

TALLAHASSEE SENIOR CENTER CALENDAR OF WEEKLY PROGRAMS JUNE 2026



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TallahasseeSeniorFoundation.org/calendar

1400 N. MONROE ST. • TALLAHASSEE, FL 32303 • (850) 891-4000 • TallahasseeSeniorFoundation.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 <i>Fitness at Chaires</i>	8:30 <i>Fitness at Bradfordville I PRR (LB)</i>	8:30 <i>Fitness at Chaires</i>	9:00 Ceramics	8:30 <i>Fitness at Bradfordville I PRR (LB)</i>
9:00 Quilting Bees	9:00 <i>Brain-Body-Balance at Optimist Park at Hartsfield Elem. PRR (IW)</i>	9:00 Ceramics	9:00 <i>Brain-Body-Balance at Optimist Park at Hartsfield Elem. PRR (IW)</i>	8:30 <i>Fitness at Chaires</i>
9:00 Portrait Studio	9:00 Landscapes in Soft Pastels	9:00 Nimble Fingers	9:30 Life Exercise	9:00 Oil Adv.
9:30 <i>Fitness at Woodville</i>	9:30 Life Exercise	9:30 Oil and Acrylic with Debbie (All Levels)	9:30 <i>Sit & Fit at Chaires</i>	9:30 <i>Fitness at Bradfordville II PRR (LB)</i>
10:00 SHINE PRR	9:30 <i>Fitness at Bradfordville II PRR (LB)</i>	9:30 <i>Fitness at Woodville</i>	10:30 <i>Brain Body Balance at Southwood (LB)</i>	9:30 Chess
10:30 Adv. French ZM (KC)	10:00 Seniors vs. Crime	10:00 Seniors vs. Crime	10:45 Ballet	10:00 Cards & Games
10:30 <i>Fitness at Fort Braden</i>	10:00 Seniors vs. Crime	10:00 Tai Chi Practice	11:00 Senior Counseling (by appointment)	10:00 Tai Chi Practice
11:00 Line Dance	10:30 <i>Fitness Beg. at Bradfordville PRR (LB)</i>	10:30 <i>Fitness at Fort Braden</i>	11:15 <i>Fitness at Miccosukee</i>	10:30 <i>Brain Body Balance at Fort Braden</i>
11:00 Senior Counseling (by appointment)	10:45 <i>Brain Body Balance at Southwood (LB)</i>	11:30 Pickleball Lesson	12:00 Mindful Movement	10:30 <i>Senior Fitness Beg. at Bradfordville PRR (LB)</i>
1:00 Brain-Body-Balance	11:00 Mindful Movement	11:30 Pickleball	1:00 Tai Chi Basics	11:00 Senior Dining (PRR or Bring a Lunch)
1:30 <i>Yoga for Women at Bradfordville PRR (LB)</i>	11:00 Senior Dining (PRR or Bring a Lunch)	1:00 Oil and Acrylic with Debbie Int./Adv.	1:00 Friends Connection	11:30 Pickleball
2:00 Beg. Spanish PRR (ES)	11:15 <i>Fitness at Miccosukee</i>	1:00 Pinoche	1:00 Clay Pinch Coil Slab	11:30 <i>Fitness Adv. at Bradfordville PRR (LB)</i>
2:30 Pickleball	11:30 <i>Fitness Adv. at Bradfordville PRR (LB)</i>	1:30 <i>Beg. Yoga at Bradfordville PRR (LB)</i>	2:30 Ping-Pong	1:00 Model Building
3:00 Friends Connection	12:30 <i>Canasta at Lake Jackson</i>	2:00 <i>Beg. Yoga at Lake Jackson</i>	2:30 Mah Jongg (experienced only)	1:00 Oil and Acrylic, Beg.
5:45 Intermediate German Study Group	1:00 Friends Connection ZM (ML)	5:30 Yoga	6:00 Two Step Dancing	5:30 Ballroom and Swing
6:00 Capital City Carvers	1:00 TDBC Bridge		7:00 ACA Group	6:00 Overeaters Anonymous
6:00 Round Dance	1:00 Gentle Yoga		7:00 Capital Chordsmen	7:00 Al-Anon Newcomers
7:00 Twirlers Square Dance	2:30 Ping-Pong		7:00 Writers Workshop	
	2:30 Wii Bowling			
	4:00 Guitar			
	5:00 Pickleball			
	8:00 SA Support Group			

