

April Calendar

NICEVILLE
Senior Center

APRIL 2023

A graphic for the 'Passport to Health' health fair. It features a green background with a white heart and a pink ECG line. The text 'PASSPORT TO HEALTH' is written in white on a dark green banner. Below this, it says 'SAVE THE DATE FOR A HEALTH & WELLNESS FAIR SPONSORED BY NICEVILLE Senior Center' with the tagline 'ENGAGING, ENRICHING & EMPOWERING ADULTS 55 AND OVER'. A large purple circular stamp contains the date 'APRIL 13' and the times 'ARRIVE: 10:00 A.M.' and 'DEPART: 2:00 P.M.'.

Passport to Health Senior Center Health Fair

Celebrate wellness and learn how to create a healthier lifestyle at the Niceville Senior Center Health Fair on Thursday, April 13 from 10:00 a.m. - 2:00 p.m.

This free health fair will feature educational opportunities and health screenings, as well as local vendors. Participants can learn about prevention and treatment of common chronic illnesses, such as diabetes, cardiovascular disease, balance disorders, cancer and much more. Local health vendors will also be available for consultation.

Sponsored by the City of Niceville Senior Center Foundation, the goal of the Health Fair is to educate seniors on how they can stay healthy, active and enhance their quality of life. We hope that you can join us for what promises to be a great day for everyone!

Door prizes will be given away throughout the day and a grand prize of \$300 will be given out to one lucky attendee.

The Senior Center will close at 2:00 p.m. after the Health Fair.

April 13 • 10:00 a.m. - 2:00 p.m.

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

Senior Center

ENGAGING, ENRICHING & EMPOWERING ADULTS 55 AND OVER


























NICEVILLE




April 2023








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
<p>8:45 a.m. Gentle Yoga  3</p> <p>9:30 a.m. Intermediate Bridge R</p> <p>10:00 a.m. Annie Piano Tunes</p> <p>10:00 a.m. Mexican Train Dominoes</p> <p>10:00 a.m. Sudoku</p> <p>11:00 a.m. Craft Group</p> <p>12:45 p.m. Tai Chi for Arthritis R</p> <p>1:00 p.m. Hearts</p> <p>2:00 p.m. Annie Piano Tunes</p> <p>2:00 p.m. Birthday Celebration</p>	<p>8:45 a.m. Yoga Breeze  4</p> <p>9:00 a.m. Party Bridge R</p> <p>10:00 a.m. Seated Zumba Gold </p> <p>11:30 a.m. Zumba Gold </p> <p>12:45 p.m. Chair Yoga </p> <p>1:00 p.m. Beginner Pickleball Lessons </p> <p>1:00 p.m. Managing Grief & Loss</p> <p>2:00 p.m. Intermediate Pickleball Lessons </p> <p>2:00 p.m. Milkshakes</p>	<p>8:30 a.m. Zumba Gold  5</p> <p>9:00 a.m. Vets Chat 'n Chew</p> <p>9:30 a.m. Line Dancing</p> <p>9:30 a.m. Meditation</p> <p>10:00 a.m. Mexican Train Dominoes</p> <p>10:45 a.m. Roundtable Discussion Group</p> <p>11:00 a.m. Food Truck Thai 2 Go</p> <p>11:30 a.m. Flex-Ability </p> <p>12:45 p.m. Tai Chi for Arthritis R</p> <p>1:00 p.m. Acrylic Painting</p> <p>1:00 p.m. Hearts</p>	<p>8:45 a.m. Yoga Breeze  6</p> <p>9:00 a.m. Mac Computer</p> <p>10:00 a.m. Seated Zumba Gold</p> <p>10:15 a.m. iPhone & iPad</p> <p>10:30 a.m. Blood Press. Checks</p> <p>11:30 a.m. Zumba Gold </p> <p>11:45 a.m. Craft Group</p> <p>12:45 p.m. Chair Yoga </p> <p>1:00 p.m. Beginner Pickleball Lessons </p> <p>2:00 p.m. Intermediate Pickleball Lessons </p>	<p>8:30 a.m. Flex-Ability  7</p> <p>9:00 a.m. Watercolor Class R</p> <p>9:30 a.m. Meditation - Virtual</p> <p>10:00 a.m. Family History & Genealogy</p> <p>10:00 a.m. Mexican Train Dominoes</p> <p>11:00 a.m. Line Dancing</p> <p>12:00 p.m. Revelation Bible Study</p> <p>1:00 p.m. Hearts</p> <p>1:30 p.m. Blackjack</p>
<p>8:45 a.m. Gentle Yoga  10</p> <p>9:30 a.m. Intermediate Bridge R</p> <p>9:30 a.m. Bingo Registration</p> <p>10:00 a.m. Bingo </p> <p>10:00 a.m. Mexican Train Dominoes</p> <p>10:00 a.m. Sudoku</p> <p>11:00 a.m. Craft Group</p> <p>12:45 p.m. Tai Chi for Arthritis R</p> <p>1:00 p.m. Hearts</p>	<p>8:45 a.m. Yoga Breeze  11</p> <p>9:00 a.m. Party Bridge R</p> <p>10:00 a.m. Seated Zumba Gold </p> <p>11:30 a.m. Zumba Gold </p> <p>12:45 p.m. Chair Yoga </p> <p>1:00 p.m. Beginner Pickleball Lessons </p> <p>1:00 p.m. Managing Grief & Loss</p> <p>2:00 p.m. Intermediate Pickleball Lessons </p> <p>2:00 p.m. Milkshakes</p>	<p>8:30 a.m. Zumba Gold  12</p> <p>9:00 a.m. Vets Chat 'n Chew</p> <p>9:30 a.m. Line Dancing</p> <p>9:30 a.m. Meditation</p> <p>10:00 a.m. Mexican Train Dominoes</p> <p>10:45 a.m. Roundtable Discussion Group</p> <p>12:45 p.m. Tai Chi for Arthritis R</p> <p>11:00 a.m. Food Truck</p> <p>11:30 a.m. Flex-Ability </p> <p>1:00 p.m. Acrylic Painting</p> <p>1:00 p.m. Hearts</p> <p>2:00 p.m. Simply Be YOU-tiful R</p> <p>CANCELLED</p> <p>CLOSING AT 2:00 P.M.</p>	<p>HEALTH FAIR 10:00 A.M. - 2:00 P.M. CLOSE AT 2:00 P.M.</p>	<p>8:30 a.m. Flex-Ability  14</p> <p>9:30 a.m. Meditation - Virtual</p> <p>10:00 a.m. Family History & Genealogy</p> <p>10:00 a.m. Mexican Train Dominoes</p> <p>11:00 a.m. Line Dancing</p> <p>12:00 p.m. Revelation Bible Study</p> <p>1:00 p.m. Hearts</p> <p>1:30 p.m. Blackjack</p>

