

James P. Nix Center

City of Fairhope Adult Recreation Center
1 Bayou Dr., Fairhope, AL , 251-928-2835
January 2022

The City of Fairhope
251-928-2136
Public Works/ Utilities
251-928-8003
Police Department
251-928-2385
Recreation Ctr/ Pool
251-928-7270
Quail Creek Golf
251-990-0240

James P. Nix Center
Senior Services Mgr.
Kim Ryland
Senior Services Ass't.
Angie Dennis
Rental Coordinator
Mims Ebelhar
Staff
Margie Smitherman
Sonya Reed
Peggy Hall



Hembree™

HEATING & AIR CONDITIONING

16889 Teresa Drive
Fairhope, AL 36532
251-928-7676
HembreeAC.com

Thank you to our Newsletter
Sponsor.

The Nix Has Something for Everyone!

Ballroom Dance Lessons at the Nix! - Classes will be Thursdays at 5:30 p.m. and run from January 6 until February 10; call Skip for pricing and more information 251-209-4370.

Bead Embroidery - Class will continue to meet on Wednesdays at 9:30. All levels. Call Diana at 850-434-9261 for more information.

Bowling for Nix Members - If you would like to join a bowling group with other Nix members, there will be an organizational meeting on January 13 @ 10:30 at the Nix.

Bridge for Beginners/Refresher Class - Tuesdays from 10:00-12:00 beginning January 18 for 10 weeks. There is a \$10 supply fee. Call or stop by the front desk to register.

Coping Conversations - Thursdays at 9:30. A grief support group facilitated by Covenant Care. Contact Joe at 251-626-5255 for more information.

Hand, Knee, and Foot Classes - If you are interested in learning Progressive Hand, Knee, and Foot (similar to Canasta), please contact Lynn at 251-689-6998.

Matter of Balance Classes will begin Monday, January 12 and run for 8 weeks from



NEW YEAR,
RENEW MEMBERSHIP

*Have you renewed
your membership?*

Don't miss out on all the fun at the
Nix Center for only \$25 a year!

Stop by the front desk and a staff
member will be happy to assist you.

10:00-12:00. Sign up at the front desk.

Potluck is Back!! Join us Monday, January 31 at 11:00. \$3 per person (\$1 per person if you bring a side). Sign up at the front desk.

Tai Chi, a member led class, meets Thursdays at 10:15. Contact Michael 520-678-4174 for more information.



Golf Course
19841 Quail Creek Dr.
(251) 990-0240

Join the Nix
Golfers on
Tuesdays at Quail
Creek Golf Course.
Sign in is at 7:15.
Call Bob Mull 251-
990-9958 or Quail
Creek for more
information.

Tuesday Talk
JAMES P. NIX SENIOR CENTER

Alzheimer's in the Family

Tuesday, January 4th @ 10:30 a.m.



- What causes Alzheimer's Disease?
- What are the stages of the disease?
- How can you care for a person in each stage?
- What can you do to avoid getting it?

This presentation explores the disease process and treatment to slow its development.



Harvey Joanning
Co-Director of the Neurobiology of Relationship Study in the Department of Psychology at the University of South Alabama.

Please call 251-928-2835 or stop by the front desk to sign up.

James P Nix Center

Dance

January 13th, 6:30-9:30
with Roger & Elaine



NEW YEAR

Celebration

Tuesday Talk GET ORGANIZED!

TUESDAY, JANUARY 18TH
@ 10:30 A.M.



Do you need help getting organized and do not where to get started? Join Paige from Professional Organizers for tips on how to declutter and organize your home.



PROFESSIONAL ORGANIZERS
(251) 260-0100

JAMES P. NIX SENIOR CENTER

BRIDGE LESSONS

BEGINNER REFRESHER

Tuesdays, beginning January 18th,
10 a.m.-12 p.m.
10 weeks

\$10 SUPPLY FEE!



CALL 251-928-2835 OR STOP BY THE FRONT DESK TO SIGN UP.

James P. Nix Senior Center

COOKING CLASS

POP'S MAKING MOZ!

WITH
PANINI PETE'S

WEDNESDAY, JANUARY 19TH
@ 1 P.M.

You need to R.S.V.P. for the class by Monday, January 17th. Call 251-928-2835 or stop by the front desk to sign up.

JAMES P. NIX SENIOR CENTER

Ice Cream SOCIAL

THURSDAY,
JANUARY 20TH
@ 2 P.M.



