

# Don't Drive Distracted

The award-winning AARP Smart Driver course will help you avoid common distractions and feel more confident in almost any driving situation. Plus, you could earn a multi-year discount on your auto insurance when you complete it!

Friday, May 10 at 9:00 a.m.



Pages 2-3

May 2019 Event Calendar

Page 4

Check out our program descriptions and decide what you want to attend this month

NICEVILLE

MAY 2019

# primetimers

ENGAGING, ENRICHING & EMPOWERING ADULTS 55 AND OVER

THE MONTHLY NEWSLETTER OF THE NICEVILLE SENIOR CENTER

## Connect, Create, Contribute

Every May, the Administration for Community Living leads our nation's observance of Older Americans Month. The 2019 theme, Connect, Create, Contribute, encourages older adults and their communities to:

Connect with friends, family, and services that support participation.

Create by engaging in activities that promote learning, health, and personal enrichment.

Contribute time, talent, and life experience to benefit others.

I am so proud to be a part of a community that encourages the contributions of older adults! By engaging and supporting all community members, we recognize that older adults play a key role in

the vitality of our neighborhoods, networks, and lives.

At the Senior Center, our members and volunteers connect with one another, create classes and activities to contribute to the wonderful environment that benefits everyone.

Everyone benefits when everyone can participate. We encourage you to connect, create, and contribute for stronger and more diverse communities this May and throughout the year. If you haven't joined the Senior Center, sign up today! We are for those aged 55 and better and if you live in Niceville, it's free. If you are outside the incorporated city limits, there is a small fee (\$80 per individual and \$100 per couple annually). If you are a snowbird or would like to "try out" the Senior Center, you can join on a temporary monthly basis for \$10 per individual and

\$15 per couple. Additionally, if you have a friend in town or you are just visiting for a few days, you can come for the day rate of \$3 per person. As always, your first visit is free and we encourage everyone to come and check us out!

We are open every weekday from 8:30 a.m. - 5:30 p.m. at 201 Campbell Drive across the parking lot from the Niceville Recreation Area and behind the City of Niceville complex and library. The easiest way to enter is from the entrance on Palm Blvd.

Becoming a member is easy. Just stop in the Center and fill out a short registration form. Call us at 279-6436 ext. 1602 for more information. Our friendly staff is here to help you get the most out of your Senior Center.

JULIE MOONEY, MANAGER

10,000+

Number of senior adults in the greater Niceville area.

900+

Niceville Senior Center members

100%

All people 55 and better are welcome at the Senior Center

# NICEVILLE Senior Center

# MAY 2019

Monday - Friday 8:30 a.m. - 5:30 p.m.  
[cityofniceville.org/463/Senior-Center](http://cityofniceville.org/463/Senior-Center)

## MONDAY

### Calendar Key

= DONATION REQUESTED

= CLASS HAS A SET FEE

= CLASS SIZE LIMITED

= RESERVATIONS REQUESTED

## TUESDAY

### Get In Touch!

**Julie Mooney**  
 Senior Center Manager  
 (850) 279-6436 ext. 1601  
[jmooney@niceville.org](mailto:jmooney@niceville.org)

**Marisa Carlin**  
 Senior Center Aide  
 (850) 279-6436 ext. 1602  
[mcarlin@niceville.org](mailto:mcarlin@niceville.org)

**Jo Rivera**  
 Senior Center Aide  
 (850) 279-6436 ext. 1602  
[jrivera@niceville.org](mailto:jrivera@niceville.org)

## WEDNESDAY

9:00 a.m. Veteran's Chat 'n Chew  
 9:30 a.m. Pinochle  
 10:00 a.m. Mah Jong  
 10:00 a.m. Poker 101  
 11:00 a.m. Stretching Exercise Class  
 11:00 a.m. Social Game Time  
 12:45 p.m. Creative Moves Chair Exercise  
 1:00 p.m. Pool League  
 1:00 p.m. Portrait Sketching **R**

