

# **LEON COUNTY SENIOR OUTREACH – JOIN THE FUN!**

A Program of the Tallahassee Senior Foundation

April 2008      Calendar of Events

Call 891-4065 or 891-4033 for More Information

## **Bradfordville**

Historic Bradfordville Schoolhouse, 3439 Bannerman Road

**Drawing and Beyond: Morning Class:** Wednesdays, 10:00 a.m. - 1:00 p.m., **Afternoon Class:** Wednesdays, 1:00 - 4:00 p.m., \$8 per class for seniors 55 and older, \$10 for under 55 (this does not include supplies). No pre-registration. Join any time. Supply list will be given during your first class. For all ability levels, including beginners.

**Lifelong Learning Series:** Fridays, April 4 & April 11, 10:30 a.m. - 12:00 noon,

**April 4: Attracting and Identifying Backyard Birds** by Chris Bittle of Birdsong Nature Center

**April 11: Caring for Your Parents.** If you are a caregiver for a parent or loved one, then this special presentation of the PBS broadcast is for you. Boxed lunch and comprehensive resource materials available with reservation. **Call 891-4065.** Presented in partnership with WFSU-TV, AARP, the Tallahassee Senior Center, and Alzheimer's Project.

**Senior Fitness - Beginners:** Tuesdays and Thursdays, 10:30 - 11:15 a.m.

**Senior Fitness - Intermediate:** Tuesdays and Thursdays, 11:30 a.m. - 12:30 p.m.

**Social Bridge:** Mondays, 1:00 - 4:00 p.m.

## **Chaires-Capitola**

Dorothy C. Spence Community Center, 4768 Chaires Crossroad

**Chaires-Capitola Senior Day:** Tuesday, April 22, 10:30 a.m. - 12:30 p.m.

**Senior Fitness Classes:** Mondays, Wednesdays and Fridays, 9:15 - 10:15 a.m.

**\*NEW\*- Low Impact Senior Fitness:** Mondays and Thursdays, 10:30 - 11:30 a.m.

## **Ft. Braden**

Ft. Braden Community Center, 16387 Blountstown Hwy.

**Ft. Braden Senior Day:** Tuesday, April 15, 10:30 a.m. - 12:30 p.m.

**Senior Fitness Classes:** Mondays and Wednesdays, 10:30 - 11:30 a.m.

**Bus Trip to WalMart:** Third Friday of the month, April 18, 10:00 a.m. - 12:30 p.m.

**Computer Classes for Seniors:** Call Ft. Braden Library for individual assistance, 606-2900

## **Miccosukee**

Miccosukee Community Center, 13887 Billingsley Road

**Miccosukee Senior Day:** Thursday, April 3, 10:30 a.m. - 12:30 p.m.

**Senior Fitness Classes:** Mondays, Wednesdays and Fridays, 1:30 - 2:30 p.m.

**Bus Trip to WalMart:** First Friday of the month, March 4, 10:00 a.m. - 12:30 p.m.

## **Woodville**

**\*New Location\*** Woodville Community Center, 8000 Old Woodville Road

**Woodville Senior Day:** Thursday, April 10, 10:30 a.m. - 12:30 p.m.

**Senior Fitness Classes:** Monday and Wednesdays, 8:30 - 9:30 a.m.

## **Active Living Senior Expo**

At the Tallahassee Senior Center, 1400 N. Monroe Street

**Thursday, April 24, 5-8:00 p.m. &**

**Friday, April 25, 9:30 a.m. - 12:30 p.m.**

More than 90 Exhibitors and Screenings to Help  
Seniors Maintain a Healthy and Independent Lifestyle  
Call 891-4000 for more information