



# NICEVILLE HISTORY

## CCC CAMP BIGBY 1933 - 1942

### AUGUST 10 12:30 P.M.

Pages 2-3  
August 2021  
Program Calendar

Page 4  
Check out  
our program  
descriptions and  
decide what you  
want to attend this  
month

NICEVILLE

AUGUST 2021

# primetimers

ENGAGING, ENRICHING & EMPOWERING ADULTS 55 AND OVER

THE MONTHLY NEWSLETTER OF THE NICEVILLE SENIOR CENTER

## It's a New Normal

There are moments that, even after only a week of being open, that I forget what the last year and three months were like. I've slipped back into my role as active Senior Center manager like a comfortable pair of shoes. But things have changed in some ways, and I'd like to point out a few items.

I feel incredibly blessed by our two newest employees, Della Frey and Judy Forrester are proving to be such an asset to the Senior Center each and every day. They both do such an incredible job and I find myself forgetting that they have only been here for a few days. I ask that you have patience with them as they become familiar with the processes and people here at the Senior Center. Before you know it, they will be in their routine of making the Senior Center run smoothly.

In addition to the paid staff that has changed, we have changed our volunteer model and have included many new volunteers in the café and in keeping the Senior Center as clean and sanitized as possible. I'm so appreciative that so many of you are willing to give your time and efforts to the everyday running of the Senior Center. We are always looking for volunteers to run programs as well as serve in the café, so if you are interested, please touch base with Judy, who will get you set up.

The thing that hasn't changed is the overall feeling of inclusiveness and welcome that new members are approached with every time they arrive. I am so proud to be a part of a community that cares and supports one another.

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. - 4:30 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.

10,000+ *Number of senior adults in the greater Niceville area.*

1,700+ *Niceville Senior Center members*

100% *All people 55 and better are welcome at the Senior Center*

# Senior Center

NICEVILLE

# AUGUST 2021

Monday - Friday 8:30 a.m. - 4:30 p.m.  
[cityofniceville.org/463/Senior-Center](http://cityofniceville.org/463/Senior-Center)

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

All Day Billiards **2**  
 All Day Café Social & Games  
 All Day Pickleball Open Play  
 All Day Table Tennis  
 9:30 a.m. History of Honeybees  
 9:00 a.m. Canasta  
 10:00 a.m. Mexican Train  
 Dominoes  
 11:00 a.m. Craft Group  
 1:00 p.m. Hearts  
 2:00 p.m. Birthday Celebration



All Day Billiards **3**  
 All Day Café Social & Games  
 All Day Pickleball Open Play (except 1:00 -3:00 p.m.)  
 All Day Table Tennis  
 8:45 a.m. Yoga Breeze   
 9:00 a.m. Party Bridge   
 11:30 a.m. Zumba Gold   
 12:30 p.m. Having Fun with Art   
 12:45 p.m. Chair Yoga   
 1:00 p.m. Beg. Pickleball   
 2:00 p.m. Interm. Pickleball   
 2:00 p.m. Milkshakes  
 2:00 p.m. Tai Chi **R**



All Day Billiards **4**  
 All Day Café Social & Games  
 All Day Pickleball Open Play  
 All Day Table Tennis  
 9:00 a.m. Vets Chat 'n Chew  
 9:30 a.m. Meditation  
 10:45 a.m. Roundtable  
 Discussion Group  
 11:30 a.m. Flex-Ability   
 1:00 p.m. Hearts  
 1:00 p.m. Sketching

All Day Billiards **5**  
 All Day Café Social & Games (except 11:30 a.m. - Noon)  
 All Day Pickleball Open Play (except 1:00 -3:00 p.m.)  
 All Day Table Tennis   
 8:45 a.m. Yoga Breeze   
 9:00 a.m. Mac Computer  
 10:15 a.m. iPhone & iPad  
 10:30 a.m. Blood Press. Checks  
 11:30 a.m. Medicare Part A  
 11:30 a.m. Zumba Gold   
 11:45 a.m. Craft Group   
 12:45 p.m. Chair Yoga   
 1:00 p.m. Beg. Pickleball   
 2:00 p.m. Interm. Pickleball   
 2:00 p.m. Tai Chi **R**