## THURSDAY

9:00 a.m. Intermediate iPhone and iPad  
 9:30 a.m. Happy Heart Yoga  
 10:15 a.m. Beginner iPhone and iPad  
 11:00 a.m. Craft Group  
 11:30 a.m. Pathways to Health, Wellness & Resources  
 12:45 p.m. Chair Yoga  
 1:00 p.m. Hand & Foot Cards  
 1:30 p.m. Zumba Gold  
 3:00 p.m. Euchre Card Group  
 4:00 p.m. Tai Chi

## FRIDAY

9:00 a.m. Porcelain Painting  
 9:30 a.m. Meditation  
 10:00 a.m. Canasta and/or Spades  
 10:30 a.m. Rummikub  
**NO BILLIARDS OR TABLE TENNIS 1:30-3:30 P.M.**  
 12:45 p.m. Creative Moves Chair Exercise  
 2:00 p.m. Line Dancing

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 12:45 p.m. Creative Moves Chair Exercise  
 2:00 p.m. Line Dancing

## NO TABLE TENNIS- ALL DAY 6

9:00 a.m. Tai Chi  
 10:00 a.m. Modified Mexican Train Dominoes  
 10:00 a.m. Master Gardener Walk-In Q & A ('til noon)  
 11:00 a.m. Duplicate Bridge Lessons  
 11:30 a.m. Craft Group  
 12:00 p.m. Art Studio Space: Sketching 101  
 12:30 p.m. Duplicate Bridge

## 8

9:00 a.m. Veteran's Chat 'n Chew  
 9:30 a.m. Meditation  
 10:00 a.m. Poker 101  
 10:00 a.m. Pinochle  
 10:00 a.m. Chess Lessons  
 10:00 a.m. Mah Jong  
 10:30 a.m. Long-Term Care Financial Solutions  
 11:00 a.m. Stretching  
 11:00 a.m. Social Game Time  
 11:00 a.m. Food Truck Lunch:  
 12:45 p.m. Spork Creative Moves  
 1:00 p.m. Chair Exercise  
 1:00 p.m. Pool League  
 1:00 p.m. Portrait Sketching **R**

## 9

9:00 a.m. Intermediate iPhone and iPad  
 9:30 a.m. Happy Heart Yoga  
 10:15 a.m. Beginner iPhone and iPad  
 11:00 a.m. Craft Group  
 11:00 a.m. Master Gardener Presentation  
 12:45 p.m. Chair Yoga  
 1:00 p.m. Hand & Foot Cards  
 1:30 p.m. Zumba Gold  
 3:00 p.m. Euchre Card Group  
 4:00 p.m. Tai Chi

## 10

9:00 a.m. AARP Driver Safety Course  
 9:00 a.m. Porcelain Painting  
 9:30 a.m. Meditation  
 10:00 a.m. Canasta and/or Spades  
 10:30 a.m. Rummikub  
**NO BILLIARDS OR TABLE TENNIS 1:30-3:30 P.M.**  
 12:45 p.m. Creative Moves  
 2:00 p.m. Chair Exercise  
 Line Dancing

## NO TABLE TENNIS- ALL DAY 13

9:00 a.m. Tai Chi  
 10:00 a.m. Modified Mexican Train Dominoes  
**NO BILLIARDS - 10:30-4:30 P.M.**  
 10:00 a.m. Master Gardener Walk-In Q & A ('til noon)  
 11:00 a.m. Duplicate Bridge Lessons  
 11:30 a.m. Craft Group  
 12:00 p.m. Art Studio Space: Sketching 101

## 15

**NO BILLIARDS OR TABLE TENNIS 8:30-3:30 P.M.**  
 9:00 a.m. Veteran's Chat 'n Chew  
 9:30 a.m. Meditation  
 11:00 a.m. Stretching Exercise Class  
 11:00 a.m. Social Game Time  
**VICTORIAN TEA 11:00 A.M.**  
 12:45 p.m. Creative Moves

## 16

9:00 a.m. Intermediate iPhone and iPad  
 9:30 a.m. Happy Heart Yoga  
 10:15 a.m. Beginner iPhone and iPad  
 11:00 a.m. Craft Group  
 12:00 p.m. Doctor Discussions: Urologist  
 12:45 p.m. Chair Yoga  
 1:00 p.m. Hand & Foot Cards  
 1:30 p.m. Zumba Gold  
 3:00 p.m. Euchre Card Group  
 4:00 p.m. Tai Chi **CANCELLED**

