

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

A Program of the Tallahassee Senior Foundation

March 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, March 6 thru April 11, 10:30 a.m. - 12:00 noon, refreshments served. Join any time. See topics below.

**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.

**Senior Fitness - Afternoon Class:** Tuesdays and Thursdays, 1:00 - 2:00 p.m.

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

**JAZZ UP YOUR FRIDAY MORNINGS** by coming to the **Lifelong Learning Series** at the Bradfordville Historic Schoolhouse, 10:30 a.m. - 12:00 noon. Complimentary refreshments.

**March 7:** North Florida History During the Spanish Mission Period by Kermit Brown

**March 14:** Internment of Japanese Americans During World War II by Al Sulkes

**March 21:** "What is Art?" by Cynthia Hollis, Director of Art Exhibits, Mary Brogan Museum

**March 28:** Spring Flower Arranging, by floral artist Roberto Valdez

**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 by Kim Kelling Engstrom of WFSU-TV and Louise Engle of the Tallahassee Senior Center.

## **Chaires-Capitola**

Dorothy C. Spence Community Center, 4768 Chaires Crossroad

**Chaires-Capitola Senior Day:** Tuesday, March 25, 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, March 18, 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, March 21, 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, March 6, 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 7, 10:00 a.m. - 12:30 p.m.

## Woodville

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

Woodville Senior Day: Thursday, March 13, 10:30 a.m. - 12:30 p.m.

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

### **Grandparents as Parents**

#### **Monthly Luncheon and Support Group**

March 26, 2008, 11:30 a.m. - 1:00 p.m.

Leon County Public Library, 200 W. Park Avenue

Complimentary lunch and childcare provided

**Reservation Required!! Call 891-4033 or 891-4065 or E-mail: [coppinsm@talgov.com](mailto:coppinsm@talgov.com)**

An attorney from Legal Services of North Florida will be in regular attendance at our upcoming luncheons. Bring your legal concerns and questions with you.