

LEON COUNTY SENIOR OUTREACH

October-November, 2009

Calendar of Events

Call 891-4065 or 891-4033 for More Information

Bradfordville

Bradfordville Senior Days: Second Wed. of every month, Oct. 14 (No Senior Day in Nov. due to Veterans Day holiday), 10:30 am - 12:30 pm. **Wildwood Presbyterian Fellowship Hall**, 100 Ox Bottom Road. Suggested \$6 donation for lunch.

Historic Bradfordville Schoolhouse, 3439 Bannerman Road

Draw! Paint! Enjoy! Every Wed., 1:30-4:30 pm, No preregistration. Join any time. \$8/class seniors 55+, \$10 all others.

Lifelong Learning Series: Fridays, Oct. 2 thru Oct. 30, 10-11:30 am. Suggested \$2 donation. (See schedule of classes on other side)

Senior Fitness Beginners: Tues. & Thurs., 10:30 -11:15 am, Suggested \$2 donation

Senior Fitness Intermediate: Tues & Thurs, 11:30 am - 12:30 pm, Suggested \$2 donation

Senior Fitness - Afternoon Class: Tues & Thurs, 1-2 pm, Suggested \$2 donation

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

Writing a Family History: Tues, Oct. 20 - Nov 10 (four weeks), 2:30-4:30 pm, \$27 seniors 55+, \$35 others Call 891-4016 to register.

Chaires-Capitola

Dorothy C. Spence Community Center, 4768 Chaires Crossroad

Chaires-Capitola Senior Day: Tues, Oct 27 & Nov 24, 10:30 am - 12:30 pm, \$6 lunch donation

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

Lo Impact Senior Fitness: Mon, 10:30 - 11:30 am & Thurs, 10:15 - 11:15 am, Oct 12 - Nov 19 (six weeks), \$48, Registration required. Call 891-4065.

Ft. Braden

Ft. Braden Community Center, 16387 Blountstown Hwy.

Beginning Painting with Oils & Acrylics: Thurs, Oct 15 - Nov 19 (six weeks), 2 - 4:30 pm, \$48 seniors 55+, \$60 others, Call 891-4016 to register.

Ft. Braden Senior Day: Tues, Oct 20 & Nov 17, 10:30 am - 12:30 pm, \$6 lunch donation

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

Miccosukee

Miccosukee Community Center, 13887 Billingsley Road

Miccosukee Senior Day: Thurs, Oct 1 & Nov 5, 10:30 am - 12:30 pm, \$6 lunch donation

Bus Trip to WalMart: Friday, Oct 2 & Nov 6, 10:00 am - 12:30 pm, \$2 round-trip

Senior Fitness: Tues & Thurs, 1:45 - 2:45 pm, Suggested \$2 donation

Woodville

Woodville Community Center, 8000 Old Woodville Rd

Drawing: Apples to Zebras: Tues, Oct 13 - Nov 17 (six weeks), \$48 seniors 55+, \$60 others, Call 891-4016 to register

Woodville Senior Day: Thurs, Oct 8 & Nov 12, 10:30 am - 12:30 pm, \$6 lunch donation

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

COME JOIN THE FUN!

Leon County Senior Outreach Program
Tallahassee Senior Foundation
1400 North Monroe Street
Tallahassee, Florida 32303

Non-Profit Org.
U.S. Postage
PAID
Tallahassee, FL
Permit No. 01111



Return Service Requested

**For More Information on
Leon County Senior
Outreach Activities,
Call 891-4065 or
891-4033, or
susan.davis@talgov.com**

COME JOIN THE FUN!

Bradfordville Lifelong Learning Series

Bradfordville Historic Schoolhouse, 3439 Bannerman Road, 10 - 11:30 am, \$2 donation per class

Oct. 2: Narva'ez, The First Spanish Expedition to North Florida by Historian, Kermit Brown

Oct. 9: Florida's Historic Capitol, presented by 1902 Governor William Jennings, portrayed by Andy Edel, Exhibit Projects Manager, Historic Capitol

Oct. 16: Researching Your Heritage, by Sara Straub, Genealogical Society

Oct. 23: Keeping Up with Your Grandkids: Technology Overview (Including Social Networking Sites Such as Twitter and Facebook), by April Edmonds, Technology Consultant

Oct. 30: Five Critical Ways To Keep Your Mind and Body Healthy, by Kenneth Brummel-Smith, M.D.; Department of Geriatrics at FSU College of Medicine

Leon County Senior Outreach Citizen's Advisory Council

Meetings held the third Wed of every other month, (next meeting is Nov 18)

1-2:00 pm at the Tallahassee Senior Center, Conference Room 3-A

Grandparents as Parents (GaP) Luncheon and Support Group

Last Wed. of every month, Oct 28 (Nov 25 meeting cancelled due to Thanksgiving holiday)

11:30 am - 1:00 pm. Complimentary lunch. **Reservations required!** Call 891-4041

Leon County Public Library, 2200 W. Park Avenue