

Program Descriptions (continued)

conditioning, flexibility and balance! The design of the class introduces easy-to-follow choreography that focuses on balance, range of motion and coordination. Perfect for all levels of fitness. Light weights optional; please bring your own weights. **\$3 donation requested.**

FACEBOOK CLASS

Learn the ins and outs of Facebook with local advertising executive Shantell Dedicke.

FAMILY HISTORY SEMINAR

Discover more about your relatives and preserve your knowledge of them. You might even find new relatives that have been lost to time. Our Latter Day Saints missionaries will have one-on-one training to help you uncover your family history.

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.

FOOD TRUCK LUNCH: STANLEY'S STREET TREATS

Join us for lunch from our food truck of the month from 11:00 a.m. - 2:00 p.m.!

HAPPY HEART YOGA

Hatha Yoga class improves strength, flexibility and postural balance, and is 'gentle on the joints.' **\$3 donation requested.**

IPHONE AND IPAD TUTORIAL

Learn how to navigate your iPhone and iPad and optimize your devices while learning online safety features. This class is broken into two parts each week - beginner and intermediate.

KNITTING CLASS

Intro to knitting class is the perfect way to learn how to knit or brush up on your skills in a fun environment. All supplies will be provided. Limited to 6 people. Check for availability.

LINE DANCING

Fun, exciting way to dance your way to good health. 11:00 a.m. - 12:00 p.m. for everyone and 12:00 - 12:30 p.m. for intermediate dancers. Kick-start your weekend!

MAC COMPUTER CLASS

Learn the basics of the Mac OS Mojave operating system. Bring your Mac laptop if you have one.

MASTER GARDENER

WALK-IN Q & A

Okaloosa County Master Gardeners, trained by University of Florida and Extension staff, are available to answer your gardening questions and offer research-based recommendations. Soil testing is also available free of charge.

MEDITATION

Create more space in your life in as little as 20 minutes a day - expand your states

of consciousness, improve your focus and health, be happier, and improve relationships. Notepad recommended.

MEXICAN TRAIN DOMINOES

Join us for a laid-back, easy introduction to dominoes.

MILKSHAKES

Join us on Tuesday afternoons for a cool treat from 2:00 - 2:30 p.m.!

NATURAL HEALING WITH ESSENTIAL OILS

Join Kathy Moyer of Doterra as she leads us through safe and effective natural healing with essential oils.

PAPA'S HEART:

THE SOFTER SIDE OF HEMINGWAY

An exploration of the personal and literary life of Ernest Hemingway. Special focus will be devoted to his marriages and romantic relationships. Plan to attend this 2-part series.

PARTY BRIDGE

Beginners and experienced players are invited to make new friends while enjoying a friendly game of bridge. Call Sharon Herbison at 496-2759 to reserve a spot.

PATHWAYS TO HEALTH, WELLNESS & RESOURCES

These educational talks are about 30 minutes long with plenty of time for questions. Refreshments will be provided.

PICKLEBALL LESSONS

Have you heard about pickleball? It's the fastest growing sport for seniors and you can learn how to play at the Senior Center on our brand new courts. We have all the equipment you need, so come on out and try it out!

POOL LEAGUE

Laid back group of individuals playing pool and socializing. Time set aside for pool players. Contact Bob Black at 917-415-9091 to be a part of the league.

PORCELAIN PAINTING

Discover the techniques involved in making delicate traditional English tea service accessories. Take home your new treasure to display.

PORTRAIT SKETCHING TIME

This class is sketching time with a model. It is led by talented portrait artist, Kathleen LoGalbo. Some instruction is available, however, **this is not a teaching class.** **\$2 donation suggested for model. Punch card not accepted.**

ROCKY BAYOU CHRISTIAN SCHOOL INFORMAL VOLUNTEER PRESENTATION

Rocky Bayou is looking for a few good volunteers to help out for small amounts of time each week. Find out what is needed to give back to the next generation.

ROUND TABLE DISCUSSION GROUP

Informal discussion group addressing economic, political, and sociological issues throughout the world.

RUMMIKUB

New and experienced players welcome.

Impromptu games in the café happen throughout the week.

SHREDDING EVENT

The Niceville Public Library is hosting a mobile shredding truck in the parking lot of the Senior Center. See flyer in literature rack for more information.

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.

