



# FEBRUARY 2026

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.

### DAILY

\$5 per person

### MONTHLY

#### Okaloosa County Residents

\$15 per person OR  
\$25 per household

#### Non-Okaloosa County Residents

\$30 per person OR  
\$50 per household

### ANNUALLY

\$100 per person OR  
\$125 per household

## FEBRUARY IS THE MONTH OF LOVE— AND WE LOVE OUR MEMBERS

February is often called the month of love, and at the Senior Center, it's the perfect time to celebrate what truly makes our days meaningful: you. Our members are the heart of everything we do, and this month we're feeling especially grateful for the friendships, laughter, and sense of community that fill our building every day.

The Senior Center is more than a place to attend programs—it's a place where connections are made, routines become traditions, and new friendships begin. Whether you're joining a fitness class, enjoying a game with friends, volunteering your time, or simply stopping by for a cup of coffee and conversation, you help create the welcoming spirit that makes our center feel like home.

February also reminds us that love comes in many forms: showing up for one another, sharing stories, lending a hand, and making time to connect. Those small moments add up to something truly special.

Thank you for choosing the Senior Center as part of your daily life. We appreciate you, we value you, and we're proud to serve such an incredible group of members—this month and all year long.

**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
8:45 a.m. Gentle Yoga <b>2</b> 9:30 a.m. Intermediate Bridge <b>R</b> 9:30 a.m. Ping Pong Meet Up 10:00 a.m. Mexican Train Dominoes 11:00 a.m. Craft Group 1:00 p.m. Beginner Pickleball Lessons <b>1:00 p.m. Emerald Coast Music Alliance Performance: Cerus Quartet <b>R</b></b> 1:00 p.m. Hearts <b>2:00 p.m. Annie's Piano Tunes</b> <b>2:00 p.m. Birthday Celebration</b>	8:30 a.m. Stretch & Flow Yoga <b>3</b> 9:00 a.m. Party Bridge <b>R</b> 9:45 a.m. Chair Yoga 10:00 a.m. Words with Friends 11:00 a.m. Seated Zumba Gold 12:15 p.m. Zumba Gold 1:00 p.m. Let's Play American Mah Jongg <b>2:00 p.m. Annie's Piano Tunes</b> 2:00 p.m. Managing Grief & Loss <b>2:00 p.m. Milkshakes</b>	8:30 a.m. Zumba Gold <b>4</b> 9:00 a.m. Vets Chat 'n Chew 9:30 a.m. Beginner Line Dance 9:30 a.m. Meditation 9:30 a.m. Ping Pong Meet Up 10:00 a.m. Mexican Train Dominoes 