

# Tallahassee Senior Center

15<sup>th</sup> ANNUAL

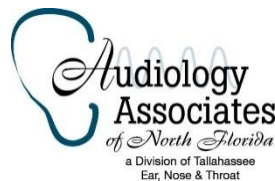
# L3X

[LIFE][LONG][LEARNING]  
EXTRAVAGANZA

SEPTEMBER 9 – 30, 2024

*An eXciting month of*  
Classes • Tours • Field Trips • Entertainment

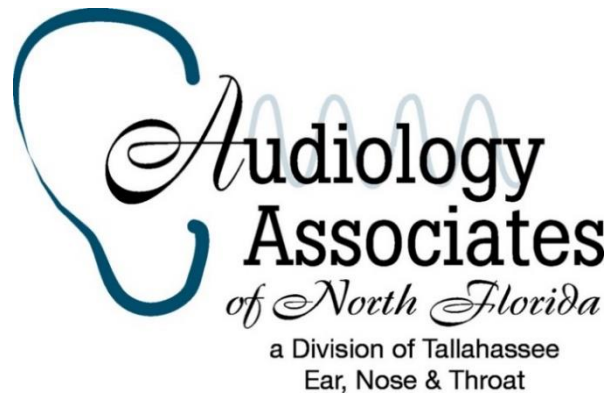
*eXploring*  
Arts • Culture • History • Nature • Science



**EXPLORE • EXAMINE • EXPERIENCE**

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*Presenting Sponsor*



*Ruby Sponsors*



# THANKS TO OUR SPECTACULAR SPONSORS!

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## L3X is a program of

Tallahassee Senior Center & Foundation  
and the City of Tallahassee

**Tallahassee Senior Services is a Division of  
City of Tallahassee Parks, Recreation, &  
Neighborhood Affairs**

The mission of Tallahassee Senior Services is  
to offer programs, activities, and  
opportunities designed to encourage active  
living, optimal aging, and social fitness for  
independent adults age 50 +

### **Tallahassee Senior Center Foundation**

Established in 1980, TSCF is an independent,  
private non-profit organization that exists for  
the sole purpose of generating funding to  
support programs, services, and participants  
of Tallahassee Senior Services.



1400 N Monroe St., Tallahassee, FL 32303

## Discover opportunities that await you at the Tallahassee Senior Center!

Staying mentally, physically, and socially active is the  
key to healthy aging! The Tallahassee Senior Center (TSC)  
invites you to join us for a wide variety of ongoing  
activities, programs, and events! Active adults enjoy art,  
lifelong learning, health, wellness, and fitness programs,  
outdoor pursuits, recreation, support groups, and several  
annual signature events, such as Silver Stars, Senior  
Games, Ice Cream Social, L3X, and Deck the Halls.

**Lifelong Learning** is an adventure! By embracing new  
experiences, we challenge and ignite our brains, grow our  
passions, and experience opportunities to grow socially,  
making friends along the way. Throughout the year, TSC  
offers classes, workshops and lectures that stimulate all  
the senses. Instructors guide students through  
opportunities to explore local treasures, art, culture, food  
& drink, entertainment, music, science, and much more.

The **Health and Wellness Program**, guided by a  
registered nurse, offers adults the resources to continue  
an active lifestyle through low or no-cost preventive  
fitness and wellness activities. Our fitness and wellness  
programs, along with Outdoor Pursuits such as hiking,  
help participants stay healthy and fit.

A highly successful **Art Program** provides instruction  
by award-winning artists in an array of mediums, with a  
supportive environment for artists at all levels. From  
workshops to on-going weekly classes, the art studios at  
the Tallahassee Senior Center offer the flexibility to  
explore painting in watercolors, oils and acrylics, in  
addition to pastels, drawing, clay and ceramics.

**Leon County and Southside Outreach** programs help  
seniors stay active in their own neighborhoods and  
communities. Leon County's Senior Outreach program  
brings programming to the communities of Bradfordville,  
Chaires, Fort Braden, Lake Jackson, Miccosukee and  
Woodville. Monthly Lunch & Learns offer lively and  
engaging programs. Exercise classes, game sessions and  
art workshops are also available. Monthly senior programs  
are also offered in the Southside community.

## CONNECT WITH US

for upcoming classes and  
activities at the Senior Center

**Sign up for our weekly  
email updates**

<https://bit.ly/3ew6S3M>



**Visit our website**

[www.TallahasseeSeniorFoundation.org](http://www.TallahasseeSeniorFoundation.org)



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**TallahasseeSeniorCenter**

## Register online at:

[www.TallahasseeSeniorFoundation.org/L3X](http://www.TallahasseeSeniorFoundation.org/L3X)

### Registration Opens:

TSC Foundation members: Wed., Aug. 14, 8:00 am  
General registration: Fri., Aug. 16, 8:00 am

**Be sure to register early – many classes sell out quickly!**

For ease of registration, please remember your username and password.

Username: \_\_\_\_\_ Password: \_\_\_\_\_

### Payment Information

- ◆ Full payment is required with your registration.
- ◆ Accepted credit cards: Visa, MasterCard, & Discover
- ◆ Class and payment confirmations will be emailed to you.
- ◆ **No refunds** unless the class is cancelled.

### Registration Deadlines

Please note the registration deadline for each class. Not registering by the deadline may not automatically exclude you from participating in the class if space is available, but it may be too late to order supplies or get the Zoom link if applicable.

For assistance, please call:

**850-891-4000**

Monday – Friday, 8:00 am – 4:00 pm

and you will be directed to an L3X on-call staff member.

For non-urgent matters regarding L3X or other Lifelong Learning Classes:

Maureen Haberfeld, Lifelong Learning Coordinator 850-891-4033 [Maureen.Haberfeld@talgov.com](mailto:Maureen.Haberfeld@talgov.com)

### On-Line Classes

**Virtual classes** are on the Zoom platform. For classes on Zoom, **you will be emailed a link** for each class, by the day of the class. This will likely be the evening before the class. If you do not find your Zoom link in your email, please **check your spam or junk folder** prior to calling.

A **Zoom User Guide** is available on the L3X site: [www.TallahasseeSeniorFoundation.org/L3X](http://www.TallahasseeSeniorFoundation.org/L3X)

**Zoom assistance is available.** To request help, call 850-891-4000 between 8:00 am and 4:00 pm to get paired with support. Please arrange for training **prior** to your first session to ensure someone is available.

