



The Niceville Senior Center Foundation is hosting
A Dinner
in the
Courtyard

FRIDAY
NOVEMBER 17
2023

5:30 PM
HAPPY HOUR AND
SILENT AUCTION OPEN

6:30 PM
DINNER

201 CAMPBELL DR. NICEVILLE, FL



OCTOBER 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

EMPOWERING SENIORS: THE NICEVILLE SENIOR CENTER FOUNDATION

The Niceville Senior Center Foundation, a non-profit fundraising arm of the Senior Center, is dedicated to supporting seniors in the Niceville community. Alongside the City of Niceville's efforts, the Foundation enhances the Senior Center experience with added events and activities.


The Foundation's flagship event, Dinner in the Courtyard, scheduled for November 17, aims to raise funds for specific projects. This year, the focus is on replacing the café's jukebox as well as sponsoring the 2024 Prom.






By attending the Dinner in the Courtyard event and contributing, community members actively enrich the lives of local seniors. These contributions not only improve facilities but also create an inclusive environment where seniors can thrive.



If you believe in empowering seniors and want to make a difference, consider supporting the Niceville Senior Center Foundation. Donations directly benefit the Senior Center's programs and initiatives. Donations of any amount can be made at the reception desk. If you would like to donate a piece of artwork, or a raffle basket, please bring your donation to the Senior Center no later than October 31.




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. Cultural Adaptation for Seniors 2</p> <p>8:45 a.m. Gentle Yoga </p> <p>9:30 a.m. Intermediate Bridge R</p> <p>10:00 a.m. Mexican Train Dominoes</p> <p>11:00 a.m. Craft Group</p> <p>11:30 a.m. Lunch & Learn HCA Dr. Sandwith - Lung Nodule Screening R</p> <p>1:00 p.m. Annie's Piano Tunes</p> <p>1:00 p.m. Hearts</p> <p>2:00 p.m. Birthday Celebration</p> <p>2:00 p.m. Annie's Piano Tunes</p>	<p>8:45 a.m. Yoga Breeze  3</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>1:30 p.m. Current Issues in Environmental Science R</p> <p>2:00 p.m. Intermediate Pickleball Lessons </p> <p>2:00 p.m. Milkshakes</p> <p>2:30 p.m. Tai Chi for Arthritis 1 R</p>	<p>8:30 a.m. Zumba Gold  4 CANCELLED</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>11:30 a.m. Flex-Ability </p> <p>1:00 p.m. Acrylic Painting</p> <p>1:00 p.m. Hearts</p>	<p>8:45 a.m. Yoga Breeze  5</p> <p>9:00 a.m. Mac Computer</p> <p>10:00 a.m. Seated Zumba Gold  CANCELLED</p> <p>10:15 a.m. iPhone & iPad</p> <p>10:30 a.m. Blood Press. Checks</p> <p>11:30 a.m. Planning Your Funeral</p> <p>11:30 a.m. Zumba Gold  CANCELLED</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>2:30 p.m. Tai Chi for Arthritis 1 R</p> <p>3:00 p.m. Dementia Care & Support</p> <p>3:30 p.m. Conversations in Spanish</p>	<p>8:30 a.m. Flex-Ability  6</p> <p>9:30 a.m. Meditation - Virtual CANCELLED</p> <p>10:00 a.m. Family History & Genealogy CANCELLED</p> <p>10:00 a.m. Mexican Train Dominoes</p> <p>11:00 a.m. Line Dancing</p> <p>11:30 a.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  9</p> <p>9:30 a.m. Bingo Registration</p> <p>9:30 a.m. Intermediate Bridge R</p> <p>10:00 a.m. Bingo S</p> <p>10:00 a.m. Mexican Train Dominoes</p> <p>11:00 a.m. Craft Group</p> <p>12:30 p.m. Lunch & Learn with The Blake & Suncoast Omni R</p> <p>1:00 p.m. Hearts</p>	<p>8:45 a.m. Yoga Breeze  10</p> <p>9:00 a.m. Party Bridge R</p> <p>10:00 a.m. Seated Zumba Gold  CANCELLED</p> <p>11:30 a.m. Zumba Gold  CANCELLED</p> <p>12:45 p.m. Chair Yoga </p> <p>1:00 p.m. Beginner Pickleball Lessons </p> <p>1:30 p.m. Current Issues in Environmental Science R</p> <p>2:00 p.m. Intermediate Pickleball Lessons </p> <p>2:00 p.m. Milkshakes</p> <p>2:30 p.m. Tai Chi for Arthritis 1 R</p>	<p>8:30 a.m. Zumba Gold  11</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>11:30 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>8:45 a.m. Yoga Breeze  12</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>2:30 p.m. Tai Chi for Arthritis 1 R</p> <p>3:30 p.m. Conversations in Spanish</p>	<p>8:30 a.m. Flex-Ability  13</p> <p>9:30 a.m. Meditation - Virtual</p> <p>10:00 a.m. Family History & Genealogy CANCELLED</p> <p>10:00 a.m. Mexican Train Dominoes</p> <p>11:00 a.m. Line Dancing</p> <p>11:30 a.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  16</p>	<p>8:45 a.m. Yoga Breeze  17</p>	<p>8:30 a.m. Zumba Gold  18</p>	<p>8:45 a.m. Yoga Breeze  19</p>	<p>8:30 a.m. Flex-Ability  20</p>



