



## PASSPORT TO HEALTH

Health Fair Sponsored by  
Niceville Senior Center Foundation

Thursday, March 19  
Doors Open  
10:30 a.m. - 12:30 p.m.  
Open to the Public



# MARCH 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

## PASSPORT TO HEALTH

### Senior Center Health Fair Promises Day of Healthy Fun

Come join us for a day of wellness and discovery at the Niceville Senior Center Health Fair. Doors will be open on Thursday, March 19 from 10:30 a.m. to 12:30 p.m. with the event ending at 1:00 p.m.

We're thrilled to offer this free health fair filled with engaging educational sessions, helpful health screenings, and a variety of local vendors eager to share their expertise. Whether you're keen to learn about managing diabetes, heart health, balance improvement, cancer prevention, or anything in between, our event has something for everyone.

Sponsored by the Niceville Senior Center Foundation, our mission is simple: to empower seniors with the knowledge and tools they need to lead vibrant, fulfilling lives. Let's embark on this journey together toward better health and enhanced well-being!

Plus, there's even more reason to join in the fun — we'll be giving away door prizes throughout the day, including a fabulous \$300 grand prize for one lucky attendee.

Please note that the Senior Center will close at 3:00 p.m. the day before the Health Fair and at 1:00 p.m. on the day of the Health Fair.

**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  **2**  
 9:30 a.m. Intermediate Bridge **R**  
 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  
 1:00 p.m. Hearts  
 2:00 p.m. Annie's Piano Tunes  
 2:00 p.m. Birthday Celebration

8:30 a.m. Stretch & Flow  
 Yoga  **3**  
 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. Annie's Piano Tunes  
 2:00 p.m. Managing Grief & Loss  
 2:00 p.m. Milkshakes

8:30 a.m. Zumba Gold  **4**  
 9:00 a.m. Vets Chat 'n Chew **4**  
 9:30 a.m. Beginner Line Dance  
 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  
 11:00 a.m. Planning for Peace:  
 Clarity Today,  
 Comfort Tomorrow **R**  
 11:30 a.m. Flex-Ability   
 1:00 p.m. Acrylic & Watercolor  
 Painting  
 1:00 p.m. Beginner  
 Pickleball Lessons  
 1:00 p.m. Hearts  
 2:00 p.m. Dementia Caregiver  
 Support Group

8:30 a.m. Yoga Breeze  **5**  
 9:00 a.m. Mac Computer  
 9:45 a.m. Chair Yoga   
 10:00 a.m. Health Fair  
 Volunteer Meeting  
 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  **6**  
 9:00 a.m. Watercolor Class **R**  
 9:30 a.m. Ping Pong Meet Up  
 10:00 a.m. Mexican Train  
 Dominoes  
 10:30 a.m. Special Needs  
 Get Together  
 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 **9**  
 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  
 1:00 p.m. Beginner  
 Pickleball Lessons  
 1:00 p.m. Hearts

8:30 a.m. Stretch & Flow  
 Yoga  **10**  
 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. Managing Grief & Loss

8:30 a.m. Zumba Gold  **11**  
 9:00 a.m. Vets Chat 'n Chew **11**  
 9:30 a.m. Beginner Line Dance  
 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 & Watercolor  
 Painting  
 1:00 p.m. Beginner  
 Pickleball Lessons  
 1:00 p.m. Hearts  
 1:00 p.m. Single Mingle  
 Meet Up  
 CANCELLED  
 2:00 p.m. Simply Be-YOU-tiful **R**  
 Beautiful Brows

8:30 a.m. Yoga Breeze  **12**  
 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  **13**  
 9:30 a.m. Ping Pong Meet Up  
 10:00 a.m. Mexican Train  
 Dominoes  
 11:00 a.m. Beginner Line Dance  
 12:00 p.m. Intermediate Line Dance  
 1:00 p.m. Hearts  
 1:30 p.m. Blackjack

8:45 a.m. Gentle Yoga  **16**

8:30 a.m. Stretch & Flow **17**

8:30 a.m. Zumba Gold  **18**

**PASSPORT**

8:30 a.m. Flex-Ability  **20**

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  
 11:00 a.m. Craft Group  
~~1:00 p.m. Beginner Pickleball Lessons~~  
**CANCELLED**  
 1:00 p.m. Hearts

9:00 a.m. Party Bridge **R**  
 9:45 a.m. Chair Yoga 🧘  
**10:00 a.m. Shred-a-Thon**  
 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**

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 & Watercolor Painting  
~~1:00 p.m. Beginner Pickleball Lessons~~  
**CANCELLED**  
 1:00 p.m. Hearts  
**2:00 p.m. Breast Cancer Survivors Support Group**

SENIOR CENTER CLOSING AT 3:00 P.M.

