**Program Descriptions (continued)**

**FLEX-ABILITY**
Encourage flexibility and range of motion through a series of mat exercises and yoga poses. This class will incorporate restorative breathing techniques to promote stress reduction & increase mental clarity.

**FRIENDS GIVING POTLUCK**
Bring a dish to share and enjoy friends, fellowship and lunch at the Senior Center. Sign up in the cafe.

**EUCHE CARDS**
New and experienced players welcome.

**FALL PUMPKIN CRAFT**
Make and take a pumpkin craft to add smiles to your festive decorations. Sample pumpkin displayed in the Social Room. Reserve your seat as class size is limited to 10.

**FINANCIAL EXPLOITATION**
Recognize and reduce the risk of senior financial exploitation. Learn how you can guard yourself against identity theft and form a financial plan for the unexpected.

**FOOD TRUCK LUNCH: SPORK**
Taste from Denny's incorporates what we're all about. We bring the chew; you bring the outdoor grill leading.

**FALL PUMPKIN CRAFT**
Sample pumpkin displayed in the Social Room. Reserve your seat as class size is limited to 10.

**HEALTHY CHOICES**
Informative presentation on making healthy food choices. Learn how to read nutrition labels along with tips on portion control and serving sizes.

**INTERACTIVE GAMES: KEEP YOUR SHARP**
Join us for this interactive educational class with prizes and snacks. Have fun and exercise your brain at the same time!

**IPHONE AND IPAD TUTORIAL**
Learn how to navigate your iPhone and iPad and optimize your devices while learning online safety features. This class is broken into two parts each week - beginner and intermediate.

**KNITTING CLASS**
Intro to knitting class is the perfect way to learn how to knit. We'll introduce you to your skills in a fun environment. All supplies will be provided and you are limited to 6 people.

**LINE DANCING**
Fun, exciting way to dance your way to good health. 11:00 a.m. - 12:00 p.m. for everyone. 10:30 a.m. for intermediate dancers. Kick-start your weekend!

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

**MANAGING GRIEF & LOSS**
Support group to help 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.

**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**
Create more space in your life as in all, staying 20 minutes a day - expand your states of consciousness, improve your focus and health, be happy, and improve relationships. Notepad recommended.

**MEDITATION ART**
Focus on the safe place inside yourself and then express how you feel by drawing and painting our emotions in acrylic colors. Class led by a professional published artist with an amazing story. No art experience necessary. $5 donation to instructor requested.

**MEXICAN TRAIN DOMINOES**
Join us for a laid-back, easy introduction to dominoes.

**MILKSHAKES**
Join us on Tuesday afternoons for a cool treat from 2:00 - 2:30 p.m.

**NATURAL HEALING**
With ESSENTIAL OILS
Join Kathy Moyer of Doterra as she leads us through safe and effective natural healing with essential oils. The topic for this month is Essential Oils and the Body.

**PARTY BRIDGE**
Beginner and experienced players are invited to make new friends while enjoying a friendly game of bridge. Call Bill Readley at 897-3322 to reserve a spot.

**POOL LEAGUE**
Open group of individuals playing pool and socializing. Time set aside for dominoes.

**PAINTING**
Discover the techniques involved in making delicate traditional English tea service accessible and affordable. Take home your new treasure to display.

**PORTRAIT SKETCHING TIME**
This is a sketching time with a model. It is led by talented portrait artist, Kathleen LoGalbo. Some instruction is available; however, this is not a teaching class. $2 donation suggested for model. Punch card not accepted.

**ROUND TABLE DISCUSSION GROUP**
Informal discussion group addressing economic, political, and sociological issues from around the world.

**RUMMIKUB**
New and experienced players welcome. Individual games in the cafe happen throughout the week.

**SEATED ZUMBA GOLD CHAIR CLASS**
This high-energy, full-body class is for anyone who wants to exercise sitting down in a chair, on a wheelchair, or on a stability ball. Designed for people with limited mobility and people with balance issues. $3 donation requested.

**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.

**SUDOKU**
Learn what Sudoku is about and how to complete “easy level” puzzles. This fun session is open to all levels of experience.

