

Senior Recreation Center January 2018 Newsletter

Contact the Senior Recreation Center at:
(352) 265-9040
5701 NW 34th Blvd.
Gainesville, FL 32653

❖ News/Upcoming Special Events

➤ The Senior Recreation Center will be **CLOSED** on:

- **Monday, Jan. 1st for New Year's Day**
- **Monday, January 15th for Martin Luther King Day**

➤ **AARP FREE TAX-AIDE** – Certified AARP Foundation Tax-Aide volunteers provide FREE income tax preparation for people with low and moderate income, especially those over the age of 60. The Senior Recreation Center is a “by appointment only” location for free tax aide. **To schedule your appointment:**

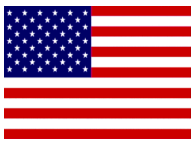
- 1) Visit the **Gainesville AARP Tax-Aide website** (<https://taxaidegnv.wordpress.com/>) **after January 17th** to book an appointment. You will be able to select an appointment from all available times and AARP sites. Be prepared to be flexible as this is a volunteer service and staffing is limited.

OR

- 2) **Stop by the Eloise Page Room at the Senior Recreation Center on any WEDNESDAY beginning Wednesday, Jan. 31st between 9:30 AM and 1:30 PM.** An appointment will be scheduled for you for a later date.

Please remember that the Senior Recreation Center is NOT a walk-in site for tax assistance; by appointment only.

➤ **Civics Classes** – Be a smart voter; brush up on your knowledge! **Join us at the Senior Recreation Center on Tuesdays from 1:30 – 4:00 PM** for Civics Classes. All classes are FREE. These classes are sponsored by CCOA (Community Coalition for Older Adults) and co-sponsored by the LWV. Educational guidance provided by Dr. Donna Waller, Professor Emerita History and Political Science, Santa Fe College. **Please view below for the schedule of class topics:**



- Jan. 9 - *The New Year: Hot Political Issues for the State and Local Government*
- Jan. 16 - *Gainesville A Sanctuary City– A Welcoming City*
- Jan. 23 - *The Criminal Justice System– Who Does What?*
- Jan. 30 - *Role of Police Dept. –Protecting our Community*

➤ **Creative for Health, Writing and Art Workshops** – Nothing feels better than to fully immerse yourself in an art project! Research suggests that creativity is good for our health. Regular practice has been shown to reduce the harmful effects of stress, improve immune system function, and help us cope with anxiety and depression. **Join us on Tuesday, Jan. 16th and Tuesday, Jan. 30th from 3:30-4:30 PM at the Senior Recreation Center for Writing and Art Workshops! The workshop will meet Jan. 16th through May 22nd.** Participants in Creative for Health workshops enjoy making visual art, writing and listening to music in a fun and supportive environment. Workshops are FREE and open to anyone, but space is limited. **Please email dklempner@arts.ufl.edu or call (352) 897-0664 to register. Registration is required.**

- **CCOA (Community Coalition for Older Adults) Monthly Meeting** – Join us on **Friday, Jan. 12th (the second Friday of every month) from 9:00 – 11:00 AM** for the monthly CCOA meeting!
 - Did you know that CCOA has a Facebook Page open to the community? Some of the topics discussed on the page so far are health, art, exercise, affordable housing, travel, livable communities, AARP articles, history, home and car sharing, retirement and community announcements. Join the community and stay connected! To join the CCOA Facebook Page, first create an account with Facebook by going to www.facebook.com and follow the sign-up instructions. Then search for “Community Coalition for Older Adults” in the search bar at the top. Select our page and click “Like.” You will then be a part of the CCOA Facebook Page.
- **Living Healthy Program**- Would you spend just 2 ½ hours a week to learn how to stay active and enjoy life? Join the Living Healthy Program and discover new skills for living better with health conditions. This six week workshop will explore ways to manage symptoms, handle difficult emotions, and work with your healthcare team. **The Living Healthy Program will be on Feb. 7th, 14th, 21st, 28th, and March 7th, 14th from 1:30-4:00 PM.** This workshop has limited space and **registration is required. You can register at the front desk or call (352) 265-9040.**
- **NICHE Program: “Your Skin”** – Join us on **Thursday, Jan. 11th from 9:30 – 10:45 AM** for a NICHE (*Nurses Improving Care for Healthsystem Elders*) program on “Your Skin”. Please join us as we talk about healthy skin and common skin conditions, such as Noncancerous, Precancerous and Cancerous Tumors; Shingles; Keratosis; Eczema; etc. Snacks will be provided. NICHE programs are education and discussion sessions provided by registered nurses (Geriatric Resource Nurses) working at UF Health Shands. The focus of the sessions is on health issues and how they impact seniors, believing that identifying potential health problems and reviewing actual health problems improves the chance of a better outcome.
- **Diabetes Information Table**- Did you know that half of all U.S. adults have Type 2 Diabetes? If you are interested in learning more about Diabetes and how to prevent it, please stop by the Diabetes Information Table on **Thursday, January 18th from 9:30- 11:30 AM.**
- **Senior Recreation Center Cookbook** – The Senior Recreation Center cookbook “Tried & True” is still for sale! Stop by the front desk at the Senior Center to pick up your copy of the cookbook, filled with tasty recipes from our very own Senior Center members. Cookbooks are only \$15.00. (*You may pay the suggested donation amount using exact cash, check or credit card.*)



