

Tallahassee Senior Center

NOVEMBER 2026 WEEKLY PROGRAMS

Visit: www.TallahasseeSeniorFoundation.org 850-891-4000



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 <i>Fitness at Chaires</i>	8:30 <i>Fitness at Bradfordville PRR (LB)</i>	8:30 <i>Fitness at Chaires</i>	9:00 M-Ceramics	8:30 <i>Fitness at Bradfordville PRR (LB)</i>
9:00 M-Quilting Bees	9:00 <i>Brain-Body-Balance at Optimist Park PRR (IW)</i>	9:00 M-Ceramics	9:00 M-Experimental Watercolor Inter./Adv.	8:30 <i>Fitness at Chaires (LB)</i>
9:00 M-Portrait Studio	9:00 M-Landscapes in Soft Pastels	9:00 M-Nimble Fingers	9:00 <i>Brain-Body-Balance at Optimist Park PRR (IW)</i>	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 <i>Fitness at Woodville (LB)</i>	9:30 <i>Fitness at Bradfordville II PRR (LB)</i>	9:30 M-Oil & Acrylic with Debbie (All Levels)	9:30 M-Sit & Fit at Chaires	9:00 W-Walking
9:30 M-French Adv.	9:30 Sit & Fit at Chaires	9:30 <i>Fitness at Woodville</i>	9:30 Sit & Fit at Chaires	9:00 W-Qi Gong
10:00 SHINE PRR	10:00 M-Seniors vs. Crime	10:00 W-Strong for Life	10:00 W-Cards & Games	9:30 <i>Fitness at Bradfordville PRR (LB)</i>
10:00 W-Strong for Life	10:00 W-Mah Jongg experienced only	10:00 M-Seniors vs. Crime	10:30 <i>Brain Body Balance at Southwood (LB)</i>	9:30 M-Chess
10:30 ZM-Adv. French (ES)	10:30 <i>Fitness Beg. at Bradfordville PRR (LB)</i>	10:00 M-Tai Chi Practice	11:00 M-Mindful Movement	10:00 M-Cards & Games
10:30 <i>Fitness at Fort Braden</i>	10:45 <i>Brain Body Balance at Southwood (LB)</i>	10:30 <i>Fitness at Fort Braden</i>	11:00 Senior Counseling (by appointment)	10:00 M-Tai Chi Practice
11:00 M-Line Dance	11:00 M-Mindful Movement	11a W-Weightlifting for Osteoporosis (BF)	11:15 <i>Fitness at Miccosukee</i>	10:30 <i>Senior Fitness Beg. at Bradfordville PRR (LB)</i>
11:00 M-Senior Counseling (by appointment)	11:00 M-Senior Dining (PRR or Bring a Lunch)	11:30 M-Pickleball Lesson	12:00 W-Fitness Room Orientation (BF)	11:00 M-Senior Dining (PRR or Bring a Lunch)
11:00 M-French Beg. (ES)	11:15 <i>Fitness at Miccosukee</i>	11:30 M-Pickleball	12:00 W-Yoga	11:30 M-Pickleball
11a W-Weightlifting for Osteoporosis (BF)	11:30 <i>Fitness Adv. at Bradfordville PRR (LB)</i>	12:00 W-Yoga	12:30 W-Zumba	11:30 <i>Fitness Adv. at Bradfordville PRR (LB)</i>
12:00 W-Yoga	12:00 W-Fitness Room Orientation (BF)	12:00 W-Power Building (BF)	1:00 M-Friends Connection	12:00 W-Power Building (BF)
12:00 W-Power Building (BF)	12:30 <i>Canasta at Lake Jackson</i>	1:00 M-Oil & Acrylic with Debbie (Int./Adv.)	1:00 M-Experimental Watercolor Inter./Adv.	1:00 M-Model Building
1:00 M-Brain-Body-Balance	12:30 W-Zumba	1:00 M-Pinocle	1:00 M-Clay Pinch Coil Slab	1:00 M-Oil & Acrylic, (Beginners)
1:15 M-French Int.(ES)	1:00 ZM-Friends Connection (ML)	1:00 W-TDBC Bridge	1:30 M-Tai Chi Basics	1:00 W-TDBC Bridge
1:30 <i>Yoga for Women at Bradfordville PRR (LB)</i>	1:00 W-TDBC Bridge	1:00 W-Pickleball	2:00 W-Drum Fit	1:00 W-Pickleball
2:00 M-Conversational Spanish PRR (ES)	1:00 M-Senior Singers	1:00 W-Basketball	2:30 M-Table Tennis	4:00 W-Power Building (BF)
2:30 M-Pickleball	1:00 M-Gentle Yoga	1:30 <i>Beg. Yoga at Bradfordville PRR (LB)</i>	2:30 W-Mah Jong experienced only	
3:00 M-Friends Connection (ML)	2:00 W-Drum Fit	2:00 <i>Beg. Yoga at Lake Jackson</i>	6:00 M-Two Step Dancing	5:30 M-Ballroom and Swing
3:00 M-Jazz Jam	2:30 M-Table Tennis	4:00 W-Power Building (BF)	7:00 M-ACA Group	6:00 M-Overeaters Anonymous
4:00 W-Power Building (BF)	2:30 M-Wii Bowling	5:30 M-Yoga	7:00 M-Capital Chordsmen	7:00 M-Al-Anon Newcomers
5:45 M-Intermediate German Study Group	4:00 M-Guitar		7:00 M-Writers Workshop	
6:00 M-Capital City Carvers	5:00 W-Pickleball			
6:00 M-Round Dance	6:00 W-Table Tennis begin 11/17			
7:00 M-Twirlers Square Dance	8:00 M-SA Support Grp			