**MONDAY, SEPTEMBER 9**

- 001 10:00 - 11:30 am Artful Legacies
- 002 12:30 - 4:30 pm Painting Oyster Shells
- 003 1:00 - 2:30 pm Spanish Florida

**TUESDAY, SEPTEMBER 10**

- 004 8:00 am - 1:00 pm Paddle Mysterious Waters of the Wakulla
- 005 10:30 am - Noon Vietnam Now 2016 - 2022
- 006 1:30 - 3:00 pm Spring House Tour
- 007 5:45 - 7:30 pm Experience the Aurora

**WEDNESDAY, SEPTEMBER 11**

- 008 9:30 am - Noon Florida Geological Survey Museum Tour
- 009 2:00 - 6:00 pm FSU Health Expo
- 010 12:30 - 2:30 pm KitchenAble Olympic Themed Tea
- 011 1:30 - 4:30 pm Taste of Zentangle

**THURSDAY, SEPTEMBER 12**

- 012 9:00 am - 1:30 pm Riley House Step on Tour
- 013 10:30 am - Noon Summer Nutrition Series: Less Sodium More Flavor
- 014 1:30 - 3:00 pm So You Want to Move to a Remote Island?
- 015 5:00 - 7:00 pm Paint and Sip Art Party

**FRIDAY, SEPTEMBER 13**

- 016 9:00 am - 2:30 pm Thomasville History Center/Lapham Patterson House
- 017 11:00 am - Noon Lunch with the Doctor: The Healthy Back Kitchen
- 018 2:30 - 4:00 pm Night Skies

**MONDAY, SEPTEMBER 16**

- 019 9:30 - 11:30 am Tales Along the Trail: Tallahassee Public Art Tour
- 020 3:00 - 4:30 pm Child POW in WW II Philippines
- 021 5:30 - 7:30 pm KitchenAble Chicken Soups Around the World

**TUESDAY, SEPTEMBER 17**

- 022 8:30 am - 1:00 pm Hike with a Llama
- 023 10:30 - 11:30 am Even War Has Rules
- 024 1:30 - 4:00 pm Charlie Chaplin's The Great Dictator movie

**WEDNESDAY, SEPTEMBER 18**

- 025 8:30 - 10:00 am Bike Ride with a Planner
- 026 8:30 - 11:00 am Lafayette Heritage Park Hike
- 027 2:00 - 3:30 pm Non-Jews Persecuted During the Holocaust
- 028 6:00 - 8:30 pm Around the World Dance and Music Showcase

**THURSDAY, SEPTEMBER 19**

- 029 8:00 am - 5:00 pm Seacrest Wolf Preserve
- 030 1:00 - 3:00 pm Union Bank Museum Tour
- 031 5:00 - 7:00 pm Hummingbird Wine and Cheese Pairings

**FRIDAY, SEPTEMBER 20**

- 032 8:30 - 11:00 am Tallahassee Old City Cemetery Tour
- 033 11:00 am - 12:30 pm Petra, Pompeii, and Egypt
- 034 1:30 - 3:00 pm Fit, Strong & Steady
- 035 6:00 - 7:30 pm Insiders Art Showcase

**SUNDAY, SEPTEMBER 22**

- 036 9:00 - 11:00 am Foraging at Phipps Park

**MONDAY, SEPTEMBER 23**

- 037 10:00 - 11:30 am Ancient Greek Olympics
- 038 2:00 - 3:30 pm Female Artists of Harlem Renaissance
- Class 039 has been rescheduled to Monday, September 30

**TUESDAY, SEPTEMBER 24**

- 040 9:30 am - 1:00 pm WCTV Tour
- 041 10:00 am - Noon Actual Lives Performance Workshop
- 042 2:00 - 3:30 pm Library of Congress
- 043 7:00 - 8:30 pm Literary Cocktails

**WEDNESDAY, SEPTEMBER 25**

- 044 8:30 am - 2:00 pm Butterfly Hike at St. Mark's Trail
- 045 9:00 am - Noon Immunization Fair
- 046 1:30 - 3:00 pm Why Short Stories are Good for your Health
- 047 5:30 - 7:00 pm Antebellum Period in Tallahassee

**THURSDAY, SEPTEMBER 26**

- 048 9:00 am - 12:30 pm N Florida Wildlife Center and Animal Encounter
- 049 10:00 - 11:30 am How Not to Age
- 050 Noon - 1:30 pm Fall Flower Arranging
- 051 2:00 - 3:30 pm Male Artists of the Harlem Renaissance
- 052 4:15 - 6:15 pm History Happy Hour

**FRIDAY, SEPTEMBER 27**

- 053 9:00 - 10:30 am Nature and History Walk
- 054 11:30 am - 1:30 pm Closing Luncheon: The Founding of Tallahassee

**MONDAY, SEPTEMBER 30**

- 039 4:00 - 7:00 pm Archaeology of Beer Class + Optional Tour & Tasting

**Note: Shaded classes are either virtual or hybrid (virtual and in-person)**

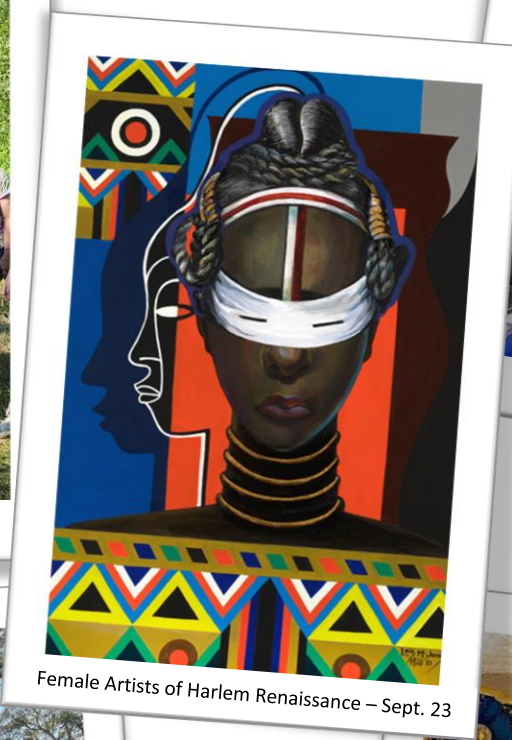
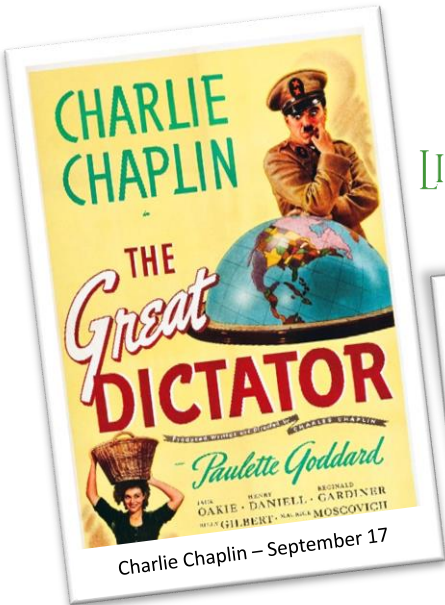
**SPECIAL INFORMATION:**

- For outdoor classes, be sure to dress for the weather and wear comfortable walking shoes, hat, sunscreen, and insect repellent.
- We do not provide bottled water, so be sure to bring your own drinking water to all outdoor events.
- The day before each class, look for a reminder email that will contain any special information for that specific class.



# L3X

## LIFELONG LEARNING EXTRAVAGANZA





## Monday, September 9

### 1 - Artful Legacies

9/9/24 Location: TSC Dining Room  
10:00 - 11:30 am \$7  
Instructor: Amanda Karioth Thompson

Join us for an immersive workshop where legacy planning meets art collecting and handling expertise. Led by independent arts consultant Amanda Karioth Thompson, attendees will explore the pivotal role of custodianship in building and preserving your collections. Dive into strategies for making art selections and thoughtfully managing, displaying, and protecting those special pieces. Gain valuable insights into safeguarding art against diverse risks, from water damage to transit and storage hazards.

