

TALLAHASSEE SENIOR CENTER CALENDAR OF WEEKLY PROGRAMS MARCH 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 PRR (RN)</i>	9:00 Ceramics	9:00 Experimental Watercolor Inter./Adv.	8:30 <i>Fitness at Chaires</i>
9:00 Portrait Studio	9:00 Landscapes in Soft Pastels	9:00 Nimble Fingers	9:00 <i>Brain-Body-Balance at Optimist Park PRR (RN)</i>	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 Life Exercise	9:30 <i>Fitness at Bradfordville II PRR (LB)</i>
9:30 French Int.	9:30 <i>Fitness at Bradfordville II PRR (LB)</i>	9:30 <i>Fitness at Woodville</i>	9:30 <i>Sit & Fit at Chaires</i>	9:30 Chess
10:00 SHINE PRR	9:30 <i>Sit & Fit at Chaires</i>	10:00 Seniors vs. Crime	10:30 <i>Brain Body Balance at Southwood (RN)</i>	10:00 Cards & Games
10:30 Adv. French ZM (KC)	10:00 Seniors vs. Crime	10:00 Tai Chi Practice	10:45 Ballet	10:00 Tai Chi Practice
10:30 <i>Fitness at Fort Braden</i>	10:30 <i>Fitness Beg. at Bradfordville PRR (LB)</i>	10:30 <i>Fitness at Fort Braden</i>	11:00 Senior Counseling (by appointment)	10:30 <i>Brain Body Balance at Fort Braden</i>
11:00 Line Dance	10:45 <i>Brain Body Balance at Southwood (RN)</i>	11:00 AARP Tax Aide (by appointment 850-891-4030)	11:00 AARP Tax Aide (by appointment 850-891-4030)	10:30 <i>Senior Fitness Beg. at Bradfordville PRR (LB)</i>
11:00 Senior Counseling (by appointment)	11:00 Mindful Movement	11:30 Pickleball Lesson	11:15 <i>Fitness at Micosukee</i>	11:00 AARP Tax Aide (by appointment 850-891-4030)
11:00 AARP Tax Aide (by appointment 850-891-4030)	11:00 Senior Dining (PRR or Bring a Lunch)	11:30 Pickleball	12:00 Mindful Movement	11:00 Senior Dining (PRR or Bring a Lunch)
11:00 French Adv.	11:00 AARP Tax Aide (by appointment 850-891-4030)	1:00 Pinocle	1:00 Tai Chi Basics	11:30 Pickleball
1:00 Brain-Body-Balance	11:15 <i>Fitness at Micosukee</i>	1:30 <i>Beg. Yoga at Bradfordville PRR (LB)</i>	1:00 Friends Connection	11:30 <i>Fitness Adv. at Bradfordville PRR (LB)</i>
1:00 French Beg.	11:30 <i>Fitness Adv. at Bradfordville PRR (LB)</i>	2:00 <i>Beg. Yoga at Lake Jackson</i>	1:00 Experimental Watercolor Inter./Adv.	1:00 Model Building
1:30 <i>Yoga for Women at Bradfordville PRR (LB)</i>	1:00 Friends Connection ZM (ML)	5:30 Yoga	1:00 Clay Pinch Coil Slab	1:00 Oil and Acrylic, Beg.
2:30 Pickleball	1:00 TDBC Bridge		2:30 Ping-Pong	5:30 Ballroom and Swing
3:00 Friends Connection	1:00 Senior Singers		2:30 Mah Jongg (experienced only)	6:00 Overeaters Anonymous
5:45 Intermediate German Study Group	1:00 Gentle Yoga		6:00 Two Step Dancing	7:00 Al-Anon Newcomers
6:00 Capital City Carvers	1:00 <i>Canasta at Lake Jackson</i>		7:00 ACA Group	
6:00 Round Dance	2:30 Ping-Pong		7:00 Capital Chordsmen	
7:00 Twirlers Square Dance	2:30 Wii Bowling		7:00 Writers Workshop	
	4:00 Guitar			
	5:00 Pickleball			
	8:00 SA Support Group			

