

Senior Center

NICEVILLE

DECEMBER 2020

cityofniceville.org/463/Senior-Center

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

30

8:45 a.m. Early Rise Exercise 
ON SITE - COURTYARD

1

8:45 a.m. Yoga with Pam
ON SITE - COURTYARD
10:15 a.m. Dawn's Dance Fitness
ON SITE - COURTYARD
12:45 p.m. Chair Yoga w/Candace
CANCELLED


2

8:45 a.m. Early Rise Exercise 
TENTATIVE

3

8:45 a.m. Yoga with Pam
ON SITE - COURTYARD
10:00 a.m. Dawn's Dance Fitness
ON SITE - COURTYARD
12:45 p.m. Chair Yoga w/Candace
VIRTUAL - FB LIVE
TENTATIVE

4

8:45 a.m. Early Rise Exer. 
ON SITE - COURTYARD
8:45 a.m. Flex-ability
ON SITE - COURTYARD
11:00 a.m. Line Dancing
ON SITE - COURTYARD

7

8:45 a.m. Early Rise Exercise 
ON SITE - COURTYARD

8

8:45 a.m. Yoga with Pam
ON SITE - COURTYARD
10:15 a.m. Dawn's Dance Fitness
ON SITE - COURTYARD
12:45 p.m. Chair Yoga w/Candace
VIRTUAL - FB LIVE


9

8:45 a.m. Early Rise Exercise 
ON SITE - COURTYARD


10

8:45 a.m. Yoga with Pam
ON SITE - COURTYARD
10:15 a.m. Dawn's Dance Fitness
ON SITE - COURTYARD
12:45 p.m. Chair Yoga w/Candace
VIRTUAL - FB LIVE

11

8:45 a.m. Early Rise Exercise 
ON SITE - COURTYARD
8:45 a.m. Flex-ability
ON SITE - COURTYARD
11:00 a.m. Line Dancing
CANCELLED

14

8:45 a.m. Early Rise Exercise 
ON SITE - COURTYARD
Noon Literary Talk
Walt Whitman
ON SITE - COURTYARD

15

8:45 a.m. Yoga with Pam
ON SITE - COURTYARD
10:15 a.m. Dawn's Dance Fitness
ON SITE - COURTYARD
12:45 p.m. Chair Yoga w/Candace
VIRTUAL - FB LIVE


16

8:45 a.m. Early Rise Exercise 
ON SITE - COURTYARD

16

8:45 a.m. Yoga with Pam
ON SITE - COURTYARD
10:15 a.m. Dawn's Dance Fitness
ON SITE - COURTYARD
12:45 p.m. Chair Yoga w/Candace
VIRTUAL - FB LIVE
2:00 p.m. Superior Residences
Drive-by Luncheon

18

8:45 a.m. Early Rise Exercise 
ON SITE - COURTYARD
8:45 a.m. Flex-ability
ON SITE - COURTYARD
11:00 a.m. Line Dancing
CANCELLED

21

22

23

24

25

Senior Center Offices Closed All Week for Christmas Holiday

Senior Center Offices Closed All Week for New Year Holiday

Please note that some of our classes are on-site (outside) and some are through Facebook Live.

Please reference the calendar on the opposite side to see how each class is being offered.

On-site classes are highlighted.

Please feel free to share this with any of your friends. Membership in the Senior Center is not required for any of our virtual classes. However, to participate in our on-site classes, you must be a member of the Senior Center. If you would like to participate and you are not currently a member, please call us at (850) 279-6436 extension 1600 for more information.

Our on-site classes are limited in attendance and at this time, all on-site classes require registration.

To register, please call the Senior Center no earlier than one week before the particular class that you would like to attend. You must speak to a staff person to ensure your registration. Please leave a message with your contact information if we are not available and we will call you back to confirm your registration.

To access our classes on Facebook, simply go to our Facebook page at <https://www.facebook.com/NicevilleFLSeniorCenter> at the time of the class and scroll down the posts to see the video taking place live.

HOW TO JOIN A ZOOM MEETING USING YOUR COMPUTER, SMARTPHONE OR TABLET:

- Log onto Zoom using app or internet
<https://zoom.us/>
- Select join meeting
- **Meeting ID:** 965 9301 6699
- **Password:** 610386

You can also join the meeting using the direct link.

- **DIRECT LINK:** <https://bit.ly/NSCZoom>

HOW TO JOIN A ZOOM MEETING USING YOUR PHONE (NO VIDEO; AUDIO ONLY):

- Dial in by phone to 1-312-626-6799 (*please note that long distance charges will apply*)
- You will be asked for the following:
 - **Meeting ID:** 96593016699
Press # to continue
 - **Password:** 610386#