



SEPTEMBER 2023

C A L E N D A R

BECOME A MEMBER TODAY!

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

THE INVALUABLE ROLE OF OUR VOLUNTEERS

The Niceville Senior Center thrives as a cherished haven for seniors, thanks to its invaluable volunteers. These selfless individuals power every aspect of the center, from organizing enriching events to running our bustling cafe.

Our volunteers infuse life into the center by orchestrating engaging social gatherings and informative workshops, combating social isolation, and fostering a sense of belonging. They serve as the driving force behind the cafe's success, ensuring a warm, welcoming atmosphere where seniors can connect.

Beyond their roles, our volunteers offer compassion and companionship, becoming trusted friends to members. Their dedication creates an atmosphere of camaraderie, supporting lasting friendships.

As the heart of the Niceville Senior Center, our volunteers exemplify selflessness, inspiring others to give back to the community. Recognizing their immeasurable contributions, we celebrate these unsung heroes and their commitment to making a positive impact on the lives of seniors and the community at large. Their dedication is a testament to the power of volunteerism and its ability to strengthen our community. If you would like to become a volunteer, please pick up a volunteer packet from the front desk to get started.



NICEVILLE SENIOR CENTER

September 2023

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

cityofniceville.org/463/Senior-Center

850-279-6436 ext. 1602

seniorcenter @nicevillefl.gov

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

EVERY DAY
 Billiards
 Café Social Games
 Exercise Room
 Table Tennis
 Shuffleboard
 Putting Green
 Pickleball Open Play
 (except during lessons)
**EQUIPMENT
 AVAILABLE
 FOR ALL GAMES**

**NICEVILLE SENIOR CENTER
 PICKLEBALL LESSONS**

**TUESDAYS AND THURSDAYS
 BEGINNERS @ 1:00 P.M./INTERMEDIATE @ 2:00 P.M.**

CALENDAR KEY

**DONATION
 REQUESTED**

**CLASS HAS
 A SET FEE**

**RESERVATIONS
 REQUESTED**

CONTACT US
 850-279-6436 EXT. 1602

- 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
- 11:45 a.m. Revelation Bible Study
- 1:00 p.m. Hearts
- 1:30 p.m. Blackjack

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

- 4**
- 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

- 5**
- 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
 - 11:30 a.m. Flex-Ability
 - 1:00 p.m. Acrylic Painting
 - 1:00 p.m. Hearts

- 6**
- 8:45 a.m. Yoga Breeze
 - ~~9:00 a.m. Mac Computer~~
 - CANCELLED**
 - 10:00 a.m. Seated Zumba Gold
 - ~~10:15 a.m. iPhone & iPad~~
 - CANCELLED**
 - 10:30 a.m. Blood Press. Checks
 - 11:30 a.m. Zumba Gold
 - 11:30 a.m. The ABCs of Medicare and Medicaid
 - 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

- 7**
- 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
 - 11:45 a.m. Revelation Bible Study
 - 1:00 p.m. Hearts
 - 1:30 p.m. Blackjack
 - 1:30 p.m. Managing Grief & Loss 2

- 8:45 a.m. Gentle Yoga **11**

- 8:45 a.m. Yoga Breeze **12**

- 8:30 a.m. Zumba Gold **13**

- 8:45 a.m. Yoga Breeze **14**

- 8:30 a.m. Flex-Ability **15**

8:45 a.m. Gentle Yoga 🍵
 9:30 a.m. Bingo Registration
 9:30 a.m. Intermediate Bridge **R**
 10:00 a.m. Annie's Piano Tunes
 10:00 a.m. Bingo \$
 10:00 a.m. Mexican Train
 10:00 a.m. Dominoes
 11:00 a.m. Craft Group
 1:00 p.m. Hearts
 1:30 p.m. Serves You Right:
 Pickleball Exercises
 to Increase Mobility
 and Decrease Injury
 2:00 p.m. Birthday Celebration
 2:00 p.m. Annie's Piano Tunes

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. Milkshakes
 2:30 p.m. Financial Health:
 Replacing Lost Income
 Streams

9:00 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
 11:30 a.m. Flex-Ability 🍵
 1:00 p.m. Acrylic Painting
 1:00 p.m. Hearts
 2:00 p.m. Simply Be-YOU-tiful **R**