## 17

9:00 a.m. Porcelain Painting  
 9:30 a.m. Meditation  
 10:00 a.m. Canasta and/or Spades  
 10:30 a.m. Knitting Class  
 10:30 a.m. Rummikub  
**NO BILLIARDS OR TABLE TENNIS 1:30-3:30 P.M.**  
 12:45 p.m. Creative Moves  
 2:00 p.m. Chair Exercise  
 Line Dancing

**NO TABLE TENNIS- ALL DAY** **20**  
 9:00 a.m. Tai Chi  
 10:00 a.m. Modified Mexican Train Dominoes  
**NO BILLIARDS - 10:30-4:30 P.M.**  
 10:00 a.m. Master Gardener Walk-In Q & A  
 10:00 a.m. Crochet Class  
 11:00 a.m. Duplicate  
 11:15 a.m. Bridge Lessons Flute & Violin  
 Patriotic Music  
 11:30 a.m. Craft Group  
 12:00 p.m. Facebook Class  
 12:00 p.m. Art Studio Space: Sketching 101  
 12:30 p.m. Duplicate Bridge

**27**  
**THE SENIOR CENTER IS CLOSED FOR MEMORIAL DAY**

9:00 a.m. Mac Computer Class  
 9:30 a.m. Happy Heart Yoga  
 9:30 a.m. Party Bridge  
 10:00 a.m. Round Table  
 10:45 a.m. Discussion Group  
 12:00 p.m. Zumba Gold  
 12:00 p.m. Volunteer Roundtable Meeting  
 12:45 p.m. Chair Yoga  
 1:30 p.m. Senior Scams  
 2:45 p.m. Managing Grief & Loss

**28**  
 9:00 a.m. Mac Computer Class  
 9:30 a.m. Happy Heart Yoga  
 9:30 a.m. Party Bridge  
 10:00 a.m. Round Table  
 10:45 a.m. Discussion Group  
 12:45 p.m. Zumba Gold  
 1:00 p.m. Chair Yoga  
 Marking Niceville's History  
 2:45 p.m. Managing Grief & Loss

**22**  
 9:00 a.m. Veteran's Chat 'n Chew  
 9:30 a.m. Meditation  
 10:00 a.m. Chess Lessons  
 10:00 a.m. Pinochle  
 10:00 a.m. Poker 101  
 10:00 a.m. SHINE:  
 Medicare Fraud  
 10:00 a.m. Mah Jong  
 11:00 a.m. Stretching  
 Exercise Class  
 11:00 a.m. Social Game Time  
 12:45 p.m. Creative Moves  
 1:00 p.m. Chair Exercise  
 1:00 p.m. Pool League  
 1:00 p.m. Portrait Sketching  
 3:30 p.m. Long-Term Care  
 Financial Solutions

**29**  
 9:00 a.m. Veteran's Chat 'n Chew  
 9:30 a.m. Meditation  
 10:00 a.m. Chess Lessons  
 10:00 a.m. Pinochle  
 10:00 a.m. Poker 101  
 10:00 a.m. Mah Jong  
 11:00 a.m. Stretching  
 Exercise Class  
 11:00 a.m. Social Game Time  
 12:45 p.m. Creative Moves  
 1:00 p.m. Chair Exercise  
 1:00 p.m. Pool League  
 1:00 p.m. Portrait Sketching

9:00 a.m. Intermediate iPhone and iPad  
 9:30 a.m. Happy Heart Yoga  
 10:15 a.m. Beginner iPhone and iPad  
 11:00 a.m. Craft Group  
 11:30 a.m. Fighting Fraud  
 12:45 p.m. Chair Yoga  
 1:00 p.m. Hand & Foot Cards  
 1:30 p.m. Zumba Gold  
 2:45 p.m. Charm Chat:  
 Fall Reduction Plan  
 3:00 p.m. Euchre Card Group  
 4:00 p.m. Tai Chi