Sponsored by



Senior Living and Care Solutions

James P. Nix Senior Center

EAT & GREET

Monday, January 24th
@ 11 a.m.



Sponsored by:
covenant care

1040 Stanton Rd D,
Daphne, AL 36526
251- 626-5255

Please stop by the front desk or call 251-928-2835 to sign up.

James P. Nix Senior Center

Getting Crafty with Sylvia!

Friday, January 28th
@ 10:00 a.m.

Bring your favorite photographs or choose from a selection that Sylvia will share to make your own greeting cards.

You must R.S.V.P. to participate.
Call 251-928-2835 or stop by the front desk to sign up.

POTLUCK

MONDAY, JANUARY 31ST
@ 11 A.M.

\$1.00 per person with a side dish
\$3.00 per person without a side dish

R.S.V.P. REQUIRED-SIGN UP AT THE FRONT DESK OR CALL 251-928-2835

JAMES P. NIX CENTER

Monday

Tuesday



Thank You to
Our Sponsors

Atlantes Financial
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The Brennity at Fairhope

Covenant Care

Community Hospice

Gardens of Daphne
Assisted Living

Lickin' Good Donuts

Senior Care Authority

Springhill Home Health
& Hospice

Wolfe-Bayview
Funeral Home &
Crematory, Inc

Your Choice Senior Care

3 8am-4pm Pool/Billiards
9am-10am Stretch & Tone
10am-4pm Open Cards
12pm Wood Carving
12:30-4pm Duplicate
1pm Cribbage
1pm Mahjong

10 8am-4pm Pool/Billiards
9am-10am Stretch & Tone
10am-4pm Open Cards
10:30am Matinee Monday
12pm Wood Carving
12:30-4pm Duplicate
1pm Cribbage
1pm Mahjong

17 8am-4pm Pool/Billiards
9am-10am Stretch & Tone
10am-4pm Open Cards
12pm Wood Carving
12:30-4pm Duplicate Bridge
1pm Cribbage
1pm Mahjong

24 8am-4pm Pool/Billiards
9am-10am Stretch & Tone
10am-4pm Open Cards
11am Eat and Greet
12pm Wood Carving
12:30-4pm Duplicate Bridge
1pm Movie Monday
1pm Cribbage
1pm Mahjong

31 8am-4pm Pool/Billiards
9am-10am Stretch & Tone
10am-4pm Open Cards
11am Potluck
12pm Wood Carving
12:30-4pm Duplicate
1pm Cribbage
1pm Mahjong

4 8am-4pm Pool/Billiards
8am Stretch Class
9am Low Impact Aerobics
9am Joyful Jammers
9:30am Senior Stitchers
10:30 am Tuesday Talk
10am-4pm Open Cards
12:30pm-4pm Duplicate Bridge
1pm Frank Walsh Bridge
1pm Euchre

11 8am-4pm Pool/Billiards
8am Stretch Class
9am Low Impact Aerobics
9am Joyful Jammers
9:30am Senior Stitchers
9am Coffee with a Cop
10am-4pm Open Cards
12:30pm-4pm Duplicate Bridge
1pm Frank Walsh Bridge
1pm Euchre

18 8am-4pm Pool/Billiards
8am Stretch Class
9am Low Impact Aerobics
9am Joyful Jammers
9:30am Senior Stitchers
10am Bridge Lessons
10:30am Tuesday Talk
10am-4pm Open Cards
12:30pm-4pm Duplicate Bridge
1pm Frank Walsh Bridge
1pm Euchre

25 8am-4pm Pool/Billiards
8am Stretch Class
9am Low Impact Aerobics
9am Joyful Jammers
9:30am Senior Stitchers
10am Bridge Lessons
10am-4pm Open Cards
12:30pm-4pm Duplicate Bridge
1pm Frank Walsh Bridge
1pm Euchre

January 2022

Wednesday

5 8am-4pm Pool/Billiards
9am Line Dancing
9:30am Beaders
9:30am Table Tennis
10am-4pm Open Cards
10:30am Birthday Bash
12:30pm-4pm Duplicate Bridge
2:00pm Pitch/Setback

12 8am-4pm Pool/Billiards
9am Line Dancing
9:30am Beaders
9:30am Table Tennis
10am-4pm Open Cards
10:00am Matter of Balance
12:30pm-4pm Duplicate Bridge
1pm Bingo
2:00pm Pitch/Setback