*Deadline: Fri. 9/6 Noon*

### 2 - Painting Oyster Shells

9/9/24 Location: Art Studio  
12:30 - 4:30 pm \$18  
Location: TSC Art Studio  
Instructor: Libby Watson / Jo Etta Parks, Artists

Students will create decorative shells decoupaged with designer papers and finished with a high gloss finish. They may choose to add a gold or silver edge and perhaps a pearl or stone, to embellish their beautiful, finished shell. Please wear your messy art clothes or a smock.

*Deadline: Fri. 9/6 Noon*

### 3 - Spanish Florida

9/9/24 Location: TSC Dining Room  
1:00 - 2:30 pm \$7  
Instructor: Barbara Clark

Barbara Clark, RPA, MSA, Regional Director of the North Central & Northwest Florida Public Archaeology Network, will give a brief overview of the Spanish in Florida, including the Spanish Missions, focusing on Mission San Luis and the Apalachee. The presentation ends with a discussion on how the Spanish have had a lasting influence on Florida's heritage.

*Deadline: Fri. 9/6 Noon*

## Tuesday, September 10

### 4 - Paddle Mysterious Waters of the Wakulla

9/10/24 Location: Wakulla River  
8:00 am - 1:00 pm \$75  
Instructor: Ryan Means

Join Coastal Plains Institute President Ryan Means for an awesome kayak adventure on the marvelous Wakulla River. On a weekday, we will have the river mostly to ourselves. We will discuss local natural history and biodiversity of this world class first magnitude spring ecosystem. While we are at it, we will paddle with manatees, handle terrific turtles, and experience endless plants and animals. We will observe fossils from off the riverbed and learn about the prehistory of our region. Fee includes snacks and transportation from TSC.

**Wear sunscreen, insect repellent, hat, clothes that can get wet, and water shoes or sandals. Bring your own drinking water.**

*Deadline: Fri. 9/6 Noon*

### 5 - Vietnam Now 2016 - 2022

9/10/24 Location: TSC Dining Room  
10:30 am - Noon \$7  
Instructor: Rame Emar

Vietnam: The People - The Culture - The Land 2.5 million years in 90 minutes. Learn about this fascinating country from Rame Emar who lived there for over five years.

*Deadline: Mon. 9/9 Noon*



*Vietnam*

## Wednesday, September 11

### 6 - Spring House Tour

9/10/24 Location: Spring House  
1:30 - 3:00 pm \$37  
Instructor: Byrd Lewis Mashburn

While attending the 1950 World Federalist Conference at Florida Southern College in Lakeland, FL, George and Clifton Lewis of Tallahassee asked Frank Lloyd Wright to design a home for them, saying they "have a lot of children and not much money." He agreed and the couple located a beautiful five-acre parcel in Leon County on the outskirts of Tallahassee. Mr. Wright completed the plans in 1952, of an unconventional pod-shaped house described as a passive solar "hemicycle" The house was built in just nine months in 1954. Take a guided tour this unique structure which is the **only** Frank Lloyd Wright designed home in Florida. Most of the fee for this one-of-a-kind tour goes to the restoration of this local treasure.

*Deadline: Mon. 9/9 Noon*

### 7 - Experience the Aurora

9/10/24 Location: Challenger Center  
5:45 - 7:30 pm \$20  
Instructor: Challenger Center Staff

The Challenger Learning Center Planetarium is a 50-foot-high-definition theatre with a Dolby surround sound system and state of the art projectors. In the show, Experience the Aurora, marvel as the Northern Lights shimmer and glisten overhead through time-lapse footage captured in the Arctic Circle. For the first time, the aurora has been captured as it was meant to be experienced, as a display that covers the entire sky. This immersive show shares the science behind the aurora and tells the story of the quest to find and photograph the aurora for full-dome theaters. In addition to the Aurora show you will be treated to a Monthly Skies over Tallahassee planetarium program while enjoying finger foods, wine, and beer.

*Deadline: Mon. 9/9 Noon*

### 8 - Florida Geological Survey Museum

9/11/24 Location: Florida Geologic Survey  
9:30 am - Noon \$10  
Instructor: Mabry Gaboardi Calhoun, Ph.D.

Experience a guided tour of the Walter Schmidt Museum at the Florida Geologic Survey. The museum showcases and describes Florida's spectacular geologic formations and surface features. There are exhibits about our aquifer and other geologic resources important to Floridians now and in the past. On exhibit are an array of vertebrate fossils including a fossil dugong skeleton. There is a fantastic display of fossils from the Withlacoochee River. The museum also contains unique rock and mineral specimens collected in Florida including the impressive calcite collection of Dr. Tom Scott.

*Deadline: Tues. 9/10 Noon*

### 9 - FSU Health Expo

9/11/24 Location: TSC Auditorium  
2:00 - 6:00 pm \$3

This unique event joins FSU Health and community partners to learn about innovative health research. You can engage with researchers, learn about exciting ongoing research, find ways to be involved in advancing science, improve your mental/physical health, and discover life-changing technologies. Program includes expert speakers, health screenings, exhibitors, and resources. Enjoy door prizes, light snacks, and happy hour reception.

Walk-ins welcome, registration encouraged.

*Deadline: Tues. 9/10 Noon*

**Health Expo Presenting Sponsor:**



## Thursday, September 12

### 10 - KitchenAble Olympic Themed Tea

9/11/24 Location: KitchenAble  
12:30 - 2:30 pm \$45-55\*  
Instructor: Jessica Bright McMullen

Celebrate the spirit of the Olympics with an elegant and diverse tea party that showcases flavors from around the world. In this unique cooking class, you'll learn to prepare an array of international finger foods, sweets, and teas, perfect for hosting your own global-themed tea party. Our experienced chef, Jessica McMullen, will guide you through each recipe, sharing tips and techniques to ensure your dishes are both delicious and beautifully presented. The menu will include:

British cucumber sandwiches, Italian bruschetta, Greek spanakopita, French mini quiches, American mini scones with jam and clotted cream, Japanese mochi butter cake, Chinese almond cookies, and Brazilian brigadeiros. In addition to these recipes, class topics will include tea brewing techniques as well as presentation and serving tips. Join us for this delightful cooking class and bring the world to your table with a tea party that celebrates international culinary traditions!

**\*Tickets at the bar in the front are \$55.**

**Tickets at the table in the back are \$45.**

*Deadline: Fri. 9/6 Noon*

### 11 - Taste of Zentangle

9/11/24 Location: Clay Studio  
1:30 - 4:30 pm \$12  
Instructor: Midori Okasako, CZT

Zentangle is for everyone. This fun, 'no mistakes' art process will engage you to focus on your unique expressions... 'one stroke at a time.' With familiar tools – a pencil, pen, paper, treat yourself to explore, to discover, to create beautiful patterns inspired by our daily surroundings. Midori Okasako, CZT, will gently guide you through the core 8-steps of Zentangle to slow down...to enjoy each moment as you put pen to paper tiles.

*Deadline: Mon. 9/9 Noon*

### 12 - Riley House Step on Tour

9/12/24 Location: Riley House  
9:00 am - 1:30 pm \$20  
Instructor: Museum Staff

Visit the historic home of John Gilmore Riley built in 1890 and added to the National Register of Historic Places in 1978. Next, embark on a step on–step off guided bus tour that highlights other African American legacies and landmarks such as Frenchtown and the Meek-Eaton Black Archives at FAMU, that accentuate Tallahassee's diverse cultural landscape. End the tour with a soul food lunch at JoEllen's restaurant on College Avenue.

