

CALENDAR

NICEVILLE Senior Center

MAKE A HURRICANE PLAN



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

HURRICANE PREPAREDNESS FOR SENIORS

Because hurricanes can strike Florida with very little warning, it is important for older adults, especially those with chronic illness to plan ahead. According to the CDC, chronic illness can easily worsen due to lack of food and water, extreme heat or cold, stress and exposure following a natural disaster.

If you or your loved one are more vulnerable to the risks associated with hurricanes, there are some steps you can take to stay safe.

#1 – Make a plan. FloridaDisaster.org has an online tool that allows you to search by your address for evacuation.

#2 – Build an emergency kit. Whether you evacuate or ride out the storm at home, you'll need at least three days' worth of food and supplies including any prescription or over-the-counter medications you may need.

#3 – Communicate designated meeting spots. Print everyone's phone number and establish an out-of-town friend or family member who can serve as a point of contact.

#4 – Track local announcements. The U.S. government tracks the progression of storms at <https://www.nhc.noaa.gov/>.

#5 – Keep your phones, computers and any backup energy sources charged while you still have electricity.

#6 – Get cash. ATMs and credit card machines may not work after a storm.

#7 – Take photos and/or videos of your home and possessions in case you have to make an insurance claim.

August 2022

Senior Center

ENGAGING, ENRICHING & EMPOWERING ADULTS 55 AND OVER

NICEVILLE

August 2022

Monday - Friday 8:30 a.m. - 4:30 p.m.

cityofniceville.org/463/Senior-Center

850-279-6436 ext. 1602

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
All Day Billiards All Day Café Social Games 1 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 12:45 p.m. Tai Chi for Arthritis R 1:00 p.m. Annie Piano Tunes 1:00 p.m. Hearts 2:00 p.m. Birthday Celebration	All Day Billiards All Day Café Social Games 2 All Day Pickleball Open Play All Day Table Tennis 8:45 a.m. Yoga Breeze 9:00 a.m. Party Bridge R 10:00 a.m. Seated Zumba Gold 10:00 a.m. Zumba Gold 11:30 a.m. Chair Yoga 12:45 p.m. Beginner 1:00 p.m. Pickleball Lessons 2:00 p.m. Intermediate Pickleball Lessons 2:00 p.m. Milkshakes	All Day Billiards All Day Café Social Games 3 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 10:00 a.m. Mexican Train Dominoes 10:45 a.m. Roundtable Discussion Group 11:00 a.m. Food Truck Stanley's Street Treats Flex-Ability Tai Chi for Arthritis R 1:00 p.m. Acrylic Painting R 1:00 p.m. Hearts	All Day Billiards All Day Café Social Games 4 All Day Pickleball Open Play All Day Table Tennis 7:30 a.m. Coffee with the City Manager 8:45 a.m. Yoga Breeze 9:00 a.m. Mac Computer 10:00 a.m. Mobility Strength 10:15 a.m. iPhone & iPad 10:30 a.m. Blood Press. Checks 11:30 a.m. Home Med. Equipment & Medicare Part B Zumba Gold CANCELLED 11:30 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 All Day Café Social Games 5 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 CANCELLED 10:00 a.m. Family History & Genealogy Having Fun with Art 10:00 a.m. Mexican Train Dominoes 11:00 a.m. Line Dancing 12:00 p.m. Revelation Bible Study Hearts 1:00 p.m. Hearts
All Day Billiards 8 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 12:45 p.m. Tai Chi for Arthritis R 1:00 p.m. Hearts	All Day Billiards 9 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 R 10:00 a.m. Seated Zumba Gold CANCELLED 10:00 a.m. Zumba Gold CANCELLED 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	All Day Billiards 10 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 10:00 a.m. Mexican Train Dominoes 10:45 a.m. Roundtable Discussion Group 11:00 a.m. Food Truck Sports to Geaux 11:30 a.m. Flex-Ability Tai Chi for Arthritis R 1:00 p.m. Acrylic Painting R 1:00 p.m. Hearts 2:00 p.m. Simply Be-YOU-tiful w/ Elisa Rowland R	All Day Billiards 11 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 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 12 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 Mexican Train Dominoes 10:00 a.m. Line Dancing 12:00 p.m. Revelation Bible Study Hearts 1:00 p.m. Hearts
All Day Billiards 15	All Day Billiards 16	All Day Billiards 17	All Day Billiards 18	All Day Billiards 19