10:30 a.m. Intermediate Line Dance 10:45 a.m. Roundtable Discussion Group 11:30 a.m. Flex-Ability 1:00 p.m. Acrylic Painting <del>1:00 p.m. Beginner Pickleball Lessons</del> <b>CANCELLED</b> 1:00 p.m. Hearts <b>2:00 p.m. Dementia Caregiver Support Group</b>	8:30 a.m. Yoga Breeze <b>5</b> 9:00 a.m. Mac Computer 9:45 a.m. Chair Yoga 10:15 a.m. iPhone & iPad 10:30 a.m. Blood Press. Checks 11:00 a.m. Seated Zumba Gold 11:45 a.m. Craft Group 12:15 p.m. Zumba Gold	8:30 a.m. Flex-Ability <b>6</b> <b>9:00 a.m. Watercolor Class <b>R</b></b> 9:30 a.m. Ping Pong Meet Up 10:00 a.m. Mexican Train Dominoes <b>10:30 a.m. Special Needs Get Together</b> 11:00 a.m. Beginner Line Dance <b>11:00 a.m. Ornithology <b>R</b></b> 12:00 p.m. Intermediate Line Dance 1:00 p.m. Hearts 1:30 p.m. Blackjack
<b>8:30 a.m. Bingo Registration <b>9</b></b> 8:45 a.m. Gentle Yoga 9:30 a.m. Intermediate Bridge <b>R</b> 9:30 a.m. Ping Pong Meet Up <b>10:00 a.m. Bingo <b>S</b></b> 10:00 a.m. Mexican Train Dominoes 11:00 a.m. Craft Group <del>1:00 p.m. Beginner Pickleball Lessons</del> <b>CANCELLED</b> 1:00 p.m. Hearts	8:30 a.m. Stretch & Flow Yoga <b>10</b> 9:00 a.m. Party Bridge <b>R</b> 9:45 a.m. Chair Yoga 10:00 a.m. Words with Friends 11:00 a.m. Seated Zumba Gold 12:15 p.m. Zumba Gold 1:00 p.m. Let's Play American Mah Jongg 2:00 p.m. Managing Grief & Loss	8:30 a.m. Zumba Gold <b>11</b> 9:00 a.m. Vets Chat 'n Chew 9:30 a.m. Beginner Line Dance 9:30 a.m. Meditation 9:30 a.m. Ping Pong Meet Up 10:00 a.m. Mexican Train Dominoes 10:30 a.m. Intermediate Line Dance 10:45 a.m. Round Table Discussion 11:30 a.m. Flex-Ability 1:00 p.m. Acrylic Painting <del>1:00 p.m. Beg. Pickleball Lessons</del> <b>CANCELLED</b> 1:00 p.m. Hearts <b>1:00 p.m. Single Mingle Valentine's Meet Up <b>R</b></b> <b>2:00 p.m. Simply Be-YOU-tiful <b>R</b></b>	8:30 a.m. Yoga Breeze <b>12</b> 9:00 a.m. Mac Computer 9:45 a.m. Chair Yoga 10:15 a.m. iPhone & iPad 11:00 a.m. Seated Zumba Gold 11:45 a.m. Craft Group 12:15 p.m. Zumba Gold	8:30 a.m. Flex-Ability <b>13</b> 9:30 a.m. Ping Pong Meet Up 10:00 a.m. Mexican Train Dominoes 11:00 a.m. Beginner Line Dance <b>11:00 a.m. Ornithology <b>R</b></b> 12:00 p.m. Intermediate Line Dance 1:00 p.m. Hearts 1:30 p.m. Blackjack
8:45 a.m. Gentle Yoga <b>16</b>	8:30 a.m. Stretch & Flow <b>17</b>	<del>8:30 a.m. Zumba Gold </del> <b>18</b>	8:30 a.m. Yoga Breeze <b>19</b>	8:30 a.m. Flex-Ability <b>20</b>