All Day Billiards **6**  
 All Day Café Social & Games  
 All Day Pickleball Open Play  
 All Day Table Tennis  
 8:30 a.m. Flex-Ability   
 9:30 a.m. Meditation  
 9:45 a.m. Seated Zumba Gold   
 10:00 a.m. Family History & Geneology  
 10:00 a.m. Mexican Train  
 Dominoes  
 11:00 a.m. Line Dancing  
 12:00 p.m. Sudoku  
 1:00 p.m. Hearts

All Day Billiards **9**  
 All Day Café Social & Games  
 All Day Pickleball Open Play  
 All Day Table Tennis  
 All Day Café Social & Games  
 10:00 a.m. Annie Piano Tunes  
 9:00 a.m. Canasta  
 10:00 a.m. Mexican Train  
 Dominoes  
 11:00 a.m. Craft Group  
 1:00 p.m. Hearts

All Day Billiards **10**  
 All Day Café Social & Games  
 All Day Pickleball Open Play (except 1:00 -3:00 p.m.)  
 All Day Table Tennis  
 8:45 a.m. Yoga Breeze   
 9:00 a.m. Party Bridge  
 11:30 a.m. Zumba Gold   
 12:30 p.m. Niceville History  
 12:45 p.m. Chair Yoga   
 1:00 p.m. Beginner Pickleball Lessons   
 2:00 p.m. Intermediate Pickleball Lessons   
 2:00 p.m. Milkshakes  
 2:00 p.m. Tai Chi **R**



All Day Billiards **11**  
 All Day Café Social & Games  
 All Day Pickleball Open Play  
 All Day Table Tennis  
 All Day Emerald Coast Woodturners Guild Demo  
 9:00 a.m. Vets Chat 'n Chew  
 9:30 a.m. Meditation  
 10:45 a.m. Roundtable  
 Discussion Group  
 11:00 a.m. Food Truck  
 11:30 a.m. Flex-Ability   
 1:00 p.m. Hearts  
 1:00 p.m. Sketching



All Day Billiards **12**  
 All Day Café Social & Games  
 All Day Pickleball Open Play (except 1:00 -3:00 p.m.)  
 All Day Table Tennis  
 8:45 a.m. Yoga Breeze   
 9:00 a.m. Mac Computer  
 10:15 a.m. iPhone & iPad  
 11:30 a.m. Zumba Gold   
 11:45 a.m. Craft Group  
 12:45 p.m. Chair Yoga   
 1:00 p.m. Beginner Pickleball Lessons   
 2:00 p.m. Interm. Pickleball Lessons   
 2:00 p.m. Tai Chi **R**

All Day Billiards **13**  
 All Day Café Social & Games  
 All Day Pickleball Open Play  
 All Day Table Tennis  
 8:30 a.m. Flex-Ability   
 9:30 a.m. Meditation  
 9:45 a.m. Seated Zumba Gold   
 10:00 a.m. Family History & Geneology  
 10:00 a.m. Mexican Train  
 Dominoes  
 11:00 a.m. Line Dancing  
 12:00 p.m. Sudoku  
 1:00 p.m. Hearts

All Day Billiards **16**  
 All Day Café Social & Games  
 All Day Pickleball Open Play  
 All Day Table Tennis  
 9:00 a.m. Canasta  
 10:00 a.m. Mexican Train  
 Dominoes  
 11:00 a.m. Craft Group

All Day Billiards **17**  
 All Day Café Social & Games  
 All Day Pickleball Open Play (except 1:00 -3:00 p.m.)  
 All Day Table Tennis  
 8:45 a.m. Yoga Breeze   
 9:00 a.m. Party Bridge  
 11:30 a.m. Zumba Gold

All Day Billiards **18**  
 All Day Café Social & Games  
 All Day Pickleball Open Play  
 All Day Table Tennis  
 9:00 a.m. Vets Chat 'n Chew  
 9:30 a.m. Meditation  
 10:45 a.m. Roundtable  
 Discussion Group

All Day Billiards **19**  
 All Day Café Social & Games  
 All Day Pickleball Open Play (except 1:00 -3:00 p.m.)  
 All Day Table Tennis  
 8:45 a.m. Yoga Breeze   
 9:00 a.m. Mac Computer  
 10:15 a.m. iPhone & iPad

All Day Billiards **20**  
 All Day Café Social & Games  
 All Day Pickleball Open Play  
 All Day Table Tennis  
 8:30 a.m. Flex-Ability   
 9:30 a.m. Meditation  
 9:45 a.m. Seated Zumba Gold  
**CANCELED**

