Program Descriptions (continued)

FACEBOOK CLASS
Learn the ins and outs of Facebook with local advertising executive Shantell Diddlee.

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.

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

HEARTS
Beginners or experienced. No registration required.

IPHONE AND IPAD TUTORIAL
Learn how to navigate your iPhone and iPad and optimize your devices while learning online safety features.

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.

LET’S HAVE FUN WITH ART
Focus on the safe place inside yourself and then express it by drawing and painting our emotions in acrylic colors. Use your hands and brushes through meditative thought to create. This class is being taught by a published artist with an amazing story. No artistic skills needed, 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.

WALK-IN & Q
Oklahoma County Master Gardeners, trained by University of Florida and Extension, will be 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 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
Experienced players are invited to make new friends while enjoying a friendly game of bridge. Call Sharon Herbins on 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.

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!

PICKLEBALL MEETUP
Join this informal group of Pickleball players who are always looking for another person to meet up and have a great game!

PORCELAIN PAINTING
Discover the techniques involved in making delicate traditional English tea services. Take home your new treasure to display.

REAL TABLE DISCUSSION GROUP
Informal discussion group addressing economic, political, and sociological issues throughout the world.

RUMMIKBUB
New and experienced players welcome! Improvoputty 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 sit down – in a chair, in a wheelchair, or on a yoga ball. Designed for people of all limited mobility and people with balance issues. $3 donation requested.

SENIOR SHORTS
Come join us the first Monday of each month for an hour of exhilarating knowledge, discussion, and lifelong learning. Programs will primarily focus on short stories; however, special topics will be periodically presented during Senior Shorts. During the month prior to each program, information about topics and resources will be available on the Senior Center’s website and calendar. Pam Smith, a retired teacher, will lead Senior Shorts.

SERENITY NOW YOGA
Introductory yoga class improves flexibility, joint mobility & balance with gentle stretching and basic yoga postures. Restorative breathing and relaxation techniques reduce stress and calms the mind. $3 donation requested.

SKETCHING TIME
This class is an open sketching time for those who enjoy this art form. Bring your own supplies.

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
Total body stretch takes you through a series of mat exercises and basic yoga postures. Restorative breathing and relaxation techniques reduce stress and calms the mind. $3 donation requested.

TEEN'S CHAT 'N CHEW
This educational talk is about 20 minutes long. You can feel free to ask questions. Refreshments will be provided.

TALK WITH A DOC
These educational talks are about 30 minutes long. You are able to ask questions. Refreshments will be provided.

TAOIST TAI CHI (MONDAYS)
Tai Chi is a mindful practice 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 tent for the world’s small- est neighborhood.” This great quote from the booth incorporates what we are all about. We bring the chat; you bring the chat.

YOGA BREEZE
Hatha yoga class for the practitioner of any skill level. Improves strength, flexibility and balance. Restorative breathing and relaxation techniques reduce stress and calm the mind. This class is ideal for developing safe, steady and gradual progress for improved health and fitness. $3 donation requested.

ZUMBA GOLDS
A dance/fitness class that is designed to be a low impact class with routines that are easy to follow. $3 donation requested.
Get In Touch!
(850) 279-6436 ext. 1602

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Program Descriptions (continued on back page)

ANNIE PIANO TUNES
You don’t want to miss out on our very own Annie playing the keyboard in the social room. It was a big hit last time and promises to be great again!

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.

BIRTHDAY CELEBRATION
Join us on the first Thursday of each month as we celebrate those who have birthdays with cake for everyone.

BLOOD PRESSURE CHECKS
Wellness screening held each week in the workbook.

BRAIN HEALTH
For centuries, we’ve known that the health of the brain and the body are connected. Now science is able to

keep your brain and body healthy as you age. Join us to learn hands-on tools to help you incorporate these recommendations into your daily routine.

CANASTA
Beginners or experienced. No reservation required.

CHAIR YOGA
Improve range of motion, and core strength and balance, and release tension in the body and mind with us! No pets, including emotional support animals. Service animals are permitted 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
Interactive, multi-sensory experience develops strong brains and bodies through joyful and meaningful movement. Please wear comfortable clothing and shoes.

DIET AND NUTRITION
Overview of healthy eating. For those with food allergies, please bring your own food.

DONATION REQUESTED
Class has a set fee

CLASS SIZE LIMITED
Reservations requested

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