❖ Arts/Creative Programs

Adult Coloring Program – Let's get together for a fun time of coloring! **Join us on Monday, Jan. 22nd from 1:00 – 3:00 PM for an Adult Coloring Program.** You will leave calm and refreshed because when you are focused on creating you are giving your busy mind a rest. Coloring lifts your spirits, enhances creativity and brings out the child in you. No artistic expertise is required, and supplies will be provided, though you are welcome to bring your own if you prefer. Let's make life more colorful! This program is brought to you by the Alachua County Library District.

American Sewing Guild – The American Sewing Guild is a specialty machine interest group. Anyone interested in Sergers Machine Felting and Sashiko is welcome to attend. **The American Sewing Guild will meet on Wednesday, Jan. 24th from 9:30 AM – 12:30 PM.** For more information about the American Sewing Guild, please call Judy Kavanagh at (386) 518-6402.

Craft Class – Come enjoy a craft class with friends, led by Joy Flowers! All materials for the crafts will be provided, and each class you'll make something new! **Craft classes will be held on Thursday, Jan. 4th and Thursday, Jan. 18th (the 1st and 3rd Thursday of the month) from 12:30 – 2:00 PM.**

Craft/Knitting & Crocheting/Card-Making Workshop – Bring your favorite project, whether it is crochet, knitting, working on an album, plastic canvas, making cards or whatever project you are currently working on. Come and enjoy creating while visiting with friends! Some limited supplies will be available for your use. Hope you can join us for a fun afternoon on **Thursday, Jan. 25th (the 4th Thursday of every month) from 2:00 – 4:00 PM!**

Four Seasons Garden Club – Four Seasons Garden Club, a federated garden club in the Florida Federation of Garden Clubs, Inc., will hold its monthly meeting on **Monday, Jan. 8th (the second Monday of each month) from 1:00 - 4:00 PM.** Members will celebrate Florida's Arbor Day! Visitors are always welcome. **For more information and directions, please call the Vice President for Programs, Peggy Jellema at (352) 372-4841.**



Knit & Crochet – If you are interested in learning how to knit or crochet or are experienced and would like to knit and crochet alongside friends, this is the group for you! Bring your G hook and other supplies. All skill levels are welcome in this class, and we are willing to teach! **Knit & Crochet meets every Wednesday from 2:30 –4:00 PM.**

Needle Work Group – Come enjoy some needle work fun while visiting friends! Bring your favorite needle work project, whether it is crochet, knitting, or embroidery. *Note: You will need to bring your own supplies. This group is for those who are experienced with needle work, but want to work alongside friends.* **The Needle Work Group meets every Tuesday from 9:00 – 11:00 AM at the Senior Recreation Center.**

Quilters of Alachua County Day Guild (QACDG) –The QACDG meet **every Monday and Thursday beginning at 9:00 AM at the Senior Recreation Center.** The QACDG also holds a general monthly meeting on the **first Thursday of each month from 9:30 AM – 12:00 PM** at the Senior Recreation Center. The Quilters of Alachua County Day Guild, Inc. is a non-profit, 501(c) (3) organization dedicated to preserving the heritage of quilting and related arts for individuals of North Central Florida through education, inspiration and information. **For more information on the Alachua County Day Guild, please contact Genie White at (352) 375-2427 or at genie33@bellsouth.net, or visit the QACDG website at www.qacdq.org.**

