

Leon County Senior Outreach

A program of the Tallahassee Senior Foundation

Calendar of Events – Come Join the Fun!

Call 891-4065 for more information.

Bradfordville Senior Days at Wildwood Presbyterian Fellowship Hall, 100 Ox Bottom Rd, (No Senior Days in Jan), Feb 10 & Mar 10, 10:30 am – 12:30 pm, Suggested \$6 donation for lunch.

Bradfordville Historic School House

Draw With Your Eyes, Paint With Your Heart: New 6-week class, Jan 27 – Mar 3, 1-4:00 pm, \$48 seniors 55+, \$60 others. Call 891-4016 to register.

Lifelong Learning Series: New 6-week series, Feb 19 – Mar 26, Fri, 10 – 11:30 am, \$2 donation per class. Call 891-4065 in mid Jan for schedule of classes.

Portrait Sketching: New 4-week class, Tues, Feb 2-23, 2:30 – 4:30 pm, \$27 seniors 55+, \$32 others

Senior Fitness Beginners: Tue/Thurs, 10:30 – 11:15 am, \$2 donation per class

Senior Fitness Intermediate: Tue/Thurs, 11:30 am – 12:30 pm, \$2 donation per class

Senior Fitness - Afternoon Class: New class starts Jan 12, Tue/Thurs, 1-2:00 pm, \$2 donation per class.

Social Bridge: Mon., 1-4:00 pm, \$1 donation.

Chaires-Capitola Dorothy C. Spence Community Center

Senior Days: (No Senior Day in Jan), Tues, Feb 23. 10:30 am – 12:30 pm, Suggested \$6 donation for lunch.

Senior Fitness Class: Mon/Wed/Fri, 9:15 – 10:15 am, \$2 donation per class.

Lo-Impact Senior Fitness: New 6-week class, Feb 1 – Mar 11. Mon, 10:30 – 11:30 am, Thurs, 10:15 – 11:15 am, \$3 per class. Pre-registration required, call 891-4065.

Ft. Braden Community Center

Painting with Oils & Acrylics: New 6-week class, Feb 11 – Mar 18, 2-4:30 pm, \$48 seniors 55+, \$60 others. Call 891-4016 to register.

Senior Days: (No Senior Day in Jan), Tues, Feb 16, 10:30 am – 12:30 pm. Suggested \$6 donation for lunch.

Senior Fitness Class: Mon/Wed, 10:30 – 11:30 am, \$2 donation per class.

Micosukee Community Center

Bus Trip to WalMart: (No bus trip in Jan), Fri, Feb 5 & Mar 5, 10:00 am – 12:30 pm, \$2 round-trip.

Senior Days: (No Senior Day in Jan), Thurs, Feb 4 & Mar 4, 10:30 am – 12:30 pm. Suggested \$6 donation for lunch.

Senior Fitness Class: Tue/Thur, 1:45 – 2:45 pm, \$2 donation per class.

Woodville Community Center

Beginning Painting: New 6-week class, Wed, Feb 3 – Mar 10, 10 am – 12:30 pm, \$48 seniors 55+, \$60 others.

Senior Days: (No Senior Day in Jan), Thur, Feb 11 & Mar 11, 10:30 am – 12:30 pm, Suggested \$6 donation for lunch.

Senior Fitness Class: Mon/Wed, 8:30 – 9:30 am, \$2 donation per class.

Grandparents as Parents (GaP)

Jan 14, Feb 11 & Mar 11: Bag and Gab, 11:30 am – 1pm. Bring your own lunch or get the Senior Center salad bar for \$4. Sharing and fellowship. Tallahassee Senior Center, 1400 N Monroe St, Conf Rm 3-A.

Jan 27 & Feb 24: Luncheon and Support Group, 11:30 am – 1pm, at the Leon County Public Library, Program Rm A, 200 W Park Avenue. Resources, information and support for grandparents and other family caregivers raising children. Legal consultation provided by Legal Services of North Florida. Complimentary lunch. Reservations required! Call 891-4041.

Leon County Senior Outreach Citizens Advisory Council.

Leon County Commission-appointed members constitute the Citizens Advisory Council. The focus of this group is to promote the well-being of seniors in this community and serve as a liaison to the County Commission on senior issues. Meetings are open to the public and citizen input is encouraged. **LCSO Citizens Advisory Council meets from 1-2pm, the 3rd Wed of every other month (Jan 20) at the Tallahassee Senior Center, Conf Rm 3-A. Call 891-4065 for more information.**