

Program Descriptions (continued)

FAMOUS SHORT STORIES

We will discuss elements, historical settings, authors, and meanings of some of the world's most famous short stories. I hope that many of you will join us for adult discussions of timeless literary selections. Materials will be provided.

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.

FOOD TRUCK

Join us for lunch from our food truck of the month from 11:00 a.m. - 1:30 p.m.!

HAPPY HEART YOGA

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

HARLEM RENAISSANCE

Brought to you by Rick Seibert, who led the class on Hemingway in January, we will explore the intellectual, social and artistic explosion centered in Harlem in the 1920's. Class size is limited to 16 people.

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.

LET'S HAVE FUN WITH ART

Focus on the safe place inside yourself and then express how you feel by drawing and painting our emotions in acrylic colors. Use your hands and brushes through meditative thought to create. This class is led by a professional published artist that has an amazing story. Do not need to be an artist to attend, just come and have fun. **Limited to 6. \$3.00 suggested donation paid directly to the instructor.**

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.

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 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.

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.

PARTY BRIDGE

Beginners and experienced players are invited to make new friends while enjoying a friendly game of bridge. Call Sharon Herbison at 496-2759 to reserve a spot.

PATHWAYS TO HEALTH,

WELLNESS & RESOURCES

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

PIANO TUNES WITH ANNIE

You don't want to miss out on our very own Annie playing the keyboard in the social room on Valentine's Day.

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

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.

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.**

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.**

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.**

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

\$3 donation requested

TALK WITH A DOC

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

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

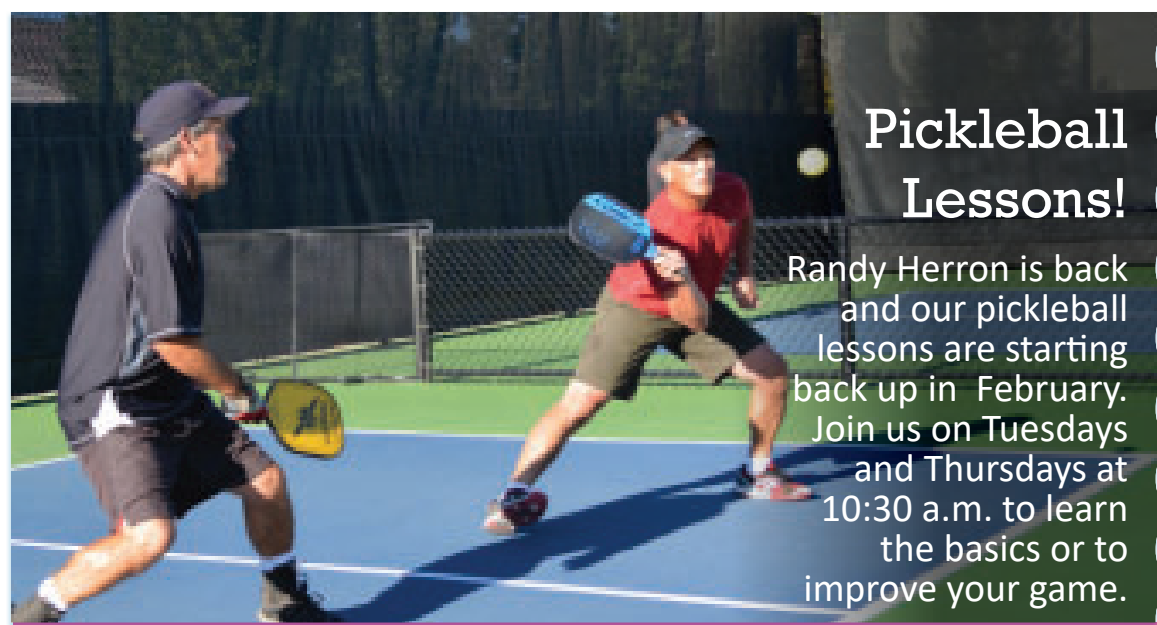
"A booth in a diner is the world's smallest neighborhood." This great quote from Denny's incorporates what we're all about. We bring the chew; you bring the chat.

