

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.

FRIENDSGIVING POTLUCK

Bring a dish to share and enjoy friends, fellowship and lunch at the Senior Center. Sign up in the café.

EUCHRE CARD GROUP

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

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

HAND AND FOOT CARD GAME

New and experienced players welcome.

HAPPY HEART YOGA

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

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 SENSES 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 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. 11:00 a.m. - 12:00 p.m. for everyone and 12:00 - 12:30 p.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

Okalooosa 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 in as little as 20 minutes a day - expand your states of consciousness, improve your focus and health, be happier, 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 Brain.

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.

POOL LEAGUE

Laid back group of individuals playing pool and socializing. Time set aside for pool players. Contact Bob Black at 917-415-9091 to be a part of the league.

PORCELAIN PAINTING

Discover the techniques involved in making delicate traditional English tea service accessories. Take home your new treasure to display.

PORTRAIT SKETCHING TIME

This class is 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 throughout the world.

RUMMIKUB

New and experienced players welcome. Impromptu games in the café happen throughout the week.

SEATED ZUMBA GOLD CHAIR CLASS

This high-energy, fun fitness class is for anyone who wants to exercise sitting down - in a chair, in 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.

\$3 donation requested.

SUDUKO

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 to benefit beginners and experienced players who are looking to improve. Table tennis is one of the lowest injury causing sports.

TALK WITH A DOC

Join Dr. Michael Weisbruch, Internal Medicine as he discusses topics related to adult vaccines. These educational talks are about 30 minutes long with plenty of time for questions. Refreshments will be provided.

TAI CHI (THURSDAYS)

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

TAOIST TAI CHI (MONDAYS)

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

\$3 donation requested. Punch cards not accepted.

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.

VOLUNTEER MEETING

All volunteers are encouraged to attend this monthly meeting. If you are interested in becoming a volunteer, please pick up a volunteer form at the desk.

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. **\$3 donation requested.**

Table Tennis Lessons -

Live a longer & healthier life by playing table tennis. Sign up for group lessons with an International Olympic Committee trained coach with over 30 years experience. For beginning and experienced players who are looking to improve.

TUESDAYS AT 3:00 P.M.



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November 2019
Event Calendar

Page 4

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

NICEVILLE primetimers

ENGAGING, ENRICHING & EMPOWERING ADULTS 55 AND OVER

THE MONTHLY NEWSLETTER OF THE NICEVILLE SENIOR CENTER

Senior Center Health Fair Promises to be Great Time

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 opportunities 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 Pettis 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!

Julie Mooney

JULIE MOONEY, MANAGER

Join the Senior Center

Senior Center Membership:

For anyone aged 55 and better!

Annual Membership Fees:

Niceville City Residents: Free
Others: \$80 per individual OR \$100 per household

Monthly Membership Fees:

\$10 per individual OR \$15 per household.

Day Rate: \$3 per person

Hours: 8:30 a.m. - 5:30 p.m. M-F

Location: 201 Campbell Drive across the parking lot from the Niceville Recreation Area and behind the City of Niceville complex and library.

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.

NICEVILLE Senior Center

NOVEMBER 2019
 Monday - Friday 8:30 a.m. - 5:30 p.m.
cityofniceville.org/463/Senior-Center

MONDAY

Get In Touch!

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 Senior Center Manager
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 Jo Rivera
 Senior Center Aide
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TUESDAY

Calendar Key

- DONATION REQUESTED
- CLASS HAS A SET FEE
- CLASS SIZE LIMITED
- RESERVATIONS REQUESTED

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BILLIARDS & OPEN TABLE TENNIS AVAILABLE ALL DAY

8:45 a.m. Early Rise Exercise
 9:00 a.m. Taoist Tai Chi
 10:00 a.m. Master Gardener Walk-In Q & A (til noon)
 10:00 a.m. Mexican Train
 11:30 a.m. Dominoes
 12:45 p.m. Seated Zumba
 1:00 p.m. Canasta
 1:00 p.m. Dance for Parkinsons

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NO OPEN TABLE TENNIS PLAY ALL DAY

9:00 a.m. Happy Heart Yoga
 9:30 a.m. Party Bridge
 10:00 a.m. Round Table
 10:45 a.m. Zumba Gold
 11:00 a.m. Healthy Choices
NO BILLIARDS 12:30-2:00 P.M.
 12:45 p.m. Chair Yoga
 2:00 p.m. Milkshakes
 2:45 p.m. Managing Grief & Loss
 3:00 p.m. Table Tennis Lessons

My City Celebration 5:00 p.m.