Stamping & Card Making – In Stamping & Card Making, you'll create cards and learn stamping techniques. Bring you current project and supplies. Join this wonderful opportunity for creativity, friendship and sharing ideas while making beautiful handmade cards. **Stamping & Card Making will be held on Tuesday, Jan. 9th from 1:00 – 4:00 PM.**

Storysong: Making Your Memories into Music – Have you always wanted to be able to write songs? Now's your chance! **StorySong: Making Your Memories into Music will meet on Mondays from 3:15 – 4:30 PM.** We'll take your stories, individually and as a community, turn them into poems or short prose, and then add music. Cathy DeWitt will lead you through this process, helping you choose the tempo, rhythm patterns, chord structures, major or minor key-- inspiring your creative expression and broadening your understanding of the songwriting process. We will sing the original creations together, sometimes adding movement or other arts. *This class is taught by Cathy DeWitt, International Award-winning Songwriter, Musician in Residence for UF Health/Shands Arts in Medicine. Former Radio Host: Across the Prairie and Healing Journeys Through Music.* **Contact Cathy at www.cathydewitt.com.**



Improving Life Skills Through Improv 2 –The basic techniques of Improv (improvisation) offer more than fun! Improv heightens focus, the art of listening, and the imagination. This program will guide participants to develop greater mental alertness, assist in holding memories, and allow a time for laughter. **Classes are held every Tuesday from 10:00-11:00 AM. Please register at the front desk.** Each class session, taught by Karelisa Hartigan, will follow a basic format: warm-up exercises, improvised scenes, and closing exercises. Improv is a type of education, as it encourages participants to learn new skills. **Please note: This class is separate from the Improv Class that meets on Mondays (Class FILLED).**



Woodcarving & Whittling – Learn how to carve characters, dogs, cats, florals, human faces, walking sticks, pipes, and more. Woodcarving and whittling promotes social interaction, stimulates your brain, and refines your eye-hand coordination, while having fun and learning a new skill! **Woodcarving & Whittling will be every Thursday from 9:00 AM – 12:00 PM.**

Tree City Quilters Guild – The Tree City Quilters Guild **will meet at the Senior Recreation Center on Monday, Jan. 22nd from 10:00 AM – 2:00 PM.** If you have questions about the Tree City Quilters Guild, please contact Ellen Mallette at (352) 378-2950 or at flem32609@aol.com.

❖ Exercise Programs

Dance for Lifelong Health – Classes are held every Tuesday from 11:30 AM – 12:30 PM. Join us for a free weekly dance classes that focus on fun, fitness, creativity and community and use easy dance techniques from jazz, modern, and various national styles that contribute to experiencing the joy of motion. By creating an original dance each week, participants have fun with others, develop a sense of accomplishment and help retain independence through maintaining and enhancing fitness, and general wellness. Dance for Lifelong health is facilitated by Rusti Brandman, UF dance faculty emerita and UF Shands Arts in Medicine dancer in residence. Drop-ins are welcome. Wear comfortable clothing and shoes. Dance for Lifelong Health is sponsored by UF Health Shands Arts in Medicine. For more information, please call (352) 733-0880.

Encore Dancers Workshop – Classes are held every Thursday from 4:00 – 5:00 PM. Encore Dancers Workshop provides mature dancers with an opportunity to continue their practice in an adult- friendly environment. Rusti Brandman, UF dance faculty emerita and Shands Arts in Medicine dancer in residence, facilitates the classes with input from participants welcomed. These weekly sessions will consist of warm up, skills and conditioning, creative exercises, and dance phrase work using concepts primarily from ballet and modern dance. The classes will focus on fun, fitness, creativity and community, and goals important to the group. If you are dancing and/or have danced in your recent or even distant past, please join us and keep on dancing forever. Wear comfortable clothing. Flexible shoes or stockings or bare feet are suggested. Encore Dancers is sponsored by UF Health Shands Arts in Medicine. For more information, please call (352) 733-0880.

