



## Outdoor Recreation with Seniors



**Wednesday, January 8, 2025  
10 AM**



Ruth Nickens  
*Health & Wellness  
Coordinator*  
Tallahassee Senior  
Center Foundation

Ruth Nickens is an RN and Health Educator who has been the Tallahassee Senior Center for 20+ years. Her position as Health, Wellness and Fitness coordinator entails developing educational programs, mentoring interns, residents, and allied health students, supervising fitness programs, providing health and resource counseling, and community outreach. She also co-coordinates the FOOT program (outdoor adventures) and CoffeeHouse Concerts at TSC. Some of her notable accomplishments with the Senior Center have been implementing wellness programs for underserved seniors on the Southside, representing senior women on the Commission on the Status of Women and Girls, and writing the award-winning UPSLIDE program grant. She is also TALL 2019 graduate and a certified Happiness Coach. In her other life, she is a hiker, Labradoodle lover, glass artist, concert host, and tackler of challenging projects.

Nickens coordinates outdoor recreation activities and field trips for seniors, ranging from pickleball to kayaking. In this exciting webinar, Ruth will provide valuable insights and tips about ensuring that senior activities are fun and safe for everyone.

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