



PICKLEBALL LESSONS ARE BACK AGAIN! TUESDAYS & THURSDAYS 1:00 P.M. BEGINNER 2:00 P.M. INTERMEDIATE

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September 2021
Program Calendar

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

NICEVILLE • SEPTEMBER 2021

primetimers

ENGAGING, ENRICHING & EMPOWERING ADULTS 55 AND OVER

THE MONTHLY NEWSLETTER OF THE NICEVILLE SENIOR CENTER

It's National Senior Center Month

The National Council on Aging and the National Institute of Senior Center celebrate the Senior Centers around America each September.

September is a fitting month. It marks the beginning of the harvest season, a time of reflection and of gathering strength alongside others to harvest what you have carefully, thoughtfully, and conscientiously sown over the course of the past year.

This year's harvest—as with all harvests—has come about through the dedication and tireless devotion of the staff, volunteers, alongside each and every member. Our Senior Center is open again, but it will never be business as usual going forward. After the past year and half, we all find ourselves grateful for the things that we have taken for

granted and thrilled to be able to participate in what used to be everyday life.

So I invite each of you to take a moment in your day to remember to be grateful for our Senior Center and the wonderful people that we gather with inside these walls. It's not a privilege that I, personally, take for granted. I enjoy seeing each and every one of you each and every day that I am blessed enough to be here.

And for now, that's enough. For today, I will shut out the noise of politics and numbers and just be thankful for the life that I have been given. And I will try to make the best of the moments that I have.

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

SEPTEMBER 2021

Monday - Friday 8:30 a.m. - 4:30 p.m.
cityofniceville.org/463/Senior-Center

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Get In Touch!

(850) 279-6436 ext. 1602

Julie Mooney, Senior Center Manager

jmooney@niceville.org

Judy Forrester, Senior Center Aide

jforrester@niceville.org

Della Frey, Senior Center Aide

dfrey@niceville.org

Exercise Room Open Daily 8:30 a.m. - 4:30 p.m.

Senior Center Closed In Honor of Labor Day



All Day Billiards **13**
 All Day Café Social & Games
 All Day Pickleball Open Play
 All Day Table Tennis
 9:00 a.m. Canasta
 10:00 a.m. Annie Piano Tunes
 10:00 a.m. Mexican Train
 Dominoes

All Day Billiards **14**
 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 **15**
 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
 10:30 a.m. CVS Flu Shot Clinic
 10:45 a.m. Roundtable

All Day Billiards **16**
 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 **17**
 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 - Virtual
 9:45 a.m. Seated Zumba Gold
 10:00 a.m. Family History

6 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. Beg. Pickleball Lesson
 2:00 p.m. Int. Pickleball Lesson
 2:00 p.m. Milkshakes

7 All Day Billiards
 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
 11:00 a.m. Food Truck
 11:30 a.m. Flex-Ability
 1:00 p.m. Hearts
 1:00 p.m. Sketching
CANCELLED

8 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~~
CANCELLED
 11:30 a.m. Zumba Gold
 11:45 a.m. Craft Group
 12:45 p.m. Chair Yoga
 1:00 p.m. Beg. Pickleball Lesson
 2:00 p.m. Int. Pickleball Lesson

9 All Day Billiards
 All Day Café Social & Games
 All Day Pickleball Open Play (except 1:00 -3:00 p.m.)
 All Day Table Tennis
 8:30 a.m. Flex-Ability
 9:30 a.m. Meditation - Virtual
 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
 1:00 p.m. Hearts

1 All Day Billiards
 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

2 All Day Billiards
 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. Fall Risk Seminar
 11:30 a.m. Zumba Gold
 11:45 a.m. Craft Group
 12:45 p.m. Chair Yoga
 2:00 p.m. Tai Chi

3 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 - Virtual
 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
 1:00 p.m. Hearts

4 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 - Virtual
 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
 1:00 p.m. Hearts

5 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. Beg. Pickleball Lesson
 2:00 p.m. Int. Pickleball Lesson
 2:00 p.m. Milkshakes

6 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. Beg. Pickleball Lesson
 2:00 p.m. Int. Pickleball Lesson
 2:00 p.m. Milkshakes

7 All Day Billiards
 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
 11:00 a.m. Food Truck
 11:30 a.m. Flex-Ability
 1:00 p.m. Hearts
 1:00 p.m. Sketching
CANCELLED

8 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~~
CANCELLED
 11:30 a.m. Zumba Gold
 11:45 a.m. Craft Group
 12:45 p.m. Chair Yoga
 1:00 p.m. Beg. Pickleball Lesson
 2:00 p.m. Int. Pickleball Lesson

9 All Day Billiards
 All Day Café Social & Games
 All Day Pickleball Open Play (except 1:00 -3:00 p.m.)
 All Day Table Tennis
 8:30 a.m. Flex-Ability
 9:30 a.m. Meditation - Virtual
 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
 1:00 p.m. Hearts