(Lunch price not included in the cost of tour.)

**Be sure to wear sunscreen and bring your own drinking water. Some standing and walking.**

*Deadline: Wed. 9/11 Noon*



*Riley House Museum*

### 13 - Summer Nutrition Series: Less Sodium More Flavor

9/12/24 Location: TSC Dining Room  
10:30 am - Noon \$Free  
Instructor: Amy Mullins PhD, RDN

The last of this 3-part series spotlighting healthy behaviors and healthier eating. Participate in cooking demos and enjoy tasty samples.

Presented by Amy Mullins, PhD, RDN, Leon County UF/IFIS Extension Center. Register for free ticket.

*Deadline: Wed. 9/11 Noon*



## 14 - So You Want to Move to a Remote Island in the Caribbean, Do You?

9/12/24 Location: TSC Dining Room  
1:30 - 3:00 pm \$7  
Instructor: Grant Peeples

Local entertainer, Grant Peeples, tells the story of how, in 1995, he sold or gave away everything he owned and moved to a small island off the coast of Nicaragua. In Joseph Campbell terms, it was his own little hero's journey. He dug a well by hand, built a small house, installed solar panels and a windmill, planted a garden and... then opened the island's first hotel (shacks on the beach.) This is a story of personal transformation, part middle age crisis and part coming of age. If you've considered such a move or have ever thought (or dreamed) of doing so, you might enjoy hearing this tale of adventure and self-realization.

*Deadline: Wed. 9/11 Noon*

## 15 - Paint and Sip Art Party

9/12/24 Location: Art Studio  
5:00 - 7:00 pm \$25  
Instructor: Je'Czaja-Mordon, Artist

Have you ever wanted to paint but didn't know where to start? Why not at a party? Create your own original masterpiece to take home. Wine, cheese, other refreshments, and materials are provided. Be prepared to have some fun!

*Deadline: Wed. 9/11 Noon*



*Paint & Sip Party*

## Friday, September 13

### 16 - Thomasville History Center & Lapham Patterson House

9/13/24 Location: Thomasville, GA  
9:00 am - 2:30 pm \$28  
Instructor: Amelia Gallo

The Thomasville History Center enriches the community through the exploration and discovery of its history, people, and stories. The History Center's collections have grown to include more than 125,000 photographs and innumerable objects and documents related to Thomasville and Thomas County's past. In addition, seven historic buildings have been restored and are now included in tours of the Thomasville History Center complex. Experience the center and its fascinating historic building and shop in their gift shop. Explore the whimsical Lapham-Patterson house and learn about its history and unusual architecture. Lunch is not included in price of the tour. Transportation from the TSC. After the tours, there will be time on your own to eat lunch at a restaurant in downtown Thomasville. **Be sure to wear sunscreen and bring your own drinking water. Must be able to stand during tour.**

*Deadline: Thu. 9/12 Noon*

### 17 - Lunch with the Doctor: The Healthy Back Kitchen

9/13/24 Location: TSC Dining Room  
11:00 am - Noon \$5  
Instructor: Dr. Griffin R. Baum

Presented by Dr. Griffin R. Baum, Tallahassee Memorial Healthcare's newest Neurosurgeon. Dr. Baum is a complex spine surgeon, and passionate cook, and author who has written a book called "The Healthy Back Kitchen." You will learn about tips and tricks for getting around in the kitchen if you have back pain or have had spine surgery (or have any other accessibility issue). Enjoy a catered lunch. \$5 requested donation. Sponsored by TMH.

*Deadline: Wed. 9/11 Noon*

## 18 - Night Skies

9/13/24 Location: TSC Dining Room  
2:30 – 4:00 pm \$7  
Instructor: Randy Bellows

You have looked up at the night sky and seen dozens of stars or the moon or the bright points of light from the planets in our solar system. There is so much more. What lurks beyond the lights in the skies over Tallahassee? Come enjoy a collection of images taken by the instructor with his telescope of some of the planets, nebula and galaxies that reside in our night sky. Instructor hobbyist Randy Bellows.  
*Deadline: Thu. 9/12 Noon*

## Monday, September 16

### 19 - Tales Along the Trail: A Public Art Tour Through Tallahassee's History

9/16/24 Location: Downtown  
9:30 - 11:30 am \$10  
Instructor: Amanda Karioth Thompson

Embark on a captivating journey through Tallahassee's vibrant past with the artworks along the History and Culture Trail. Running parallel to FAMU Way, this trail memorializes the contributions and cultural impact of the economic engines, community activists, and everyday heroes who lived in the communities highlighted. The project's Public Art Manager Amanda Karioth Thompson, will provide an up close and personal look at the 12 site-specific artworks, crafted by seven commissioned artists. These murals and sculptures connect citizens to their shared history and make cultural heritage a tangible asset. The History and Culture Trail is part of the Blueprint Intergovernmental Agency's Capital Cascades Trail Segment 3 Project.

**Meet in the TSC Dining Room at 9:30 am.**

*Deadline: Mon. 9/16 Noon*

## 20 - Child POW in WWII Philippines

9/16/24 Location: TSC Dining Room  
3:00 - 4:30 pm \$7  
Instructor: Rochelle Steinlauf

Set in the Philippines during WWII, three-year-old Rochelle Steinlauf, along with her siblings and father, are torn from their peaceful happy life and separated from their mother and wife. Following the attack on Pearl Harbor, Japanese air squadrons bombed American military installations in the Philippines in preparation for landing of ground forces. Not knowing what happened to their mother, Rochelle's family was thrust into the chaos of war, hiding out in the mountains, and eventually becoming prisoners of the Japanese. Forced into captivity, they experienced unbelievable conditions and made to endure hardships in various prisons until liberated, eventually reuniting with their mother and wife. Rochelle's story is one of hope and forgiveness and the ability to endure the most deplorable circumstances.

*Deadline: Fri. 9/13 Noon*

### 21 - KitchenAble Chicken Soups Around the World

9/16/24 Location: KitchenAble  
5:30 - 7:30 pm \$55-65\*  
Instructor: Chef Jessica Bright McMullen

Join us for a culinary journey around the world as we explore the flavors and techniques of four diverse chicken soups and the essential foundation of chicken stock. In this class, you will learn to create delicious and authentic soups from different cultures, each with its unique twist and taste. You will be guided through each recipe, as you learn to make: Avgolemono, a classic Greek soup featuring a blend of chicken and lemon; Tom Kha Gai, a fragrant chicken coconut soup from Thailand; Caldo de Pollo from Mexico, packed with vegetables, tender chicken, and aromatic herbs; Chicken and Corn Soup featuring delicate flavors from China. Appetizer, salad, and dessert will also be provided. BYOB if you like.

**\*Tickets at the bar in the front are \$65.**

**Tickets at the table in the back are \$55.**

*Deadline: Wed. 9/11 Noon*



## Tuesday, September 17

### 22 - Hike with a Llama

9/17/24 Location: St. Marks Headwaters GW  
8:30 am - 1:00 pm \$42

Instructor: Shannon Carroll, owner RLF

Redemptive Love Farm staff will lead a guided hike with llamas on the 1.6-mile St. Marks Headwaters Greenway. There will be one llama for each 2 participants (12 llamas), so everyone will get a chance to walk a llama. A delicious South American style lunch is included. Picnic blankets will be available. If you don't want to sit on the ground, bring a light weight folding chair and the llama will carry it. Price includes lunch and transportation from the TSC.

