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













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

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.

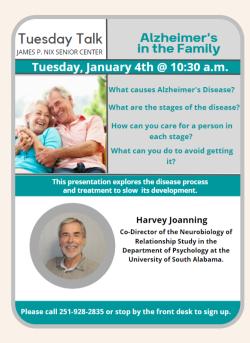


Stop by the front desk and a staff

member will be happy to assist you.

Quail Oreek
FAIRHOPE ALABAMA

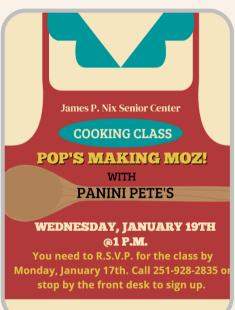
Golf Course 19841 Quail Creek Dr. (251) 990-0240 Join the Nix
Golfers on
Tuesdays at Quail
Creek Golf Course.
Sign in is at 7:15.
Call Bob Mull 251990-9958 or Quail
Creek for more
information.

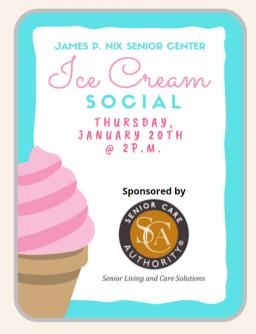


















JAMES P. NIX CENTER

Monday

Tuesday



Atlantes Financial Advisor Corp John Brandon

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
- 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

Thursday

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

Friday

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

- 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
- 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 12:30pm-4pm Duplicate Bridge 1pm Acoustic Jammers 1:30pm Coffee & Conversation 6:30pm-9:30pm Dance
 - **14** 8am-4pm Pool/ Billiards 9am Zumba Gold 9am Jam'n Folks on Mtn. **Dulcimers for Beginners** 10am-4pm Open Cards 12:30pm Chicken Foot **Dominoes**

- 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
- **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**
- 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**

- 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
- **77**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
- 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



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



DO YOU HAVE CONCERNS about falling?



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
- anyone who has restricted activities because of falling concerns



(251)706-4663

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

Wednesdays.

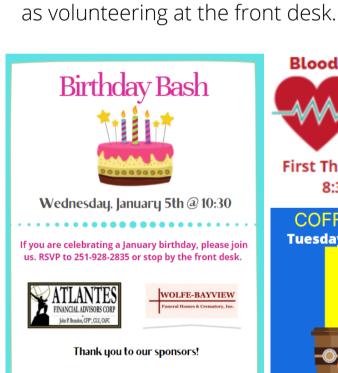
January 12 - March 2 10 am until Noon

Lots of fun and it Worksl

To RSVP call The Nix Center 251-928-2835

Instructors: Debbie & Henry Leidheise

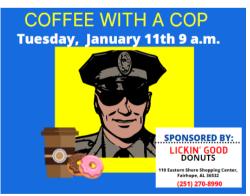
er of Balance: Managing Concerns About Falls Volunteer Lay Leader Model ©2006
ran is based on Fear of Falling: A Matter of Balance. Copyright ©1995 Trustees of Boston University, All rights reserved. Uses
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Blood Pressure Check



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





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

Bill-E's

10% off menu items

19992 Hwy 181 251-281-2663

Bouch's Cigars

10% discount on regular price merchandise

77 S. Section St. 251-517-9526

Cafe 98

10% off

901 Fairhope Ave. 251-517-7703

The Cat's Meow

10% discount on regular price merchandise
395 Fairhope Ave.
251-990-0061

Fairhope Fly Fishing

10% off regular price

14 S. Church St. 251-680-3745

Eastern Shore Glass

10% off material only

22886 US 98 251-928-5108

El Mexicana

10% off Mon. -Thurs.

251-929-7827 195 Baldwin Square

Fairhope Pharmacy

10% off Christmas and Gifts

398 Fairhope Ave. 251-928-8822

Mr. Gene's Beans

10% off Coffee

302 De La Mare Ave. 251-928-6915

Homestead Village Wellness Center

\$50 enrollment fee waived

924 Plantation Blvd. 251-929-0250

Honey Baked Ham

10% off lunch

426 Fairhope Ave. 251-928-7262

Julwins

10% off

411 Fairhope Ave. 251-990-9372

Lyons Share

20% off framing

330 De La Mare Ave. 928-2507

M & F Casuals

Free gift with purchase

380 Fairhope Ave. 251-928-5564

Monogram Mercantile

10% off monogram

251-510-0696 555 S. Section St.

Old Tyme Feed

10% off plants

19580 S. Greeno Rd. 251-928-1156

Panini Pete's

10% off order

42 S Section St. 251-929-0122

Peaches-n-Clean

10% off Carpet Cleaning

8602 Athlete Dr., Daphne 251-621-0066

Private Gallery

10% off regular price merchandise

218 Fairhope Ave. 251-990-4555

Rita's Italian Ice

10% off

420 Eastern Shore Shop. Ctr 251-517-7472

Sandra's Place

10% discount

Best Chicken Salad, Period! 218 Fairhope Ave. 251-990-3344

Southern Veranda

10% off

105 N. Bancroft St. 251-928-4433

Stowe's Jewelers

10% discount

393 Fairhope Ave. 251-928-5349

Subway Sandwiches

10% off order

80 Plantation Pointe 251-928-0603

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