Parkinson's Exercise Programs –



- * **Every Tuesday and Friday at 9:30 AM:** This program is specifically tailored to “Persons with Parkinson’s” (PWP). It is designed to help overcome physical limitations, improve mobility, flexibility and balance, restore confidence and develop camaraderie among participants. The program is 75-90 minutes in duration and includes both sitting and standing exercise routines. ***Participants with limited mobility should be accompanied by their caregiver.*** Please wear comfortable clothing (shorts, tee-shirt, and athletic shoes). ***A medical waiver is required to participate in this Parkinson’s Exercise Program. The medical waiver can be picked up at the front desk. A physician’s signature may be required on this waiver prior to participation.***

- * **Every Tuesday at 1:15 – 2:00 PM:** This is a 45-minute exercise class that is held each week for person’s with Parkinson’s Disease of all skill levels. The first 15 minutes of each class focuses on flexibility. The remaining 30 minutes of class focuses on various types of exercises. Each week the exercise will be different. The type of exercises provided include: balance, core strengthening, upper body resistance training, cardiovascular exercise, coordination, lower body strengthening, adaptive sport games, and cognitive challenges. Everyone is encouraged to participate at their own pace. Chairs are available for those who prefer to exercise sitting or for anyone needing a rest. We welcome people who are able to walk in unassisted, those who use walkers or canes and those who use wheelchairs. ***A medical waiver is required to participate in this Parkinson’s Exercise Program. The medical waiver can be picked up at the front desk. A physician’s signature may be required on this waiver prior to participation.***

- * **Dance for Life: for People with Movement Disorders: Held every Wednesday at 2:00 PM.** *Dance for Life* is a dance class for people with movement disorders and their significant others. The program is designed to help people with movement disorders improve their quality of life through enhanced overall physical well-being, social interaction, creative expression, and targeted improvements in balance, strength, and mobility. The program is led by professional and student dancers from the University of Florida School of Theatre and Dance and UF Health Shands Arts in Medicine, and combines elements of modern dance, ballet and social dance. No prior dance experience is necessary. Comfortable clothes and shoes are recommended. ***A medical waiver is required to participate in Dance for Life. The medical waiver can be picked up at the front desk. A physician's signature may be required on this waiver prior to participation.***

Tai Chi Classes –

- **Tai Chi: Held every Friday at 11:30 AM.** Anyone is welcome! No registration is required. For more information, please visit <http://www.gainesvilletaichi.com/> or call at (352) 371-3718.
- **Tai Chi Sequel!:** “Tai Chi Sequel!”, what is it? It’s an opportunity for those students who have taken the *Tai Chi Quan* or *Tai Chi: Moving for Better Balance* classes to continue practicing the eight forms learned in those classes and to learn new variations. Practicing this art increases flexibility and balance. **Join us on Mondays and Wednesdays from 12:00 – 1:00 PM.**
- **Tai Ji Quan: Moving for Better Balance!** *Tai Ji Quan: Moving for Better Balance!* is held at the Senior Recreation Center every Monday and Wednesday from 1:00 – 2:00 PM beginning Monday, Jan. 8th through Monday, April 2nd. **For more information or to sign-up, please call Betty Flagg with ElderOptions at (352) 692-5219. NOTE: There will NOT be class on Monday, Jan. 15.**

Yoga – Yoga class is held every:



- * **Monday 10:30 – 11:45 AM:** *Gentle Kripalu Yoga Class* - This gentle yoga class is open to all levels and offers students the option of utilizing a chair when needed. Students will work at their own level, which creates a safe experience and allows for the fullest expression of each posture while receiving all of its benefits; taught by Elaine Sears, a certified Kripalu teacher with 20+ years of experience.
- * **Tuesday 10:00 AM – 11:15 AM:** *Level 1 Yoga Class* - Emphasizes breath, meditation, awareness, and postures; taught by Susan Mickelberry.
- * **Tuesday 11:35 AM – 12:35 PM:** *Chair Yoga Class* - Intended to increase flexibility, decrease pain, relax, and enhance your sense of well-being. We will move from breathing and seated relaxation through gentle seated exercises and yoga poses for the upper and lower body, to carefully guided standing postures using the chair; taught by Susan Mickelberry.
- * **Friday 10:00 AM – 11:15 AM:** *Level 1 Yoga Class* - Emphasizes breath, meditation, awareness, and postures; taught by Susan Mickelberry or Lynn Lefebvre.
- * **Friday 2:30 – 3:30 PM:** *Chair Yoga Class* - Chair Yoga makes the benefits of Yoga available to everyone! This class, done entirely seated on a chair, also includes mindful breathing practices and relaxation meditation. Great for managing chronic diseases and pain; taught by Elaine Sears, a certified Kripalu teacher with 20+ years of experience.