All Day Billiards
 All Day Café Social Games
 All Day Pickleball Open Play
 All Day Table Tennis
 8:45 a.m. Gentle Yoga
 10:00 a.m. Mexican Train
 Dominoes
 11:00 a.m. Craft Group
 12:45 p.m. Tai Chi for Arthritis
 1:00 p.m. Hearts

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 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

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 All Day Table Tennis
 9:00 a.m. Vets Chat 'n Chew
 9:30 a.m. Line Dancing
 9:30 a.m. Meditation
 10:00 a.m. Mexican Train
 Dominoes
 10:45 a.m. Roundtable
 Discussion Group
 11:00 a.m. Food Truck
 Curry in a Hurry
 11:30 a.m. Flex-Ability
 12:45 p.m. Tai Chi for Arthritis
 1:00 p.m. Acrylic Painting
 1:00 p.m. Hearts
 2:15 p.m. Windows Computer Club

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. 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. Beginner
 Pickleball Lessons
 2:00 p.m. Intermediate
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 8:30 a.m. Flex-Ability
 9:30 a.m. Meditation - Virtual
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 10:00 a.m. Family History
 & Geneology
 10:00 a.m. Mexican Train
 Dominoes
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 Bible Study
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 Dominoes
 11:00 a.m. Craft Group
 12:00 p.m. Facebook Class
 12:45 p.m. Tai Chi for Arthritis
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 1:00 p.m. Acrylic Painting
 1:00 p.m. Hearts
 2:00 p.m. Simply Be-YOU-tiful
 w/ Elisa Rowland

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 Flex-Ability
 11:30 a.m. Tai Chi for Arthritis
 12:45 p.m. Acrylic Painting
 1:00 p.m. Hearts

Calendar Key



**DONATION
REQUESTED**



**CLASS HAS
A SET FEE**



**RESERVATIONS
REQUESTED**

Contact Us

850-279-6436 EXT. 1602

Programs are limited to the size of the room and unless otherwise noted, are first-come, first-served

Program Descriptions

ACRYLIC PAINTING Led by Kathleen Lo Galbo, a self taught art enthusiast who continues to learn from others. Choose what you want to paint and join us in this weekly session. Some instruction is available. Experienced acrylic painters may join at anytime to participate and/or contribute to the class. We would love for you to share your knowledge and experience. Everyone must register to attend.

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 the first Monday of every month 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.**

COFFEE WITH THE CITY MANAGER The City of Niceville invites you to join City Manager, Lannie Corbin, for coffee and conversation to gather feedback on City programs and services, as well as to answer any questions or concerns you may have. This drop-in session is open to the public.

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 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.

8/3/2022 - Stanley's Street Treats

8/10/2022 - Sports to Geaux

8/17/2022 - Curry in a Hurry

8/24/2022 - Thai 2 Go

8/31/2022 - My Ohana

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. This class is led by a professional published artist with 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.

HOME MEDICAL EQUIPMENT AND MEDICARE PART B Join us for a talk with Tammy Kelly of Lincare that will cover the ins and outs of home medical equipment and Medicare Part B for seniors. Sponsored by Kindred at Home.

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 July 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. This class will return in September.

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.

MOBILITY STRENGTH For safer,

pain-free movement, help your body work better from head to toe. Mobility Strength is designed to improve how well your body moves as one unit to get you through the day and add balance into your daily movements.

PARTY BRIDGE Experienced players are invited to make new friends while enjoying a friendly game of bridge. Call Sharon Herbison at 850-496-2759 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. **August 10:** Get on your zen and enjoy a relaxing full-face hydration experience with a sheet mask application. **August 24:** Did you miss out on the 10th? Come for some relaxation and facial pampering! You'll get to experience a hydrating sheet mask and a few minutes of zen. Please RSVP at the Front Desk or to Elisa (850-333-0986) so she can have everything set up when you arrive.

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 & commitment to the 8-week class.

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.**