8:45 a.m. Yoga Breeze 🍵
 9:00 a.m. Mac Computer
CANCELLED
 10:00 a.m. Seated Zumba Gold 🍵
~~10:15 a.m. iPhone & iPad~~
CANCELLED
 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 🍵

9:30 a.m. Meditation - Virtual
 10:00 a.m. Family History
 & Geneology
 10:00 a.m. Mexican Train
 Dominoes
 11:00 a.m. Line Dancing
 11:45 a.m. Revelation
 Bible Study
 1:00 p.m. Hearts
 1:30 p.m. Blackjack
 1:30 p.m. Managing
 Grief & Loss 2

8:45 a.m. Gentle Yoga 🍵 **18**
 9:30 a.m. Intermediate Bridge **R**
 10:00 a.m. Mexican Train
 Dominoes
 11:00 a.m. Craft Group
 12:15 p.m. Lunch & Learn with
 Dr. Shady Henien **R**
 1:00 p.m. Hearts

8:45 a.m. Yoga Breeze 🍵 **19**
 9:00 a.m. Party Bridge **R**
 10:00 a.m. Seated Zumba Gold 🍵
 10:00 a.m. Shred Event
 11:30 a.m. Zumba Gold 🍵
 12:45 p.m. Chair Yoga 🍵
 1:00 p.m. Beginner Pickleball 🍵
 1:30 p.m. Bob Hope Village
 Chime Ringers
 1:30 p.m. Current Issues in
 Environmental
 Science **R**
 2:00 p.m. Intermed.Pickleball 🍵
 2:00 p.m. Milkshakes
 2:30 p.m. Tai Chi for Arthritis 1 **R**

8:30 a.m. Zumba Gold 🍵 **20**
 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
 11:30 a.m. Flex-Ability 🍵
 1:00 p.m. Acrylic Painting
 1:00 p.m. Hearts
 2:15 p.m. Windows Computer
 Club

8:45 a.m. Yoga Breeze 🍵 **21**
 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 🍵
 2:30 p.m. Tai Chi for Arthritis 1 **R**
 3:30 p.m. Conversations in Spanish

8:30 a.m. Flex-Ability 🍵 **22**
 9:30 a.m. Meditation - Virtual
 10:00 a.m. Cruise Talk
 with Wilder Travel
 10:00 a.m. Family History
 & Geneology
 10:00 a.m. Mexican Train
 Dominoes
 11:00 a.m. Line Dancing
 11:45 a.m. Revelation
 Bible Study
 1:00 p.m. Hearts
 1:30 p.m. Blackjack
 1:30 p.m. Managing
 Grief & Loss 2

8:45 a.m. Gentle Yoga 🍵 **25**
 9:30 a.m. Bingo Registration
 9:30 a.m. Intermediate Bridge **R**
 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 🍵 **26**
 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 🍵
 1:30 p.m. Current Issues in
 Environmental
 Science **R**
 2:00 p.m. Intermediate
 Pickleball Lessons 🍵
 2:00 p.m. Milkshakes
 2:30 p.m. Tai Chi for Arthritis 1 **R**

8:30 a.m. Zumba Gold 🍵 **27**
 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
 11:30 a.m. Flex-Ability 🍵
 1:00 p.m. Acrylic Painting
 1:00 p.m. Hearts
 2:00 p.m. Simply Be-YOU-tiful **R**

8:45 a.m. Yoga Breeze 🍵 **28**
 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 🍵
 2:30 p.m. Tai Chi for Arthritis 1 **R**
 3:30 p.m. Conversations in Spanish

8:30 a.m. Flex-Ability 🍵 **29**
 9:30 a.m. Meditation - Virtual
~~10:00 a.m. Family History
 & Geneology~~
CANCELLED
 10:00 a.m. Mexican Train
 Dominoes
~~11:00 a.m. Line Dancing~~
CANCELLED
 11:45 a.m. Revelation
 Bible Study
 1:00 p.m. Hearts
 1:30 p.m. Blackjack
 1:30 p.m. Managing
 Grief & Loss 2

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

Programs

ABC'S OF MEDICARE AND MEDICAID

Discover the essential components of healthcare coverage with "The ABCs of Medicare and Medicaid." Unravel the complexities of these vital government programs and gain a clear understanding of their benefits, eligibility criteria, and enrollment processes. This informative course equips you with the knowledge to make informed healthcare decisions, ensuring peace of mind and optimal coverage for you and your family. Join us now and navigate the world of Medicare and Medicaid with confidence.

