

# CALENDAR

## NICEVILLE Senior Center



## Become a Member

The Senior Center is available exclusively for members 55 and older during our operating hours of Monday – Friday, 8:30 a.m. – 4:30 p.m. Membership is free for all residents of the City of Niceville. For those who live outside the city limits, please refer to the following rates. All memberships are non-refundable and non-transferable.

Individual - \$3 per day • \$10 per month • \$80 per year

Household - \$15 per month • \$100 per year

## SOFTBALL TOURNAMENTS

The City of Niceville is hosting softball tournaments on June 21-25 and June 27-July 1. Parking will be extremely crowded in the top lot. All members are encouraged to park in the lower lot. If you have difficulty walking, please call the front desk upon arrival and we will valet park your car.

## Member Cookout

We love having everyone come to the Senior Center for a fun lunch together. This time, it's going to be a luau theme.

Each member is encouraged to sign up and bring a dish, drink, or dessert. All food items must be from the grocery store or a restaurant. All drinks must be 12-ounce sodas. Sign up in the café so we will know what you are bringing!

**Friday, June 17**

**11:30 - 1:00 p.m.**

# Senior Center

ENGAGING, ENRICHING & EMPOWERING ADULTS 55 AND OVER

NICEVILLE

June 2022

Monday - Friday 8:30 a.m. - 4:30 p.m.  
[cityofniceville.org/463/Senior-Center](http://cityofniceville.org/463/Senior-Center)  
 850-279-6436 ext. 1602  
[seniorcenter@niceville.org](mailto:seniorcenter@niceville.org)

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.

Monday	Tuesday	Wednesday	Thursday	Friday
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**EXERCISE ROOM  
OPEN DAILY**  
 8:30 a.m. - 4:30 p.m.  
 Walk inside where it's not  
**SO HOT!**

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. Line Dancing  
 9:30 a.m. Meditation  
 10:45 a.m. Roundtable  
 Discussion Group  
 11:00 a.m. Food Truck  
 Copper Grille  
 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  
 8:45 a.m. Mac Computer  
 8:45 a.m. Yoga Breeze  
 10:15 a.m. iPhone & iPad  
 10:30 a.m. Blood Press. Checks  
 11:30 a.m. Community Resources  
 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. Intermediate  
 Pickleball 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  
 & Genealogy  
 10:00 a.m. Having Fun with Art  
 10:00 a.m. Mexican Train  
 Dominoes  
 11:00 a.m. Line Dancing  
 12:15 p.m. Revelation  
 Bible Study  
 1:00 p.m. Hearts

All Day Billiards **6**  
 All Day Café Social Games  
 All Day Pickleball Open Play  
 All Day Table Tennis  
 8:45 a.m. Gentle Yoga  
 10:00 a.m. Annie Piano Tunes  
 10:00 a.m. Mexican Train  
 Dominoes  
 11:00 a.m. Craft Group  
 1:00 p.m. Annie Piano Tunes  
 1:00 p.m. Hearts  
 2:00 p.m. Birthday  
 Celebration

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  
 10:00 a.m. Seated Zumba Gold  
 11:30 a.m. Zumba Gold  
 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. Managing Grief & 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. Line Dancing  
 9:30 a.m. Meditation  
 10:45 a.m. Roundtable  
 Discussion Group  
 11:00 a.m. Food Truck  
 Crepe' & Cream  
 11:30 a.m. Flex-Ability  
 1:00 p.m. Hearts  
 1:00 p.m. Sketching  
 2:00 p.m. Simply Be-YOU-tiful  
 with Elisa Rowland

All Day Billiards **9**  
 All Day Café Social Games  
 All Day Pickleball Open Play  
 All Day Table Tennis  
 8:45 a.m. Mac Computer  
 8:45 a.m. Yoga Breeze  
 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. Beginner  
 Pickleball Lessons  
 2:00 p.m. Intermediate  
 Pickleball 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  
 & Genealogy  
 10:00 a.m. Mexican Train  
 Dominoes  
 11:00 a.m. Line Dancing  
 12:15 p.m. Revelation  
 Bible Study  
 1:00 p.m. Hearts


All Day Billiards **13**

All Day Billiards **14**


All Day Billiards **15**





All Day Billiards **16**


All Day Billiards **17**

All Day Café Social Games  
 All Day Pickleball Open Play  
 All Day Table Tennis  
 8:45 a.m. Gentle Yoga   
 10:00 a.m. Bingo  
 10:00 a.m. Mexican Train  
 Dominoes  
 11:00 a.m. Craft Group  
 1:00 p.m. Hearts

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  
 10:00 a.m. Seated Zumba Gold   
 11:30 a.m. Zumba Gold   
 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. Managing Grief  
 and Loss

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. Line Dancing  
 9:30 a.m. Meditation  
 10:45 a.m. Roundtable  
 Discussion Group  
 11:00 a.m. Food Truck  
 Thai 2 Go  
 11:30 a.m. Flex-Ability   
 1:00 p.m. Hearts  
 1:00 p.m. Sketching  
 2:15 p.m. Windows Computer  
 Club


All Day Café Social Games  
 All Day Pickleball Open Play  
 All Day Table Tennis  
 8:45 a.m. Mac Computer  
 8:45 a.m. Yoga Breeze   
 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. Beginner  
 Pickleball Lessons   
 2:00 p.m. Intermediate  
 Pickleball Lessons 




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. Having Fun with Art  
 10:00 a.m. Mexican Train  
 Dominoes  
 11:00 a.m. Line Dancing  
 11:30 a.m. **Member  
 Cookout**  
 12:15 p.m. Revelation  
 Bible Study  
 1:00 p.m. Hearts

