

Volunteer Fair



Coming Soon....

Annual Volunteer Fair

**Thursday, March 5th
1-3pm**

More info to come....

**If you would like to receive our
newsletter electronically, please stop by
the front desk or call us at (251) 928-2835
with your e-mail address.**

Mark Your Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Happy New Year!!!!</i></p>		<p>1</p> <p>The Nix Center will be closed today</p>	<p>2</p>	<p>3</p>
<p>6</p> <p>Pot Luck Lunch & Trivia Challenge (12-1pm)</p> 	<p>7</p> <p>A Matter of Balance Class (starts today)</p> <p>(2-4pm)</p> <p>(see page 7 for more details)</p>	<p>8</p> <p>To Your Health (10-11am) (see page 7 for details)</p> <p>Lunch Trip (10:45am)</p> <p>Bring Your Own Bingo (1-3pm)</p>	<p>9</p> <p>Tea Time (2-3pm) (see page 7 for details)</p>  <p>Cabaret Dance (7-10pm)</p>	<p>10</p>
<p>13</p>	<p>14</p> <p>9-10am</p>  <p>Big Money Bingo 1pm</p>	<p>15</p>  <p>(11am-12pm) (see page 7 for details)</p>	<p>16</p>  <p>(2-3pm)</p>	<p>17</p>
<p>20</p> <p>The Nix Center will be closed today</p>	<p>21</p>	<p>22</p> <p>Bingo (1-3pm)</p> 	<p>23</p> <p>Cabaret Dance (7-10pm)</p> 	<p>24</p> <p>Financial Friday (10-11am) (see page 7 for details)</p> 
<p>27</p>	<p>28</p>	<p>29</p>	<p>30</p>	<p>31</p> <p><i>See you in February!!!!</i></p>

Daily Activities for January

MONDAY

- 9:00-10:00 Tone & Stretch with Joni
12:00-1:00 **POT LUCK LUNCH & TRIVIA CHALLENGE (Jan 6th)**
12:30-4:00 Eastern Shore Duplicate Bridge Club (\$3 per game)
For more information, call Art Meyers at 251-626-5109
www.easternshorebridgeclub.com
1:00-4:00 Open Cards, Mahjong & Other Games
1:00-4:30 Hand, Knee & Foot



TUESDAY

- 8:00-9:00 Helen McKee Senior Stretch Class
9:00-10:00 **COFFEE WITH A COP (Jan 14th)**, Sponsored by **Lickin' Good Donuts**
9:00-10:00 Low Impact Aerobics Class
9:00-12:00 Jam N' Folks Music Group (Audiences always appreciated!)
9:30-2:00 Jubilee Knitters
12:30-4:00 Open Cards, Hand & Foot, Party Bridge, Scrabble, Cribbage, etc.
(Must bring your own foursome)
12:30-4:00 299 Duplicate Bridge (For more information, contact Janet Anderson at 251-990-5114)
1:00-3:00 **BIG MONEY BINGO (Jan 14th)**, Sponsored by **Synergy Home Health**
1:00-4:00 Christine Linson Watercolor Painting Class (Please call 251-990-9091, for more details and see page 4)
2:00-4:00 A Matter of Balance Class (**NEW!!**), please see page 7 for more details

WEDNESDAY

- 9:00-10:00 Line Dancing (No reservation required, \$5 fee)
10:00-11:00 **TO YOUR HEALTH (Jan 8th)**, please see page 7 for more details
10:45 **LUNCH TRIP ON THE BUS (Jan 8th)**
Ride the Nix Center bus to Lunch on the Eastern Shore!
11:00-12:00 **LUNCH & LEARN (Jan 15th)** \$2 per person, please see page 7 for more details
12:30-4:00 Open Cards, Mahjong and Other Games
(Must Bring your own foursome)
12:30-4:00 Eastern Shore Duplicate Bridge Club (\$3 per game)
1:00-3:00 **BRING YOUR OWN BINGO (Jan 8th)**
1:00-3:00 **BINGO (Jan 22nd)**, Sponsored by **Kindred Home Health & Hospice**
1:00-4:30 Hand, Knee & Foot