**Bring drinking water. Wear comfortable walking shoes, sunscreen, insect repellent, and hat. There will be some uneven terrain.**

*Deadline: Wed. 9/11 Noon*



*Hike with a Llama*

### 23 - Even War Has Rules

9/17/24 Location: TSC Dining Room + Zoom  
10:30 - 11:30 am \$7

Instructor: Michael Blain, ARC Volunteer

Currently, armed conflicts are raging around the world. At times it seems that there are no limits. Fortunately, there are rules in war, and they can make a difference. **“Even War Has Rules”** is a dynamic discussion of International Humanitarian Law (IHL) and how it governs armed conflict. It will address topics such as:

- The sources of law and rules that apply to armed conflicts.
- The fundamental principles of IHL that guide the development of these rules.
- How IHL protects people and places during armed conflicts.

By the end of this class, developed by the American Red Cross, participants will have a general understanding of IHL and will be better able to evaluate the actions of parties to armed conflicts.

*Deadline: Mon. 9/16 Noon*

### 24 - Charlie Chaplin's The Great Dictator Movie

9/17/24 Location: Red Hills Retirement Resort  
1:30 - 4:00 pm \$7

Instructor: Linda Davey

“The Great Dictator” is recognized as one of the great historically significant classic films of the 20th century. Released in 1940, Charlie Chaplin plays two characters - a Jewish barber suffering from amnesia after WWI, and Henkel, the antisemitic dictator of Tomania. Chaplin brilliantly and satirically plays these opposite poles. A Life magazine review on 9/2/1940 read, “with unparalleled genius for mimicry and satire, the world’s most beloved figure pays his respects to the world’s most hated.” Watch the film in the comfortable theater of Red Hills Village Retirement Resort. Retired teacher Linda Davey will review the historical context of the film for your greater appreciation of it.

*Deadline: Mon. 9/16 Noon*

## Wednesday, September 18

### 25 - Bike Ride with a Planner

9/18/24 Location: Cascades Park  
8:30 - 10:00 am \$7

Instructor: Jacob Fortunas, Planner

Enjoy an hour of leisurely bike riding with Jacob Fortunas, from the Tallahassee – Leon County Planning Department, learning about the planning, history, and infrastructure of the Capital Cascades Corridor. **Bring your own bike, helmet, and drinking water. Meet at Althemese Barnes Park at Smokey Hollow located at 501-599 E Pensacola Street.**

*Deadline: Tues. 9/17 Noon*

### 26 - Lafayette Heritage Park Hike

9/18/24 Location: Lafayette Heritage Trail Park  
\*8:30 am - 11:00 am / 9:00 - 11:00 am \$8  
Instructor: Michael Hill

Lake Lafayette extends from Chaires Cross Road to Weems Road in Leon County. After the RR was built around the Civil War, two earthen dams were later emplaced in 1948 which divided this lake into Lower Lake Lafayette, Piney Z Lake, Upper Lake Lafayette, and Alford Arm. Poor Lake management practices prevailed until the City of Tallahassee purchased Piney Z Lake and the surrounding woodlands and requested assistance from the Florida Fish and Wildlife Commission to improve the water quality and aquatic habitat. Learn about this on a 2-mile hike guided by the project manager, fishery biologist, Michael Hill. **Wear sturdy shoes or boots, sunscreen, hat, and bring drinking water, and hiking pole if desired.** \* If riding van from Senior Center meet in the Dining Room at 8:30 am. If driving yourself, meet in the Lafayette Heritage Park parking lot, near the restrooms at 9:00 am.

*Deadline: Tues. 9/17 Noon*

### 27 - Non-Jews Persecuted During the Holocaust

9/18/24 Location: Zoom  
2:00 - 3:30 pm \$7  
Instructor: Lauren Ray

The Holocaust was the deliberate attempt by Nazi Germany to eliminate the Jews of Europe. During the Holocaust, in addition to the six million Jewish victims, there were other groups of people persecuted by the Nazis, some targeted for murder and others not. These groups include Roma and Sinti (“gypsies”), resistors, political targets such as communists and socialists, Freemasons, gay men, people with disabilities, black and mixed-race children, Jehovah’s Witnesses, and Soviet prisoners of war. This presentation will focus on the Nazi persecution against non-Jewish victims and highlight some people and their stories. Lauren Ray is a volunteer Docent Educator at the Dallas Holocaust and Human Rights Museum.

**Virtual class on Zoom.**

*Deadline: Tues./ 9/17 Noon*

### 28 - Around the World Dance and Music Showcase

9/18/24 Location: TSC Auditorium  
6:00 - 8:30 pm \$15  
Coordinator: Aurora Torres-Hansen

Join us for a showcase of the best international dance groups and music from the Tallahassee area. Dancers and musicians representing regions and countries including Africa, the Philippines, Panama, China, Ireland, and the USA. Come hungry because while you enjoy the performances, you can sample some tasty treats from around the world. All ages are welcome so bring the family.

*Deadline: Tues./ 9/17 Noon*

**The Tallahassee Senior Center offers Lifelong Learning classes throughout the year!**

Whether you're interested in exploring new subjects or just looking for a fun way to spend your time, we have something for everyone.

Visit [www.tallahasseeseniorfoundation.org/lifelong-learning](http://www.tallahasseeseniorfoundation.org/lifelong-learning)

## Thursday, September 19

### 29 - Seacrest Wolf Preserve

9/19/24 Location: Seacrest Wolf Preserve  
8:00 am - 5:00 pm \$75  
Instructor: Wolf Preserve Staff

Seacrest Wolf Preserve offers an unforgettable, educational experience where visitors encounter wolves. This rare and immersive experience allows guests to come face to face with the Seacrest Wolf Ambassadors as they learn important scientific information about this amazing keystone species. Our group will experience a wolf encounter tour and a small animal adventure. Picnic lunch following the Tour at Falling Waters State Park.

**Meet in TSC dining room at 8:00 am.**

The facility has a very strict dress code: **Wear CREW NECK short or long sleeve shirt, or sweatshirt only. No Jackets. Wear jeans or khakis only with no exposed ankles or skin. No pants with holes, leggings, or sweatpants. Wear tennis / athletic shoes or canvas shoes ONLY! If you are not compliant, you will not be able to enter wolf enclosures or go on our educational tours - NO EXCEPTIONS.** A full list of rules will be emailed before the tour, or you can check their website at [www.seacrestwolfpreserve.org](http://www.seacrestwolfpreserve.org)  
*Deadline: Mon. 9/16 Noon*



*Seacrest Wolf Preserve*

### 30 - Union Bank Museum Tour

9/19/24 Location: Union Bank  
\*1:00 - 3:00 pm / 1:30 - 3:00 PM \$10  
Instructor: Brennan Elizabeth Jammer

Built in 1841, the Union Bank is considered Florida's oldest surviving bank building. Originally opened as a Planter's Bank during the antebellum period, the building became home to the National Freedman's Savings and Trust Company following Emancipation. Over the next century, the building housed numerous businesses and organizations, including a dance studio, shoe factory, church, and beauty parlor. When the building became endangered due to development pressures, Tallahassee citizens organized a campaign to save it and, in April 1971, the building was added to the National Register of Historic Places. The building was donated to the state of Florida and opened as a museum in 1984. The building was renovated in 2023 and with a partnership between the Meek Eaton Black Archives and the Museum of Florida History, opened new exhibits in 2023. Staff guided tour.

