Everyone who wants to exercise should – in a chair, in a wheelchair, or on a stability ball. Designed for people with limited mobility and people with balance issues.

**MEXICAN TRAIN DOMINOES**

Join us in February. 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.

**TOTAL BODY STRETCH**

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

**Hatha Yoga class**

Hatha Yoga class is 'gentle on the joints.' This class is designed to be a low impact class with routines that are easy to follow. $3 donation requested.

**Taoist Tai Chi**

This hour-long class focuses on the safe place inside yourself and then express how you feel by drawing and painting your emotions in acrylic colors. Use your hands and brushes through movement and color to express your feelings. This class is led by a 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. $3 donation requested.

**SUDOKU**

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

**FOOD TRUCK**

Join us for lunch from our food truck of delicious food and more. If you haven’t been out, please come see what we’re about. You’ll be pleasantly surprised!

**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.

**FOOD TRUCK**

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Get In Touch!  
(850) 279-6436 ext. 1602

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Join THE FRIENDS OF THE NICEVILLE LIBRARY

We provide financial support and volunteer assistance for programs, activities, and services that make the library a better place for all.

MEMBERSHIP FOR SENIORS 60 AND BETTER IS ONLY $10 ANNUALLY

For more info or to join, go to cityofniceville.org/169/Library and click on "Friends & Foundation".

CORONAVIRUS GUIDELINES

Join The Friends of the Niceville Library

The Friends of the Niceville Library is a group of people who support the library and its activities. The Friends provide financial support and volunteer assistance for programs, activities, and services that make the library a better place for all. Membership is open to anyone 60 years of age or older and costs only $10 per year. For more information or to join, visit the library's website or call 850-279-6436 ext. 1602.

Calendar Key

DONATION REQUESTED

CLASS HAS A SET FEE

CLASS SIZE LIMITED

RESERVATIONS REQUIRED

AVAILABLE ALL DAY

AVAILABLE ALL Day EXCEPT LESSON TIME

AVAILABLE ALL Day EXCEPT LESSON TIME (continued on back page)

Program Descriptions (continued on back page)

BENEFITS OF IPHONE & IPAD

This class is for beginners or those who need a little more in-depth basics of your iPhone and iPad, and it will run for 6 weeks on Tuesday from 9:30 a.m. to 10:45 a.m.

BIRTHDAY CELEBRATION

Join us on the Date of each month as we celebrate those who have birthdays with cake and other refreshments.

BLOOD PRESSURE CHECKS

Walk in screening held in the workroom.

BLOOD PRESSURE (continued on back page)

CRAFTS

Many of our regular groups are starting up again after a long break due to the pandemic. To find out more about them, please see the classes section of this newsletter. As always, all materials are provided at no cost to you. To learn more about our craft classes, please visit our website at cityofnicville.org/Library.

DANCE FOR PARKINSON'S

This class is designed for those with Parkinson's disease or those who are caring for someone with Parkinson's. The class is held every Wednesday from 11:30 a.m. to 12:30 p.m. in the fitness room.

EASY RIDE EXERCISE

This class is for anyone who wants to get a good workout in a fun and relaxing way. It is held every Monday from 8:45 a.m. to 9:45 a.m. in the fitness room.