *Waltzing in a Winter Wonderland*
DEC 21	**DEC 22** 1:30p Spring House Tour PRR (ES) 7p M-ACA Book Study	**DEC 23** *12:30p Friends Connection LNC* 2p W-Blood Pressure & Glucose Screenings & Wellness with the Nurse (AS) **CENTERS CLOSE AT 5P**	**DEC 24** 11a M-Caregiver Support Group (ML) 11a M-Adv. Ukuladies (KC) **CENTERS CLOSE AT 1P**	**DEC 25** **CENTERS IS CLOSED FOR HOLIDAY**	**DEC 26** **CENTERS CLOSED**
DEC 28 *1p Poetry Group ZM (KC)* *7p GAP Circle of Parents ZM (KB)*	**DEC 29** **CENTERS CLOSE AT 5P**	**DEC 30** 1p W-Podiatry PRR (AH) **CENTERS CLOSE AT 5P**	**DEC 31** 11:30a Senior LGBT+ Support Group **CENTERS CLOSE AT 1P**	**JAN 1** **CLOSED FOR HOLIDAY** **HAPPY NEW YEAR!**	**JAN 2** **CENTERS CLOSED**

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The mission of Tallahassee Senior Services is to offer programs, activities and opportunities designed to encourage active living, optimal aging and social fitness for independent adults age 50+.