WINDOWS 10 BASICS & BEYOND

Did this last Windows update throw you for a loop? Bring your laptop and join us as we navigate the ins and outs of the newest Windows operating system. **Reservations are required and class is limited to 12 members.**

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.**



Pickleball Lessons!

Randy Herron is back and our pickleball lessons are starting back up in February. Join us on Tuesdays and Thursdays at 10:30 a.m. to learn the basics or to improve your game.

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February 2020
Event Calendar

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

NICEVILLE primetimers

ENGAGING, ENRICHING & EMPOWERING ADULTS 55 AND OVER

FEBRUARY 2020

THE MONTHLY NEWSLETTER OF THE NICEVILLE SENIOR CENTER

We are here for you!

As I begin to write this, the warmth of our Senior Center has caught my attention and fills me with a sense of comfort.

The double click of Rummikub tiles, indicating that it's someone else's turn, the laughter emanating from the game room as a crowd of people have moved their card game down there because the tables in the Corbin Café were too small and the conversation drifting down the hall from the front desk as a gentleman laughing asks if this is the place where the old "people" hang out (he didn't say people - lol). I can smell the coffee and the delicious aroma of our food truck lunch and all seems right with the world.

I consider myself highly blessed to call this my job. I get to hear your

laughs and I'm greeted by your smiles each day. It's a nice place to be and I love being able to serve our community every day.

When I tell people that I manage a Senior Center, I can see in their eyes what they are thinking - a dreary boring place. But our Senior Center is anything but that! It's a bright and vibrant community of welcoming people with a multitude of activities including exercise classes, educational programs, crafts, cards, board games, books, puzzles, dance classes, social activities, presentations, food and more. If you haven't been out, please come see what we're about. You'll be pleasantly surprised!

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

FEBRUARY 2020
 Monday - Friday 8:30 a.m. - 5:30 p.m.
cityofniceville.org/463/Senior-Center

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Get In Touch!

(850) 279-6436 ext. 1602

Julie Mooney

Kristin Howell
 Senior Center Aide

jmooney@niceville.org

khowell@niceville.org

Jo Rivera

Juan Hernandez
 Senior Center Aide

jrivera@niceville.org

jhernandez@niceville.org

3 **BILLIARDS & OPEN TABLE TENNIS ALL DAY**
PICKLEBALL OPEN PLAY 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
 10:00 a.m. Mexican Train Dominoes
 11:00 a.m. Talk with a Doc
 11:30 a.m. Craft Group
 12:45 p.m. Seated Zumba
 1:00 p.m. Canasta
 1:00 p.m. Dance for Parkinsons

4 **NO OPEN TABLE TENNIS PLAY ALL DAY**
PICKLEBALL OPEN PLAY ALL DAY EXCEPT LESSON TIME

9:00 a.m. Beginner iPhone iPad
 9:30 a.m. Party Heart Yoga
 10:00 a.m. Party Bridge
 10:00 a.m. Round Table Discussion Group
 10:30 a.m. Pickleball Lessons
 10:45 a.m. Zumba Gold
 12:00 p.m. Happy Heart Yoga
NO BILLIARDS 12:30-2:00 P.M.
 12:45 p.m. Chair Yoga
 2:00 p.m. Milkshakes
 3:00 p.m. Table Tennis Lessons

10 **BILLIARDS & OPEN TABLE TENNIS ALL DAY**
PICKLEBALL OPEN PLAY 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
 10:00 a.m. Mexican Train Dom.
 10:00 a.m. Natural Healing with Essential Oils
 11:00 a.m. Harlem Renaissance
 11:30 a.m. Craft Group
 12:45 p.m. Seated Zumba
 1:00 p.m. Canasta
 1:00 p.m. Dance for Parkinsons

11 **NO OPEN TABLE TENNIS PLAY ALL DAY**
PICKLEBALL OPEN PLAY ALL DAY EXCEPT LESSON TIME

9:00 a.m. Beginner iPhone iPad
 9:00 a.m. Happy Heart Yoga
 9:30 a.m. Party Bridge
 10:00 a.m. Round Table Group
 10:30 a.m. Pickleball Lessons
 10:45 a.m. Zumba Gold
 12:00 p.m. Happy Heart Yoga
NO BILLIARDS 12:30-2:00 P.M.
 12:45 p.m. Chair Yoga
 1:00 p.m. Family History
 2:00 p.m. Milkshakes
 3:00 p.m. Table Tennis Lesson