8:45 a.m. Gentle Yoga 🤲

9:30 a.m. Intermediate Bridge **R**

9:30 a.m. Ping Pong Meet Up

10:00 a.m. Mexican Train  
Dominoes

**10:00 a.m. Volunteer Safety Meeting**

11:00 a.m. Craft Group

1:00 p.m. Beginner Pickleball Lessons

1:00 p.m. Hearts

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

9:45 a.m. Chair Yoga 🤲

10:00 a.m. Words with Friends

11:00 a.m. Seated Zumba Gold 🤲

12:15 p.m. Zumba Gold 🤲

1:00 p.m. Let's Play American Mah Jongg

**2:00 p.m. Guitar Music with Barbara Fike**

2:00 p.m. Managing Grief & Loss

**2:00 p.m. Milkshakes**

**2:15 p.m. AI Users Group**

**CANCELLED**

9:00 a.m. Vets Chat 'n Chew

9:30 a.m. Beginner Line Dance

9:30 a.m. Meditation

9:30 a.m. Ping Pong Meet Up

9:30 a.m. Mexican Train  
Dominoes

10:30 a.m. Intermediate Line Dance

10:45 a.m. Round Table Discussion

11:30 a.m. Flex-Ability 🤲

1:00 p.m. Acrylic Painting

1:00 p.m. Beginner Pickleball Lessons

1:00 p.m. Hearts

**2:00 p.m. Breast Cancer Survivors Support Group**

8:30 a.m. Yoga Breeze 🤲

9:00 a.m. Mac Computer

9:45 a.m. Chair Yoga 🤲

10:15 a.m. iPhone & iPad

10:30 a.m. Blood Press. Checks

11:00 a.m. Seated Zumba Gold 🤲

11:45 a.m. Craft Group

12:15 p.m. Zumba Gold 🤲

8:30 a.m. Flex-Ability 🤲

**9:00 a.m. Watercolor Class **R****

9:30 a.m. Ping Pong Meet Up

10:00 a.m. Mexican Train  
Dominoes

11:00 a.m. Beginner Line Dance

**11:00 a.m. Ornithology **R****

12:00 p.m. Intermediate Line Dance

1:00 p.m. Hearts

1:30 p.m. Blackjack

**8:30 a.m. Bingo Registration **23****

8:45 a.m. Gentle Yoga 🤲

9:30 a.m. Intermediate Bridge **R**

9:30 a.m. Ping Pong Meet Up

**10:00 a.m. Bingo **S****

10:00 a.m. Mexican Train  
Dominoes

11:00 a.m. Craft Group

**12:30 p.m. Lunch & Learn HCA: Holistic and Patient Centered Diabetes Care **R****

1:00 p.m. Beginner Pickleball Lessons

1:00 p.m. Hearts

8:30 a.m. Stretch & Flow Yoga 🤲 **24**

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

9:45 a.m. Chair Yoga 🤲

10:00 a.m. Words with Friends

11:00 a.m. Seated Zumba Gold 🤲

12:15 p.m. Zumba Gold 🤲

1:00 p.m. Let's Play American Mah Jongg

8:30 a.m. Zumba Gold 🤲 **25**

9:00 a.m. Vets Chat 'n Chew

9:30 a.m. Beginner Line Dance

9:30 a.m. Meditation

9:30 a.m. Ping Pong Meet Up

10:00 a.m. Mexican Train  
Dominoes

10:30 a.m. Intermediate Line Dance

10:45 a.m. Round Table Discussion

11:30 a.m. Flex-Ability 🤲

1:00 p.m. Acrylic Painting

1:00 p.m. Beginner Pickleball Lessons

**1:00 p.m. Dramatic Reading Group**

1:00 p.m. Hearts

**2:00 p.m. Simply Be-YOU-tiful **R****

8:30 a.m. Yoga Breeze 🤲 **26**

~~9:00 a.m. Mac Computer~~  
**CANCELLED**

9:45 a.m. Chair Yoga 🤲

~~10:15 a.m. iPhone & iPad~~  
**CANCELLED**

11:00 a.m. Seated Zumba Gold 🤲

11:45 a.m. Craft Group

12:15 p.m. Zumba Gold 🤲

8:30 a.m. Flex-Ability 🤲 **27**

9:30 a.m. Ping Pong Meet Up

10:00 a.m. Mexican Train  
Dominoes

11:00 a.m. Beginner Line Dance

**11:00 a.m. Ornithology **R****

12:00 p.m. Intermediate Line Dance

**12:00 p.m. Kiwanis Connections: Seniors Serving with Purpose **R****

1:00 p.m. Hearts

1:30 p.m. Blackjack

## CALENDAR KEY

 **DONATION REQUESTED**

 **CLASS HAS A SET FEE**  
Class fees are non-refundable

 **RESERVATIONS REQUESTED**

**CONTACT US**  
850-279-6436 EXT. 1602

## ALL DAY, EVERY DAY

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

**EQUIPMENT AVAILABLE FOR ALL GAMES**



**MILKSHAKE TUESDAYS**

**FEBRUARY 3 & 17**  
**2:00 P.M.**

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.

**AI USERS GROUP** Starting only a couple years ago, free Artificial Intelligence (AI) tools have now become widely available for everyone. During this period, our Windows PC Computer Club has shifted its focus to exploring AI in our meetings. We'll show you how to use free online AI tools—whether you use a Windows PC, Mac, Chromebook, or smartphone. We'll help you get the most out of your technology and discover exciting new AI advances.