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. Sponsored by The Meridian at Westwood.

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.

BOB HOPE VILLAGE CHIMERS Come early for milkshakes on Sept. 19 because the Chimers will be performing a medley of 50's, 60's, and patriotic tunes for your enjoyment. Please come up after the concert for questions and to try the chimes yourself!

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.

CONVERSATIONS IN SPANISH: BRIDGING CULTURES THROUGH LANGUAGE! Join us for an exciting journey of language and connection. English-speaking members come together with Spanish-speaking friends to explore the beauty of Spanish language and culture. Enhance your communication skills, make new friends, and build bridges across languages. Let's learn, laugh, and converse en español! Don't miss this enriching opportunity to expand horizons and foster friendships. ¡Hablamos pronto!

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

CRUISE TALK WITH WILDER TRAVEL "The mighty rivers of the USA once served as the great highways of early exploration and inspired dreams of discovery. Today, American Queen Steamboat Company® re-creates the same sense of wonder, excitement and inspirations with all the convenience and comfort of modern luxury aboard the most elegant riverboats in the world." Come join us as we explore more in depth the American Queen Voyages and all it has to offer!

CURRENT ISSUES IN ENVIRONMENTAL SCIENCE What is the truth regarding current issues in environmental science? This 8-week course will include marine biology, and

ecology, oceanography, atmospheric science, population dynamics, food security, solar cycles, world water supplies, biogeochemical cycles, greenhouse gases, red tides, emerging diseases, climate change, and the ultimate fate of mankind. Ultimately, what does the Bible say about man, his environment and his future. This class requires reservation.

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.

FINANCIAL HEALTH: REPLACING LOST INCOME STREAMS Learn practical techniques for income security. Discover alternative income sources, build diversified portfolios, create passive streams, and uncover opportunities in the changing economy. Tim's expertise will equip you to regain financial control and stability.

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.**

GENTLE YOGA Join instructor, Jacque 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.

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

LUNCH AND LEARN WITH DR. SHADY HENIEN Join us for a captivating Lunch and Learn session with Dr. Shady Henien, skilled and Ivy League trained Structural Interventional Cardiologist. Discover the cutting-edge procedures that can enhance and prolong your life, with minimally invasive cardiac procedures. Gain valuable insights into revolutionary techniques like TAVR, Watchman, and Mitraclip directly from the expert himself. Don't miss this exclusive opportunity to ask a Cardiologist about the latest advancements and how they can benefit you. Reserve your spot now and embark on a journey towards a healthier future. Reservations required. Lunch provided by HCA.

MAC COMPUTER Learn the basics of the Mac OS Mojave operating system. Bring your Mac laptop if you have one. Beginning August 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. PLEASE NOTE: This class is currently closed to new members. However, we are in the process of forming another group. Please sign up at the front desk or call us to be on the waiting list for the upcoming group.

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.**

SERVES YOU RIGHT: PICKLEBALL LESSONS TO INCREASE MOBILITY AND DECREASE INJURY Attention all pickleball players! This class is for you! Pamela Steele, certified physical therapist, will assist with exercises to decrease the chance of injuries associated with pickleball and increase your mobility.

SHRED EVENT The Niceville Public Library invites you to bring all of the unwanted personal documents you can carry to be securely destroyed in a Shred-It mobile shredding truck in the Senior Center parking lot. Please access the event via Palm Boulevard

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 programs are Back to School Basis for skin care and color. Limited to 12 participants. Please RSVP at the Front Desk so she can have everything set up when you arrive.

TAI CHI FOR ARTHRITIS 1 Embark on a journey of wellness with our upcoming 8-week Tai Chi class. We warmly welcome seniors aged 60 and above of all skill levels to join us. Whether you're a beginner or have some experience, this class is tailored just for you. Let's take on this rewarding journey as a supportive community, fostering wellness and connection. Limited spots are available, so early registration is recommended to secure your place. Don't miss out on this wonderful opportunity to nurture your well-being through the art of Tai Chi. **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.**

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.**