



Leon County Senior Outreach

February/March 2012

Suggested \$6 lunch donation at Lunch & Learn events.

Bradfordville

Wildwood Presbyterian Fellowship Hall, 100 Ox Bottom Rd

Bradfordville Lunch & Learn: Wed, Feb 8 & Mar 14, 10:30 am - 12:30 pm

Historic Bradfordville Schoolhouse, 3439 Bannerman Rd

Draw With Your Eyes, Paint With Your Heart: Mark Fletcher, instructor. Feb 22 - Mar 28 (six weeks), Wed, 1:30 - 4 pm. \$48 (55+), \$60 others

Lifelong Learning: Every Fri in March (2, 9, 16, 23 & 30), 10 - 11:30 am. Suggested \$2 donation. See page 5 for topics & speakers.

Senior Fitness: Suggested \$2 donation

Beginners: Tue & Thur, 10:30 - 11:15 am

Intermediate: Tue & Thur, 11:30 am - 12:30 pm

Afternoon Class: Tue & Thur, 1 - 2 pm

Social Bridge: Every Mon, 12:30 - 3:30 pm. Suggested \$1 donation

Chaires-Capitola

Dorothy C. Spence Community Center, 4768 Chaires Cross Rd

Chaires-Capitola Lunch and Learn: Tue, Feb 28 & Mar 27, 10:30 am - 12:30 pm

Drawing & Painting Workshop: Bart Frost, instructor. Feb 22 - Mar 28 (six weeks). Registration deadline is Feb 14. Wed, 1 - 3:30 pm. \$48 (55+), \$60 others

Senior Fitness Class: Mon, Wed & Fri, 9:15 - 10:15 am. Suggested \$2 donation

Fort Braden

Fort Braden Community Center, 16387 Blountstown Hwy

Fort Braden Lunch and Learn: Tue, Feb 21 & Mar 20, 10:30 am - 12:30 pm

Painting with Oils: Robert DeWitt Smith, instructor. Feb 23 - Mar 29 (six weeks), Registration deadline is Feb 15. Thur, 2 - 5 pm. \$48 (55+), \$60 others

Senior Fitness Class: Mon & Wed, 10:30 - 11:30 am. Suggested \$2 donation

Zumba Fitness: Mon & Wed, 6:30 - 7:30 pm; Tue and Thur, 10 - 11 am. \$2 per class (55+), \$3 per class others

Miccosukee

Miccosukee Community Center, 13887 Moccasin Gap Rd

Miccosukee Lunch and Learn: Thur, Feb 2 & Mar 1, 10:30 am - 12:30 pm

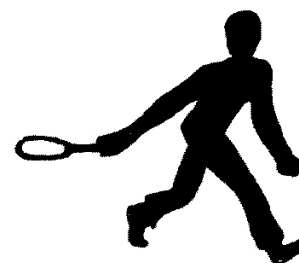
Bus Trip to WalMart: Friday, Feb 3 & Mar 2, 10 am - 12:30 pm. \$2 round-trip

Woodville

Woodville Community Center, 8000 Old Woodville Rd

Woodville Lunch and Learn: Thur, Feb 9 & Mar 1, 10:30 am - 12:30 pm

Senior Fitness Class: Mon and Wed, 8:30 - 9:30 am. Suggested \$2 donation



Come Join the Fun!

Leon County Senior Outreach, a program of the Tallahassee Senior Foundation, appreciates the support and sponsorship of many local businesses, some of which attend Lunch and Learn events as exhibitors. However, it is our policy not to endorse, recommend or favor any specific services or products. Attendance at our events does not constitute an endorsement from the Tallahassee Senior Foundation or the Leon County Senior Outreach program.

Calendar

Call 891-4065 or 891-4033 for more information



Grandparents as Parents (GaP)

GaP Support Lunch, Wed, Feb. 29 & Mar 28, 12:00 – 1:30 pm. Leon County Public Library, 200 W. Park Avenue, Program Room A. Complimentary lunch provided for grandparents and other relative caregivers. Reservations are required. Call 891-4008 to reserve.

Call Ashley Webb at 891-4008 or e-mail ashley.webb@talgov.com if you would like more information.



Capital City Senior Games ♂ Mar 10 - 19

Welcome Reception: Fri, Mar 16, 5 pm, Tallahassee Senior Center
Compete, cheer, or volunteer! Call the Tallahassee Parks, Recreation and Neighborhood Affairs Department at 891-3866 for more information.

Sport

ARCHERY

BASKETBALL Shooting

BILLIARDS 8ball

BILLIARDS 9ball

BOWLING Doubles & Mixed

BOWLING Singles

CYCLING

GOLF

HORSESHOES

PICKLEBALL Doubles & Mixed

PICKLEBALL Singles

POWER LIFTING

RACQUETBALL Doubles

RACQUETBALL Singles

ROAD RACE

SWIMMING

TABLE TENNIS

TRACK & FIELD

Date & Time

Sat, 3/17, 9 am

Fri, 3/16, 9 am

Sat, 3/17, 11 am

Sat, 3/17, 11 am

Fri, 3/16, 3 pm

Fri, 3/16, 1 pm

Sun, 3/18, 10 am

Mon, 3/19, 10 am

Sat, 3/17, 10 am

Fri, 3/16, 2 pm

Thur, 3/15, 4 pm

Thur, 3/15, 2 pm

Sun, 3/18, TBA

Sat, 3/17, TBA

Sat, 3/10, 8 am

Thur, 3/15, 7 pm

Sat, 3/17, 9 am

Sat, 3/17, 10 am

Place

Beau Turner Center, 9194 S Jefferson Hwy, Lamont, FL

Sue McCollum Community Center, 501 Ingleside Dr

Geo's Pub & Pool, 3260 Mahan Dr

Geo's Pub & Pool

Capital Lanes, 820 Capital Circle NE

Capital Lanes

Apalachicola Nat'l Forest, Highway 267

Hilaman Golf Course, 2737 Blair Stone Rd

Forestmeadows, 4750 N Meridian Rd

Forestmeadows

Forestmeadows

Premier & Fitness Center, 3521 Maclay Blvd S

Premier Fitness Center

Premier Fitness Center

Killearn UMC Church, 2800 Shamrock S

Wade Wehunt Pool at Myers Park, 907 Myers Park Dr

Jack McLean Community Center, 700 Paul Russell Rd

Godby High School, 1717 W Tharpe St



Bradfordville Lifelong Learning

Bradfordville Historic Schoolhouse, 3439 Bannerman Road. Every Friday morning in March, 10 – 11:30 am. Suggested \$2 donation per class. No reservations necessary. Call 891-4065 for more information.

Come Join the Fun!

March 2: **Digital Cameras and Camcorders** by instructors from FSU Strozier Library

March 9: **The Plantation Era in North Florida** by historian Kermit Brown

March 16: **E-Readers and Tablets** by instructors from FSU Strozier Library

March 23: **Eye on the Economy 2012** by Dr. William Christiansen, Department Chair & Bank of America Professor of Finance, FSU College of Business

March 30: **Spring Gardening in Small Spaces** by Nathan Ballantine, aka The Man in Overalls