

CHRISTMAS LUNCHEON DECEMBER 16 NOON



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December 2021
Program Calendar

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

NICEVILLE

DECEMBER 2021

primetimers

ENGAGING, ENRICHING & EMPOWERING ADULTS 55 AND OVER

THE MONTHLY NEWSLETTER OF THE NICEVILLE SENIOR CENTER

'Tis the Season!

We have made it to the end of another year and 2021 will go down as a great year of hard work, dedication, and accomplishments here at the Senior Center.

I am so proud of the way that our community has come together to support, provide resources, and improve the quality of life for seniors in our area. There is no better feeling than standing as a witness to the wonderful connections that have been made at the Senior Center this past year. My hope for this holiday season is that we will all experience an increased measure of joy and generosity as we continue to meet and socialize at the Senior Center.

On December 11, we are celebrating our 3-year anniversary as an important location for seniors to enjoy themselves and access

programs and services. We have shown our generosity to the community by providing meals for needy children, spent countless hours in community with one another in our delightful Corbin Café, and worked to make our minds and our bodies healthier and stronger. After being closed for 15 months, we cherish our time here even more than before. As we continue to grow, we hope to add more activities to appeal to all of our community.

All members are invited to join us on December 16 at noon for a Christmas Luncheon to celebrate this three years and look forward to many more.

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

DECEMBER 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

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Judy Forrester, Senior Center Aide

jcforrester@niceville.org

Della Frey, Senior Center Aide

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All Day Billiards **1**
 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
 10:00 a.m. Porcelain Painting
 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 **2**
 All Day Café Social Games
 All Day Pickleball Open Play
 All Day Table Tennis (til 1:30 p.m.)
 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 ♡
 2:15 p.m. Table Tennis
 Lessons ♡

All Day Billiards **3**
 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

All Day Billiards **6**
 All Day Café Social Games
 All Day Pickleball Open Play
 All Day Table Tennis

Closed from 10:00 a.m. - 2:30 p.m. for all City staff meeting

All Day Billiards **7**
 All Day Café Social Games
 All Day Pickleball Open Play
 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 ♡
 2:00 p.m. Milkshakes
 2:00 p.m. Managing Grief and Loss



All Day Billiards **8**
 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
 10:00 a.m. Porcelain Painting
 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 **9**
 All Day Café Social Games
 All Day Pickleball Open Play
 All Day Table Tennis (til 1:30 p.m.)
 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 ♡
 2:15 p.m. Table Tennis
 Lessons ♡

All Day Billiards **10**
 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

All Day Billiards **13**
 All Day Café Social Games
 All Day Pickleball Open Play
 All Day Table Tennis
 10:00 a.m. Mexican Train
 Dominoes
 11:00 a.m. Craft Group
 1:00 p.m. Hearts

All Day Billiards **14**
 All Day Café Social Games
 All Day Pickleball Open Play
 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 ♡

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
 10:00 a.m. Porcelain Painting
 10:45 a.m. Roundtable
 Discussion Group

All Day Billiards **16**
 All Day Café Social Games
 All Day Pickleball Open Play
 All Day Table Tennis
 8:45 a.m. Yoga Breeze ♡
 9:00 a.m. Mac Computer
 10:15 a.m. iPhone & iPad
 12:00 p.m. Christmas

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

2:00 p.m. Birthday Celebration



2:00 p.m. Milkshakes

2:00 p.m. Managing Grief and Loss



9:30 a.m. Meditation
11:30 a.m. Flex-Ability
1:00 p.m. Opus One Concert in the Courtyard
1:00 p.m. Hearts
1:00 p.m. Sketching

12:00 p.m. Christmas Lunch

& Genealogy
10:00 a.m. Mexican Train
Dominoes
11:00 a.m. Line Dancing
1:00 p.m. Hearts

All Day Billiards
All Day Café Social Games
All Day Pickleball Open Play
All Day Table Tennis
10:00 a.m. Annie Piano Tunes
10:00 a.m. Mexican Train
Dominoes
11:00 a.m. Craft Group
12:00 p.m. Facebook
1:00 p.m. Hearts

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All Day Billiards
All Day Café Social Games
All Day Pickleball Open Play
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
2:00 p.m. Milkshakes
2:00 p.m. Managing Grief and Loss

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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
CANCELLED
10:00 a.m. Porcelain Painting
10:45 a.m. Roundtable
Discussion Group
11:30 a.m. Flex-Ability
1:00 p.m. Hearts
1:00 p.m. Sketching

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

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All Day Billiards
All Day Café Social Games
All Day Pickleball Open Play
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
2:00 p.m. Milkshakes
2:00 p.m. Managing Grief and Loss

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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
CANCELLED
10:00 a.m. Porcelain Painting
10:45 a.m. Roundtable
Discussion Group
11:30 a.m. Flex-Ability
1:00 p.m. Hearts
1:00 p.m. Sketching

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All Day Billiards
All Day Café Social Games
All Day Pickleball Open Play
All Day Table Tennis (til 1:30 p.m.)
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
2:15 p.m. Table Tennis
Lessons

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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

5-WISHES

Five Wishes is changing the way we talk about advance care planning. It's more than just a document. Five Wishes is a complete approach to discussing and documenting your care and comfort choices. It's about connecting families, communicating with healthcare providers, and showing your community what it means to care for one another. Snacks provided by Kindred at Home.

ANNIE'S PIANO TUNES

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

BINGO - CANCELLED FOR DECEMBER

Beginning in the new year, join us on the second and fourth Monday of each month for a series of Bingo games. Pick up a Bingo Information Sheet in the literature rack that explains all the details.

BIRTHDAY CELEBRATION

Join us on December 13 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.

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.

CHRISTMAS LUNCHEON

Sponsored by the Senior Center, this catered luncheon is a time to celebrate the season and give thanks for our friends here at the Senior Center. All members are invited with lunch being served at noon. As there will not be an unlimited supply of food, all members are encouraged to come early.

CRAFT GROUP

All craft levels invited. Bring your own craft and socialize. Tables available for those who need the space.

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.

December 1 - Patches to Go
December 8 - Tonie's Gumbo

HEARTS

Beginners or experienced. No reservation required.

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.

MANAGING GRIEF AND LOSS

A support group to help with the healing process and develop coping skills after the loss of a loved one. Andrea Kroha holds a Master's Degree in Clinical Psychology and has many years of experience.

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.

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

Pickleball lessons are currently cancelled.

PORCELAIN PAINTING

Discover the techniques involved in making delicate traditional English teas service accessories. Dish will be fired in a kiln for you to take home.

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.**

TABLE TENNIS LESSONS

Group lessons with an International Olympic Committee trained coach with over 30 years of experience. Lessons benefit beginners and experienced players who are looking to improve. Table tennis is one of the lowest injury causing sports. Let's have some fun while improving our health!

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.**