SOCIAL GAME TIME

Learn various games in a fun environment with a volunteer member who enjoys teaching and visiting with others.

STRETCHING EXERCISE CLASS

Total body stretch takes you through simple, relaxing moves to stretch the hamstrings, quads, calves, back, chest and arms. Flexibility is important for staying fit, agile and functional.

\$3 donation requested.

SUPERIOR RESIDENCE LUNCH

The wonderful ladies at Superior are at it again. They are planning a wonderful lunch for all who would like to come.

SOCIAL GAME TIME

Learn various games in a fun environment with a volunteer member who enjoys teaching and visiting with others.

TABLE TENNIS LESSONS

Group lessons with an International Olympic Committee trained coach with over 30 years of experience to benefit beginners and experienced players who are looking to improve. Table tennis is one of the lowest injury causing sports.

\$3 donation requested

TALK WITH A DOC

These educational talks are about 30 minutes long with plenty of time for questions. Refreshments will be provided.

TAOIST TAI CHI (MONDAYS)

Learn techniques to flow with and react to the changes and confrontations of life.

\$3 donation requested. Punch cards not accepted.

VETERAN'S CHAT 'N CHEW

"A booth in a diner is the world's smallest neighborhood." This great quote from Denny's incorporates what we're all about. We bring the chew; you bring the chat.

WINDOWS 10 BASICS & BEYOND

Did this last Windows update throw you for a loop? Bring your laptop and join us as we navigate the ins and outs of the newest Windows operating system.

Reservations are required and class is limited to 12 members.

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.**

Make 2020 Your Best Year Ever!

Your Niceville Senior Center is the place to make 2020 your best year ever! Meet new friends, learn a new game, get your body moving or learn a new skill. We offer a variety of programs and we are adding more daily.

Pages 2-3
January 2020
Event Calendar

Page 4
Check out
our program
descriptions and
decide what you
want to attend this
month

NICEVILLE primetimers

JANUARY 2020
ENGAGING, ENRICHING & EMPOWERING ADULTS 55 AND OVER

THE MONTHLY NEWSLETTER OF THE NICEVILLE SENIOR CENTER

New Year, New You!

Setting some New Year's resolutions for 2020? Looking to take charge of your health by eating better or working out more? Thinking of starting a new hobby or learning a new skill? Or maybe you are seeking opportunities to meet new people?

Most of us look at the new year as an opportunity to start fresh, break bad habits, and start new routines that improve our overall health and happiness. But where do we start? It can be overwhelming trying to decide the who, the what, the when, the where and the how . . . right?

Well, look no further because the Niceville Senior Center has you covered! Our center is a one-stop shop offering a variety of programs and activities. Our staff and

volunteers are hard at work to ensure that we have something to offer everyone.

So, here's the answers to the who, what, when, where and how questions:

Who: You, if you are 55 or better! If you live in Niceville, it's free. If you are outside the incorporated city limits, there is a small fee (\$80 per individual and \$100 per couple annually).

What: You name it, we probably offer it or we are working to offer it. Our calendar for January is on page 2-3 but we are adding to the calendar every day!

JULIE MOONEY, MANAGER

Join the Senior Center

Senior Center Membership: For anyone aged 55 and better!
Annual Membership Fees:
Niceville City Residents: Free
Others: \$80 per individual OR \$100 per household
Monthly Membership Fees: \$10 per individual OR \$15 per household.
Day Rate: \$3 per person
Hours: 8:30 a.m. - 5:30 p.m. M-F
Location: 201 Campbell Drive across the parking lot from the Niceville Recreation Area and behind the City of Niceville complex and library.

Becoming a member is easy. Just stop in the Center and fill out a short registration form. Call us at 279-6436 ext. 1602 for more information. Our friendly staff is here to help you get the most out of your Senior Center.

NICEVILLE Senior Center

JANUARY 2020

Monday - Friday 8:30 a.m. - 5:30 p.m.
cityofniceville.org/463/Senior-Center

MONDAY

Get In Touch!