www.TallahasseeSeniorFoundation.org

TALLAHASSEE SENIOR SERVICES – JUNE 2026
Monthly, Bi-monthly & Special Events and Programs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
JUNE 1 <i>9a Technology Assistance at Miccosukee</i> <i>10a Intro Qi Gong</i> 11a Lunch & Learn: Skin Cancer Screening (AH) <i>7p GAP Circle of Parents ZM (KB)</i>	JUNE 2 10a Blood Pressure & Glucose Screening 11:30a Tech Help (ES) 1p Receptionist/Greeter Training PRR (TN)	JUNE 3 9a Balance & Falls Prevention PRR (AH) 10a Newcomers Coffee Chat <i>10:30a Bradfordville Lunch & Learn (LB)</i> <i>1p Southside Friends Connection at BL Perry Library</i>	JUNE 4 <i>10:30a Miccosukee Lunch & Learn</i> 11a Coffeehouse Concert: Ari Hest 11a Adv. Ukuladies (KC)	JUNE 5	JUNE 6 CENTER CLOSED
JUNE 8 10a Mindful Meditation 11a Art Council <i>1p Poetry Group ZM (KC)</i> 6p TDBC Bridge	JUNE 9 9:30a Travel Training 10a Therapeutic Touch 10a Storm PREP (AH) <i>11a Wellness Circle at Jack McLean PRR (IW)</i> 7p Stamp and Cover Club 7p ACA Book Study	JUNE 10 9a Brain Challenge for Better Health (AH) 1p Receptionist/Greeter Training PRR (TN) <i>11:30a Lunch & Learn: Funeral Planning (SV)</i> <i>12:30p Friends Connection LNC</i> <i>2p Southside Friends Connection at BL Perry Library</i> 5p Art Reception 6p Coin Club	JUNE 11 8:30a Podiatry (AH) <i>10:30a Woodville Lunch & Learn (LB)</i> 11a Caregiver Support Group (ML) 11a Stretching (AH) 11a Adv. Ukuladies (KC) 1:00 TDBC Bridge	JUNE 12 9a Farmers Market Coupons (NS) 7:30p Contra Dance	JUNE 13 7p USA Dance: Tropical Island Get a Way
JUNE 15 9a Advanced Health Care Planning Day (ES) 1:30p Advisory Council (CG) 4p LLL-Sourdough Making PRR (ES) <i>7p GAP Circle of Parents ZM (KB)</i> 7:15p TSC Community Concert (KC)	JUNE 16 <i>10:30a Ft. Braden Lunch & Learn (LB)</i>	JUNE 17 8:30a Capital Coalition on Aging (KC) 9a Brain Challenge for Better Health (AH) 9a Hike (RN) 10a Veterans Café (KC) <i>11a Wellness Circle at Jake Gaither PRR (IW)</i> <i>12:30p Friends Connection LNC</i> <i>2p Southside Friends Connection at BL Perry Library</i> 4:30p Tech Help (ES)	JUNE 18 <i>10:30a Lake Jackson Lunch & Learn (LB)</i> 11a Adv. Ukuladies (KC) 1:00 TDBC Bridge 2p Tech Help (ES) 6:30p Apalachee Audubon Society (KC)	JUNE 19	JUNE 20 CENTER CLOSED
JUNE 22 CLOSED FOR MAINTENANCE <i>1p Poetry Group ZM (KC)</i>	JUNE 23 CLOSED FOR MAINTENANCE <i>10:30a Chaires Lunch & Learn (LB)</i>	JUNE 24 CLOSED FOR MAINTENANCE 12p Foundation Board Meeting <i>12:30p Friends Connection LNC</i> <i>2p Southside Friends Connection at BL Perry Library</i>	JUNE 25 CLOSED FOR MAINTENANCE <i>11:30a Senior LGBT+ Support Group (KC) Off Campus</i>	JUNE 26 CLOSED FOR MAINTENANCE	JUNE 27 CLOSED FOR MAINTENANCE
JUNE 29 <i>7p GAP Circle of Parents ZM (KB)</i>	JUNE 30 <i>10a LLL-Springhouse Tour PRR (ES)</i>				

TALLAHASSEE SENIOR CENTER, 1400 N. Monroe Street, 850-891-4000

LEGEND: We now offer in-person and virtual classes.

ZM = Virtual Classes on Zoom PRR = Pre-registration Required LLL = Lifelong Learning

REGISTRATION INFORMATION:

Register Online at www.TallahasseeSeniorFoundation.org unless otherwise noted

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