17 **ALL DAY OPEN PLAY PICKLEBALL**
TABLE TENNIS • BILLIARDS

8:45 a.m. Early Rise Exercise
 9:00 a.m. Taoist Tai Chi
 10:00 a.m. Master Gardener Walk-in Q & A
 10:00 a.m. Mexican Train Dominoes
 10:45a.m. Crochet Class
 12:15 a.m. Craft Group
 12:45 p.m. Seated Zumba
 1:00 p.m. Canasta
 1:00 p.m. Dance for Parkinsons
 1:00 p.m. Hearts

18 **ALL DAY OPEN PLAY PICKLEBALL (EXCEPT LESSONS)**
TABLE TENNIS • BILLIARDS

9:00 a.m. Happy Heart Yoga
 9:30 a.m. Party Bridge
 10:00 a.m. Round Table Discussion Group
 10:15 a.m. Zumba Gold
 10:30 a.m. Pickleball Lessons
 11:30 a.m. Happy Heart Yoga
 12:45 p.m. Chair Yoga
 2:00 p.m. Milkshakes
 3:00 p.m. Table Tennis Lessons

24 **ALL DAY OPEN PLAY PICKLEBALL**
TABLE TENNIS • BILLIARDS

8:45 a.m. Early Rise Exercise
 9:00 a.m. Taoist Tai Chi
 10:00 a.m. Master Gardener Walk-in Q & A
 10:00 a.m. Mexican Train Dominoes
 10:45a.m. Crochet Class
 12:00 p.m. Facebook
 12:15 a.m. Craft Group
 12:45 p.m. Seated Zumba
 1:00 p.m. Canasta
 1:00 p.m. Dance for Parkinsons
 1:00 p.m. Hearts

25 **ALL DAY OPEN PLAY PICKLEBALL (EXCEPT LESSONS)**
TABLE TENNIS • BILLIARDS

9:00 a.m. Happy Heart Yoga
 9:30 a.m. Party Bridge
 10:00 a.m. Round Table Discussion Group
 10:15 a.m. Zumba Gold
 10:30 a.m. Pickleball Lessons
 11:30 a.m. Happy Heart Yoga
 12:45 p.m. Chair Yoga
 2:00 p.m. Milkshakes
 3:00 p.m. Table Tennis Lessons

JOIN THE FRIENDS OF THE NICEVILLE LIBRARY



We provide financial support and volunteer assistance for activities, programs, and services that make the library a better place for all. Membership includes access to the Annual September Book Sale early, NPL monthly email newsletter and knowing you have helped enhanced the patron's library experience.

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".

5 **BILLIARDS & OPEN TABLE TENNIS ALL DAY**
PICKLEBALL OPEN PLAY AVAILABLE ALL DAY

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
 12:45 p.m. Chair Exercise
 1:00 p.m. Pool League
 1:00 p.m. Sketching
 2:00 p.m. Windows 10 Basics & Beyond

6 **PICKLEBALL OPEN PLAY ALL DAY EXCEPT LESSON TIME**

9:00 a.m. Happy Heart Yoga
 9:00 a.m. Mac Computer iPhone and iPad
 10:15 a.m. Blood Pressure Check
 10:30 a.m. Pickleball Lessons
 11:30 a.m. Craft Group
 11:30 a.m. Pathways to Health Wellness & Resources

NO BILLIARDS OR TABLE TENNIS 12:30-2:00 P.M.
 12:45 p.m. Chair Yoga
 1:30 p.m. Zumba Gold
 2:00 p.m. Birthday Celebration

12 **BILLIARDS & OPEN TABLE TENNIS ALL DAY**
PICKLEBALL OPEN PLAY AVAILABLE ALL DAY

9:00 a.m. Veteran's Chat 'n Chew
 9:30 a.m. Meditation
 10:45 a.m. Let's Have Fun with Art
 11:00 a.m. Social Game Time
 11:00 a.m. Stretching
Food Truck Lunch 11:00 - 1:30 p.m.
 12:45 p.m. Creative Moves
 1:00 p.m. Pool League
 1:00 p.m. Sketching
 2:00 p.m. Windows 10 Basics & Beyond

