

Tallahassee Senior Center

OCTOBER 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-Fitness
9:00 W-Fitness	9:30 M-Life Exercise	9:00 W-Fitness	9:30 M-Life Exercise	Orientation PRR (BF)
Orientation PRR (BF)	9:30 <i>Fitness at Bradfordville II PRR (LB)</i>	Orientation PRR (BF)	9:30 <i>Sit & Fit at Chaires</i>	9:00 W-Qi Gong start 10/9
9:30 <i>Fitness at Woodville (LB)</i>	9:30 <i>Sit & Fit at Chaires</i>	9:30 M-Oil & Acrylic with Debbie (All Levels)	10:00 W-Cards & Games	9:30 <i>Fitness at Bradfordville PRR (LB)</i>
9:30 M-French Adv.	10:00 M-Seniors vs. Crime	9:30 <i>Fitness at Woodville</i>	10:30 <i>Brain Body Balance at Southwood (LB)</i>	9:30 M-Chess
10:00 SHINE PRR	10:00 W-Mah Jongg experienced only – begin 10/13	10:00 W-Strong for Life	11:00 M-Mindful Movement	10:00 M-Cards & Games
10:00 W-Strong for Life	10:30 <i>Fitness Beg. at Bradfordville PRR (LB)</i>	10:00 M-Seniors vs. Crime	11:00 Senior Counseling (by appointment)	10:00 M-Tai Chi Practice
10:30 ZM-Adv. French (ES)	10:45 <i>Brain Body Balance at Southwood (LB)</i>	10:30 <i>Fitness at Fort Braden</i>	11:15 <i>Fitness at Miccosukee</i>	10:30 <i>Brain Body Balance at Fort Braden (LB)</i>
10:30 <i>Fitness at Fort Braden</i>	11:00 M-Mindful Movement	11:30 M-Pickleball Lesson	11:00 Senior Counseling (by appointment)	10:30 <i>Senior Fitness Beg. at Bradfordville PRR (LB)</i>
11:00 M-Line Dance	11:00 M-Senior Dining (PRR or Bring a Lunch)	11:30 M-Pickleball	12:00 W-Chair Yoga	11:00 M-Senior Dining (PRR or Bring a Lunch)
11:00 M-Senior Counseling (by appointment)	11:15 <i>Fitness at Miccosukee</i>	12:00 W-Fitness	12:30 W-Zumba begin 10/15	11:30 M-Pickleball
11:00 M-French Beg. (ES)	11:30 <i>Fitness Adv. at Bradfordville PRR (LB)</i>	Orientation PRR (BF)	1:00 M-Friends Connection	11:30 <i>Fitness Adv. at Bradfordville PRR (LB)</i>
12:00 W-Fitness	12:30 <i>Canasta at Lake Jackson</i>	1:00 M-Oil & Acrylic with Debbie (Int./Adv.)	1:00 M-Experimental Watercolor Inter./Adv.	12:00 W-Fitness
Orientation PRR (BF)	12:30 W-Zumba begin 10/13	1:00 M-Pinocle	1:00 M-Clay Pinch Coil Slab	Orientation PRR (BF)
1:00 M-Brain-Body-Balance	1:00 ZM-Friends Connection (ML)	1:00 W-TDBC Bridge	1:30 M-Tai Chi Basics	1:00 M-Model Building
1:15 M-French Int.(ES)	1:00 W-TDBC Bridge	1:00 W-Pickleball	2:00 W-Drum Fit begin 10/8	1:00 M-Oil & Acrylic, (Beginners)
1:30 <i>Yoga for Women at Bradfordville PRR (LB)</i>	1:00 M-Senior Singers	1:00 W-Basketball	2:30 M-Table Tennis	1:00 W-TDBC Bridge
2:00 M-Conversational Spanish PRR (ES)	1:00 M-Gentle Yoga	1:30 <i>Beg. Yoga at Bradfordville PRR (LB)</i>	2:30 W-Mah Jongg experienced only - starts 10/15	begin 10/9
2:30 M-Pickleball	2:00 W-Drum Fit	2:00 <i>Beg. Yoga at Lake Jackson</i>	6:00 M-Two Step Dancing	1:00 W-Pickleball
3:00 M-Friends Connection (ML)	2:30 M-Table Tennis	4:00 W-Fitness	7:00 M-ACA Group	4:00 W-Fitness
3:00 M-Jazz Jam	2:30 M-Wii Bowling	Orientation PRR (BF)	7:00 M-Capital Chordsmen	Orientation PRR (BF)
4:00 W-Fitness	4:00 M-Guitar	5:30 M-Yoga	7:00 M-Writers Workshop	
Orientation PRR (BF)	5:00 W-Pickleball begin 10/20			5:30 M-Ballroom and Swing
5:45 M-Intermediate German Study Group	6:00 W-Table Tennis begin 10/20			6:00 M-Overeaters Anonymous
6:00 M-Capital City Carvers	6:00 W-Cardio Fitness begin 10/20			7:00 M-Al-Anon Newcomers
6:00 M-Round Dance	8:00 M-SA Support Grp			
7:00 M-Twirlers Square Dance				