19 8am-4pm Pool/Billiards
9am Line Dancing
9:30am Beaders
9:30am Table Tennis
10am-4pm Open Cards
10:00am Matter of Balance
12:30pm-4pm Duplicate Bridge
1pm Workshop Wednesday
2:00pm Pitch/Setback

26 8am-4pm Pool/Billiards
9am Line Dancing
9:30am Beaders
9:30am Table Tennis
10am-4pm Open Cards
10:00am Matter of Balance
12:30pm-4pm Duplicate Bridge
1:00pm Bingo
2:00pm Pitch/Setback

Thursday

6 8am-4pm Pool/Billiards
8am Stretch Class
8:30am Blood Pressure Check
9am Low Impact Aerobics
9:30am Grief Support
10:15am Tai Chi
10am-4pm Open Cards
12:30pm-4pm Duplicate Bridge
1pm Acoustic Jammers
1:30pm Coffee & Conversation
5:30 Ballroom Dance Lessons

13 8am-4pm Pool/Billiards
8am Stretch Class
9am Low Impact Aerobics
9:30am Grief Support
10am-4pm Open Cards
10:15am Tai Chi
12:30pm-4pm Duplicate Bridge
1pm Acoustic Jammers
1:30pm Coffee & Conversation
6:30pm-9:30pm Dance

20 8am-4pm Pool/Billiards
8am Stretch Class
9am Low Impact Aerobics
9:30am Grief Support
10am -4pm Open Cards
10:15am Tai Chi
12:30pm-4pm Duplicate Bridge
1pm Acoustic Jammers
1:30pm Coffee & Conversation
2pm Ice Cream Social

27 8am-4pm Pool/Billiards
8am Stretch Class
9am Low Impact Aerobics
9:30am Grief Support
10:15am Tai Chi
10am-4pm Open Cards
12:30pm-4pm Duplicate Bridge
1pm Acoustic Jammers
1:30pm Coffee & Conversation

Friday

7 8am-4pm Pool/ Billiards
9am Zumba Gold
9am Jam'n Folks on Mtn.
Dulcimers for Beginners
10am-4pm Open Cards
12:30pm-4pm Duplicate Bridge
12:30pm-4pm Chicken Foot
Dominoes

14 8am-4pm Pool/ Billiards
9am Zumba Gold
9am Jam'n Folks on Mtn.
Dulcimers for Beginners
10am-4pm Open Cards
12:30pm-4pm Duplicate Bridge
12:30pm Chicken Foot
Dominoes

21 8am-4pm Pool/ Billiards
9am Zumba Gold
9am Jam'n Folks on Mtn.
Dulcimers for Beginners
10am-4pm Open Cards
12:30pm-4pm Duplicate Bridge
12:30pm-4pm Chicken Foot
Dominoes

28 8am-4pm Pool/ Billiards
9am Zumba Gold
9am Jam'n Folks on Mtn.
Dulcimers for Beginners
10am-4pm Open Cards
10am Getting Crafty with Sylvia!
12:30pm-4pm Duplicate Bridge
12:30pm-4pm Chicken Foot
Dominoes

Volunteer Spotlight



Loretta Edwards is originally from Missoula, Montana, and moved to Fairhope just over a year ago. She has a fiancé: Brian; three children: Natalie, Stephanie, and Steven; and seven grandchildren. She enjoys dancing, playing bridge, traveling, and exercising. Loretta is very active at the Nix Center, participating in a variety of activities, as well as volunteering at the front desk.

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



(251)706-4663

Classes are held at
The Nix Center
1 Bayou Drive, Fairhope

Wednesdays,
January 12 – March 2
10 am until Noon

Lots of fun and it Works!

To RSVP call The Nix Center
251-928-2835

Instructors: **Debbie & Henry Leidheiser**

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, 2005, American Society on Aging.
A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (#90AM2780).

Birthday Bash



Wednesday, January 5th @ 10:30

If you are celebrating a January birthday, please join us. RSVP to 251-928-2835 or stop by the front desk.



Thank you to our sponsors!

Blood Pressure Check



First Thursday of the month
8:30a.m.-9:30a.m.

COFFEE WITH A COP
Tuesday, January 11th 9 a.m.



SPONSORED BY:
LICKIN' GOOD DONUTS
110 Eastern Shore Shopping Center,
Fairhope, AL 36532
(251) 270-8990

BINGO

1	6	12	•	7	2
11	6	•	9	7	4
3	8	•	•	5	2
•	6	12	13	7	10

January 12th & 26th
at 1 p.m.