**\* If riding van from the Senior Center, meet in the lobby at 1:00 pm. If driving yourself, meet at Union Bank at 1:30 pm.**

*Deadline: Wed. 9/18 Noon*

### 31 - Wine and Cheese Pairings

9/19/24 Location: Hummingbird Wine Bar  
5:00 - 7:00 pm \$65  
Instructor: Mairin Moore and Staff

Our midtown neighbor, Hummingbird Wine Bar, has a goal to bring people together for great wine in a fun, casual, and accessible way. If you haven't been, it is a great place to enjoy a glass of wine, and their delicious cheese plates, and other food. At this event, Hummingbird's expert staff will guide participants in learning about and sampling six unique and delicious wines (2 oz. pours). Accompanying the wine will be a tasty and beautiful cheese and snacks board.

*Deadline: Tues. 9/17 Noon*

## Friday, September 20

### 32 - Tallahassee Old City Cemetery Tour

9/20/24 Location: Tallahassee Old Cemetery  
8:30 - 11:00 am \$10

Instructor: Barbara Clark

Old City Cemetery is the oldest public cemetery in Tallahassee. It was established in 1829 by the Territorial Legislative Council and acquired by the city in 1840. When established, the cemetery was segregated. The cemetery is one of Tallahassee's most distinctive historic sites. It represents a cross section of Tallahassee's people during the 19<sup>th</sup> century including enslaved people and planters, governors and store clerks, veterans of wars, and victims of yellow fever. Barbara Clark, RPA, MSA, of the Florida Public Archaeology Network, will lead a tour of the cemetery discussing its history, people, and the grave markers that are artistic expressions that reflect changing cultural attitudes toward death. Expect some uneven terrain and to be on your feet the entire time.

**Wear comfortable shoes, sunscreen, and insect repellent. Bring drinking water. Meet in TSC dining room 8:30 am.**

*Deadline: Thu. 9/19 Noon*

### 33 - Petra, Pompeii, and Egypt

9/20/24 Location: TSC Dining Room  
11:00 am - 12:30 pm \$7

Instructor: Yvonne Mikeworth

Join world traveler, Yvonne Mikeworth, as she takes you on a virtual journey to some iconic historic sites. Visit the ruins of Pompeii buried under 19 feet of volcano ash since 79AD. Walk the Valley of the Kings, go inside the pyramid of Giza, and cruise the Nile. See Petra, one of the New 7 Wonders of the World, the famous Treasury carved out of rock and walk the trail carved by water (and the path of Indiana Jones and the Last Crusade). Then travel to Jordan and swim in the Dead Sea.

*Deadline: Thu. 9/19 Noon*

### 34 - Fit, Strong & Steady

9/20/24 Location: TSC Dining Room  
1:30 - 3:00 pm \$7

Instructor: Dr. Alissa Rudloe PT, DPT

Did you know that falls are the leading cause of fatal and non-fatal injuries in seniors? Dr. Alissa Rudloe PT, DPT, will discuss the brain and how it is related to balance and the systems of balance in the body. In this class you will learn evidence-based skills and strategies that you can practice at home to stay fit, strong, improve your balance and be more confident in the activities of your daily life.

*Deadline: Thu. 9/19 Noon*

### 35 - Insiders Art Showcase

9/20/24 Location: TSC Auditorium  
6:00 - 7:30 pm \$Free

Instructor: Heath Hilary McRae, Art Coordinator

The 2024 Insiders Showcase is a bi-annual art show with artwork by TSC Arts participants. It is a juried show with a reception, awards presentation, music by Steven Brown, light refreshments, people's choice awards and art games. Fun for the whole family! No charge.

*Deadline: Thu. 9/19 Noon*

## Sunday, September 22

### 36 - Foraging at Phipps Park

9/22/24 Location: Elinor Klapp-Phipps Park  
9:00 - 11:00 am \$7

Instructor: Greg Haberfeld

Elinor Klapp-Phipps Park is Tallahassee's most extensive wild urban park. Known for ancient, massive trees, lush fields, and lovely streams, it is also a great place for wild edible plants. Local forager, Greg Haberfeld, will lead a walk to help you learn how to seek out, identify, and sample some of these local delights. Foraging and eating wild plants and mushrooms may seem a little intimidating at first, but knowledge and practice can give you the confidence to start foraging on your own. **Wear sunscreen, insect repellent, hat, and bring drinking water and a bag to carry foraged goodies.**

*Deadline: Fri. 9/20 Noon*



## Monday, September 23

### 37 - Ancient Greek Olympics

9/23/24 Location: TSC Dining Room + Zoom  
10:00 - 11:30 am \$7  
Instructor: Joe Haberfeld

The Olympic Games of ancient Greece were held every four years in the village of Olympia. For a five-day period, the city-states of Greece suspended hostilities, supported the event, and allowed safe passage for athletes to travel through their territory. The winners received the coveted olive branch to wear on their heads. Many victorious athletes became celebrities in the Greek world. Most the events can still be found in the modern Olympics, with different criteria and rules. Ancient Greek enthusiast, Joe Haberfeld, will discuss the ancient Greek roots of our modern Olympic games.

*Deadline: Fri. 9/20 Noon*

### 38 - Female Artists of Harlem Renaissance

9/23/24 Location: TSC Dining Room + Zoom  
2:00 - 3:30 pm \$7  
Instructor: Tom Friedman, TSC Artist

As a result of a landmark publication titled, "Harlem: Mecca for the New Negro" (March 1925), many African American artists followed the "Great Migration" moving from the South to New York City and other Northern cities in search of opportunities to create art, literature, and music. What resulted was the "Harlem Renaissance" which assured a revolution wherein African Americans gained a major presence in the American fields of writing, music and, of course, art.

We will explore prominent female artists of the Harlem Renaissance. Meta Warwick-Fuller depicted African and African American experiences in her sculptures, to express nature of life and social issues. Augusta Savage's figures show gentleness and her love for others, celebrating beauty in traditional and modern ways. Lois Mailou Jones evolved from a successful post-impressionist to a more graphic style that celebrated Africa and Haiti, highly prized by art collectors.

*Deadline: Fri. 9/20 Noon*

### 39 - Archaeology of Brewing Beer

**\*\*RESCHEDULED TO MONDAY 9/30/24\*\***

9/30/24 \$7 class only; \$18 with tour and tasting  
4:00 - 5:00 pm Class at TSC Dining Room  
5:00 - 7:00 pm Tour & Tasting at Oyster City Brewery  
Instructor: Barbara Clark

From homebrewers to hop heads, and all those in between, beer is a huge part of our culture today. But what exactly is beer and how did it come to be? The art of brewing and our understanding of beer has evolved over centuries, but its significance in human history is timeless. Join us on a journey as we explore beer, both past and present, to unlock some of the mysteries of this enduring fermented beverage. Archaeologist Barbara Clark, RPA, MSA, Regional Director of the North Central & Northwest Florida Public Archaeology Network, will enlighten us on the history and mystery surrounding this popular beverage at the Tallahassee Senior Center. Following the class there will be an optional tour and beer tasting at Oyster City Brewing Company on Gaines Street with optional transportation from the TSC.