Tallahassee Senior Center – October 2026

Monthly, Bi-monthly & Special Events and Programs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			OCT 1 10:30a Miccosukee Lunch & Learn (LB) 10:30a M-Heart Health Bingo 11a M-Adv. Ukuladies (KC) 11a Health for Life at Jack McLean (IW)	OCT 2	OCT 3 CENTERS CLOSED
OCT 5 9a Technology Assistance at Miccosukee (LB) 7p ZM-GAP Circle of Parents (KB)	OCT 6 10a M-Blood Pressure & Glucose Screening (AS) 10:30a Ft. Braden Lunch & Learn(LB) 11:30a M-Tech Help (ES)	OCT 7 10a M-Newcomers Coffee Chat 1p Southside Friends Connection at BL Perry Library (ML) 3p W-Wellness with the Nurse (AS)	OCT 8 9a M-Health Care Decision Day 10:30a Woodville Lunch & Learn (LB) 10:30a M-Art Therapy-Mask Making (AH) 11a M-Caregiver Support Grp (ML) 11a M-Adv. Ukuladies (KC) 11a Health for Life at Jack McLean (IW) 3p W-Open House at Welaunee (SV)	OCT 9 7:30p M-Contra Dance – Mystic Gorillas with caller Rachel Flemming	OCT 10 CENTERS CLOSED
OCT 12 10a M-Mindful Meditation (AS) 11a M-Art Council 11a M-FSU Day of Music (KC) 1p ZM-Poetry Group (KC)	OCT 13 9:30a M-Travel Training 10a M-Therapeutic Touch (AS) 11a Wellness Circle at Jack McLean PRR (IW) 6p W-Martinis & More (SV) 7p M-Stamp and Cover Club	OCT 14 10a W-Wellness with the Nurse (AS) 10a W-Blood Pressure & Glucose Screening 10a M-Veterans Cafe 10:30a Bradfordville Lunch & Learn (LB) 12:30p Friends Connection LNC 6p M-Coin Club	OCT 15 9a M-Podiatry PRR (AH) 10:30a M-Oral Health & Hygiene (AS) 10:30a Lake Jackson Lunch & Learn(LB) 11a M-Adv. Ukuladies (KC) 11a Health for Life at Jack McLean (IW) 2p M-Tech Help (ES)	OCT 16	OCT 17 CENTERS CLOSED
OCT 19 11a M-Lunch & Learn: Treatment Options for Chronic Pain (AS) 1:30p M-Advisory Council (CG) 6p W-TDBC Bridge 7p ZM-GAP Circle of Parents (KB)	OCT 20 9:40a Kayak Wakulla River PRR (ES) 5:30p W-TALL Preview (LB)	OCT 21 8:30a M-Capital Coalition on Aging (KC) 9a Hike (BF) 11a Wellness Circle at Jake Gaither PRR (IW) 1p Southside Friends Connection at BL Perry Library (ML) 1p M-LCSO Advisory Council 4:30p M-Tech Help (ES)	OCT 22 11a M-Caregiver Support Group (ML) 11a M-Adv. Ukuladies (KC) 11:30a W-Volunteer Appreciation Luncheon 6:30p M-Apalachee Audubon Society (KC)	OCT 23 9a W-Wellness with the Nurse (AS) 10a M-Wellness with the Nurse 11:30a M-Medicare Discussion 101 (SV) 7:30p M-Contra Dance – Bunny Bread Bandits Band with caller Drew Thomas	OCT 24 CENTERS CLOSED
OCT 26 1p ZM-Poetry Group (KC) 3p W- Blood Pressure & Glucose Screening (AS)	OCT 27 9a W-Vaccine Clinic (AS) 10:30a Chaires Lunch & Learn (LB) 1:30p Springhouse Tour (ES)	OCT 28 9:45a Taste of Thomasville (ES) 12p W-Foundation Board Meeting 12p GAP Lunch & Learn (KB) 12:30p Friends Connection LNC	OCT 29 10:30a M-Halloween Party (AH) 11a M-Adv. Ukuladies (KC) 11a Health for Life at Jack McLean (IW) 11:30a M-Senior LGBT+ Support Group	OCT 30 9:35a Lucky Goat Behind the Scene (ES) 11:30a M-Medicare Discussion 2027 (SV) 1p W-Art Therapy-Color Hunting (AH)	OCT 31 7p M-USA Dance: Moonlight Masquerade

PRR = Pre-registration Required ZM = Virtual on Zoom

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