8:45 a.m. Gentle Yoga 
 9:30 a.m. Intermediate Bridge 
 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








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 
 1:00 p.m. Managing Grief & Loss
 2:00 p.m. Intermediate
 Pickleball Lessons 
 2:00 p.m. Milkshakes





8:30 a.m. Zumba Gold 
 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
 Tina's Lunchbox
 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






8:45 a.m. Yoga Breeze 
 9:00 a.m. Mac Computer
 10:00 a.m. Seated Zumba Gold
 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
 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

24
 8:45 a.m. Gentle Yoga 
 9:30 a.m. Intermediate Bridge 
 9:30 a.m. Bingo Registration
 10:00 a.m. Bingo 
 10:00 a.m. Mexican Train
 Dominoes
 11:00 a.m. Craft Group
 12:00 p.m. Facebook Class
 12:45 p.m. Tai Chi for Arthritis 
 1:00 p.m. Hearts

25
 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 
 1:00 p.m. Managing Grief & Loss
 2:00 p.m. Intermediate
 Pickleball Lessons 
 2:00 p.m. Milkshakes

26
 8:30 a.m. Zumba Gold 
 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
 Thai Taste
 Express Fusion
 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
 2:00 p.m. Simply Be-YOU-tiful 

27
 8:45 a.m. Yoga Breeze 
 9:00 a.m. Mac Computer
 10:00 a.m. Seated Zumba Gold
 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 

28
 8:30 a.m. Flex-Ability 
 9:30 a.m. Meditation - Virtual
 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



EVERY DAY

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

EQUIPMENT AVAILABLE FOR ALL GAMES

Calendar Key

 DONATION
 REQUESTED

 CLASS HAS
 A SET FEE

 RESERVATIONS
 REQUESTED

Contact Us

850-279-6436 EXT. 1602

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. Please bring all supplies.

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 this month as we celebrate those who have birthdays with cake for everyone.

BLACKJACK Beat the casino! Make money! Learn Blackjack! Play with us for free. Any level of player welcome. No money involved. Contact Floyd Cooper for more information.

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.

4/5 - Thai 2 Go

4/12 - CANCELLED

4/19 - Tina's Lunchbox

4/26 - Thai Taste Express Fusion

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

HEARTS Beginners or experienced. No reservation required.

INTERMEDIATE BRIDGE Experienced bridge players are invited to join this weekly group. Contact Kitty Allen at (850) 543-2200 for more information.

IPHONE AND IPAD Learn how to navigate your iPhone and iPad and optimize your devices while learning online safety features. Class is tailored to beginners as well as advanced users.

LINE DANCING Fun, exciting way to dance your way to good health. First hour for everyone and final 30 minutes for intermediate dancers.

MAC COMPUTER Learn the basics of the Mac OS Mojave operating system. Bring your Mac laptop if you have one. Class is tailored to beginners as well as advanced users.

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 (850) 496-2759 to reserve a spot.

PICKLEBALL LESSONS Have you heard about pickleball? Learn to play the fastest

growing sport for seniors in a fun environment. Equipment available. \$3 donation requested.

REVELATION BIBLE STUDY Led by Glenn 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. Please RSVP at the Front Desk or to Elisa at (850) 333-0986 so she can have everything set up when you arrive.

TAI CHI FOR ARTHRITIS This 8-week program helps improve movement, balance, strength, flexibility, and relaxation and can also help decrease pain and falls. The program requires reservation and commitment to the 8-week class.

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.**

WATERCOLOR CLASS Focus on the safe place inside yourself and then express how you feel by painting your emotions in watercolors. 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.**

WINDOWS COMPUTER CLUB Having issues with your Windows computer? Join this group with one hour discussing a particular topic and the second hour solving problems brought by attendees. We will discuss all versions of Windows to include 7, 8, 8.1, 10 and 11. It is not necessary to have or bring a laptop to attend but would be helpful, especially if you are having a specific problem.

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.**