TALLAHASSEE SENIOR SERVICES – NOVEMBER 2026

Monthly, Bi-monthly & Special Events and Programs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
NOV 2 9a <i>Technology Assistance at Miccosukee</i> 10a W-Friends Connection 7p <i>GAP Circle of Parents ZM (KB)</i>	NOV 3 CLOSED Election Day	NOV 4 10a M-Newcomers Coffee Chat 10:30a <i>Bradfordville Lunch & Learn</i> 11:00 W-Line Dance 1p <i>Southside Friends Connection at BL Perry Library</i>	NOV 5 10:30a <i>Miccosukee Lunch & Learn</i> 10:30a M-Art Therapy: Gratitude Trees PRR (AH) 11a M-Adv. Ukuladies 11a <i>Healthy for Life at Jack McLean (IW)</i> 2p W-Astrophotography (ES)	NOV 6	NOV 7 CENTERS CLOSED
NOV 9 10a M-Mindful Meditation 10A W-Blood Pressure/ Glucose Screening & Wellness with the Nurse (AS) 11a W-Prosthodontics 101 (AS) 11a M-Art Council 1p <i>Poetry Group ZM (KC)</i> 6p W- TDBC Bridge	NOV 10 9:30a M-Travel Training 10a M-Therapeutic Touch 10a M-Blood Pressure/Glucose Screening & Wellness with the Nurse (AS) 11a <i>Wellness Circle at Jack McLean PRR (IW)</i> 1:30p W-Intro. Greek Mythology (ES) 6p M-Line Dance 7p M-Stamp and Cover Club	NOV 11 CLOSED Veterans Day	NOV 12 8a M-Legal Services (NS) 10:30a <i>Woodville Lunch & Learn</i> 11a M-Caregiver Support Group (ML) 11a M-Adv. Ukuladies (KC) 11a M-Drumming (AS) 11a W-Healthy for Life at Welaunee (IW) 1:30p W-Intro. Greek Mythology (ES) 2:40p Tour of Mag Lab PRR (ES) 4p W-Art Reception	NOV 13 10a M-Health & Wellness Open Forum (AS) 11:00 W-Line Dance 7:30p M-Contra Dance – <i>Greasy String Band with Caller: Rachel Flemming</i>	NOV 14 CENTERS CLOSED
NOV 16 10a W-Friends Connection 11a W-Counting Our Blessings Lunch (KC) 1:30p W-Advisory Council (CG) 7p <i>GAP Circle of Parents ZM (KB)</i>	NOV 17 9a W-Balance Screening (AS) 10a W-Hearing Screening (AS) 10:30a <i>Ft. Braden Lunch & Learn</i> 11a M-Coffeehouse Concert: Jay Nash 1:30p W-Intro. Greek Mythology (ES) 6p W-Make Your Own Glass Ornament PRR (ES)	NOV 18 8:30a M-Capital Coalition on Aging (KC) 9a Hike (BF) 10a W-Fire Safety Bingo 11a <i>Wellness Circle at Jake Gaither PRR (IW)</i> 11:00 W-Line Dance 12p W-Foundation Board Meeting 12p <i>GAP Lunch & Learn (KB)</i> 1p <i>Southside Friends Connection at BL Perry Library</i> 1:30p Consolidated Dispatch PRR (ES) 1p M-LCSO Advisory Council 4:30p M-Tech Help (ES)	NOV 19 10:30a <i>Lake Jackson Lunch & Learn</i> 11a M-Adv. Ukuladies (KC) 11a M-Lunch & Learn: Lung Cancer Screening (AS) 11a <i>Healthy for Life at Jack McLean (IW)</i> 1p M-Blood Pressure/ Glucose Screening & Wellness with the Nurse (AS) 1:30p W-Intro. Greek Mythology (ES) 2p M-Tech Help (ES) 3:30p W-Falls Prevention Discussion (AS) 6:30p M-Apalachee Audubon (KC)	NOV 20 10a W-Veteran’s Coffee & Breakfast (KC) 1:30p W-Holocaust by Bullets (ES)	NOV 21 7p M-USA Dance: <i>Harvest Hoedown</i>
NOV 23 1p <i>Poetry Group ZM (KC)</i> 1p Art Therapy: Gratitude Trees (AH)	NOV 24 10a W-Health & Wellness Open Forum (AS) 10:30a <i>Chaires Lunch & Learn</i> 1:30 Springhouse Tour PRR (ES) CENTERS Close at 5p	NOV 25 12:30p <i>Friends Connection LNC</i> 2p W-Blood Pressure & Glucose Screenings & Wellness with the Nurse (AS)	NOV 26 CENTERS Closed Thanksgiving	NOV 27 CENTERS Closed Thanksgiving	NOV 28 CENTERS CLOSED
NOV 30 10:30a W-Banned Books (ES) 7p <i>GAP Circle of Parents ZM (KB)</i>					

PRR = Pre-registration Required ZM = Virtual on Zoom **850-891-4000**
 M = 1400 N. Monroe St, Tallahassee 32303 W = 2743 Welaunee Blvd, Tallahassee 32308

Visit: www.TallahasseeSeniorFoundation.org