1:00 p.m. Hearts

12:30 p.m. Senior Short Stories  
12:45 p.m. Chair Yoga  
1:00 p.m. Beginner Pickleball Lessons  
2:00 p.m. Interm. Pickleball Lessons  
2:00 p.m. Milkshakes  
2:00 p.m. Tai Chi **R**

11:30 a.m. Flex-Ability  
1:00 p.m. Hearts  
1:00 p.m. Sketching

10:30 a.m. Blood Press. Checks  
11:30 a.m. Zumba Gold  
11:45 a.m. Craft Group  
12:45 p.m. Chair Yoga  
1:00 p.m. Beg. Pickleball  
2:00 p.m. Interm. Pickleball  
2:00 p.m. Tai Chi **R**

10:00 a.m. Family History & Geneology  
10:00 a.m. Mexican Train Dominoes  
11:00 a.m. Line Dancing  
12:00 p.m. Sudoku  
1:00 p.m. Hearts



All Day Billiards  
All Day Café Social & Games  
All Day Pickleball Open Play  
All Day Table Tennis  
9:30 a.m. Bingo Registration  
10:00 a.m. Bingo Games  
10:00 a.m. Annie Piano Tunes  
9:00 a.m. Canasta  
11:00 a.m. Craft Group  
12:00 p.m. Facebook  
1:00 p.m. Hearts

23

All Day Billiards  
All Day Café Social & Games  
All Day Pickleball Open Play (except 1:00 -3:00 p.m.)  
All Day Table Tennis  
8:45 a.m. Yoga Breeze  
9:00 a.m. Party Bridge  
10:00 a.m. Mex. Train Dominoes  
~~11:30 a.m. Zumba Gold~~

24

All Day Billiards  
All Day Café Social & Games  
All Day Pickleball Open Play  
All Day Table Tennis  
9:00 a.m. Vet's Chat 'n Chew  
9:30 a.m. Meditation  
10:45 a.m. Roundtable Discussion Group  
11:00 a.m. Food Truck  
11:30 a.m. Flex-Ability  
1:00 p.m. Hearts  
1:00 p.m. Sketching

25

All Day Billiards  
All Day Café Social & Games  
All Day Pickleball Open Play (except 1:00 -3:00 p.m.)  
All Day Table Tennis  
8:45 a.m. Yoga Breeze  
9:00 a.m. Mac Computer  
10:15 a.m. iPhone & iPad  
10:30 a.m. Blood Press. Checks  
~~11:30 a.m. Zumba Gold~~

26

All Day Billiards  
All Day Café Social & Games  
All Day Pickleball Open Play  
All Day Table Tennis  
8:30 a.m. Flex-Ability  
9:30 a.m. Meditation  
~~9:45 a.m. Seated Zumba Gold~~  
**CANCELED**  
10:00 a.m. Family History & Geneology  
10:00 a.m. Mexican Train Dominoes  
11:00 a.m. Line Dancing  
12:00 p.m. Sudoku  
1:00 p.m. Hearts

27

12:30 p.m. 10 Warning Signs of Alzheimers  
12:45 p.m. Chair Yoga  
1:00 p.m. Beg. Pickleball  
2:00 p.m. Intermediate Pickleball  
2:00 p.m. Milkshakes  
2:00 p.m. Tai Chi **R**



All Day Billiards  
All Day Café Social & Games  
All Day Pickleball Open Play  
All Day Table Tennis  
9:00 a.m. Canasta  
10:00 a.m. Mexican Train Dominoes  
11:00 a.m. Craft Group  
1:00 p.m. Hearts

30

All Day Billiards  
All Day Café Social & Games  
All Day Pickleball Open Play (except 1:00 -3:00 p.m.)  
All Day Table Tennis  
8:45 a.m. Yoga Breeze  
9:00 a.m. Party Bridge  
11:30 a.m. Zumba Gold  
12:45 p.m. Chair Yoga  
1:00 p.m. Beginner Pickleball Lessons

31

2:00 p.m. Intermediate Pickleball Lessons  
2:00 p.m. Milkshakes  
2:00 p.m. Tai Chi **R**



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

**Julie Mooney**, Senior Center Manager  
[jmooney@niceville.org](mailto:jmooney@niceville.org)

**Judy Forrester**, Senior Center Aide  
[jcforrester@niceville.org](mailto:jcforrester@niceville.org)

**Della Frey**, Senior Center Aide  
[dfrey@niceville.org](mailto:dfrey@niceville.org)

### Calendar Key

- DONATION REQUESTED
- CLASS HAS A SET FEE
- RESERVATIONS REQUESTED

If you would like to start a program, or organize a game group, contact us and we will get you set up!

