



Leon County Senior Outreach

October/November 2011

Bradfordville

Bradfordville Lunch and Learn: Wed, Oct 12 & Nov 9, 10:30 am – 12:30 pm. **Wildwood Presbyterian Fellowship Hall**, 100 Ox Bottom Road. Suggested \$6 for lunch.

Historic Bradfordville Schoolhouse, 3439 Bannerman Road

Adventures in Acrylic: Instructor: Keith B. McCulloch. Tue, 2:30 – 4:30 pm, Oct 25, Nov 1, 8, 15, 29, Dec 6 (six weeks). Skill Level: Beginners (but all are welcome). \$48 seniors (55+); \$60 others. Registration required. Call 891-4016.

Draw With Your Eyes, Paint With Your Heart: Instructor: Mark Fletcher. Wed, 1 – 4 pm, Oct 26, Nov 2, 9, 16, 30, Dec 7 (six weeks). Skill Level: Beginning – Intermediate. \$48 seniors (55+); \$60 others. Registration required. Call 891-4016.

Oil Painting with Eluster: Instructor: Eluster Richardson. Fri, 1:30 – 4 pm, Oct 28, Nov 4, 11, 18, Dec 2, 9 (six weeks). Skill level: All. \$48 seniors (55+); \$60 others. Registration required. Call 891-4016.

Senior Fitness Beginners: Tue & Thur, 10:30 – 11:15 am. Suggested \$2 donation.

Senior Fitness Intermediate: Tue & Thur, 11:30 am – 12:30 pm. Suggested \$2 donation.

Senior Fitness – Afternoon Class: Tue & Thur, 1 – 2 pm. Suggested \$2 donation.

Social Bridge: Every Mon, 1 – 4 pm. Suggested \$1 donation.

Fall Lifelong Learning Series: Call 891-4065 for schedule.



Chaires-Capitola

Dorothy C. Spence Community Center, 4768 Chaires Crossroad

Chaires-Capitola Lunch and Learn: Tue, Oct 25 & Nov 22, 10:30 am – 12:30 pm. Suggested \$6 lunch donation.

Drawing and Painting Workshop: Wed, 1 – 3:30 pm, Oct 26, Nov 2, 9, 16, 30, Dec 7 (6 weeks), Skill level: Beginning/intermediate. \$48 (55+); \$60 others. Registration required. Call 891-4016.

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

Bollywood Fitness: Tue & Thur, 9 – 10 am. Suggested \$2 donation.



Ft. Braden

Ft. Braden Community Center, 16387 Blountstown Hwy.

Ft. Braden Lunch and Learn: Tue, Oct 18 & Nov 15, 10:30 am – 12:30 pm. Suggested \$6 lunch donation.

Beginning Painting with Oils & Acrylics: Instructor: Robert DeWitt Smith. Thur, 2 – 5 pm, Oct 27, Nov 3, 10, 17, Dec 1, 8 (6 weeks). Skill level: Beginners. \$48 seniors (55+); \$60 all others. Registration required. Call 891-4016.

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

Zumba Fitness: Mon, Tue, Wed, & Thur, 6:30 – 7:30 pm. \$3 per class (under 55), \$2 per class (55+).

Miccosukee

Miccosukee Community Center, 13887 Moccasin Gap Road

Miccosukee Lunch and Learn: Thur, Oct 6 & Nov 3, 10:30 am – 12:30 pm. Suggested \$6 lunch donation.

Bus Trip to WalMart: Friday, Oct 7 & Nov 4, 10 am – 12:30 pm. \$2 round-trip.

Woodville

Woodville Community Center, 8000 Old Woodville Rd

Woodville Lunch and Learn: Thur, Oct 13 & Nov 10, 10:30 am – 12:30 pm. Suggested \$6 lunch donation.

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

Zumba Fitness: Mon, 6:30 – 7:30; Wed, 6 – 7 pm; Sat, 8:45 – 9:45 pm. \$3 per class (under 55), \$2 per class (55+).

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, Oct 26 & Nov 30, 12 – 1:30 pm. Leon County Public Library, 200 W. Park Ave. Program Room A. Complimentary lunch provided for grandparents and other relative caregivers. Reservations are required. Call 891-4008.

GaP Fall Social

Sat, Oct 1, 10 am – 12 pm, Lafayette Park, 501 Ingleside Ave. Come join the fun with the whole family. Reservations required for all attending. Call 891-4008.



Contact Ashley Webb at 891-4008 or Ashley.Webb@talgov.com if you would like more information or to RSVP for any events above.

Coming Events

Lifelong Learning Extravaganza (L3X), Sun – Fri, Oct 16 – 21: See page 3 of this newsletter for more information.

Join Leon County Senior Outreach for a Fish Fry and Flu Shot

In partnership with the Leon County Health Department, Leon County Senior Outreach, a program of the Tallahassee Senior Foundation, will be offering flu shots from 10 to 11 am at the Lunch & Learn events listed below. (See the calendar on page 4 for Lunch & Learn locations.)

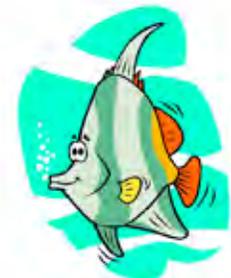


This service is free for those with Medicare Part B. You must bring your Medicare card (and supplemental insurance card if you have it), and a valid picture I.D. For those without Medicare Part B, the cost is \$22.

Enjoy deliciously hot, southern-fried fish with all the trimmings afterwards. Suggested \$6 donation for lunch. Each Leon County Lunch & Learn also features health screenings, exhibitors, entertaining presentations, fun and fellowship! Call 891-4065 for more information.



Chaires Lunch & Learn, Tue, Sept 27
Miccosukee Lunch & Learn, Thur, Oct 6
Woodville Lunch & Learn, Thur, Oct 13
Fort Braden Lunch & Learn, Tue, Oct 18



Come Join the Fun!

Don't forget to bring a canned good to the next Lunch and Learn (the new name for Senior Day). Donations benefit the food pantry at Elder Care Services. Thanks for your generosity!