**TABLE TENNIS LESSONS**
Group lessons with an International Olympic Committee trained coach with over 30 years of experience.

**MANAGING GRIEF & LOSS**
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Celebrate wellness with us and learn how to create a healthier lifestyle by attending the Niceville Senior Center Health Fair on Friday, November 8 from 9:00 a.m. - 2:00 p.m. The free health fair will feature educational seminars on healthy cooking and health screenings, as well as local vendors. Participants can learn about prevention and treatment of common chronic illnesses, such as diabetes, cardiovascular disease, balance disorders, cancer and much more. Local health vendors will also be available for consultation.

Sponsored by the City of Niceville Senior Center, the goal of the Health Fair is to educate seniors on how they can stay healthy, active and enhance their quality of life,” as well as offer information for professionals who work with seniors.

Free health screenings for various health conditions like high blood pressure will be offered and attendees can meet with local medical providers, enjoy light refreshments and enter to win prizes.

Dan Petitti of OneTwenty Bistro will be at our outdoor grill leading seminars on healthy cooking and Twin Cities Hospital will be doing screenings.

We hope that you can join us for what promises to be great day!
Get In Touch!
Julie Mooney
Senior Center Manager
(850) 279-6436 ext. 1601
jmooney@niceville.org
Jo Rivera
Senior Center Aide
(850) 279-6436 ext. 1602
jrivera@niceville.org
Kristin Howell
Senior Center Aide
(850) 279-6436 ext. 1602
khowell@niceville.org

NICEVILLE
Monday - Friday   8:30 a.m. - 5:30 p.m.

Get In Touch!
8:30 a.m. - 12:30 P.M.
Our exercise room
9:00 a.m. Canasta  9:00 a.m. Porcelain Pain
10:00 a.m. Mexican Train Dominoes
11:00 a.m. Social Game Time 11:00 a.m. Stretching Exercise Class
12:45 p.m. Chair Exercise 12:45 p.m. Portraits Sketching

1:00 p.m. Sudoku

Our exercise room is open every day from 8:30 a.m. - 5:30 p.m. Come in and get a head start on keeping those holiday pounds at bay!

Mon avable All Day

Tuesday

W enesday

Thursday

Friday

NO BILLIARDS OR TABLE TENNIS

NO BILLIARDS OR TABLE TENNIS

No Lunch served on

Health Fair

Senior Center is closed in

Veterans Day

Senior Center Health Fair

9:00 a.m. - 3:00 p.m.
All scheduled programs are cancelled.

Program Descriptions

(continued on back page)

AGING GRACELY
Le arn about benefits and resources available to seniors, math and facts about hospice, discussions on aging gracfully and independently as long as possible! SAFEly! Light refreshments will be provided.

BIRTHDAY CELEBRATIONS
Join us on the first Thursday of each month as we celebrate those who have birthdays with cake and ice cream.

BLOOD PRESSURE CHECKS
Walk-in screening held in the workbook.

CANASTA
Beginner level or experienced. No reservation required.

CHAIR YOGA
Improve posture, range of motion, and core strength.

Maintain joint mobility, increase balance and stability, and release stress. Come breathe and move with us! No dogs allowed, including service dog. $3 donation requested.

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.

DANCE FOR PARKINSON'S
Adapted dance for people with Parkinson's disease. Utilizing modern, ballet, tap, folk, & social dancing, we will engage and improve participants' minds and bodies to create enjoyable movement and artistic expression. Seated to standing class. Wear comfortable clothing and shoes.

EARLY RISE EXERCISE!
Come ready to sweat and prepare to leave empowered and feeling strong. Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance. The framework of the class introduces easy-to-follow choreography that focuses on balance, range of motion and coordination. Perfect for all levels of fitness. Light weights optional; please bring your own weights. $3 donation requested.

EXCEL FOR BEGINNERS
Come and learn the basics of creating Excel spreadsheets led by John O'Neil, former IT professional.

FACEBOOK CLASS
Learn the ins and outs of Facebook with local adverising executive Shantell Dedikec.