

CALENDAR

Senior Center NICEVILLE

December 2022



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

Christmas Luncheon

It's that time of the year to gather with family and friends and reflect on the past year. Here at the Senior Center, we are celebrating with our Christmas Luncheon on Tuesday, December 13 from 11:30 a.m. - 12:30 p.m. All members are invited.

The Senior Center will be providing the food for our Christmas luncheon; therefore, only members are invited to join us at this luncheon.

Opus One Concert

After the Christmas Luncheon, we've got a big treat for you. Opus One will be here with the Christmas Choral Concert. at 2:00 p.m. on Tuesday, December 13. They'll be singing all of the old favorites and probably a couple of songs that you've never heard before, but we sure that you'll enjoy.

Chairs will be set up around the stage outdoors and weather permitting, we will have the fire feature on and even hot chocolate if you want it.

NICEVILLE Senior Center

ENGAGING, ENRICHING & EMPOWERING ADULTS 55 AND OVER

December 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

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


5


8:45 a.m. Gentle Yoga 


CLOSED
10:30 A.M. -
2:00 P.M.


2:00 p.m. Hearts


6


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

7

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 My Ohana

11:30 a.m. Flex-Ability 

1:00 p.m. Acrylic Painting 

1:00 p.m. Hearts

1


8:45 a.m. Yoga Breeze 

9:00 a.m. Mac Computer


10:00 a.m. How Posture Affects Your Health


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


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~~


CANCELLED

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

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


12:00 p.m. Revelation Bible Study


1:00 p.m. Hearts

1:30 p.m. Blackjack

9

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

12:00 p.m. Revelation Bible Study

1:00 p.m. Hearts

1:30 p.m. Blackjack

- 8:45 a.m. Gentle Yoga 🧘
- 9:30 a.m. Bingo Registration
- 10:00 a.m. Bingo 🎰
- 10:00 a.m. Mexican Train Dominoes
- 11:00 a.m. Craft Group
- 1:00 p.m. Hearts

CHRISTMAS LUNCHEON
11:30 A.M. - 12:30 P.M.
OPUS ONE CONCERT
2:00 P.M.

- 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 Café Rico
- 11:30 a.m. Flex-Ability 🧘
- 1:00 p.m. Acrylic Painting 🎨
- 1:00 p.m. Hearts
- 2:00 p.m. Simply Be-YOU-tiful 🎨

- 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

- 19**
- 8:45 a.m. Gentle Yoga 🧘
 - 10:00 a.m. Mexican Train Dominoes
 - 10:00 a.m. Annie Piano Tunes
 - 11:00 a.m. Craft Group
 - 1:00 p.m. Hearts
 - 2:00 p.m. Annie Piano Tunes
 - 2:00 p.m. Birthday Celebration

- 20**
- 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

- 21**
- 9:00 a.m. Vets Chat 'n Chew
 - 9:30 a.m. Line Dancing
 - 9:30 a.m. Meditation **CANCELLED**
 - 10:00 a.m. Mexican Train Dominoes
 - 10:45 a.m. Roundtable Discussion Group
 - 11:00 a.m. Food Truck **CANCELLED**
 - 11:30 a.m. Flex-Ability 🧘
 - 1:00 p.m. Acrylic Painting 🎨
 - 1:00 p.m. Hearts

- 22**
- 8:45 a.m. Yoga Breeze 🧘
 - 9:00 a.m. Mac Computer **CANCELLED**
 - 10:15 a.m. iPhone & iPad **CANCELLED**
 - 10:30 a.m. Blood Press. Checks
 - 11:30 a.m. Zumba Gold 🧘 **CANCELLED**
 - 11:45 a.m. Craft Group
 - 12:45 p.m. Chair Yoga 🧘 **CANCELLED**
 - 1:00 p.m. Beginner Pickleball Lessons 🧘
 - 2:00 p.m. Intermediate Pickleball Lessons 🧘

23

SENIOR CENTER CLOSED FOR CHRISTMAS HOLIDAY

26

SENIOR CENTER CLOSED FOR CHRISTMAS HOLIDAY

- 27**
- 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

- 28**
- 9:00 a.m. Vets Chat 'n Chew
 - 9:30 a.m. Line Dancing
 - 9:30 a.m. Meditation **CANCELLED**
 - 10:00 a.m. Mexican Train Dominoes
 - 10:45 a.m. Roundtable Discussion Group
 - 11:00 a.m. Food Truck The Real Philly
 - 11:30 a.m. Flex-Ability 🧘 **CANCELLED**
 - 1:00 p.m. Acrylic Painting 🎨
 - 1:00 p.m. Hearts
 - 2:00 p.m. Simply Be-YOU-tiful 🎨

- 29**
- 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 **CANCELLED**
 - 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 🧘

- 30**
- 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

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 third Monday of this 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.

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.
12/7 My Ohana
12/14 Café Rico

GENTLE YOGA Join instructor, Jacquie Barbee for a wonderful, gentle yoga class.
\$3 donation requested.

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. Beginning December 13 for 4 weeks, this class will be devoted to introducing new users to their devices.

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. Beginning December 13 for 4 weeks, this class will be devoted to introducing new users to their devices.

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 December.

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.**

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. 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. covered.

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

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.**