

TALLAHASSEE SENIOR CENTER CALENDAR OF WEEKLY PROGRAMS FEBRUARY 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 Oil and Acrylic with Debbie Int./Adv.	1:00 Tai Chi Basics	11:30 Pickleball
1:00 Brain-Body-Balance	11:15 <i>Fitness at Micosukee</i>	1:00 Pinocle	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>	1:30 <i>Beg. Yoga at Bradfordville PRR (LB)</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)	2:00 <i>Beg. Yoga at Lake Jackson</i>	1:00 Clay Pinch Coil Slab	1:00 Oil and Acrylic, Beg.
2:00 Beg. Spanish PRR (ES)	1:00 TDBC Bridge	5:30 Yoga	2:30 Ping-Pong	5:30 Ballroom and Swing
2:30 Pickleball	1:00 Senior Singers		2:30 Mah Jongg (experienced only)	6:00 Overeaters Anonymous
3:00 Friends Connection	1:00 Gentle Yoga		6:00 Two Step	7:00 Al-Anon Newcomers
5:45 Intermediate German Study Group	1:00 <i>Canasta at Lake Jackson</i>		7:00 ACA Group	
6:00 Capital City Carvers	2:30 Ping-Pong		7:00 Capital Chordsmen	
6:00 Round Dance	2:30 Wii Bowling		7:00 Writers Workshop	
7:00 Twirlers Square Dance	4:00 Guitar			
	5:00 Pickleball			
	8:00 SA Support Group			

www.TallahasseeSeniorFoundation.org

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FEB 2 <i>9a Technology Assistance at Miccosukee</i> 11a Lunch & Learn: Myths About Cardiac Surgery (RN)	FEB 3 10a Blood Pressure & Glucose Screening 11a Coffeehouse Concert: The Rough & Tumble (RN) 11:30a Tech Help (ES) 12p GaP Advisory Council (KB)	FEB 4 10a Newcomers Coffee Chat <i>1p Southside Friends Connection at BL Perry Library</i> 4p Annual Meeting (DL)	FEB 5 8:30a QiGong (RN) 8:30a Podiatry (AH) 10a LLL-Library of Congress (ES) <i>10:30a Miccosukee Lunch & Learn</i> 11a Adv. Ukuladies (KC) <i>11a Healthy for Life at Jack McLean (NS)</i> 1:00 TDBC Bridge <i>1:30p LLL-Black Archives at FAMU (ES)</i>	FEB 6 2p LLL-The Tudors (ES)	FEB 7 CENTER CLOSED
FEB 9 10a Mindful Meditation <i>10a LLL-Connect with a Classic Banned Book: The Kite Runner at CHP (ES)</i> 11a Art Council <i>1p Poetry Group ZM (KC)</i> 6p TDBC Bridge <i>7p GAP Circle of Parents ZM (KB)</i>	FEB 10 9:30a Travel Training (KC) 10a Therapeutic Touch <i>11a Wellness Circle at Jack McLean PRR (NS)</i> 7p Stamp and Cover Club	FEB 11 <i>10:30a Bradfordville Lunch & Learn</i> <i>12:30p Friends Connection LNC</i> 6p Coin Club	FEB 12 8:30a QiGong (RN) 10a LLL-Library of Congress (ES) <i>10:30a Woodville Lunch & Learn</i> 11a Rhythm & Drumming PRR (RN) 11a Caregiver Support Group (ML) <i>11a Healthy for Life at Jack McLean (NS)</i> 12:15p Adv. Ukuladies (KC) 1:00 TDBC Bridge	FEB 13 10a Cognitive Memory Screening (RN) 10:30a Art for the Heart (AH) 2p LLL-The Tudors (ES) 7:30p Contra Dance – Larry Unger & the Duck Butter Band with Caller Vicki Morrison	FEB 14 CENTER CLOSED
FEB 16 1:30p Advisory Council (CG)	FEB 17 <i>10:30a Ft. Braden Lunch & Learn</i>	FEB 18 8:30a Capital Coalition on Aging (KC) 9a Hike (RN) <i>11a Wellness Circle at Jake Gaither PRR (NS)</i> <i>1p Southside Friends Connection at BL Perry Library</i> 2p Linking Lives (ML) 4:30p Tech Help (ES)	FEB 19 8:30a QiGong (RN) 10a LLL-Library of Congress (ES) <i>10:30a Lake Jackson Lunch & Learn</i> 11a Adv. Ukuladies (KC) <i>11a Healthy for Life at Jack McLean (NS)</i> 2p Tech Help (ES) 6:30p Apalachee Audubon (KC)	FEB 20 10:30a Diabetes Education (RN) 2p LLL-The Tudors (ES)	FEB 21 7p USA Dance: Roses & Rumba Soiree
FEB 23 10a Travel Presentation (KC) 1:30p LLL-Capital Punishment (ES) <i>1p Poetry Group ZM (KC)</i> <i>7p GAP Circle of Parents ZM (KB)</i>	FEB 24 10A Speech Language Screening (RN) <i>10:30a Chaires Lunch & Learn</i> <i>1:30p LLL-Spring House Tour PRR (ES)</i>	FEB 25 12p Foundation Board Meeting <i>12p GAP Lunch & Learn</i> <i>12:30p Friends Connection LNC</i> 6p Senior Games: Torch Run/ Fun Walk (KC)	FEB 26 8:30a QiGong (RN) 11a Caregiver Support Group (ML) <i>11a Healthy for Life at Jack McLean (NS)</i> 12:15p Adv. Ukuladies (KC) 1:00 TDBC Bridge	FEB 27 7:30p Contra Dance: Runaway Biscuits with Caller: Joey Norton	FEB 28 CENTER CLOSED

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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MEMBERSHIP WEEK – FEBRUARY 9-13