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The Senior Center is closed in honor of Veterans Day

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BILLIARDS & OPEN TABLE TENNIS AVAILABLE ALL DAY

8:45 a.m. Early Rise Exercise
 9:00 a.m. Taoist Tai Chi
 10:00 a.m. Crochet Class
 10:00 a.m. Master Gardener Walk-In Q & A
 10:00 a.m. Mexican Train
 11:30 a.m. Dominoes
 12:45 p.m. Seated Zumba
 1:00 p.m. Canasta
 1:00 p.m. Dance for Parkinsons

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NO OPEN TABLE TENNIS PLAY ALL DAY

9:00 a.m. Happy Heart Yoga
 9:30 a.m. Party Bridge
 10:00 a.m. Round Table
 10:45 a.m. Zumba Gold
NO BILLIARDS 12:30-2:00 P.M.
 12:00 p.m. Natural Healing with Essential Oils
 12:30 p.m. Volunteer Meeting
 12:45 p.m. Chair Yoga
 1:00 p.m. Interactive Games
 2:00 p.m. Milkshakes
 2:45 p.m. Managing Grief
 3:00 p.m. Table Tennis Lessons

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BILLIARDS & OPEN TABLE TENNIS AVAILABLE ALL DAY

8:45 a.m. Early Rise Exercise
 9:00 a.m. Taoist Tai Chi
 10:00 a.m. Crochet Class
 10:00 a.m. Master Gardener Walk-In Q & A
 10:00 a.m. Mexican Train
 11:30 a.m. Dominoes
 12:00 p.m. Facebook Class
 12:45 p.m. Seated Zumba
 1:00 p.m. Canasta
 1:00 p.m. Dance for Parkinsons

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NO OPEN TABLE TENNIS PLAY ALL DAY

9:00 a.m. Happy Heart Yoga
 9:30 a.m. Party Bridge
 10:00 a.m. Round Table
 10:45 a.m. Zumba Gold
NO BILLIARDS 12:30-2:00 P.M.
 12:45 p.m. Chair Yoga
 2:00 p.m. Milkshakes
 2:45 p.m. Managing Grief & Loss
 3:00 p.m. Table Tennis Lessons

WEDNESDAY

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!

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9:00 a.m. Excel for Beginners
 9:00 a.m. Veteran's Chat 'n Chew
 9:30 a.m. Meditation
 10:45 a.m. Meditation Art
 11:00 a.m. Social Game Time
 11:00 a.m. Stretching Exercise Class
 12:45 p.m. Creative Moves
 Chair Exercise
 1:00 p.m. Pool League
 1:00 p.m. Portrait Sketching

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9:00 a.m. Happy Heart Yoga
 9:00 a.m. Mac Computer
 10:15 a.m. iPhone and iPad
 10:30 a.m. Blood Pressure Check
 11:30 a.m. Craft Group
NO BILLIARDS OR TABLE TENNIS 12:30-2:00 P.M.
 12:45 p.m. Chair Yoga
 1:00 p.m. Hand and Foot Cards
 1:30 p.m. Zumba Gold
 2:00 p.m. Birthday Celebration

Early Closing 3:00 p.m.

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9:00 a.m. Excel for Beginners
 9:00 a.m. Veteran's Chat 'n Chew
 9:30 a.m. Meditation

Food Truck Lunch 11:00 a.m. - 2:00 p.m. Spork

11:00 a.m. Aging Gracefully
 11:00 a.m. Social Game Time
 11:00 a.m. Stretching Exercise Class
 12:45 p.m. Creative Moves
 Chair Exercise
 1:00 p.m. Pool League
 1:00 p.m. Portrait Sketching

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9:00 a.m. Excel for Beginners
 9:00 a.m. Veteran's Chat 'n Chew
 9:30 a.m. Meditation
 11:00 a.m. Social Game Time
 11:00 a.m. Stretching Exercise Class
Friendsgiving Pofluck 11:30 a.m. - 1:00 p.m.
 12:45 p.m. Creative Moves
 Chair Exercise
 1:00 p.m. Pool League
 1:00 p.m. Portrait Sketching

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9:00 a.m. Excel for Beginners
 9:00 a.m. Veteran's Chat 'n Chew
 9:30 a.m. Meditation
 11:00 a.m. Social Game Time
 11:00 a.m. Stretching Exercise Class
CANCELLED
 12:45 p.m. Creative Moves
 Chair Exercise
 1:00 p.m. Pool League
 1:00 p.m. Portrait Sketching

THURSDAY

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!