13 **PICKLEBALL OPEN PLAY AVAILABLE ALL DAY**

9:00 a.m. Happy Heart Yoga
 9:00 a.m. Mac Computer iPhone and iPad
 10:15 a.m. Pickleball Lessons
 10:30 a.m. Craft Group

NO BILLIARDS OR TABLE TENNIS 12:30-2:00 P.M.
 12:45 p.m. Chair Yoga
 1:30 p.m. Zumba Gold

19 **ALL DAY OPEN PLAY PICKLEBALL**
TABLE TENNIS • BILLIARDS

8:45 a.m. Early Rise Exercise
 9:00 a.m. Veteran's Chat 'n Chew
 9:30 a.m. Meditation
 10:45 a.m. Beginner iPhone iPad
 11:00 a.m. Social Game Time
 11:00 a.m. Stretching
 12:45 p.m. Creative Moves
 Chair Exercise
 1:00 p.m. Hearts
 1:00 p.m. Sketching
 3:00 p.m. Famous Short Stories

20 **ALL DAY OPEN PLAY PICKLEBALL (EXCEPT LESSONS)**
TABLE TENNIS • BILLIARDS

9:00 a.m. Happy Heart Yoga
 9:00 a.m. Mac Computer iPhone and iPad
 10:15 a.m. Zumba Gold
 10:30 a.m. Blood Pressure Check
 10:30 a.m. Pickleball Lessons
 11:45 a.m. Craft Group
 12:45 p.m. Chair Yoga

26 **ALL DAY OPEN PLAY PICKLEBALL**
TABLE TENNIS • BILLIARDS

8:45 a.m. Early Rise Exercise
 9:00 a.m. Veteran's Chat 'n Chew
 9:30 a.m. Meditation
 10:45 a.m. Beginner iPhone iPad
 11:00 a.m. Social Game Time
 11:00 a.m. Stretching
 12:45 p.m. Creative Moves
 Chair Exercise
 1:00 p.m. Hearts
 1:00 p.m. Sketching
 3:00 p.m. Famous Short Stories

27 **ALL DAY OPEN PLAY PICKLEBALL (EXCEPT LESSONS)**
TABLE TENNIS • BILLIARDS

9:00 a.m. Happy Heart Yoga
 9:00 a.m. Mac Computer iPhone and iPad
 10:15 a.m. Zumba Gold
 10:30 a.m. Pickleball Lessons
 11:45 a.m. Craft Group
 12:45 p.m. Chair Yoga

Calendar Key



DONATION REQUESTED



CLASS HAS A SET FEE



CLASS SIZE LIMITED



RESERVATIONS REQUESTED

7 **NO BILLIARDS OR TABLE TENNIS 8:30 - 9:45 A.M. & 11:00 A.M.-12:45 P.M.**
PICKLEBALL OPEN PLAY AVAILABLE ALL DAY

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 Dom.
 10:30 a.m. Rummikub
 11:00 a.m. Line Dancing
 12:45 p.m. Creative Moves
 Chair Exercise
 1:00 p.m. Canasta
 1:00 p.m. Sudoku

14 **NO BILLIARDS OR TABLE TENNIS 8:30 - 9:45 A.M. & 11:00 A.M.-12:45 P.M.**
PICKLEBALL OPEN PLAY AVAILABLE ALL DAY

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 Dom.
 10:30 a.m. Rummikub
 11:00 a.m. Piano Tunes w/ Annie
 11:00 a.m. Line Dancing
 12:45 p.m. Creative Moves
 1:00 p.m. Canasta
 1:00p.m. Sudoku

21 **ALL DAY OPEN PLAY PICKLEBALL**
TABLE TENNIS • BILLIARDS

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

28 **ALL DAY OPEN PLAY PICKLEBALL**
TABLE TENNIS • BILLIARDS

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

Program Descriptions (continued on back page)

BEGINNERS BASIC IPHONE & 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 Tuesdays.

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 CHECKS

Walk-in screening held in the workroom.

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 pets, including emotional support animals. Service animals for disabilities only. \$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 stand-

ing 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.**

FACEBOOK CLASS

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

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.