

<div> <div> <div>Tallahassee Senior Center</div> <div>NOVEMBER 2026 WEEKLY PROGRAMS</div> <div>Visit: www.TallahasseeSeniorFoundation.org 850-891-4000</div> </div> <div>   </div> <div>  <div> View calendar on-line at: TallahasseeSeniorFoundation.org/calendar </div> </div> </div>				
<div> <div>M = 1400 N. Monroe St, Tallahassee 32303</div> <div>W = 2743 Welaunee Blvd, Tallahassee 32308</div> </div>				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 <i>Fitness at Chaires</i> 9:00 M-Quilting Bees 9:00 M-Portrait Studio 9:00 W-Walking 9:00 W-Power Building (BF) 9:30 <i>Fitness at Woodville (LB)</i> 9:30 M-French Adv. 10:00 SHINE PRR 10:00 W-Strong for Life 10:30 ZM-Adv. French (ES) 10:30 <i>Fitness at Fort Braden</i> 11:00 M-Line Dance 11:00 M-Senior Counseling (by appointment) 11:00 M-French Beg. (ES) 11a W-Weightlifting for Osteoporosis (BF) 12:00 W-Yoga 12:00 W-Power Building (BF) 1:00 M-Brain-Body-Balance 1:15 M-French Int.(ES) 1:30 <i>Yoga for Women at Bradfordville PRR (LB)</i> 2:00 M-Conversational Spanish PRR (ES) 2:30 M-Pickleball 3:00 M-Friends Connection (ML) 3:00 M-Jazz Jam 4:00 W-Power Building (BF) 5:45 M-Intermediate German Study Group 6:00 M-Capital City Carvers 6:00 M-Round Dance 7:00 M-Twirlers Square Dance	8:30 <i>Fitness at Bradfordville PRR (LB)</i> 9:00 <i>Brain-Body-Balance at Optimist Park PRR (IW)</i> 9:00 M-Landscapes in Soft Pastels 9:00 W-Pickleball 9:30 M-Life Exercise 9:30 <i>Fitness at Bradfordville II PRR (LB)</i> 9:30 <i>Sit & Fit at Chaires</i> 10:00 M-Seniors vs. Crime 10:00 W-Mah Jongg experienced only 10:30 <i>Fitness Beg. at Bradfordville PRR (LB)</i> 10:45 <i>Brain Body Balance at Southwood (LB)</i> 11:00 M-Mindful Movement 11:00 M-Senior Dining (PRR or Bring a Lunch) 11:15 <i>Fitness at Miccosukee</i> 11:30 <i>Fitness Adv. at Bradfordville PRR (LB)</i> 12:00 W-Fitness Room Orientation (BF) 12:30 <i>Canasta at Lake Jackson</i> 12:30 W-Zumba 1:00 ZM-Friends Connection (ML) 1:00 W-TDBC Bridge 1:00 M-Senior Singers 1:00 M-Gentle Yoga 2:00 W-Drum Fit 2:30 M-Table Tennis 2:30 M-Wii Bowling 4:00 M-Guitar 5:00 W-Pickleball 6:00 W-Table Tennis begin 11/17 8:00 M-SA Support Grp	8:30 <i>Fitness at Chaires</i> 9:00 M-Ceramics 9:00 M-Nimble Fingers 9:00 W-Walking 9:00 W-Power Building (BF) 9:30 M-Oil & Acrylic with Debbie (All Levels) 9:30 <i>Fitness at Woodville</i> 10:00 W-Strong for Life 10:00 M-Seniors vs. Crime 10:00 M-Tai Chi Practice 10:30 <i>Fitness at Fort Braden</i> 11a W-Weightlifting for Osteoporosis (BF) 11:30 M-Pickleball Lesson 11:30 M-Pickleball 12:00 W-Yoga 12:00 W-Power Building (BF) 1:00 M-Oil & Acrylic with Debbie (Int./Adv.) 1:00 M-Pinocle 1:00 W-TDBC Bridge 1:00 W-Pickleball 1:00 W-Basketball 1:30 <i>Beg. Yoga at Bradfordville PRR (LB)</i> 2:00 <i>Beg. Yoga at Lake Jackson</i> 4:00 W-Power Building (BF) 5:30 M-Yoga	9:00 M-Ceramics 9:00 M-Experimental Watercolor Inter./Adv. 9:00 <i>Brain-Body-Balance at Optimist Park PRR (IW)</i> 9:00 W-Pickleball 9:30 M-Life Exercise 9:30 <i>Sit & Fit at Chaires</i> 10:00 W-Cards & Games 10:30 <i>Brain Body Balance at Southwood (LB)</i> 11:00 M-Mindful Movement 11:00 Senior Counseling (by appointment) 11:15 <i>Fitness at Miccosukee</i> 12:00 W-Fitness Room Orientation (BF) 12:00 W-Yoga 12:30 W-Zumba 1:00 M-Friends Connection 1:00 M-Experimental Watercolor Inter./Adv. 1:00 M-Clay Pinch Coil Slab 1:30 M-Tai Chi Basics 2:00 W-Drum Fit 2:30 W-Mah Jong experienced only 6:00 M-Two Step Dancing 7:00 M-ACA Group 7:00 M-Capital Chordsmen 7:00 M-Writers Workshop	8:30 <i>Fitness at Bradfordville PRR (LB)</i> 8:30 <i>Fitness at Chaires (LB)</i> 9:00 M-Oil Adv. 9:00 W-Power Building (BF) 9:00 W-Basketball 9:00 W-Walking 9:00 W-Qi Gong 9:30 <i>Fitness at Bradfordville PRR (LB)</i> 9:30 M-Chess 10:00 M-Cards & Games 10:00 M-Tai Chi Practice 10:30 <i>Brain Body Balance at Fort Braden (LB)</i> 10:30 <i>Senior Fitness Beg. at Bradfordville PRR (LB)</i> 11:00 M-Senior Dining (PRR or Bring a Lunch) 11:30 M-Pickleball 11:30 <i>Fitness Adv. at Bradfordville PRR (LB)</i> 12:00 W-Power Building (BF) 1:00 M-Model Building 1:00 M-Oil & Acrylic, (Beginners) 1:00 W-TDBC Bridge 1:00 W-Pickleball 4:00 W-Power Building (BF) 5:30 M-Ballroom and Swing 6:00 M-Overeaters Anonymous 7:00 M-Al-Anon Newcomers

TALLAHASSEE SENIOR SERVICES – NOVEMBER 2026

Monthly, Bi-monthly & Special Events and Programs

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

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