Sponsored by



R.S.V.P. 251-928-2835
Snacks, Prizes and Fun!!!



Comedy Corner

Why do seagulls fly over the sea?

If they flew over the bay, they would be bagels.

What do you call someone with no body and no nose?

Nobody knows.

January Birthdays- Happy Birthday!!

1 Kay S., Linda E., Rebecca C.

2 Joe G., Ricard A., Sue C.

3 Claudia D., Frank B. , Judy S., Sara S., Worth V.

4 Nancy L.

5 Margaret J., Maurice C., Ronald B.

7 Jayne M.

8 Donald M.

9 Eva C., Jackie G., Jim W., Joy S., Kenneth M., Mary D.

10 Charlotte V., Mary M.

11 Marcia M.

12 Helen R., Thomas Y.

13 Barb S., Warren R.

14 Jeanette B., Maddie R.

15 Alice W., Lanell G., Linda M., Marcelyn G.

16 Jim C.

17 Elizabeth W., Kris L., Lana W.

18 Kay G., Mariam M.

20 Ernie T., Renee P., Tammy B.

21 Larry S., Robert C.

22 Dale W., Gary T.

23 Cheryl K., Frank R.

24 Adonna B., Nancy S.

25 Michael G. ,26 Lillian S.

27 Rose G., 28 Carol C.

29 Karen M., 31 Elaine R., Ron G.

James P. Nix Center Senior Savings Program

<p>Bill-E's 10% off menu items</p> <p>19992 Hwy 181 251-281-2663</p>	<p>Bouch's Cigars 10% discount on regular price merchandise</p> <p>77 S. Section St. 251-517-9526</p>	<p>Cafe 98 10% off</p> <p>901 Fairhope Ave. 251-517-7703</p>	<p>The Cat's Meow 10% discount on regular price merchandise</p> <p>395 Fairhope Ave. 251-990-0061</p>
<p>Fairhope Fly Fishing 10% off regular price</p> <p>14 S. Church St. 251-680-3745</p>	<p>Eastern Shore Glass 10% off material only</p> <p>22886 US 98 251-928-5108</p>	<p>El Mexicana 10% off Mon. -Thurs.</p> <p>251-929-7827 195 Baldwin Square</p>	<p>Fairhope Pharmacy 10% off Christmas and Gifts</p> <p>398 Fairhope Ave. 251-928-8822</p>
<p>Mr. Gene's Beans 10% off Coffee</p> <p>302 De La Mare Ave. 251-928-6915</p>	<p>Homestead Village Wellness Center \$50 enrollment fee waived</p> <p>924 Plantation Blvd. 251-929-0250</p>	<p>Honey Baked Ham 10% off lunch</p> <p>426 Fairhope Ave. 251-928-7262</p>	<p>Julwins 10% off</p> <p>411 Fairhope Ave. 251-990-9372</p>
<p>Lyons Share 20% off framing</p> <p>330 De La Mare Ave. 928-2507</p>	<p>M & F Casuals Free gift with purchase</p> <p>380 Fairhope Ave. 251-928-5564</p>	<p>Monogram Mercantile 10% off monogram</p> <p>251-510-0696 555 S. Section St.</p>	<p>Old Tyme Feed 10% off plants</p> <p>19580 S. Greeno Rd. 251-928-1156</p>
<p>Panini Pete's 10% off order</p> <p>42 S Section St. 251-929-0122</p>	<p>Peaches-n-Clean 10% off Carpet Cleaning</p> <p>8602 Athlete Dr., Daphne 251-621-0066</p>	<p>Private Gallery 10% off regular price merchandise</p> <p>218 Fairhope Ave. 251-990-4555</p>	<p>Rita's Italian Ice 10% off</p> <p>420 Eastern Shore Shop. Ctr 251-517-7472</p>
<p>Sandra's Place 10% discount</p> <p>Best Chicken Salad, Period! 218 Fairhope Ave. 251-990-3344</p>	<p>Southern Veranda 10% off</p> <p>105 N. Bancroft St. 251-928-4433</p>	<p>Stowe's Jewelers 10% discount</p> <p>393 Fairhope Ave. 251-928-5349</p>	<p>Subway Sandwiches 10% off order</p> <p>80 Plantation Pointe 251-928-0603</p>

Present Nix Center membership card prior to purchase or order. Please thank our donors for their support.