# Juneteenth Holiday Observed

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**Senior  
 Center  
 Closed**

All Day Billiards **21**  
 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  
 10:00 a.m. Seated Zumba Gold   
 11:30 a.m. Zumba Gold   
 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. Managing Grief  
 and Loss

All Day Billiards **22**  
 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. Line Dancing  
 9:30 a.m. Meditation  
 10:45 a.m. Roundtable  
 Discussion Group  
 11:00 a.m. Food Truck  
 My Ohana  
 11:30 a.m. Flex-Ability   
 1:00 p.m. Hearts  
 1:00 p.m. Sketching


All Day Billiards **23**  
 All Day Café Social Games  
 All Day Pickleball Open Play  
 All Day Table Tennis  
 8:45 a.m. Mac Computer  
 8:45 a.m. Yoga Breeze   
 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. Beginner  
 Pickleball Lessons   
 2:00 p.m. Intermediate  
 Pickleball Lessons 

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  
 12:15 p.m. Revelation  
 Bible Study  
 1:00 p.m. Hearts

## SOFTBALL TOURNAMENT - PARK IN LOWER LOT

All Day Billiards **27**  
 All Day Café Social Games  
 All Day Pickleball Open Play  
 All Day Table Tennis  
 8:45 a.m. Gentle Yoga   
 10:00 a.m. Bingo  
 10:00 a.m. Mexican Train  
 Dominoes  
 11:00 a.m. Craft Group  
 12:00 p.m. Facebook Class  
 1:00 p.m. Hearts

All Day Billiards **28**  
 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  
 10:00 a.m. Seated Zumba Gold   
 11:30 a.m. Zumba Gold   
 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. Managing Grief  
 and Loss

All Day Billiards **29**  
 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. Line Dancing  
 9:30 a.m. Meditation  
 10:45 a.m. Roundtable  
 Discussion Group  
 11:00 a.m. Food Truck  
 Kookn'  
 11:30 a.m. Flex-Ability   
 1:00 p.m. Hearts  
 1:00 p.m. Sketching

All Day Billiards **30**  
 All Day Café Social Games  
 All Day Pickleball Open Play  
 All Day Table Tennis  
 8:45 a.m. Mac Computer  
 8:45 a.m. Yoga Breeze   
 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. Intermediate  
 Pickleball Lessons 

## Calendar Key

 **DONATION  
 REQUESTED**

 **CLASS HAS  
 A SET FEE**

 **RESERVATIONS  
 REQUESTED**

## Contact Us

850-279-6436 EXT. 1602

## SOFTBALL TOURNAMENT - PARK IN LOWER LOT

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.

**BINGO** 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. Registration begins at 9:30 a.m. and game begins at 10:00 a.m. No latecomers.

**BIRTHDAY CELEBRATION** Join us on June 7 as we celebrate those who have birthdays with cake for everyone.

**BLOOD PRESSURE CHECKS** Walk-in screening held in the workroom.

**CAFE 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. No pets, including emotional support animals. Service animals for disabilities only.

**\$3 donation requested.**

**COMMUNITY RESOURCES** Join us for a talk with Alaine Willis, Medical Social Worker, about resources for seniors and where to access them. She will be covering resources in our community to assist seniors including Meals on Wheels, Transportation (Community and Private), NW Florida Area Agency on Aging, Panhandle 2-1-1 Helpline, Food Pantries, Home Health Care, Veterans Benefits, Elder Services of Okaloosa County, Private Duty Care Services ... and more. Snacks provided by Kindred at Home.

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

**EXPLORING NORTH KOREA** Since its creation North Korea has been a mystery. It has allowed very few visitors, practiced the magic of untruthfulness and suppression of information, and defied the best resources of intelligence agencies. But, due to both internal and external pressures some facets of the country are being exposed.

These sessions address the background which affects the government's internal actions, how it got to its present situation, relationship with the international community, lives of its citizens, military prowess, and what might be expected in the future.

All sessions will be profusely illustrated and interactive. Doug welcomes comments and questions and will integrate the latest information available.

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

**FAMILY HISTORY & GENEALOGY** Discover more about your relatives &

possibly even find new relatives previously lost to time. One-on-one training to help you uncover your family history. Bring parents'/grandparents' full names and birth/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. Invite a friend or family member who isn't a member of the Senior Center.

6/1 - Copper Grille  
6/8 - Crepe' & Cream  
6/15 - Thai 2 Go  
6/22 - My Ohana  
6/29 - Kookn'

**GENTLE YOGA**

Join instructor, Jacquie Barbee for a wonderful, gentle yoga class.

**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.**

**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. PLEASE NOTE: You June either attend the Wednesday or the Friday class, but not both.

**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.

**MEMBER COOKOUT** Put on your grass skirt and your leis and bring a dish to share (from the grocery store or restaurant). Sign up in the café so we will have an idea of what everyone is bringing.

**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** 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. Equipment available. **\$3 donation requested.**

**REVELATION BIBLE STUDY**

Led by Glen Yost, this Bible study takes a look at the last book of the Bible, chapter by chapter. Learn what the Bible has to say through the book of Revelation.

**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.**

**SIMPLY BE-YOU-TIFUL WITH ELISA ROWLAND**

We all know that when we look great, we feel great. Come learn simple tips to help keep Seniors looking classy and youthful.

**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.

**VETERAN'S CHAT 'N CHEW** Get together with other veterans to discuss today and yesterday.

**WINDOWS COMPUTER CLUB** The first hour will be presenting and discussing a particular topic or having a guest speaker and the second hour will be solving problems brought by attendees. We will discuss all versions of Windows. It is not necessary to have or bring a laptop to attend but would be helpful, especially if you are having a specific problem.

**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.**