

# LEON COUNTY SENIOR OUTREACH

February-March, 2009

Calendar of Events

Call 891-4065 or 891-4033 for More Information

## Bradfordville

Historic Bradfordville Schoolhouse, 3439 Bannerman Road

**NEW - Brain, Body and Balance:** Mondays and Wednesdays, 9-10:00 am

**Drawing and Beyond: Morning Class:** Wednesdays, 10:30 am - 1:30 pm, **Afternoon Class:**

Wednesdays, 1:30 - 4:30 pm, \$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:** Call for updated schedule, 891-4065

**Senior Fitness - Beginners:** Tuesdays and Thursdays, 10:30 - 11:15 am

**Senior Fitness - Intermediate:** Tuesdays and Thursdays, 11:30 am - 12:30 pm

**Senior Fitness - Afternoon Class:** Tuesdays and Thursdays 1-2:00 pm

**Social Bridge:** Mondays, 1-4:00 pm

## Chaires-Capitola

Dorothy C. Spence Community Center, 4768 Chaires Crossroad

**Chaires-Capitola Senior Day:** Tuesday, February 24 (Car Fit, 10am - 1pm) & March 24, 10:30 am - 12:30 pm

**Senior Fitness Classes:** Mondays, Wednesdays and Fridays, 9:15 - 10:15 am

**Low Impact Senior Fitness:** Mondays, 10:30-11:30 am & Thursdays, 10:15 - 11:15 am

## Ft. Braden

Ft. Braden Community Center, 16387 Blountstown Hwy.

**Ft. Braden Senior Day:** Tuesday, February 17 (Car Fit, 10am - 1pm) & March 17, 10:30 am - 12:30 pm

**Senior Fitness Classes:** Mondays and Wednesdays, 10:30 - 11:30 am

## Miccosukee

Miccosukee Community Center, 13887 Billingsley Road

**Miccosukee Senior Day:** Thursday, February 5, 10:30am - 12:30pm, & March 5, (Car Fit, 10am - 1pm)

**Bus Trip to WalMart:** First Friday of the month, February 5 & March 7, 10:00 am - 12:30 pm

## Woodville

Woodville Community Center, 8000 Old Woodville Road

**Woodville Senior Day:** Thursday, February 12 (Car Fit, 10am - 1pm) & March 12, 10:30 am - 12:30 pm

**Senior Fitness Classes:** Monday and Wednesdays, 8:30 - 9:30 am

# JOIN THE FUN!