General Notes About Yoga: Yoga is rejuvenating, relaxing, and non-competitive. Yoga postures improve strength, balance, and flexibility, while yoga breathing promotes concentration, oxygenation, and better circulation. *You will need to wear comfortable clothing and bring a yoga mat. If you are just beginning, or have forgotten your yoga mat, loaner mats are available at the front desk of the Senior Center. No special shoes are required since yoga is done barefoot.* Please try to be on time so that you will hear all opening instructions and be properly warmed up for class. If you are a first-time student, please check in with the teacher before class. For further information, please contact Susan Mickelberry at smickelb@att.net. **A medical waiver is required to participate in yoga. This can be picked up at the front desk. A physician's signature may be required on this waiver prior to participation.**

Zumba Gold – Zumba is held every:



- **Monday @ 3:00 PM** – Sponsored by Forest Meadows Funeral Home & Cemeteries, Inc.
- **Wednesday @ 10:00 AM** – Sponsored by Fletcher Johnson Insurance
- **Friday @ 1:00 PM** – Sponsored by ElderCare of Alachua County

The Zumba Gold Fitness program is second to none. It is an innovative, fun and exciting program. It was designed for the active older adult. The main difference between Zumba Gold and Zumba Basic is that Zumba Gold is done at a lower intensity, not as fast, but it certainly is as fun. **A medical waiver is required to participate in Zumba. This can be picked up at the front desk. A physician's signature may be required on this waiver prior to participation.**

❖ Games/Entertainment

American Mah Jongg -Train your brain while having fun! Keep your mind alert and focused via the fascinating game of American Mah Jongg. Experienced players please bring your 2017 National Mah Jongg League Rule Card and join us **every Tuesday from 1:00 - 4:00 PM**. New players, stop by to arrange for lessons or **contact Rose at 352.339.9528**. (There is a learning curve, so please be willing to commit to three consecutive lessons.)

Bid Whist – Bid Whist is a partnership trick-taking variant of the classic card game whist. Bid Whist adds a bidding element to the game that is not present in classic whist. Four people play in partnerships of two against two. Come play a friendly game of Bid Whist! All levels of card players are welcome. Games will be held **on Wednesdays and Fridays from 10:00 AM – 1:00 PM**. **If interested in Bid Whist, please contact Rosemary Christy at (352) 246-1776 or at rchr233283@aol.com OR contact Jeanette Wilson at (352) 372-4296 or (352) 317-2389.**

Bingo – Join us at the Senior Recreation Center for Bingo, held every **Friday from 9:30 AM – 12:00 PM with a 15-minute break at 10:30 AM!** Play alongside friends and for a chance to yell B-I-N-G-O!
No pre-registration is required.



Book Club – The Book Club will meet **on Tuesday, Jan. 16th (the 3rd Tuesday of every month) at 12:30 PM**. For more information, please contact Billie Staff at (352) 338-8352.

Bookmobile – Come enjoy an air-conditioned, mini-library on wheels in the Senior Recreation Center Parking lot! The Bookmobile will be at the SRC on the **2nd and 4th Monday of the month from 2:00 – 5:00 PM**. A digital services librarian will be there to answer one-on-one questions concerning your Kindle, Nook, iPad, or any reading device you bring with you.

Bridge Groups –

- **Duplicate Bridge Group** – Welcome to all Duplicate Bridge players! Just team up with your favorite duplicate bridge partner and join us on **Monday, Jan. 8th from 9:30 AM – 1:30 PM**. For further information, please contact Linda Wendling at (352) 514-5502 or at twendling49@aol.com.
- **Laura Stewart Bridge Club** - The Laura Stewart Bridge Group meets **every Tuesday 9:30 AM – 2:00 PM**. If you wish to attend please call Linda McKnew at (904) 305-8011.

Chess Club – Chess Club meets **every Wednesday. Chess instruction is from 9:30 – 10:45 AM & game play is from 10:45 AM – 12:00 PM**. “Learn to Play Exceptional Chess” Instructional time will be held for 1 hour followed by Chess play after. Learn chess principles, chess notion, chess ideas, pawn structure, opening strategies, middle game strategies, end game strategies, devastating moves & attacks, and chess traps, swindles and pitfalls (how to make *and* avoid them). Call Ken at (386) 266-2691 to reserve a seat.