**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 8:30 a.m., doors open at 9:30 a.m. and game begins at 10:00 a.m. No latecomers.

**BIRTHDAY CELEBRATION** Join us as we celebrate those who have birthdays with cake for everyone.

**BLOOD PRESSURE CHECKS** Walk-in screening held in the workroom on the first and third Thursday of the month.

**BLACKJACK** Beat the casino! Make money! Learn Blackjack! Play with us for free. Any level of player welcome. No money involved.

**BREAST CANCER SURVIVORS SUPPORT GROUP** Surviving breast cancer is a journey, and you don't have to walk it alone. Our support group offers a safe, welcoming space to share experiences, find encouragement, and connect with others who truly understand.

**CHAIR YOGA** Enjoy the benefits of yoga without getting down on the floor! This gentle class uses seated and supported standing movements to improve posture, flexibility, and core strength. Maintain joint mobility, boost balance and stability, and melt away stress. A \$3 donation is requested.

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

**DEMENTIA CAREGIVERS SUPPORT** Join our supportive caregiver group. The group offers resources, shared experiences, and emotional support to help navigate the challenges of caregiving with confidence and compassion.

**DRAMATIC READING GROUP** Join our expressive storytelling session where all are welcome to perform solo, with partners, or in groups. Share original tales or published scripts in a captivating and delightful experience, perfect for senior adults to share stories and emotions on stage.

**EMERALD COAST MUSIC ALLIANCE PERFORMANCE: CERUS QUARTET** Experience the dynamic sound of the Cerus Quartet, an award-winning saxophone ensemble based in Ann Arbor, Michigan. Founded in 2022, the quartet brings contemporary works and classical masterworks to life through engaging programming and innovative performance. Winners of multiple national competitions, Cerus reimagines the saxophone quartet as a powerful voice in today's classical music scene. Enjoy an inspiring and unforgettable musical performance.

**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** Ease into your week with this calming, low-impact yoga class. Perfect for beginners and experienced yogis alike, Gentle Yoga focuses on slow movements, deep stretches, and mindful breathing to improve flexibility, balance, and relaxation. Start your Monday feeling centered, refreshed, and ready for the day ahead. A \$3 donation is requested.

**GUITAR MUSIC WITH BARBARA FIKE** Enjoy the sweet sounds of live music during Milkshake Tuesday with special guest Barbara Fike from Partin Place. Barbara will share her talent on guitar, adding a delightful musical touch to everyone's favorite treat day. Come sip, relax, and enjoy this fun and uplifting afternoon with friends and music!

**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.

**KIWANIS CONNECTIONS** Join us for a Kiwanis Seniors Meeting, where community service and friendship come together! Our meetings provide a welcoming and engaging environment for seniors who are passionate about making a difference. We invite you to connect with like-minded individuals and contribute to meaningful service projects that benefit children and our community. Lunch will be served and registration is required.

**LET'S PLAY AMERICAN MAH JONGG** Join us for the National League (American rules) version of this ancient game of sequencing tiles. Players will need to bring their own copy of the 2025 National League Mah Jongg card.

**LINE DANCE - BEGINNER**

**& INTERMEDIATE** Dust off those cowboy boots and wrangle a pal because this week, we're two-stepping into our lively line dancing classes. Join us for a toe-tapping good time as we learn fresh moves, make new friends, and immerse ourselves in the rhythm. Due to crowded classes, participants may attend either Wednesday or Friday, but not both.

**LUNCH & LEARN HCA: HOLISTIC & PATIENT CENTERED DIABETES CARE** Join us for an informative Lunch & Learn with Dr. Christopher Reid, board-certified nephrologist, as he explores a whole-person approach to diabetes care. Dr. Reid will discuss practical strategies for managing diabetes, protecting kidney health, and improving overall wellness through patient-centered care. This engaging session will empower participants with knowledge to better understand their health, make informed choices, and take proactive steps toward long-term well-being. Lunch will be provided, and time will be reserved for questions and discussion.