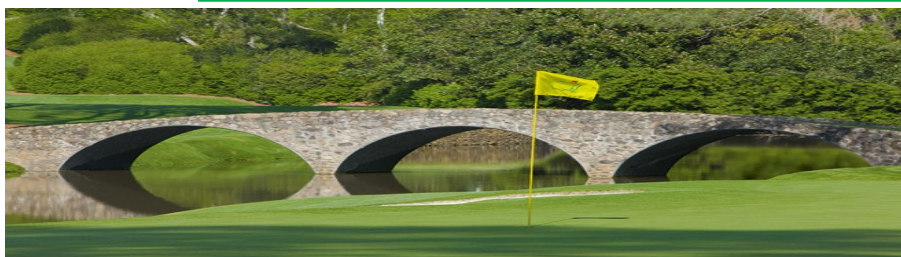


****Pool/Billiard room, available for open play, Monday-Friday, from 8am-4:30pm****



Golf Anyone?

The Nix Golfers play every Tuesday at 8:00am in a fun-filled 18 hole scramble at Quail Creek. Cost is \$3 + Green & Cart fee. For more details and to sign up, please contact Bob Mull @ 251-990-9958 or missmary6@bellsouth.net



THURSDAY



- 8:00-9:00 Helen McKee Senior Stretch Class
9:00-10:00 Low Impact Aerobics Class
9:30-10:30 Grief Support (Sponsored by **Covenant Care & Diane Gray**)
11:00-12:30 Bridge For Newcomers– **(NEW!!)** Lessons (**Jan 2nd & 23rd**), see page 8 for more details
12:30 Bridge For Newcomers– **(NEW!!)** Games (**Jan 2nd, 16th & 23rd**), see page 8 for more details
12:30- 4:00 Open Cards & Other Games (Must bring your own foursome)
12:30- 4:00 Eastern Shore Duplicate Bridge Club (\$3 per game)
1:30-3:30 Coffee & Conversation
(Come and join in on an afternoon of fellowship and stimulating conversation. All are welcome to add their own information or opinions and to listen to those of others)
2:00-3:00 **TEA TIME (Jan 9th)**, please see page 7 for more details
2:00-4:00 A Matter of Balance Class **(NEW!!)**, please see page 7 for more details
2:00-3:00 **ICE CREAM SOCIAL (Jan 16th)**
(Join us for Ice Cream, friends and door prizes!! Sponsored by **Community Hospice**)
7:00-10:00 **FAIRHOPE CABARET DANCE (Jan 9th & 23rd)**, please see page 7 for more details

FRIDAY



- 9:00-10:00 Gold Zumba with Joni (**Jan 3rd, 17th, 24th & 31st**)
10:00-11:00 **FINANCIAL FRIDAY (Jan 24th)**, please see page 7 for more details
10:00-12:00 Beyond Bridge Basics 2.0 Class **(NEW!!)** (**Jan 10th & 24th**) please see below, for more details
12:30-4:00 Eastern Shore Duplicate Bridge Club (\$3 per game)
12:30-4:00 Open Cards
12:30-4:00 Mexican Dominos

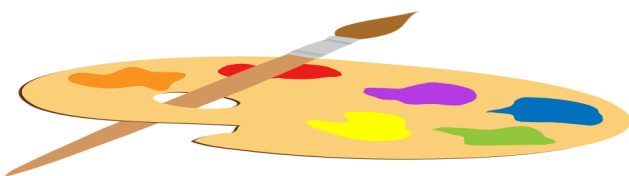


Come into the Nix Center and check out

Christine Linson Watercolor Painting Class

The class is fun and easy to join!! You will learn the joy of watercolor painting, at your own speed and leisure, with Christine Linson, a Fairhope Artist, who owned her own gallery in Fairhope for 20 years.

Christine loves to work with all of her students and looks forward to seeing you, every Tuesday afternoon, from 1-4pm.



The fee, per class is \$25 and can be paid directly to Christine.



Beyond Bridge Basics 2.0 Class

Please come in and join Martin Powell, as he teaches and instructs this 6 week class and series, designed to hone beginning bridge skills and to introduce more advanced play and new conventions.

The class will be held on the following Friday's, from 10am-12pm: 1/10, 1/24, 2/14, 2/28, 3/13 & 3/27

Please sign up at the front desk (there is no fee for Nix Center members)



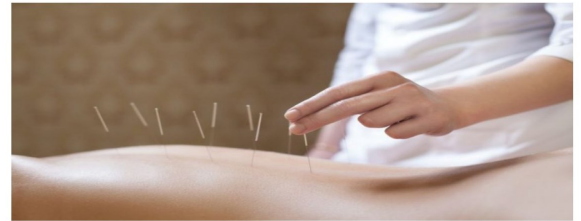
Fairhope Cabaret Dance

January 9th: Exit 105
(Theme: Black & White)
January 23rd: JR Owen
7-10pm

\$5 (Members)
\$9 (Non-Members)

Come out and enjoy an evening of live music, refreshments, dancing and fun!!