Chinese Mah Jong – Everyone is welcome! We’ll teach you how to play. Experience fun and laughter with a congenial group. For more information, contact Meg Malanaphy at (352) 240-6504 or Anna Langford at (386) 462-5876. **We meet every Wednesday from 12:00 – 4:00 PM**.

Game Room – Join friends **every Wednesday from 9:00 AM – 5:00 PM** for a variety of fun games such as Rummikub (a tile based game ideal for 2 or more players), Hand and Foot (a variant of the card game Canasta ideal for 2-6 players), and more! The “Game Room” will occur in the *Dharma Room (Rm. 135)* at the Senior Recreation Center. Meet new friends, learn a new game and join the fun!



Scrabble Club – Come in Friday afternoons to enjoy a game of scrabble with some new friends! If you have a board please feel free to bring it with you (if you do not own one, there are some available for use at the SRC). **Scrabble Club meets every Friday from 1:00 – 4:00 PM**.

❖ Informational Programs/Support Groups

Let’s Talk About Travel! - Do you dream about travel? Are you a newbie who would like to benefit from the experience and advice of other travelers? Or a seasoned traveler who can share you insights and knowledge? Join us **every Thursday from 10:30 AM-12:00 PM for our Let’s Talk About Travel Class**. Come share your ideas, tips, and travel dreams with us for this enriching past time!



AARP Monthly Chapter Meeting – AARP will hold its monthly Chapter 363 meeting on **Monday, Jan. 8th. Doors open at 9:00 AM and the program will begin at 10:00 AM**. The guest speaker will be Dr. Peggy Macdonald, PHD, executive director of the Matheson History Museum, which recently expanded its Gainesville facilities. The meeting is free and open to the public. **Call Lois Nevins, 386 418 0242, for additional information**.

AARP Day Trip - Sign up now for the Suwannee River boat tour and lunch offered by AARP Chapter, on Monday, February 26. Open to the public, our day trip will include round trip transportation from Gainesville, a scenic cruise in Levy County and lunch at the waterfront Treasure Camp Restaurant. The \$82.00 cost will cover transportation, lunch with beverage, tax and gratuities to the servers. **Advance registration is required**. Enrollment is limited, due to boat capacity. **For full details, please call Lois Nevins at (386) 418 - 0242**.

AARP Driving Safety Class – This month’s AARP Driving Safety Class will be on **Wednesday, Jan. 17th from 9:00 AM – 3:30 PM**. This class is open to all seniors 55 and over, the objectives of this course include: understanding the effects of aging on driving, learning defensive driving strategies aimed at reducing crash risks, updating knowledge of road rules, and increasing confidence and maintaining independence. The cost is \$15 for AARP members and \$20 for non-members. The Certificate of Completion from this course provides for a 3-year auto insurance discount. There are no tests included in the course. **Please contact (352) 333-3036 to register**.

ANDROID Smartphone & Tablet Classes – These classes, taught by Joseph Keane, are for those who are just starting out using an ANDROID (Samsung, LG, HTC, etc.) smartphone and/or tablet and don't have a lot of experience using it. We will discuss some basics and provide a list of resources for your use. No prior knowledge or experience is needed to take this class. **Please bring your device and any usernames and passwords you have. Class sizes will be limited to 7 persons per class, so please call (352) 265-9040 or stop by the front desk of the Senior Center to register.**

Class Dates & Times

- **Monday, Jan. 8th 9:00 – 11:00 AM**
- **Monday, Jan. 22nd 9:00 – 11:00 AM**

Note: These classes are for NON-APPLE brand smartphones and/or tablets.

Apple iPhone & iPad and Smartphone Courses

Instructor: Sam Ulbing



Please call (352) 265-9040 or stop by the Senior Center front desk to register for all courses below.