**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 meets off campus on the last Tuesday of each month.

**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.

**MEXICAN TRAIN DOMINOES** Join us for a laid-back, easy introduction to dominoes. Experienced and new players welcome.

**MILKSHAKES** Join us on the first and third Tuesday for a cool treat from 2:00 - 2:30 p.m.

**ORNITHOLOGY** Birds, sensitive to changes in their environment, are literally canaries in the coal mine when it comes to global environmental issues. Consequently, this 8-week course will cover the biology, ecology, and ethology of the more than 11,000 species of birds that populate our planet as well as global topics of climate and biodiversity.

**PARTY BRIDGE** Calling all seasoned players to join us for a delightful game of bridge and forge new connections. Reach out to Sharon Herbison at (850) 496-2759 to secure your spot and let the fun begin!

**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.

**PING PONG MEET UP** Join our fun-loving ping pong group! Whether you're a seasoned pro or a novice looking to improve your game, we welcome players of all levels. Come serve up some fun and make new friends. See you on the table!

**ROUND TABLE DISCUSSION GROUP** Informal discussion group addressing economic, political, and sociological issues throughout the world.

**SEATED ZUMBA GOLD** This high-energy, fun fitness class is for anyone who wants to exercise sitting down—in a chair or in a wheelchair. Designed for people with limited mobility and people with balance issues. \$3 donation requested.

**SIMPLY BE-YOU-TIFUL WITH ELISA ROWLAND** Join our senior-focused rejuvenation session, where quick skin care treatments enhance your radiant glow. Enjoy varied themed activities in an intimate group of 12. RSVP at the Front Desk for a personalized experience promoting timeless elegance and youthfulness.

**SINGLE MINGLE VALENTINES MEET-UP** Calling all singles ages 55 and better! Join us for a sweet Valentine's Day gathering filled with fellowship, light refreshments, and great conversation. This special meet-up is a perfect opportunity to mingle, make new connections, and enjoy time with friends old and new. Come solo, bring a friend, or arrive ready to meet someone new. We'll provide the treats and welcoming atmosphere—you just bring yourself. RSVP and join us for a fun and friendly afternoon.

**SPECIAL NEEDS GET TOGETHER - A SUPPORT GROUP FOR THOSE LIVING WITH DISABILITIES**

Join others who understand the challenges of living with a disability. This open forum provides a safe place to share experiences—the good, the bad, and everything in between. Together, we'll learn coping strategies, explore ways to adapt, and encourage each other with a positive outlook.

**STRETCH & FLOW YOGA** Find your balance between strength and serenity in this Vinyasa-style class. We'll explore long, intentional holds to deepen each pose, then flow gently to keep muscles cool and limber. Perfect for building flexibility, releasing tension, and leaving you feeling refreshed from head to toe. A \$3 donation is requested.

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

**VOLUNTEER SAFETY MEETING** Join us for a helpful and engaging safety meeting where we'll review important guidelines to keep our center safe and welcoming for everyone. We'll share easy-to-follow emergency procedures, tips for positive interactions with members, and updates to our safety policies. It's also a great opportunity to ask questions, share stories, and connect with fellow volunteers in a relaxed and supportive setting.

**WATERCOLOR CLASS** Explore your inner sanctuary through vibrant watercolors! Led by a seasoned artist, this safe space welcomes all. No mastery required—just bring yourself and enjoy. Limited to 11 participants for personalized attention. Register now! \$3 suggested donation to the teacher.

**WORDS WITH FRIENDS** Join us for a fun and welcoming hour of writing, sharing and connecting! Each week we will use simple prompts for quick writing exercises and share our stories in a supportive group. No experience needed—just bring a pen and your imagination!

**YOGA BREEZE** Breathe, stretch, and strengthen with this gentle Hatha Yoga class designed to improve flexibility, balance, and posture while being kind to your joints. Perfect for all levels, this soothing practice will leave you feeling refreshed and renewed. A \$3 donation is 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.