**PASSPORT TO HEALTH**  
**HEALTH FAIR**  
**SPONSORED BY THE NICEVILLE SENIOR CENTER FOUNDATION**  
**DOORS OPEN 10:30 A.M. - 12:30 P.M.**  
**ZUMBA - 10:30 A.M.**  
**LINE DANCE - 11:30 A.M.**

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  
 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: Why Heart Disease is Called "The Silent Killer?" **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~~  
**CANCELLED**  
~~12:15 p.m. Zumba Gold~~  
**CANCELLED**  
 1:00 p.m. Let's Play American Mah Jongg  
 2:00 p.m. Managing Grief & Loss

~~8:30 a.m. Zumba Gold~~  
**CANCELLED **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 & Watercolor 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****  
**Fabulous False Lashes**

8:30 a.m. Yoga Breeze 🧘 **26**  
 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~~  
**CANCELLED**  
 11:45 a.m. Craft Group  
~~12:15 p.m. Zumba Gold~~  
**CANCELLED**

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  
 12:00 p.m. Intermediate Line Dance  
~~12:00 p.m. Kiwanis Connections- Seniors Serving with Purpose~~  
**CANCELLED**  
 1:00 p.m. Hearts  
 1:30 p.m. Blackjack

8:45 a.m. Gentle Yoga 🧘 **30**  
 10:30 a.m. Intermediate Bridge **R**  
 10:30 a.m. Ping Pong Meet Up  
 10:30 a.m. Mexican Train  
 Dominoes  
 11:00 a.m. Craft Group  
~~1:00 p.m. Beginner Pickleball Lessons~~  
**CANCELLED**  
 1:00 p.m. Hearts

8:30 a.m. Stretch & Flow Yoga 🧘 **31**  
 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~~  
**CANCELLED**  
~~12:15 p.m. Zumba Gold~~  
**CANCELLED**  
 1:00 p.m. Let's Play American Mah Jongg  
 2:00 p.m. Managing Grief & Loss  
**CANCELLED**

## 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**

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

# Programs

**ACRYLIC PAINTING** Spend time painting in a supportive and friendly setting with Acrylic & Watercolor Painting. Kathleen Lo Galbo, a dedicated art enthusiast, shares her knowledge while continuing to learn with the group. Bring your own supplies and enjoy a relaxing, creative experience.

**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. To welcome anyone interested in AI, we've changed our name to the AI Users Group. At our meetings, we'll show you how to use free online AI tools—no matter what kind of computer you have. Whether you use a Windows PC, Mac, Chromebook, or smartphone, our goal is to 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.

**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!

**HEALTH FAIR VOLUNTEER MEETING** It takes a team of volunteers to make our events happen. If you would like to volunteer at the Health Fair, please attend this meeting. All volunteer assignments

will be finalized at this meeting.

**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.

**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: WHY HEART DISEASE IS CALLED "THE SILENT KILLER"** Heart disease is often called "the silent killer" because it can develop with few or no warning signs. Join us for this informative presentation led by Dr. John Dudley, Interventional Cardiologist at HCA Florida Fort Walton Destin Hospital. Learn common risk factors, subtle symptoms to watch for, and simple steps you can take to protect your heart. Knowledge is power—come empower yourself with tools for a healthier future. Lunch provided by HCA Florida.

**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.

**PASSPORT TO HEALTH: THE SENIOR CENTER HEALTH FAIR** This free event features educational sessions, health screenings, and local vendors offering valuable insights on topics like diabetes management, heart health, and cancer prevention.

Sponsored by the Niceville Senior Center Foundation, our goal is to empower seniors with knowledge to live healthier lives. Plus, enjoy the chance to win door prizes, including a \$300 grand prize! This event is open to the public. Please note: the Senior Center will close at 2:00 p.m. the day before and 1:00 p.m. on the event day.

**PLANNING FOR PEACE: CLARITY TODAY, COMFORT TOMORROW** Learn how planning ahead can make life easier for you and your loved ones with Cole Law Firm. Explore estate planning and probate in clear, everyday language and learn how simple decisions made now can prevent stress later. The first 5 registrants will receive a complimentary 30-minute consultation to address general questions and review basic estate planning considerations relevant to their needs.

**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.

**SHRED-A-THON** Fight fraud and have your unwanted personal documents securely destroyed, free of charge between the hours of 10 am and 12 pm. Look for the Shred-it® truck in the Recreation Complex parking lot on Campbell Drive. Please access the event from Palm Boulevard.

LIMIT 2 BOXES OR BAGS PER VEHICLE. Event will end early if truck reaches capacity.

Rubber bands, paper clips and staples do not have to be removed. Items brought in bags must be emptied into the shred bin.

DO NOT PLACE IN SHREDDER: Syringes; Food, Glass, Cans, etc.; Cardboard Tubes; Ink Cartridges & Toners; Electrical Items; Hanging Folders; Hard Drives; Nuts & Bolts; Office Supplies, Hole Puncher, Staple Remover, etc.

FIRE HAZARD: Batteries of Any Type, Large Metal Objects, Electronic Devices

**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 MEET-UP:** This program is focused on making connections and building friendships among our single members. We will meet monthly to mingle, share stories, have light refreshments, and hear about this month's off-campus outing. A \$3 fee is paid directly to the instructor.

**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.

**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.