6

9:00 a.m. Happy Heart Yoga
 9:00 a.m. Mac Computer
 10:15 a.m. iPhone and iPad
 10:30 a.m. Blood Pressure Check
 11:30 a.m. Craft Group
NO BILLIARDS OR TABLE TENNIS 12:30-2:00 P.M.
 12:45 p.m. Chair Yoga
 1:00 p.m. Hand and Foot Cards
 1:30 p.m. Zumba Gold
 2:00 p.m. Birthday Celebration

Early Closing 3:00 p.m.

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9:00 a.m. Happy Heart Yoga
 9:00 a.m. Mac Computer
 10:15 a.m. iPhone and iPad
 11:30 a.m. Craft Group
NO BILLIARDS OR TABLE TENNIS 12:30-2:00 P.M.
 11:30 a.m. Financial Exploitation
 12:45 p.m. Chair Yoga
 1:00 p.m. Hand and Foot Cards
 1:30 p.m. Zumba Gold
 3:00 p.m. Euchre Card Group
 4:00 p.m. Tai Chi

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9:00 a.m. Happy Heart Yoga
 9:00 a.m. Mac Computer
 10:15 a.m. iPhone and iPad
 10:30 a.m. Blood Pressure Check
 11:30 a.m. Craft Group
NO BILLIARDS OR TABLE TENNIS 12:30-2:00 P.M.
 12:45 p.m. Chair Yoga
 1:00 p.m. Hand and Foot Cards
 1:30 p.m. Zumba Gold
 3:00 p.m. Euchre Card Group
 4:00 p.m. Tai Chi

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Happy Thanksgiving!

The Senior Center is closed on Thursday & Friday. We hope you enjoy this time with family and friends.

FRIDAY

NO BILLIARDS OR TABLE TENNIS 8:30 - 9:45 A.M. & 11:00A.M.-12:30P.M.

8:45 a.m. Early Rise Exercise
 8:45 a.m. Flex-Ability
 9:00 a.m. Canasta
 9:00 a.m. Porcelain Painting
 9:30 a.m. Meditation
 10:00 a.m. Mexican Train
 10:30 a.m. Dominoes
 11:00 a.m. Rummikub
 11:00 a.m. Line Dancing
 12:45 p.m. Creative Moves
 Chair Exercise
 1:00 p.m. Sudoku

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Senior Center Health Fair 9:00 a.m. - 3:00 p.m.

All scheduled programs are cancelled.

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NO BILLIARDS OR TABLE TENNIS 8:30 - 9:45 A.M. & 11:00A.M.-12:30 P.M.
 8:45 a.m. Early Rise Exercise
 8:45 a.m. Flex-Ability
 9:00 a.m. Canasta
 9:00 a.m. Porcelain Painting
 9:30 a.m. Meditation
 10:00 a.m. Knitting Class
 10:00 a.m. Mexican Train
 10:00 a.m. Dominoes
 10:30 a.m. Rummikub
 11:00 a.m. Line Dancing
 12:45 p.m. Creative Moves
 Chair Exercise
 1:00 p.m. Sudoku

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NO BILLIARDS OR TABLE TENNIS 8:30 - 9:45 A.M. & 11:00A.M.-12:30P.M.
 8:45 a.m. Early Rise Exercise
 8:45 a.m. Flex-Ability
 9:00 a.m. Canasta
 9:00 a.m. Porcelain Painting
 9:30 a.m. Meditation
 10:00 a.m. Knitting Class
 10:00 a.m. Mexican Train
 10:00 a.m. Dominoes
 10:30 a.m. Rummikub
 11:00 a.m. Line Dancing
 12:45 p.m. Creative Moves
 Chair Exercise
 1:00 p.m. Sudoku

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Program Descriptions (continued on back page)

AGING GRACEFULLY

Learn about benefits and resources available to seniors, myths and facts about hospice, discussions on aging gracefully and independently for 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 workout room.

CANASTA

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!

No dogs allowed, including service dogs. \$3 donation requested.

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.

DANCE FOR PARKINSON'S

Adaptive dance for people with Parkinson's disease Utilizing modern, ballet, tap, folk, & social dancing, we

engage participants' minds and bodies to create enjoyable movement and artistic exploration. 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 design 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 spreadsheet led by John O'Neil, former IT professional.

FACEBOOK CLASS

Learn the ins and outs of Facebook with local advertising executive Shantell Dedicke.