www.TallahasseeSeniorFoundation.org

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MAR 2 10a EXPO: Navigating the Senior Network (SV)	MAR 3 10a Blood Pressure & Glucose Screening 11:30a Tech Help (ES)	MAR 4 10a Newcomers Coffee Chat 11:30a Safety Series: Enhancing Personal Safety (RN) <i>1p Southside Friends Connection at BL Perry Library</i>	MAR 5 10:30a Miccosukee Lunch & Learn 11a Adv. Ukuladies (KC) 11a Lunch & Learn: Pain, Mood & Healthy Aging (RN)	MAR 6 10:15a LLL-Goat House Farm PRR (ES)	MAR 7 CENTER CLOSED
MAR 9 10a Mindful Meditation 11a Art Council <i>1p Poetry Group ZM (KC)</i> 6p TDBC Bridge <i>7p GAP Circle of Parents ZM (KB)</i>	MAR 10 9:30a Travel Training with StarMetro 10a Therapeutic Touch <i>11a Wellness Circle at Jack McLean PRR (IW)</i> 4:30p TALL Graduation PRR (LB) 7p Stamp and Cover Club	MAR 11 10:30a <i>Bradfordville Lunch & Learn</i> 12:30p Friends Connection LNC 6p Coin Club	MAR 12 10:30a Woodville Lunch & Learn 10:45a LLL-FSU Museum of Fine Arts PRR (ES) 11a Caregiver Support Group (ML) 12:15p Adv. Ukuladies (KC) 1:00 TDBC Bridge	MAR 13 2p LLL-Cupcake Decorating PRR (ES) 7:30p Contra Dance – Tom Foolery with caller Katie Zanders	MAR 14 CENTER CLOSED 7p USA Dance: Shamrock Shenanigans
MAR 16 1:30p Advisory Council (CG)	MAR 17 <i>10:30a Ft. Braden Lunch & Learn</i> 5:30p Celebration of Athletes (KC)	MAR 18 8:30a Capital Coalition on Aging (KC) 9a Hike (RN) <i>10:30a LLL-Brunch & Learn at Hopkins Eatery PRR (ES)</i> <i>11a Wellness Circle at Jake Gaither PRR (IW)</i> <i>1p Southside Friends Connection at BL Perry Library</i> 1p LCSO Advisory Council 4:30p Tech Help (ES)	MAR 19 <i>10:30a Lake Jackson Lunch & Learn</i> 11a Adv. Ukuladies (KC) 1:00 TDBC Bridge 2p Tech Help (ES) 6:30p Apalachee Audubon	MAR 20 <i>1p Southside Art Therapy at BL Perry Library PRR (AH)</i>	MAR 21 10a-5p – Stamp & Coin Show <u>Sunday, March 22</u> 10a-3p – Stamp & Coin Show FREE Entry
MAR 23 <i>1p Poetry Group ZM (KC)</i> <i>7p GAP Circle of Parents ZM (KB)</i>	MAR 24 <i>10:30a Chaires Lunch & Learn</i> 11a Coffeehouse Concert: Bad Dog Mama (RN)	MAR 25 12p Foundation Board Meeting 12p GAP Lunch & Learn PRR (KB) 12:30p Friends Connection LNC	MAR 26 11a Caregiver Support Group (ML) 12:15p Adv. Ukuladies (KC) 1:00 TDBC Bridge	MAR 27 <i>1p Southside Art Therapy at BL Perry Library PRR (AH)</i> 7:30p Contra Dance – Greasy String Band with caller: Rachel Fleming	MAR 28 CENTER CLOSED
MAR 30	MAR 31 7:15a LLL- Jacksonville Zoo PRR (ES) 1:30p LLL- Springhouse Tour PRR (ES)				

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

LEGEND

We now offer in-person and virtual classes.

ZM = Virtual Classes on Zoom H = Hybrid Classes (virtual + in-person)

PRR = Pre-registration Required LLL = Lifelong Learning

REGISTRATION INFORMATION:

Register Online at www.TallahasseeSeniorFoundation.org unless otherwise noted

() = Staff Contact for class information as follows:

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Senior Games: www.TalGov.com/SeniorGames