

# Tallahassee Senior Center health happenings

For more information on offered programs, call Ruth Nickens, R.N., health program coordinator, or Toni Walmsley, assistant health program coordinator, at 891-4000. Unless otherwise noted, all presentations are 11 a.m. to noon in the Tallahassee Senior Center Dining Room.

## HEALTH HAPPENINGS

### ■ Healthy Living: Quit Smoking Now

Tue., Jan. 11-Feb. 15, 2:30-4 p.m. Conference Room 1A

This six-week program was developed by ex-smokers for those who want to become ex-smokers. Attend this highly effective class/support group if you are ready to quit smoking now. There is no cost to attend. Nicotine patches are provided at no charge. Offered by Big Bend AHEC. Call 224-1177 to register.

### ■ Nutritional Counseling and Assistance

Wed., Jan. 19 & Feb. 16, 12:30-1:30 p.m. Health Suite

All of your questions about weight loss, eating for a healthy lifestyle, and diabetes addressed in a small-group setting by a professional dietitian. Monthly program. Offered by Leah Gilbert-Henderson, PhD, LD. Donations appreciated. Pre-registration encouraged. Call 891-4042 to schedule.

### ■ Healthy Living: You've Got the Rhythm

Thur., Jan. 27 & Feb. 3, 10:30-11:30 a.m. Activity Room

An exciting two-



Nick Cummings, third-year medical student at Florida State University, receives Reiki, the transference of healing energy, for the first time. Reiki practitioners are Susie Howell, Joan Mann and Angle Prather.

week series of drumming classes facilitated by Mershell Sherman. Bring your drum if you have one, but there will be drums to use. You do not need to feel that you are "musical" to participate. Everyone is welcome to "explore the rhythm within!"

### ■ Telephones for the Hearing Impaired

Wed., Jan. 11, 10 a.m.-noon. Health Suite

Even if your hearing loss is minimal, you might qualify for these no-cost phones distributed by Florida Telecommunications Relay Inc.

### ■ A Discussion About Erectile Dysfunction with Dr. Joseph Camps

Fri., Jan. 21, 11:45 a.m.-12:45 p.m. Conference Room 1A

Dr. Camps, a urologist with Southeastern Urology, presents a candid conversation about the causes, etiology, and latest treatments and therapies for ED in

an quiet, intimate setting. Feel free to purchase a salad or bring a brown bag lunch.

### ■ Sweet as Honey: A Beekeeper's Story

Mon., Feb. 14, 11 a.m.-noon. Dining Room

What's all the buzz about? Well, here is an opportunity to "bee" part of our sweet Valentine's Day celebration. Learn how honey is produced and the amazing art of beekeeping with Bob and Cory Livingston. The Livingstons were named the 2009 Leon County Farm Family of the Year! Their small operation now includes 50 hives housing "too many bees to count." They produce Tupelo and other honeys, including a prize-winning honey that they call Ocheesee Wildflower, named for the location where the bees gather various nectars that make a dark and not-too-sweet honey. So gather round and taste



The magical music of "Down Under" is performed by Bradley White on didgeridoo, Mershell Sherman on drum and Maurice Smith on percussion at a Southside Senior Day.

how sweet it is!

## HEALTH SCREENINGS

### ■ Blood Pressure Screening

Tue., Wed. & Thur., 10 a.m.-noon. Offered by medical volunteers.

### ■ Glucose Screenings

Wed., 10 a.m.-noon by NHC Homecare and volunteers

### ■ Hearing Screenings

Wed., Jan. 12, Feb. 9 & March 9, 10 a.m.-noon, Audibel

### ■ Pulse Oximetry

Thur., Feb. 3, 10 a.m.-noon, Hopewell/Desloge

### ■ Vision and Glaucoma Screenings

Tue., March 8, 10 a.m.-noon. Offered by Eye Associates

### ■ Reiki

Tue., Jan. 18, Feb. 1 & 15, March 1, 10:30 a.m.-noon. Reiki by

Susie Howell, Reiki Master, and friends

### ■ Massage

Tue., Jan. 25, 10 a.m.-noon. Norma Reesor, LMT

## FITNESS

### ■ Seated NIA Yoga (Neuromuscular Integrative Action)

Tue., 11 a.m.-noon. Taught by Lori Roberts, certified NIA yoga instructor

### ■ Brain-Body-Memory-Balance

Mon., 1:30-2:30 p.m. at TSC. Designed to sharpen cognitive and balance skills. Low impact. Bring water bottle and comfortable clothing.

Tue., 10-11 a.m. at Optimist Park

Wed., 2-3 p.m. at Heritage Oaks. All classes taught by Kathy Gilbert

### ■ Chair Yoga

Tue. & Fri., 11 a.m.-noon. A gentle yoga workout for increased mobility, bladder control, self-esteem and mental focus. Tuesday class taught by certified yoga instructor Bridget Kamke.

### ■ Life Exercise

Tue. and Thur., 9:30-10:30 a.m., by instructor Pomeroy Brinkley. Aerobics, light weights, and stretching.

### ■ Tai Chi

Wed. and Fri., beginners class 10-11 a.m. and continuing class 11 a.m.-noon.

### ■ Zumba Gold

Thur., 5:30-6:30 p.m. \$5 (55+), \$7 others

### ■ Yoga

Mon. and Wed., 5:30-7 p.m., taught by certified yoga instructor Pamela Hunter.

Vigorous practice for adults including poses, relaxation and meditation. Wear comfortable clothes and bring yoga mat (if you have one). \$10 (55+), \$12 others

## PODIATRY

### ■ Podiatrist Screening & Foot Care

Thur., Feb. 10, 1:30 p.m. Health Suite  
Dr. Gary McCoy, podiatrist & foot specialist, cuts toenails and assesses foot problems in the Health Suite. Foot doctor accepts Medicare, Medicaid and secondary insurance, which may cover costs for this service if you have diabetes, vascular disease, neuropathy, renal failure, MS, or are on blood thinner Coumadin. Otherwise, \$25 flat fee applies. No appointment necessary.