

# CALENDAR

## NICEVILLE Senior Center



### BONSAI SHOW SEPTEMBER 21

The word bonsai is pronounced bone sigh, bon means tray or pot and sai means plant. Bonsai refers to the plant being miniaturized as well as to the technique used. We are pleased to announce that we are having a bonsai show on Wednesday, September 21 from 9:00 a.m. - 1:00 p.m. on the front porch. Come out for lunch at the food truck and take a look at this ancient and beautiful art.



### FALL PREVENTION AWARENESS MONTH

Falls Prevention Awareness is a national health campaign to increase awareness around falls health and injury prevention. Reducing Your Risk for Falls is a great program on Thursday, September 1 at 11:30 a.m. And then on September 21, our community partner, PHYSICAL is offering a fall risk screening to Senior Center members at no charge. Take advantage of one of these programs in September!

## 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

### CLOSED FOR MAINTENANCE

The Senior Center is closed on September 12 & 13 while we begin replacing the flooring in the café. Construction will more than likely continue throughout the week and the café is closed until the new flooring is complete. In the meantime, Room 1 will be transformed into our makeshift café and the workroom will be used to house extra furniture. Any classes that are held in Room 1 or the workroom are cancelled that week.

September 2022

# Senior Center

NICEVILLE

ENGAGING, ENRICHING & EMPOWERING ADULTS 55 AND OVER

## September 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

#### Calendar Key

 DONATION REQUESTED

 CLASS HAS A SET FEE

 RESERVATIONS REQUESTED

Contact Us  
850-279-6436 EXT. 1602

#### ALL DAY, EVERY DAY



- Billiards
- Café Social Games
- Exercise Room
- Table Tennis
- Shuffleboard
- Putting Green
- Pickleball Open Play (except during lessons)

EQUIPMENT AVAILABLE FOR ALL GAMES

1

2

- 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. Reducing Your Risk for Falls
- 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 

- 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
- 12:00 p.m. Revelation Bible Study
- 1:00 p.m. Hearts
- 1:30 p.m. Blackjack

5

6

7






8




9

**SENIOR CENTER CLOSED IN HONOR OF LABOR DAY**

- 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. Managing Grief & Loss
- 2:00 p.m. Milkshakes

- 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 Spork
- 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

- 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 

- 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
- 12:00 p.m. Revelation Bible Study
- 1:00 p.m. Hearts
- 1:30 p.m. Blackjack
- 1:30 p.m. Tai Chi for Arthritis 

12

13

14

15

16

# SENIOR CENTER CLOSED FOR MAINTENANCE

9:30 a.m. Line Dancing  
10:00 a.m. Mexican Train  
Dominoes  
11:30 a.m. Flex-Ability   
1:00 p.m. Hearts

8:45 a.m. Yoga Breeze   
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

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

8:45 a.m. Gentle Yoga **19**  
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

8:45 a.m. Yoga Breeze **20**  
9:00 a.m. Party Bridge **R**  
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. Managing Grief & Loss  
2:00 p.m. Milkshakes

9:00 a.m. Bonsai Show **21**  
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. FYZICAL Balance &  
Fall Prevention  
10:45 a.m. Roundtable  
Discussion Group  
11:00 a.m. Food Truck  
Kookn  
11:30 a.m. Flex-Ability   
1:00 p.m. Acrylic Painting **R**  
1:00 p.m. Hearts  
2:15 p.m. Windows Computer  
Club

8:45 a.m. Yoga Breeze **22**  
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

8:30 a.m. Flex-Ability **23**  
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  
12:00 p.m. Revelation  
Bible Study  
1:00 p.m. Hearts  
1:30 p.m. Blackjack

8:45 a.m. Gentle Yoga **26**  
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

8:45 a.m. Yoga Breeze **27**  
9:00 a.m. Party Bridge **R**  
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. Managing Grief & Loss  
2:00 p.m. Milkshakes

9:00 a.m. Vets Chat 'n Chew **28**  
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   
1:00 p.m. Acrylic Painting **R**  
1:00 p.m. Hearts  
2:00 p.m. Simply Be-YOU-tiful  
w/ Elisa Rowland **R**

8:45 a.m. Yoga Breeze **29**  
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   
2:00 p.m. Diabetes Empowerment  
Education Program

8:30 a.m. Flex-Ability **30**  
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  
12:00 p.m. Revelation  
Bible Study  
1:00 p.m. Hearts  
1:30 p.m. Blackjack



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. You can choose what you want to paint and join us in this weekly session. Some instruction is available. Experienced painters we would love for you to share your knowledge and experience. Everyone must register to attend so we can prepare the room.

**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.

**BLACKJACK** Learn the basics of blackjack and play along with other members. Any level of player is welcome. No money involved.

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

**BONSAI SHOW** We are pleased to announce that we are having a bonsai show on Wednesday, September 21 from 9:00 a.m. - 1:00 p.m. on the front porch. Come out for lunch at the food truck and take a look at this ancient and beautiful art.

**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.**

**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.

9/7 - Spork

9/14 - Cancelled

9/21 - Kookn

9/28 - Sports to Geaux

**FYZICAL BALANCE & FALL PREVENTION SCREENING** On September 21s, we are offering a FREE Fall Risk screenings to our members. Reasons why you may benefit from a fall risk screening:

-Fallen in the last year

-Been advised to use a cane or walker

-Lost feeling in one or both feet

-Loss of balance while walking

-Trouble stepping up onto a curb

-Frequent or urgent trips to the toilet.

**GENTLE YOGA**

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

**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 may 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.

**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.**

**REDUCING YOUR RISK FOR FALLS** Take a few moments to learn some tips and tricks to reduce your risk of falling. Sponsored by CenterWell.

**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. **September 14:** Class cancelled. **September 28:** "Help! My brows are missing!!" Come learn the basics of brow grooming and experience penciling, stenciling, cosmetic tinting and get your brows back! Limited to 12 participants. RSVP at the front desk. Bring your current brow pencil and tools, if you have them. If you need one, contact Elisa at 850-333-0986 for options. 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.**