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.

**FACEBOOK CLASS**
Learn the ins and outs of Facebook with local executive Shantell Deddiec.

**FAMILY HISTORY SEMINAR**
Discover more about your relatives and preserve your knowledge of them. You might even find new relatives that have been lost to time. Our Latter Day Saints missionaries will have one-on-one training to help you uncover your family history.

**FLEXIBILITY**
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.

**FOOD TRUCK LUNCH: STANLEY’S STREET TREATS**
Join us 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. 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.

**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 and advanced. Register by noon the day of.

**MAC COMPUTER CLASS**
Learn the basics of the Mac OS Mojave operating system. Bring your Mac laptop or tablet.

**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 horticultural information. Soil testing is also available free of charge.

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

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

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

**NATURAL HEALING**
With essential oils

**PATHWAYS TO HEALTH, WELLNESS & RESOURCES**
These educational talks are about 30 minutes long with plenty of time for questions. Refreshments will be provided.

**PICKLEBALL LESSONS**
Have you heard about pickleball? It’s the fastest growing sport for seniors and you can learn how to play at the Senior Center on our brand new courts. We have all the equipment you need, so come on out and try it out!

**POOL LEAGUE**
League of individuals playing pool and socializing. Time set aside for pool players. Contact Bob Black at 919-415-8901 to be a part of the league.

**PORCELAIN PAINTING**
Discover the techniques involved in making delicate traditional English tea service accoutrements. Take home your new treasures to display.

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

**ROCKY BAYOU CHRISTIAN SCHOOL INFORMAL VOLUNTEER PRESENCE**
Rocky Bayou is looking for a few good volunteers to help out for small amounts of time each week. Find out what is needed to give back to the next generation.

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

**RUMMIKUB**
New and experienced players welcome.

**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.

**SUPERIOR RESIDENCE LUNCH**
The wonderful ladies at Superior are at it again. They are planning a wonderful lunch for all who would like to come. Social Game Time!

**TALK WITH A DOC**
Refreshments will be provided. These educational talks are about 30 minutes long with plenty of time for questions.

**TEA TALKS**
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.

**TENNIS LESSONS**
Open to members of the local Olympic Committee trained coach with over 30 years of experience, to workshop players and people who are looking to improve. Tennis is one of the lowest injury causing sports.

**TROTSKI TAI CHI (MONDAYS)**
Learn to focus with and react to the changes and confrontations of life.

**WINDON 10 BASICS & BEYOND**
Learn how to use the latest Microsoft operating system. Reservations are required and class is limited to 12 members.

**ZUMBA GOLD**
A dance/fitness class that is designed to help those impact classes with routines that are easy to follow. $3 donation requested.
### Monday

**Calendar Key**
- **DONATION REQUESTED**
- **CLASS HAS A SET FEE**
- **CLASS SIZE LIMITED**
- **RESERVATIONS REQUESTED**

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### Program Descriptions (continued on back page)

**ALZHEIMER’S & DEMEN TIA UNDERSTANDING**
Alzheimer’s is not normal aging. It’s a disease of the brain resulting in problems with memory, thinking, and behavior. Learn about the impact of Alzheimer’s, the difference between Alzheimer’s disease and normal aging, the disease stages and risk factors, and current research and treatments available to address some symptoms. Reservations required.

**BEGINNERS BASIC PHONE & IPAD**
This class is for beginners or those who need a little more time learning the basics of your iPhone and iPad. It will run for 6 weeks on Tuesday.

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

**BLOOD PRESSURE**
Walk-in screening held in the workroom.

**CROCHET CLASS**
Learn to create a scarf with the novice or more skilled yarn crafter. All supplies provided. Limited to 10 people.

**DANCE FOR PARKINSON’S**
Utilize modern ballet, tap, folk, & social dancing, we engage participants’ minds and bodies to create enjoyable movement. Seated to standing class. Wear comfortable clothing and shoes.

**DESSERT SOCIAL**
We'll be open a little late on Tuesday, January 4 as we enjoy delicious deserts in the Corbin Café sponsored by Synovus Bank from 6:00 - 7:00 p.m.

Come ready to sweat, and prepare to leave energized and socially engaged with all elements of fitness: cardiovascular, muscular...