11:00 a.m. Craft Group
 12:45 p.m. Tai Chi **R**
 1:00 p.m. Hearts
 2:00 p.m. Birthday Celebration



12:45 p.m. Chair Yoga
 1:00 p.m. Beg. Pickleball Lesson
 2:00 p.m. Int. Pickleball Lesson
 2:00 p.m. Milkshakes



11:30 a.m. Discussion Group
 Flex-Ability
 12:00 p.m. NWFL Sympony Lunch & Learn
 12:45 p.m. Tai Chi **R**
 1:00 p.m. Hearts
 1:00 p.m. Sketching
 2:00 p.m. Windows 10 **R**

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 Lesson
 2:00 p.m. Int. Pickleball Lesson

& Genealogy
 10:00 a.m. Mexican Train
 Dominoes
 11:00 a.m. Line Dancing
 12:30 p.m. Having Fun with Art
 1:00 p.m. Hearts

All Day Billiards **20**
 All Day Café Social & Games
 All Day Pickleball Open Play
 All Day Table Tennis
 9:00 a.m. Canasta
 10:00 a.m. Mex. Train Dominoes
 11:00 a.m. Craft Group
 12:45 p.m. Tai Chi **R**
 1:00 p.m. Hearts

All Day Billiards **21**
 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. Beg. Pickleball Lesson
 2:00 p.m. Int. Pickleball Lesson
 2:00 p.m. Milkshakes



All Day Billiards **22**
 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
 12:45 p.m. Tai Chi **R**
 1:00 p.m. Hearts
 1:00 p.m. Sketching
 2:00 p.m. Windows 10 **R**



All Day Billiards **23**
 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
 11:45 a.m. Craft Group
 12:45 p.m. Chair Yoga
 1:00 p.m. Beg. Pickleball Lesson
 2:00 p.m. Int. Pickleball Lesson

All Day Billiards **24**
 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 - Virtual
 9:45 a.m. Seated Zumba Gold
 10:00 a.m. Family History & Genealogy
 10:00 a.m. Mexican Train
 Dominoes
 11:00 a.m. Line Dancing
 1:00 p.m. Hearts

All Day Billiards **27**
 All Day Café Social & Games
 All Day Pickleball Open Play
 All Day Table Tennis
 9:00 a.m. Canasta
 9:30 a.m. Bingo Registration
 10:00 a.m. Bingo Games
 10:00 a.m. Annie Piano Tunes
 11:00 a.m. Craft Group
 12:00 p.m. Facebook
 12:45 p.m. Tai Chi **R**
 1:00 p.m. Hearts

All Day Billiards **28**
 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. Mexican Train
 Dominoes
 11:30 a.m. Zumba Gold
 12:45 p.m. Chair Yoga
 1:00 p.m. Beg. Pickleball Lesson
 2:00 p.m. Int. Pickleball Lesson
 2:00 p.m. Milkshakes



All Day Billiards **29**
 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
 11:30 a.m. Flex-Ability
 12:45 p.m. Tai Chi **R**
 1:00 p.m. Hearts
 1:00 p.m. Sketching
 2:00 p.m. Windows 10 **R**
 Basics & Beyond

All Day Billiards **30**
 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. Beg. Pickleball Lesson
 2:00 p.m. Int. Pickleball Lesson

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.

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.

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.

CVS FLU SHOT CLINIC

Protect yourself and protect others by getting a flu vaccine. CVS personnel will be here to administer flu vaccines.

FACEBOOK

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

FALL RISK SEMINAR

Cherisse Roman, Doctor of Physical Therapy will be with us to assess whether you are at risk for falls and how to prevent them from happening. Refreshments provided by Kindred at Home.

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 September 8, KC Wings will be here and on September 22, the GrubSlinger truck 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.

MEDITATION - VIRTUAL

It is very easy to join our teleconference meditation session on Fridays at 9:30 AM: Dial 1 (850) 632-4125 with cell or landline phone; when prompted enter Pin: 289491, followed by the # sign; give your first name when prompted. You can start calling in after 9:20 AM.

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.

NORTHWEST FLORIDA SYMPHONY ORCHESTRA LUNCH AND LEARN

We are pleased to welcome Todd Craven, the new maestro for the Northwest Florida Symphony Orchestra to the Senior Center. Bring your lunch and learn about the NFSO upcoming concert, the composers, the music, etc.

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.**

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.**

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.

WINDOWS 10 BASICS & BEYOND

This collaboration class with the Center for Lifelong Learning will get you started with Windows 10 and continue with more in-depth topics to get the most out of your computer experience. **This class requires reservation and is limited to 16 Senior Center Participants.**

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.**