Apple iPhones & iPads PART 1 – The Fundamentals

If you have an Apple "iDevice" (iPad or iPhone) but you don't use it as much as you would like because it is too mystifying, this course can help you understand what's going on. This course is intended for users who want to get more familiar with the fundamentals. **Bring your iDevice and all your user names and passwords.** We will explore the basic operations and try to de-mystify them for you. ***This is a hands-on class.***

- **Date: Thursday, January 11**
- **Date: Wednesday, January 24**
- **Time: 9:00 – 11:00 AM**
- **Limit: 7 to a class- Please call (352) 265-9040 or stop by the Senior Center front desk to register.**

Apple Apps: Basic Photos

You have taken Part 1 and want to use more of the features of your iDevice. iDevices are great for taking photos but are you making use of all their abilities? This class will cover all the aspects of the camera feature of your iDevice: take, save, share, improve subpar photos, add special effects, digitize and enhance your 40 year old prints, get prints made. Bring your iDevices and all your user names and passwords. Please have your iOS up to date. This is a **hands-on class.**

- **Date: Wednesday, January 17**
- **Time: 9:00 – 11:00 AM**
- **Limit: 7 to a class- Please call (352) 265-9040 or stop by the Senior Center front desk to register.**

Apple Apps: Communicating with Your iDevice


You have taken Part 1 and want to use more of the features of your iDevice. iMessage, Reminders, Notes, eMail, FaceTime, etc are great ways to communicate. They can do lots more than most people realize. Learn all about them. Bring your iDevice and **all your user names and passwords.** Please have your iOS up to date. This is a **Hands on Class.**

- **Date: Thursday, February 1**
- **Time: 9:00- 11:00 AM**
- **Limit: 7 to a class- Please call (352) 265-9040 or stop by the Senior Center front desk to register.**

Pulmonary Support Group – The Pulmonary Support Group for adults with chronic lung disease, their family members, and/or friends **will be held the 2nd Monday of every month from 12:30 – 1:30 PM on Monday, Jan. 8th**. These meetings will feature educational presentations on a wide range of relevant topics including: COPD awareness, medication management, physical activity and nutrition while getting the support of others who share in the struggles surrounding. This support group gives participants the tools needed to live the best quality of life. The support group is free to the public. Drinks and a light snack will be provided. Come and be a part of our interactive and informative workshop gathering! Meet the team! Your knowledge and experience may be just the thing someone else needs. *If you have any questions, please call Wendy Carter at (352) 265-0111 ext. 50425 or email at cartew@shands.ufl.edu.*

Chronic Pain Management Support Group – Chronic pain is a pain that never goes away. If you have it, you know that often doctors and medicine can't fully help. But you can learn to help yourself. The American Chronic Pain Association can teach you how through small group meetings. Learn to deal with your pain in a positive way. Regain a sense of personal control. Improve function and enhance your quality of life. The Chronic Pain Management Support Group meets **every Friday from 1:30 – 4:30 PM**. No registration is required. *"We are not called to go where it is easy and love already exists. We are called to go where we are sent and bring love with us."* – Anon

Family History & Genealogy Workshop – Do you have a box of old family photos given to you by your parents or grandparents? Would you like a good way to preserve, organize, and share everything so it all will be meaningful? Do you have a verbal family history that you would like to get down on paper or audio to preserve it? Maybe you are just curious about what family history and genealogy is all about. Join us **every Friday from 2:00 – 4:00 PM for a free workshop at the Senior Recreation Center!** Tim Lawhorn, a Family History consultant, will host each workshop. For more information, email Tim at ACSCCFAMHX@hotmail.com

Haven Hospice Healing Hearts - Grief Support Workshops – After the loss of a loved one, coping with daily living can be hard. Knowing you are not alone in your difficult journey can make all the difference. **Haven Hospice will be hosting a Healing Hearts Grief Support Workshop on Monday, Jan. 8th (the second Monday of every month) at 10:00 AM at the Senior Recreation Center.** These workshops are nondenominational and are offered at no cost. For more information, please call Haven's Healing Hearts Department at 1-844-LIGHTEN. 

New Member Orientation – "New Member Orientation" is for all who are new to the Senior Recreation Center or those who are interested in learning more about the SRC, ElderCare of Alachua County, and our programs. Please join us for an informative look at the organization and its role in the Gainesville community. **This month's orientation will be held on Wednesday, Jan. 10th at 9:00 AM. Registration is required; please call (352) 265-9040 prior to the orientation.**

Life After Stroke Support Group – Our Life After Stroke Support Group (LASSG) **will meet the 4th Thursday of each month from 3:30 – 5:00 PM at the Senior Recreation Center.** UF Health Shands Rehab will provide an education component on the 4th Thursday of each month. For more information, call Penny Goree at (352) 316-9169.