*Deadline: Fri. 9/20 Noon*



*Archaeology of Beer Tour & Tasting*



## Tuesday, September 24

### 40 - WCTV Tour

9/24/24 Location: WCTV Studio  
9:30 am - 1:00 pm \$10  
Instructor: Jeremey Frazer

Take a behind the scenes tour of WCTV Studios, our local CBS affiliate, and learn how a local newsroom operates. Visit the different departments, meet some of the anchors, and watch the noon news program live. Meet in TSC dining room at 9:30 am for transportation.

*Deadline: Mon. 9/23 Noon*

### 41 - Actual Lives Performance Workshop

9/24/24 Location: TSC Activity Room Room  
10:00 am - Noon \$15  
Instructor: Terry Galloway

Actual Lives is a fun, two-hour writing for performance workshop. Working from prompts, the participants will write for 10 to 15 minutes--no censoring, no editing, no stopping. Following the writing, the group will share their stories. Then they will discuss and practice ways to present our stories for an audience. The workshop leader is Terry Galloway, the co-founder of the 36-year-old Mickee Faust Club. She is the recipient of a National Endowment for the Arts in playwriting; the winner of five Public Broadcasting Awards for Excellence in Writing; and has received awards from the Texas Institute of Letters as well as the Florida Council on Arts and Culture. She is also the author of a prize-winning memoir Mean Little Deaf Queer. Most recently one of her solo shows, Lardo Weeping was translated into an opera, making its debut in Austin, Texas.

*Deadline: Mon. 9/23 Noon*

### 42 - Library of Congress

9/24/24 Location: The Grove at Canopy  
2:00 - 3:30 pm \$7  
Instructor: Nell Stranburg

The Library of Congress is the largest library in the world, with millions of books, films and video, audio recordings, photographs, newspapers, maps, and manuscripts in its collections. It is the main research arm of the U.S. Congress and the home of the U.S. Copyright Office. The Library of Congress was started in 1800 and has a long and interesting history. In this class you will learn about the three buildings on Capitol Hill as well as the sites in Maryland and Culpeper, VA. Instructor, Nell Stranburg, was a docent at the Library of Congress Jefferson building for two years before the Pandemic shut down the Library in March 2020. This will be the first of three classes on the LOC. The other two classes will be offered in October.

*Deadline: Mon. 9/23 Noon*

### 43 - Literary Cocktails

9/24/24 Location: The Grove at Canopy  
7:00 - 8:30 pm \$30  
Instructors: Ben and Mary Lawson

Join Professors Ben Lawson and Mary Sterner Lawson in the beautiful bar at the Grove at Canopy as they discuss some famous American authors and their connections to some interesting and tasty cocktails. Enjoy libations such as the Jack Rose favored by Hemingway and Steinbeck, the Mint Julep featured in *The Great Gatsby*, and the Dorothy Parker cocktail. As you are learning about the authors, you will be enjoying appetizers and tasting five different cocktails. You will select your favorite for a full serving, and everyone will receive the recipes.

*Deadline: Fri. 9/20 Noon*

**Save the Date! TALL PREVIEW – October 22, 5:30 pm at the Tallahassee Senior Center**

**Are you interested in becoming actively engaged in improving your community?**

Come learn about Tallahassee Active LifeLong Leaders (TALL). This community leadership program, developed in partnership with Leadership Tallahassee, is for those age 50 and above who are passionate about our community and wish to explore civic engagement opportunities to effect a positive change in our community.

## Wednesday, September 25

### 44 - Butterfly Hike at St. Mark's Trail

9/25/24 Location: St. Marks NWR  
8:30 am - 2:00 pm \$20  
Instructor: Lisa Baggett

Come explore with amateur butterfly enthusiast Lisa Baggett as butterfly season gets underway and learn to identify common butterflies found in north Florida like the common buckeye, white peacock, several types of swallowtails, and the endangered monarch butterfly. We will also be looking for some of the many species of birds that call the refuge home for all or part of the year. Be prepared to walk on some uneven terrain. Includes transportation from the Senior Center and picnic lunch afterwards at Picnic Pond. **Please wear loose comfortable clothes, hat, walking shoes, and bring sunscreen and insect repellent. Bring your own drinking water.**  
*Deadline: Fri. 9/20 Noon*



*Butterfly Hike*

### 45 - Immunization Fair

9/25/24 Location: TSC Dining Room  
9:00 am - Noon \$Free

Getting the flu vaccine early is no longer recommended by the CDC. September or October is best to ensure that protection will last through spring. We are partnering with Walgreens to offer five different vaccines! Choose FLU, COVID, RSV, PNEUMONIA, or SHINGLES. Bring your questions and your Medicare or insurance cards.

Enjoy snacks and other goodies and giveaways. Smoothies by Clean Eat. Registration encouraged, but walk-ins are welcome! No charge.

*Deadline: Tues. 9/24 Noon*

### 46 - Why Short Stories Are Good for Your Health

9/25/24 Location: TSC Dining Room  
1:30 - 3:00 pm \$7  
Instructor: Marina Brown

Using the just-published *The Gentlemen of Verona* and the Gold Medal-winning *When Women Danced With Trees* as examples, Marina Brown will read from each book and we will look at why reading is just so darned good for us – from the reduction of anxiety, to the mental stimulation of diverse settings, and the words and expressions that are all like vitamins for our brains. But in the end, reading is fun to do – like a mini-vacation away from home or the cozy refuge of your own chair.

Marina Brown's stories range from the hilarious, to the slightly naughty, to tales that will leave you thinking and marveling at how life can change on a dime. Mary Ann Lindley says, "This rich collection of imaginative stories will leave every reader wanting more."

Marina Brown writes for the Tallahassee Democrat and Tallahassee Magazine and is the author of three Gold Medal-winning novels and the 2020 FWA Book of the Year, as well as award-winning volumes of short stories and poetry. She is a watercolorist, a cellist, an R.N., a 2023 TSC Silver Star awardee, and a blue-water sailor. She absolutely loves playing ping-pong at the Senior Center.

*Deadline: Tues. 9/24 Noon*

### 47 - Antebellum Period in Tallahassee

9/25/24 Location: TSC Auditorium  
5:30 - 7:00 pm \$8  
Instructor: Ileana Olmos

"Antebellum" is derived from a Latin phrase that translates to "before the war" in English. In the United States of America, the phrase frequently refers to the Southern region before the Civil War. Tallahassee's economy during this period relied solely on enslaved individuals of African descent, who were crucial to the success of the plantation-based economy. Ileana Olmos, curator at Riley House Museum, will discuss this often-overlooked period of Tallahassee's history. Light refreshments will be served.

*Deadline: Tues. 9/24 Noon*

## Thursday, September 26

### 48 - North Florida Wildlife Center and Animal Encounter

9/26/24 Location: NFWC  
9:00 am - 12:30 pm \$58

The North Florida Wildlife Center in Lamont, FL is a nonprofit organization dedicated to wildlife conservation through education, field work, propagation of species, and habitat restoration. Through guided tours and animal encounters, the public can meet fantastic, rare, and endangered species. Your experience will include a guided tour to see their animal residents and a lemur encounter where you get to touch and feed the lemurs. Transportation from the TSC. Expect some uneven terrain.