(850) 279-6436 ext. 1602

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DONATION REQUESTED



CLASS HAS A SET FEE



CLASS SIZE LIMITED



RESERVATIONS REQUESTED

TUESDAY

Calendar Key

NO OPEN TABLE TENNIS PLAY ALL DAY

PICKLEBALL OPEN PLAY ALL DAY EXCEPT LESSON TIME

9:00 a.m. Beginner iPhone iPad

9:00 a.m. Happy Heart Yoga

9:30 a.m. Party Bridge

10:00 a.m. Round Table

10:30 a.m. Discussion Group

10:45 a.m. Pickleball Lessons

12:00 p.m. Zumba Gold

NO BILLIARDS 12:30-2:00 P.M.

12:45 p.m. Chair Yoga

2:00 p.m. Milkshakes

3:00 p.m. Table Tennis Lessons

NO OPEN TABLE TENNIS PLAY ALL DAY

PICKLEBALL OPEN PLAY ALL DAY EXCEPT LESSON TIME

9:00 a.m. Beginner iPhone iPad

9:00 a.m. Happy Heart Yoga

9:30 a.m. Party Bridge

10:00 a.m. Shredding Event

10:00 a.m. Round Table Group

10:30 a.m. Pickleball Lessons

10:45 a.m. Zumba Gold

NO BILLIARDS 12:30-2:00 P.M.

12:45 p.m. Chair Yoga

1:00 p.m. Family History

2:00 p.m. Milkshakes

3:00 p.m. Table Tennis Lessons

6:00 p.m. Dessert Social

NO OPEN TABLE TENNIS PLAY ALL DAY

PICKLEBALL OPEN PLAY ALL DAY EXCEPT LESSON TIME

9:00 a.m. Beginner iPhone iPad

9:00 a.m. Happy Heart Yoga

9:30 a.m. Party Bridge

10:00 a.m. Round Table

10:30 a.m. Discussion Group

10:45 a.m. Pickleball Lessons

NO BILLIARDS 12:30-2:00 P.M.

12:45 p.m. Chair Yoga

1:00 p.m. Alzheimers/Dementia

2:00 p.m. Milkshakes

3:00 p.m. Table Tennis Lessons

WEDNESDAY

Happy New Year
We are closed
to celebrate the
New Year

BILLIARDS & OPEN TABLE TENNIS ALL DAY

PICKLEBALL OPEN PLAY AVAILABLE ALL DAY

9:00 a.m. Veteran's Chat 'n Chew

9:30 a.m. Meditation

Food Truck Lunch
11:00 a.m. - 2:00 p.m.

Stanley's Street Treats
11:00 a.m. Social Game Time

11:00 a.m. Stretching

12:45 p.m. Exercise Class

Creative Moves

Chair Exercise

1:00 p.m. Pool League

1:00 p.m. Portrait Sketching

BILLIARDS & OPEN TABLE TENNIS ALL DAY

PICKLEBALL OPEN PLAY AVAILABLE ALL DAY

9:00 a.m. Veteran's Chat 'n Chew

9:30 a.m. Meditation

11:00 a.m. Social Game Time

11:00 a.m. Stretching

12:45 p.m. Exercise Class

Creative Moves

Chair Exercise

1:00 p.m. Pool League

1:00 p.m. Portrait Sketching

2:00 p.m. Windows 10 Basics and Beyond

THURSDAY

PICKLEBALL OPEN PLAY ALL DAY EXCEPT LESSON TIME

9:00 a.m. Happy Heart Yoga

9:00 a.m. Mac Computer iPhone and iPad

10:15 a.m. CANCELLED

10:30 a.m. Blood Pressure Check

10:30 a.m. Pickleball Lessons

11:30 a.m. Craft Group

11:30 a.m. Pathways to Health, Wellness & Resources

NO BILLIARDS OR TABLE TENNIS 12:30-2:00 P.M.

12:45 p.m. Chair Yoga

1:30 p.m. Zumba Gold

2:00 p.m. Birthday Celebration

PICKLEBALL OPEN PLAY ALL DAY EXCEPT LESSON TIME

9:00 a.m. Happy Heart Yoga

9:00 a.m. Mac Computer iPhone and iPad

10:15 a.m. Pickleball Lessons

10:30 a.m. Craft Group

NO BILLIARDS OR TABLE TENNIS 12:30-2:00 P.M.

12:45 p.m. Chair Yoga

1:30 p.m. Zumba Gold

PICKLEBALL OPEN PLAY AVAILABLE ALL DAY

9:00 a.m. Happy Heart Yoga

9:00 a.m. Mac Computer iPhone and iPad

10:15 a.m. Blood Pressure Check

10:30 a.m. Pickleball Lessons

10:30 a.m. CANCELLED

11:30 a.m. Craft Group

NO BILLIARDS OR TABLE TENNIS 12:30-2:00 P.M.