8:45 a.m. Gentle Yoga  **19**
 9:00 a.m. Pelvic Therapy - What is it?
 9:30 a.m. Intermediate Bridge **R**
 10:00 a.m. Mexican Train
 Dominoes
 11:00 a.m. Craft Group
 11:30 a.m. Lunch & Learn HCA
 Dr. Critides - Diagnosis and Management of Acute Low Back Pain **R**
 1:00 p.m. Hearts







9:00 a.m. Party Bridge **R**
 9:00 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**



9:30 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
 2:15 p.m. Windows Computer Club







8:45 a.m. Yoga Breeze 
 9:00 a.m. **CANCELLED**
 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 
CANCELLED
 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 
 9:30 a.m. Meditation - Virtual
 10:00 a.m. Family History & Genealogy
CANCELLED
 10:00 a.m. Mexican Train
 Dominoes
 11:00 a.m. Line Dancing
 11:30 a.m. Revelation
 Bible Study
 1:00 p.m. Hearts
 1:30 p.m. Blackjack


8:45 a.m. Gentle Yoga  **23**
 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
CANCELLED
 1:00 p.m. Hearts
 1:30 p.m. Tour Talk
 with Wilder Travel







8:45 a.m. Yoga Breeze  **24**
 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**
 5:30 p.m. Strong Foundations
 Yoga

8:30 a.m. Zumba Gold  **25**
 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  **26**
 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
 5:30 p.m. Zumba Gold

8:30 a.m. Flex-Ability  **27**
 9:30 a.m. Meditation - Virtual
 10:00 a.m. Family History & Genealogy
CANCELLED
 10:00 a.m. Mexican Train
 Dominoes
 11:00 a.m. Line Dancing
 11:30 a.m. Revelation
 Bible Study
 1:00 p.m. Hearts
 1:30 p.m. Blackjack

8:45 a.m. Gentle Yoga  **30**
 9:30 a.m. Intermediate Bridge **R**
 10:00 a.m. Mexican Train
 Dominoes
 10:30 a.m. The Only Thing Falling
 Should Be Leaves!
 Fall Prevention with
 Select Physical Therapy
 11:00 a.m. Craft Group
 1:00 p.m. Hearts

8:45 a.m. Yoga Breeze  **31**
 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
CANCELLED
 2:30 p.m. Tai Chi for Arthritis 1 **R**
3:00 P.M. HALLOWEEN PARTY
 5:30 p.m. Strong Foundations
 Yoga

CALENDAR KEY



DONATION REQUESTED



CLASS HAS A SET FEE



RESERVATIONS REQUESTED

CONTACT US

850-279-6436 EXT. 1602

HALLOWEEN PARTY - 10/31
3:00 - 5:00 P.M.

JOIN US FOR A COSTUME CONTEST AND FUN GAMES ON THE BACK COURTYARD!

BRING A "NO PREP SNACK" TO SHARE (FRUIT OR CHEESE TRAY, COOKIES, INDIVIDUALLY WRAPPED SNACKS, ETC)

MUST BE FROM THE GROCERY STORE. PLEASE DO NOT BRING ANYTHING THAT WILL NEED TO BE CUT INTO INDIVIDUAL PORTIONS.