**Wear sunscreen, insect repellent, closed toe walking shoes, hat, and bring your own drinking water.**

*Deadline: Wed. 9/25 Noon*

### 49 - How Not to Age

9/26/24 Location: TSC Dining Room  
10:00 - 11:30 am \$7  
Facilitator: Robin Bateman

There may be no such thing as dying from old age. From a study of more than 42,000 consecutive autopsies, centenarians – those who lived past one hundred – were found to have succumbed to diseases in 100 percent of the cases examined. Though most were perceived, even by their physicians, to have been healthy just prior to death, not one “died of old age.” They died from disease – most commonly heart attack. Join us to view the educational "How Not to Age" video presentation about the latest evidence-based science on slowing the effects of aging. The presenter in the video is Dr. Michael Greger, world-renowned speaker and New York Times best-selling author, and founder of NutritionFacts.org.

This presentation will help provide more informed and healthier choices in habits and foods, based on the best available balance of evidence.

*Deadline: Wed. 9/25 Noon*

### 50 - Fall Flower Arranging

9/26/24 Location: TSC Dining Room  
Noon - 1:30 pm \$47  
Instructor: Jeanell Moore / Brady Thompson

Join us for a relaxing, creative experience learning from our talented guides from the Tallahassee Garden Club to design a large, gorgeous arrangement of fall flowers to display in your home. Learn construction techniques, color ideas, and design styles. All materials are provided including seasonal fresh flowers and a beautiful container that can be reused. Fee \$47 includes all materials. Limited space available.

*Deadline: Mon. 9/23 Noon*



*North Florida Wildlife Center Lemur*

### 16<sup>th</sup> Annual Capital City Senior Games March 2025

ATHLETIC COMPETITIONS FOR ANYONE AGE 50+  
SPORTS ENTHUSIASTS OF ALL LEVELS ARE WELCOME

TORCH RUN & FUN WALK  
Wednesday, February 26<sup>th</sup> at Cascades Park – 6pm

### [TALGOV.COM/SENIORGAMES](https://talgov.com/seniorgames)

Archery • Bag Toss • Basketball • Billiards  
Bocci • Bowling Cycling • Golf • Horseshoes  
Mountain Biking • Pickleball • Powerlifting  
Racquetball • Swimming • Table Tennis  
Tennis • Track & Field • Water Aerobics

## 51 - Male Artists of the Harlem Renaissance

9/26/24 Location: TSC Dining Room + Zoom  
2:00 - 3:30 pm \$7  
Instructor: Tom Friedman, TSC Artist

As a result of a landmark publication titled, "Harlem: Mecca for the New Negro" (March 1925), many African American artists followed the "Great Migration" moving from the South to New York City and other Northern cities in search of opportunities to create art, literature, and music. What resulted was the "Harlem Renaissance" which assured a revolution wherein African Americans gained a major presence in the American fields of writing, music and, of course, art.

We will survey the male artists of the Harlem Renaissance. Aaron Douglas, considered the father of African American Art, was socially motivated, which is the root of his work. William H. Johnson was influenced by primitivism and folk art which allowed him to address difficult social issues. Jacob Lawrence's work is often blunt in describing the state of humanity. Archibald Motley Jr. chose to portray the urban lives of African Americans in a graphic, humorous style. James Lesesne Wells, a major innovator in printmaking and lithography, viewed prints as an art form that could provide quality art to the masses. Hale Woodruff began his work as a socially active expressionist and evolved into an abstract expressionist, being associated with such other major artists as Gottlieb, Rothko, Line and Pollock.

*Deadline: Wed. 9/25 Noon*



*Male Artists of Harlem Renaissance  
by Aaron Douglas*

## 52 - History Happy Hour

9/26/24 Location: Historic Capitol Museum  
\*4:15 - 6:15 pm / 4:30 - 6:00 pm \$20  
Instructor: Tiffany Baker, Director HCM

Restored to its 1902 appearance, the Historic Capitol stands as an icon at the center of Florida's Capitol complex. Under the stunning stained-glass dome, history and tradition come alive in the exhibits. There is no better way to experience this iconic building than a wine and cheese tour. Sip wine and enjoy cheese and delicious snacks while getting a guided tour of the Becoming Florida's Capitol exhibit. Celebrate Tallahassee and Leon County's bicentennial by learning about historical actions and power struggles that defined early Tallahassee and led to the city becoming the capitol of Florida. **\* If riding van from the Senior Center, meet in the lobby at 4:15 pm. If driving yourself, meet at Capitol Museum at 4:30 pm.**  
*Deadline: Tues. 9/24 Noon*



*Historic Capitol*

## 53 - Nature and History Walk

9/27/24 Location: Grove Museum  
9:00 - 10:30 am \$7  
Instructor: John Grandage

Join John Grandage, assistant director of Historical Resources and former executive director of The Grove, for a guided walk around the Grove Museum grounds, focusing on the intersection of nature, culture, and history! Learn about environmental sustainability and urban forest management strategies used at the site. Expect some uneven terrain. Bring your own drinking water. **Wear sunscreen, insect repellent, comfortable walking shoes and be prepared to stand or walk for most of the tour.**  
*Deadline: Thurs. 9/26 Noon*



# L3X Closing Luncheon

## The Founding of Tallahassee



**Friday, September 27**

**11:30 am – 1:30 pm**

**Tallahassee Senior Center Auditorium**

**\$18**

Have you ever wondered why Tallahassee was chosen as Florida's capital? Or why the downtown streets were laid out the way they are? Or what indigenous people were living here when Tallahassee-Leon County was founded 200 years ago? Author Doug Alderson will answer these questions and more about our capital city's early history as the featured speaker of the L3X closing luncheon.

*Lunch will be lasagna (regular or veggie), broccoli salad, roll, and brownies.*



### **Speaker: Doug Alderson**

Most of Doug Alderson's 17 published books focus on the dynamic and sometimes quirky nature of his home state of Florida, and he often melds both history and natural history in his writing. His books include *Traveling Florida's Seminole Trail*, *America's Alligator*, *Waters Less Traveled*, *New Dawn for the Kissimmee River*, and *A New Guide to Old Florida Attractions*. He has won six first place Royal Palm Literary awards for nonfiction books, three gold medals from the Florida Authors and Publishers Association, and several other state and national writing and photography awards. His latest book, *Discovering Florida's Coast*, was the fourth runner up for 2023 book of the

year by the Florida Writers Association. He also provides content for the Tallahassee-Leon County Bicentennial website, and he serves as chair of the Bicentennial History Task Force.



# Save the Date!

## Martinis *and more!*



**Tuesday, October 15, 6:00 pm**

Join us for a sip of sophistication  
Cocktails, food, music, and good times

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*Deck the Halls*



**Friday, December 6, 6:00 pm**

Food, entertainment, martini bar, and silent auction  
complement an evening full of cheer and holiday festivity



1400 N. Monroe St. • 850-891-4000

**[www.TallahasseeSeniorFoundation.org](http://www.TallahasseeSeniorFoundation.org)**

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