12:45 p.m. Chair Yoga

1:30 p.m. Zumba Gold

FRIDAY

NO BILLIARDS OR TABLE TENNIS 8:30 - 9:45 A.M. & 11:00 A.M.-12:30 P.M.

PICKLEBALL OPEN PLAY AVAILABLE ALL DAY

8:45 a.m. Early Rise Exercise

8:45 a.m. Flex-Ability

9:00 a.m. Canasta

9:00 a.m. Porcelain Painting

9:30 a.m. Meditation CANCELLED

10:00 a.m. Mexican Train Dominoes

10:30 a.m. Rummikub

11:00 a.m. Line Dancing

12:45 p.m. Creative Moves

1:00 p.m. Canasta

1:00 p.m. Sudoku

NO BILLIARDS OR TABLE TENNIS 8:30 - 9:45 A.M. & 11:00 A.M.-12:30 P.M.

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8:45 a.m. Early Rise Exercise

8:45 a.m. Flex-Ability

9:00 a.m. Canasta

9:00 a.m. Porcelain Painting

9:30 a.m. Meditation

10:00 a.m. Knitting Class

10:00 a.m. Mexican Train Dom.

10:30 a.m. Rummikub

11:00 a.m. Line Dancing

12:45 p.m. Creative Moves

1:00 p.m. Canasta

1:00 p.m. Sudoku

NO BILLIARDS OR TABLE TENNIS 8:30 - 9:45 A.M. & 11:00 A.M.-12:30 P.M.

PICKLEBALL OPEN PLAY AVAILABLE ALL DAY

8:45 a.m. Early Rise Exercise

8:45 a.m. Flex-Ability

9:00 a.m. Canasta

9:00 a.m. Porcelain Painting

9:30 a.m. Meditation

10:00 a.m. Knitting Class

10:00 a.m. Mexican Train Dom.

10:30 a.m. Rummikub

11:00 a.m. Line Dancing

12:45 p.m. Creative Moves

1:00 p.m. Canasta

1:00 p.m. Sudoku

Program Descriptions (continued on back page)

ALZHEIMERS & DEMENTIA UNDERSTANDING

Alzheimer's is not normal aging. It's a disease of the brain that causes problems with memory, thinking and behavior. Learn about the impact of Alzheimer's, the difference between Alzheimer's and dementia, Alzheimer's disease stages and risk factors, and current research and treatments available to address some symptoms. Reservations required.

BEGINNERS BASIC IPHONE & IPAD

This class is for beginners or those who need a little more time learning the basics of your iPhone and iPad. It will run for 6 weeks on Tuesdays.

BIRTHDAY CELEBRATION

Join us on the first Thursday of each month as we celebrate those who have birthdays with cake and ice cream.

BLOOD PRESSURE CHECKS

Walk-in screening held in the workshop.

CANASTA

Beginners or experienced. No reservation required.

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. Come breathe and move with us!

No dogs allowed, including service dogs. \$3 donation requested.

CHARM CHAT

Every month come in to hear about a health topic that is pertinent to seniors and collect a charm. This month's topic is Medicare Covers Home Health 100%.

CRAFT GROUP

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

CREATIVE MOVES

Creative Moves develops strong brains and bodies

through joyful and meaningful movement. Please wear comfortable clothing and shoes.

CROCHET CLASS

Intro to crochet class for the novice or more skilled yarn crafter. All supplies provided. Limited to 10 people. Check sign-up sheets for availability.

DANCE FOR PARKINSON'S

Adaptive dance for people with Parkinson's disease utilizing modern, ballet, tap, folk, & social dancing. We engage participants' minds and bodies to create enjoyable movement and artistic exploration. Seated to standing class. Wear comfortable clothing and shoes.

DESSERT SOCIAL

We'll be open a little late on Tuesday, January 4 as we enjoy delicious desserts in the Corbin Café sponsored by Synovus Bank from 6:00 - 7:00 p.m.

EARLY RISE EXERCISE!

Come ready to sweat, and prepare to leave empowered and feeling strong. Class focuses on all elements of fitness: cardiovascular, muscular