Please note that all programs are subject to change without notice.

*Programs are subject to change without notice. Programs are limited to the size of the room and unless otherwise noted, are first-come, first-served*

## Program Descriptions

### ANNIE'S PIANO TUNES

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

### 10 WARNING SIGNS OF ALZHEIMERS

Learn to recognize common signs of Alzheimers and Dementia and know what to watch for in yourself and others. Tips for how to approach someone about memory concerns and identify helpful Alzheimer's Association resources.

### BINGO

Join us on the fourth Monday of each month for a series of Bingo games. Be on the lookout for a Bingo Information Sheet that explains all the details.

### BIRTHDAY CELEBRATION

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

### BLOOD PRESSURE CHECKS

Walk-in screening held in the workroom on the first, third, and fourth Thursdays of the month.

### CAFÉ SOCIAL & GAMES

Throughout the week, members meet up and play various games in the café, including Rummikub, cards, puzzles, etc. If games aren't your thing, come in, have a cup of coffee and enjoy the camaraderie.

### 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.

### EMERALD COAST

### WOODTURNERS GUILD DEMONSTRATION

Check out the woodturners as they demonstrate different types of woodturning from the basic to more advanced types. This event will take place on the front porch from 9:00 a.m. - 3:00 p.m.

### FACEBOOK

Learn the ins and outs of Facebook with local advertising executive Shantell Dedcke. One-on-one time is available to help you solve your own Facebook issues.

### FAMILY HISTORY & GENEALOGY

Discover more about your relatives & preserve your family knowledge. You might even find new relatives previously lost to time. Our Latter Day Saints missionaries will have one-on-one training to help you uncover your family history. Please bring your parents'/grandparents' full names and birth and death dates if you can.

### 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. **\$3 donation requested.**

### FOOD TRUCK

Everyone is invited to purchase lunch from our food truck of the month from 11:00 a.m. - 1:00 p.m. and eat in the café or at one of our outside tables. On August 11, the Spor/Fuel truck will be here and on August 25, Crepe' and Cream will be here.

### HEARTS

Beginners or experienced. No reservation required.

### HAVING 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 8. **\$3.00 suggested donation paid directly to the instructor.**

### IPHONE AND IPAD

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

### 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

Learn the basics of the Mac OS Mojave operating system. Bring your Mac laptop if you have one.

### MEDITATION

Meditation is our sanctuary for centering ourselves among our daily chaos and struggles, tuning body, mind, and spirit to that center. Our better self comes through meditation.

### MEXICAN TRAIN DOMINOES

Join us for a laid-back, easy introduction to dominoes. Experienced and new players welcome.

### MILKSHAKES

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

### NAVIGATING MEDICARE PART A - OPEN ENROLLMENT PATHWAYS TO HEALTH, WELLNESS & RESOURCES

Marti Hearn, our community partner from the Area Agency on Aging will be in the café to inform everyone about Medicare. Refreshments provided by Kindred at Home.

### NICEVILLE HISTORY - CCC CAMP BIGBY 1933-1942

Join Niceville historian Elisa Mitchiner as she walks us back in time to the local Civilian Conservation Corps, established by Franklin D. Roosevelt.

### PARTY BRIDGE

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.

### 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! **\$3 donation requested.**

### ROUND TABLE DISCUSSION GROUP

Informal discussion group addressing economic, political, and sociological issues throughout the world.

### 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.**

### SENIOR SHORTS (SHORT STORIES)

Join local teacher, Pam Smith, as we read some short stories by Hemingway and discuss. Pick up a copy of the short stories at the desk or you can print from the website.

### SHORT HISTORY OF HONEYBEES

An hour long look at interesting facts and the history of honeybees from the Old World to America and Florida. See how honeybees become a part of human life down through the ages.

### 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.**

### SUDOKU

Wonder what Sudoku Puzzles are all about? Wonder why they are so popular? Let's have fun using numbers with no math involved. We'll use the various logic and processes used to solve 95% of Sudoku puzzles. Bring a pencil with eraser along with a desire to solve puzzles.

### TAI CHI FOR ARTHRITIS

This 8-week program helps improved movement, balance, strength, flexibility, and relaxation and can also help decrease pain and falls. Program requires reservation and commitment to the 8-week class.

### 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.

### YOGA BREEZE

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

### 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.**