SHINE – SHINE meets at the Senior Recreation Center on the 2nd and 4th Tuesday of every month from **9:00 AM – 12:00 PM**. SHINE provides free, unbiased, and confidential health insurance counseling through a network of volunteer counselors. Walk-ins are welcome; no registration is necessary. SHINE Counselors empower Florida seniors and the disabled to make informed healthcare choices. Are you new to Medicare? Do you have questions, need information, and would like to speak to a SHINE counselor? For further information, call 1-800-96 ELDER (1-800-963-5337).

Spanish Class – Spanish class is held **every Wednesday from 1:00 – 2:30 PM**. Learn a new language and enjoy spending time with others! This is an ongoing class; jump in at any time. No registration is required.



VIST (Visual Impairment Services Team) Support Group – The VIST Support Group meeting will be held on **Friday, Jan. 19th at 10:00 AM**. Please call Bruce W. Davis, LMSW Visual Impairment Services Team Coordinator, at 1-800-324-8387 ex. 5560 or at Bruce.Davis2@va.gov for more information about the VIST Support Group.

PrimeTime Institute (PTI)

PTI is a program of ElderCare of Alachua County, providing a wide variety of educational programs and social activities for people age 50+ that foster wellness, encourage personal and intellectual growth, and that provide an environment for developing new interests, making new friends, and becoming involved as volunteers.

All PTI programs and activities are planned and presented entirely by volunteer members and speakers, with expenses supported by annual membership fees (\$15 for the program year, September 2017 to May 2018) and donations. You do not have to be a PTI member to attend our educational programs. A small donation is appreciated from non-members but not required. **For more information, contact Jean Outler at 367-8169 or visit our website at www.primetimeinstitute.org.**

Thurs., Jan. 4th 2:30- 4:00 PM – Save our Springs - Learn about our local water use and how it impacts our groundwater supplies and springs. In this presentation by a staff member of the Alachua County EPA, you will learn how you can start using less water at home to reduce your utility bills while doing your part to protect our springs. Participants will have an opportunity to win a door prize and to learn about the Turf SWAP landscaping Rebate Program.

Thurs., Jan. 18th 2:30-4:00 PM – Physical Therapy Benefits for Seniors As we age, muscle strength, endurance, and function can decline. Learn from Dr. Scott Eddins and Dr. Jason Candler, Physical Therapists from Kinetix, about treatments to reduce and manage chronic pain in elders and how those treatments promote greater functionality, permitting a healthier, fuller, and more active lifestyle.

** We appreciate the speakers who provide free programs for our seniors, however please understand that PTI does not endorse any company, product or service. **

❖ General Information

- The Senior Recreation Center is located at 5701 NW 34th Blvd., Gainesville, FL 32653 and is **open Monday – Friday from 8:00 AM – 5:00 PM. All classes are FREE to any resident of Alachua County 60+**, unless otherwise noted. In addition to these classes, we have a pool room, computer room, and fitness center which are all open to members during regular business hours.

More Senior Recreation Center information listed on the next page.

- The Fitness Center is offered to Alachua County Residents **55+ for \$63.90 annually [prorated from the time of registration]** which includes working with our Fitness Supervisor who is there to assist members from 8:00 AM – 12:00 PM daily. **The current Fitness Center rate is \$63.90. A medical waiver is required to use the fitness center. This waiver can be picked up at the front desk. A physician's signature may be required on this waiver prior to participation.**

➤ **We offer Subway To-Go lunches! You may choose:**

- A boxed meal for **\$5.00 (CASH ONLY)** consisting of a regular 6" cold sub, chips and a cookie. All are served individually with a mayo/mustard packet, napkin and a mint inside a stackable box. You may choose Black Forest Ham, Turkey, Roast Beef, Tuna or Veggie Delight, served on white or wheat bread with American cheese, lettuce, tomato, and pickles.



OR



- A salad for **\$6.00 (CASH ONLY)**. This salad meal does not include chips or a cookie.

To place your Subway order and make payment, please visit the front desk of the Senior Center by 10:00 AM or call the Senior Center at (352) 265-9040 by 10:00 AM. (If you've ordered by phone, please bring your payment to the Senior Center front desk no later than 11:15 AM.) We accept cash only, and correct change is appreciated. Lunches will be delivered between 11:30 AM – 12:00 PM. We ask that you eat in an available classroom, the multipurpose room or kitchen, not in the general seating carpeted areas.

- For more information regarding the Senior Recreation Center, you can contact us at **(352) 265-9040**. You can also find our calendar of events on our website at <http://alachuacountyactiveseniors.net>