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

Programs

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 2nd and 4th 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.

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.

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.

CULTURAL ADAPTATION FOR SENIORS This class is designed to help seniors recognize and overcome intercultural barriers and conflicts in order to improve meaningful communications and interactions in their daily lives.

CURRENT ISSUES IN ENVIRONMENTAL SCIENCE This class is requires reservation and is currently closed to new participants.

DEMENTIA CARE AND SUPPORT A place for people living with early symptoms of dementia or caregivers to come together with others also living this journey to discuss the impact of the disease, share stories, experiences and learn from one another about how to live well with dementia as well as connecting with others going through similar experiences, you may feel less alone and more empowered in your journey. Support groups of all types also offer educational opportunities about Alzheimer's disease for those living with it, as well as caregivers.

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.

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.

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

LUNCH & LEARN HCA - DR. SANDWITH - LUNG NODULE SCREENING FOR CANCER Join us for a Lunch and Learn session on Lung Nodule Screening for Lung Cancer with the renowned Dr. Eric Sandwith. As a Board Certified expert in Cardiac Surgery and Thoracic Surgery, Dr. Sandwith will shed light on the latest advancements in lung nodule detection and cancer prevention. Discover how early screening can make a significant difference in your lung health. Don't miss this opportunity to educate yourself and enjoy a delicious lunch while doing so!

LUNCH & LEARN HCA - DR. CRITIDES - ACUTE LOW BACK PAIN Join us for a Lunch and Learn session with Dr. Sam Critides, a Board Certified expert in Neurological Surgery. Discover the latest insights on the Diagnosis and Management of Acute Low Back Pain. Dr. Critides will provide valuable guidance on effective treatments and strategies for relief. Don't miss this chance to expand your knowledge while enjoying lunch.

LUNCH & LEARN WITH THE BLAKE AND SUNCOAST OMNI Come join The Blake Senior Living and Suncrest Omni for a lunch presentation! We will be discussing some preventative measures that can be taken at home and other useful information that will benefit your daily life!

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.

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.

PELVIC THERAPY - WHAT IS IT? Join the folks at FYZICAL as they teach you all about pelvic therapy. You'll learn postural exercises, relaxation techniques, and diaphragmatic breathing that can improve symptoms as well as your overall health and sense of well-being.

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.

PLANNING YOUR FUNERAL WITH HERITAGE GARDENS Join Heritage Gardens for a thoughtful and informative program, "Planning Your Funeral." In this session, we'll guide you through the essential steps in preparing for your final farewell. Learn how to make informed decisions, ease the burden on loved ones, and ensure your wishes are honored. A practical and caring approach to a topic we all must address at some point in life.

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 The Holidays are coming, and you want to look great when all the cameras come out! Let's make November a month to remember! Come enjoy fast skin care treatments and try on a simple and beautiful holiday color look to rock the season! Space is limited to 12, so please RSVP at the front desk to reserve your seat.

STRONG FOUNDATIONS YOGA Join us as we gently guide you through a series of rejuvenating yoga poses and mindful breathing exercises, designed to enhance flexibility, improve posture, and strengthen your body from the inside out. Enjoy a welcoming and supportive environment, ensuring your comfort and safety throughout the practice. Embrace the journey towards a healthier, more agile you, while building a strong foundation for a vibrant and active life.

TAI CHI FOR ARTHRITIS 1 This class is requires reservation and is currently closed to new participants.

THE ONLY THING FALLING SHOULD BE LEAVES - FALL PREVENTION Falling is scary! This class will teach you tips and tricks to prevent falls. Come learn general strengthening and balance exercises to improve overall mobility.

TOUR TALK WITH WILDER TRAVEL We'll talk about touring Ireland, Scotland and Britain with CIE tours. They have been in business since 1932 and strive for excellence as they share their culture and country. Excerpt from their brochure: "Wide-open landscapes and incredible experiences await when you vacation with CIE Tours. Each day will be brimming with the promise of fascinating history, enchanting locales, and unique adventures to be celebrated with friends, new and dear."

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**