

..... Come Join the Fun! .....

# Leon County Senior Outreach

A Program of the Tallahassee Senior Center

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Come and enjoy fellowship, presentations from local agencies at our monthly Lunch & Learns, and fun activities such as fitness classes and canasta, with Leon County Senior Outreach Programming! Located in six communities across Leon County: Bradfordville, Chaires, Fort Braden, Lake Jackson, Miccosukee, Woodville. For more information on LCSO activities contact Betty Morales at 850-891-4065.

## Bradfordville

**Lunch & Learn:** Held every second Wednesday of the month from 10:30am-12:30pm at Good Shepard Catholic Church. Reservation required. \$6 donation for lunch. RSVP at 850-891-4004. June 8, Aug 10, Sept 14, Oct 12, Nov 9, Dec 14

**Yoga for Women:** Mondays, 2:30-3:30pm

**Beginning Yoga:** Wednesdays, 4:15-5:15pm

**Senior Fitness with Ferdouse:** Tuesdays & Fridays, 9:30-10:15am

**Senior Fitness Beginner with Llona:** Tuesday & Fridays, 10:30-11:15am

**Senior Fitness Advanced with Lona:** Tuesdays & Fridays, 11:30am-12:30pm

\*Bradfordville fitness classes are held at the Leon County NE Branch Library. Preregistration is required to attend. Preregister at 850-891-4045

## Fort Braden Community Center

**Lunch & Learn:** Held every third Tuesday of the month from 10:30am-12:30pm. Reservation required.

\$6 donation for lunch. RSVP at 850-891-4004.

May 17, June 21.

**Senior Fitness with Wendy:** Monday, Wednesday, Friday, 10:30-11:30

## Woodville Community Center

**Lunch & Learn:** Held every second Thursday of the month from 10:30am-12:30pm. Reservation required.

\$6 donation for lunch. RSVP at 850-891-4004.

May 12, June 9.

**Senior Fitness with Llona:** Monday & Wednesday, 9:30-10:30am

**Line Dancing:** Tuesdays, 11am-12pm, starting June 7

## Chaires Community Center

**Lunch & Learn:** Held every fourth Thursday of the month from 10:30am-12:30pm. Reservation required. \$6 donation for lunch. RSVP at 850-891-4004. May 24, June 28.

**Senior Fitness with Judy:** Monday, Wednesday, Friday, 8:30-9:30am

**Sit & Fit with Judy:** Tuesday & Thursday, 9:30-10:30am

**Finance & Budgeting Class:** Tuesdays, June 9-23, 1pm

## Lake Jackson Community Center

**Lunch & Learn:** Held every third Thursday of the month from 10:30am-12:30pm. Reservation required.

\$6 donation for lunch. RSVP at 850-891-4004.

May 19, June 16

**Canasta:** Tuesday, 1-4pm

**Beginning Yoga with Lori:** Wednesday, 2-3pm

**Mindful Movement with Lori:** Thursday, 1-2pm

## Miccosukee Community Center

**Lunch & Learn:** Held every first Thursday of the month from 10:30am-12:30pm. Reservation required.

\$6 donation for lunch. RSVP at 850-891-4004.

May 5, June 2.

**Senior Fitness with Judy:** Tuesday & Thursday, 11:15am-12:15pm

**Games Group:** First Tuesday of every month, 12:30-1:30pm

**AHEC DEEP Workshop:** Mondays, June 20- Aug 1, 10am-12pm

**Walmart Trips:** First Friday of the month, 10am-12:30pm



**LEON COUNTY  
SENIOR OUTREACH**