Thanks very much to our Dance Volunteers:
 Louise Eckman, Dolly Guy, Fran Hocquard & Betty Williamson



Acupuncture

How does it work?
 Is it right for you?
 Find out more at

To Your Health

Wednesday January 8th at 10:00
 Presented by:
 Patrick Miller with Jubilee Acupuncture
 Please call (251) 928-2835 to sign up



Join us **Thursday January 9 at 2:00** for
"Cuties and Cupcakes"
 Sharon Stassburg with Mary Kay Cosmetics
 will be here with basic skin care
 and quick, cute dash out the door looks
 Call (251) 928-2835 to RSVP

DO YOU HAVE **concerns** **about falling?**



**A MATTER OF
 BALANCE**
 MANAGING CONCERNS ABOUT FALLS

Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.

This program emphasizes practical strategies to manage falls.

YOU WILL LEARN TO:

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

WHO SHOULD ATTEND?

- anyone concerned about falls
- anyone interested in improving balance, flexibility and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns



Nix Center
 1 Bayou Drive
 Fairhope, AL 36532

RSVP 251-928-2835

Tuesday & Thursday
2pm to 4pm
NO Fee
Free to all!
Lots of Fun
Starts January 7, 2020

A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model ©2006
 This program is based on Fear of Falling: A Matter of Balance. Copyright ©1995 Trustees of Boston University. All rights reserved. Used and adapted by permission of Boston University.

A Matter of Balance Lay Leader Model
 Recognized for Innovation and Quality in Healthcare and Aging, 2006, American Society on Aging.
 A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (#90AM2780).

You're Invited

You Have the Power to
Outsmart the Scammers



Financial Friday

Friday January 24
at 10:00 am

Kaitlyn LeBlanc with Edward Jones Financial will be here with tips on how you can protect yourself from online fraud, grandparent scammers and more.

Please call (251) 928-2835 to RSVP



Lunch and Learn

Wednesday January 15
11:00

Michelle Gillespie with Young Living will be here with the benefits of essential oils for mind, body and spirit

Cost of lunch is \$2 per person
 Please call (251) 928-2835 to RSVP

Casino Bus

Every 3rd Wednesday

\$10 (includes \$15 for casino play)

Please call to reserve your spot at (251) 458-0233

The bus leaves from the NW corner of the Walmart parking lot at 8am sharp



Have you moved lately?
New telephone number?
Started using E-mail?



Stop by the Nix Center front desk to update your membership information.



Donations and Dues

Just a reminder to please donate to our refreshments fund when you are enjoying the coffee, cookies and many other refreshments we serve around the center. These donations are what we use to purchase the snacks and coffee you are served at the center everyday. Thank you for your ongoing support of the Nix Center and our programs.

Please remember that you must be a Nix Center member to participate in our exercise classes and other daily activities. So, please make sure that your membership is current.
We thank you for your cooperation!

Bridge for Newcomers

New to duplicate bridge?

Here's an ideal way to learn more as you gain confidence in your play. Sessions provide newer players with duplicate bridge experience, in a comfortable and relaxing atmosphere.

The games offer extended play time, a monitor who will answer questions about bidding and play, and the opportunity to bring reference materials to the table. ACBL members with fewer than 20 master points may win master points.

January Newcomers Games will be on the 2nd, 16th and 23rd.

Games start at 12:30pm, but please arrive no later than 12:15pm.

Lessons will be on January 2nd and 23rd and start at 11am.

The James P. Nix Senior Activity Center

Location

One Bayou Drive
Fairhope, Alabama
36532
(251) 928-2835
Fax: (251) 990-0207

Hours

8:00 a.m. - 5:00 p.m.
Monday - Friday

Website

www.cofairhope.com

Email

Ari.tillman@fairhopeal.gov

Nix Center Team

Ari Tillman
Manager

Misty Brown
Event Coordinator

Angie Dennis
Rental Coordinator

Sonya Reed
Member Services

Carla Morgan
Front Desk

Josh Graham
Maintenance

Georgia Thomas
Bus Driver

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