9:00 a.m. Intermediate iPhone and iPad  
 9:30 a.m. Happy Heart Yoga  
 10:15 a.m. Beginner iPhone and iPad  
 11:00 a.m. Craft Group  
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 10:00 a.m. Canasta  
 10:30 a.m. Rummikub  
 12:45 p.m. Creative Moves  
 Chair Exercise  
**NO BILLIARDS OR TABLE TENNIS**  
 1:30-3:30 P.M.  
 2:00 p.m. Line Dancing

**31**  
**PAJAMA DAY!**  
 9:00 a.m. Porcelain Painting  
 9:30 a.m. Meditation  
 10:00 a.m. Canasta  
 10:30 a.m. Rummikub  
 12:45 p.m. Creative Moves  
 Chair Exercise  
 2:00 p.m. Line Dancing

## Program Descriptions

(continued on back page)

### AARP DRIVER SAFETY COURSE

AARP Smart Driver is the nation's first and largest driver safety course designed especially for drivers age 50+.  
**\$15 for AARP members and \$20 for non-members**  
**AROMA TOUCH HAND**

Aroma Touch Hand is a simple 5-minute technique that can be catered to each individual's need. Essential oils are applied to the hand along with circulation movements to promote relaxation and wellness.

### ART STUDIO SPACE: SKETCHING 101

Draw and shade basic three-dimensional shapes in a studio setting for novice and accomplished artists.

### CANASTA AND/OR SPADES

Beginners or experienced. No reservation required.

### CHAIR YOGA

Improve posture, range of motion, and core strength through seated and standing movements.

Maintain joint mobility, increase balance and stability, and release stress. Come breathe and move with us!

### CHARM CHAT: FALL REDUCTION PLAN

Collect your charm and enjoy a smoothie while listening to a quick chat about how to decrease your chance for a fall.

### CHESS LESSONS FOR BEGINNERS

Join this limited sign up class during the month of May for one-on-one hour-long chess lessons. Each day this class is offered, there will be 2 sessions available.

### CRAFT GROUP

All craft levels invited. Bring your own craft and socialize. Tables available for those who need the space.

### CREATIVE MOVES

Creative Moves develops strong brains and bodies through joyful and meaningful movement. Please wear comfortable clothing and shoes.

### CROCHET CLASS

Intro to crochet class for the novice or more skilled yarn crafter. All supplies provided. Limited to 10 people. Check sign-up sheets for availability.

### DUPLICATE BRIDGE

Learn how to play Duplicate Bridge at no cost; and for a small fee, stay on for playtime.

**\$5 for members/\$7 for non-members. Contact newman@cox.net to reserve a spot.**

### EUCHRE CARD GROUP

New and experienced players welcome.

### FIGHTING FRAUD - BANCORP SOUTH

Even if you have never been subjected to an investment fraudster's sales pitch, you probably know someone who has. Following the legendary Willie Sutton principle, fraudsters tend to go "where the money is" — and that means targeting Americans who are nearing or already in retirement. Ron Moliterno of Bancorp South will help you learn how to recognize fraud and how to protect yourself.

# Program Descriptions (continued)

## **FOOD TRUCK LUNCH: SPORK**

Join us for lunch from our food truck of the month from 11:00 a.m. - 2:00 p.m.!

## **HAPPY HEART YOGA**

Hatha Yoga class improves strength, flexibility and postural balance, and is 'gentle on the joints.' **\$3 donation requested.**

## **IPHONE AND IPAD TUTORIAL**

Learn how to navigate your iPhone and iPad and optimize your devices while learning online safety features.

## **KNITTING CLASS**

Intro to knitting class is the perfect way to learn how to knit or brush up on your skills in a fun environment. All supplies will be provided. Limited to 6 people. Check for availability.

## **LINE DANCING**

Fun, exciting way to dance your way to good health. 2:00 - 3:00 p.m. for everyone and 3:00 - 3:30 p.m. for intermediate dancers. Kick-start your weekend!

## **LONG TERM CARE**

This in-depth seminar will look at what is Long Term Care and why it is so important to have a plan and will address the different types of LTC, what is covered by Medicare and Medicaid as well as what are private LTC options.

## **MAC COMPUTER CLASS**

Learn the basics of the Mac OS Mojave operating system. Bring your Mac laptop if you have one.

## **MAH JONG**

This ancient game, filled with beautiful tiles, is so much fun to play. New and experienced players welcome.

## **MANAGING GRIEF & LOSS**

A support group to help with the healing process and develop coping skills after the loss of a loved one. Andrea Kroha holds a Master's Degree in Clinical Psychology and has many years of experience. This will be an 8-week session with the flexibility to extend as needed.

## **MARKING NICEVILLE HISTORY—THE CIVILIAN CONSERVATION CORPS (CCC)**

Do you know that Niceville had one of the first CCC camps in the nation, the first camp in the state of Florida and the only camp in Okaloosa County? Join us as Elisa Mitchiner shares camp history and plans to honor the men of Company 1402

Forest-3 and Company 1413 Army-1 for their contributions to our local and military history during the years of The Great Depression, and to ensure their legacy for future generations.

## **MASTER GARDENER PRESENTATION - POLLINATOR'S PARADISE**

Dave Gordon, current president of the Okaloosa County Master Gardeners, will present a program, Pollinator's Paradise, with plant suggestions and ideas for multiplying the pollinator plants in your landscape

## **MASTER GARDENER WALK-IN Q & A**

Okaloosa County Master Gardeners, trained by University of Florida and Extension staff, are available to answer your gardening questions and offer research-based recommendations. Soil testing is also available free of charge.

## **MEDITATION**

Would you like to create more space in your life? As little as 20 minutes a day can expand your states of consciousness, improve your focus, improve your health, be happier, improve relationships, and create more space in your life. Notepad for journaling recommended.

## **MEXICAN TRAIN DOMINOES**

Join us for a laid-back, easy introduction to dominoes.

## **PAJAMA DAY!**

Wear your PJs all day at the Senior Center!

## **PARTY BRIDGE**

Beginners and experienced players are invited to make new friends while enjoying a friendly game of bridge. Call Bill Readdy at 897-3322 to reserve a spot.

## **PINOCHLE**

New and experienced players welcome.

## **POKER 101**

Learn how to play poker and play hands to sharpen your skills. This is a fun group where members can practice this card game with chips and no stakes.

## **POOL LEAGUE**

Laid back group of individuals playing pool and socializing. Time set aside for pool players.

## **PORTRAIT SKETCHING**

This class teaches how to draw portraits. It is led by talented professional portrait

artist, Jimmy Tompkins.

## **ROUND TABLE DISCUSSION GROUP**

Informal discussion group addressing economic, political, and sociological issues throughout the world.

## **RUMMIKUB**

New and experienced players welcome.

## **SENIOR SCAMS**

This program will cover current scams being perpetrated against seniors in Florida and across the country. We will provide some simple steps you can take to avoid becoming a victim of a scam and cover steps you can take before signing a contract in order to lower the possibility of being defrauded.

## **SHINE MEDICARE COUNSELLING**

The SHINE (Serving Health Insurance Needs of Elders) Program provides Medicare and health insurance counseling and information from an unbiased source. SHINE's services are available to Medicare beneficiaries, their families, and caregivers.

## **SOCIAL GAME TIME**

Learn various games in a fun environment with a volunteer member who enjoys teaching and visiting with others.

## **STRETCHING EXERCISE CLASS**

Total body stretch takes you through simple, relaxing moves to stretch the hamstrings, quads, calves, back, chest and arms. Flexibility is important for staying fit, agile and functional.

**\$3 donation requested.**

## **TALK WITH A DOC: CHRONIC HEPATITIS C, A SILENT INFECTION**

These talks will be educational in nature and about 30 minutes long with plenty of time for questions. Refreshments will be provided.

## **TAI CHI**

Learn techniques to flow with and react to the changes and confrontations of life.

**\$3 donation requested. Please note:**

**Punch cards not accepted at Monday class.**

## **VETERAN'S CHAT 'N CHEW**

"A booth in a diner is the world's smallest neighborhood." This great quote from Denny's incorporates what we're all about. We bring the chew; you bring the chat.

## **ZUMBA GOLD**

Zumba Gold is a dance/fitness class that is designed to be a low impact class with routines that are easy to follow.