



James P. Nix Center

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

Margie Smitherman

Staff

Sonya Reed

Peggy Hall



Hembree™

HEATING & AIR CONDITIONING

15333 State Highway 59

Foley, AL 36535

251-259-4664

HembreeAC.com

**Thank you to our Newsletter
Sponsor.**



The Nix Has Something for Everyone!

Blood Pressure Checks - Springhill Home Care will come the 3rd Tuesday (8:30 a.m.) & 3rd Thursday (9:30 a.m.) to check blood pressures.

Bowling for Nix Members - If you would like to join a Thursday bowling group with other Nix members, contact Linda at 256-527-4135.

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

Dance Lessons - Come learn Ballroom Dances! On Thursdays, April 28, May 5, 12, 19, and 26 at 5:30 p.m. Cost is \$30 for members; \$40 for nonmembers. Register at the front desk. Call Skip for more information 251-209-4370.

Intermediate Duplicate Bridge Every Tuesday at 12:30 join Janet and the Daphne Bridge Buffs for an afternoon of duplicate bridge. Open to those with under 750 Masterpoints, this Tuesday game is known for being especially welcoming to new bridge players. No partner is required. For more information, call Janet at 251-284-8306.

Italian Language Classes - Learn to speak Italian right here at the Nix. Tuesdays in June from 1-3pm. Space is limited, so sign up at the front desk early.

Recipe Round-Up - Share your favorite recipes for our monthly newsletter!!

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

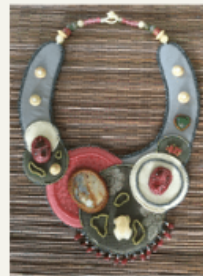
Wednesdays,
June 8 – July 20
10:15 am to 12:15 pm

Lots of fun and it Works!

To RSVP call The Nix Center
251-928-2835

Instructors: Debbie & Henry Leidheiser

Oshie Beading Class



"Oshie" is a traditional Japanese technique of using padded silk pieces/scraps to create decorative figures or pictures on paper. The Instructor has simplified and adapted the technique to create unusual lightweight beaded art jewelry.

This is a 5-Week Class, every Weds in May and the first Weds in June, 9:30 - noon.

INSTRUCTION IS FREE; BASIC KIT OF SUPPLIES is \$12, and includes written instructions, pattern templates, Pellon Interfacing, use of spools of sewing threads, use of tubes of seed beads, selections of silk pieces/scraps for designing your own necklace.

Supplies students provide: sewing needle and pins, scissors, 2" beading needle size 10-12, beading thread, bead mat, Fireline for straps, beads for straps, any other seed beads, focals, or silks that you wish to add to your necklace.

Please call Diana for questions and to register: 850-434-9261
Minimum 6 students, Maximum 12

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).



POTLUCK

**MONDAY, MAY 2ND & 16TH
@ 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

Sponsored by




Birthday Bash



Wednesday, May 4th @ 10:30


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





Thank you to our sponsors!

The James P. Nix Senior Center
Tuesday Talk

Transcontinental Railroad Nothing Like It In the World!




**Tuesday
May 10th
11am.**



Harvey Joanning, PhD
The Transcontinental Railroad was the greatest engineering feat of any human endeavor up to its time; surpassing The Great Wall of China and the Pyramids in complexity. "It can't be done!" was the common refrain. Dr. Joanning will describe how it was done, complete with pictures and stories, most of them true! Come and enjoy train songs, everybody loves train songs; vintage attire, along with train artifacts.
Call 251-928-2835 or stop by the front desk to sign up.

WORKSHOP WEDNESDAY Wednesday, May 11th @ 11 a.m.



"FREE HELP FOR PEOPLE WITH MEDICARE"

WHAT CAN SHIP DO FOR YOU?


- SHIP can guide you through your health insurance options
- SHIP can provide you with FREE local counseling and assistance

DO YOU HAVE QUESTIONS ABOUT:

- Medicare
- Medicare Supplement
- Medicare Savings Programs
- Medicaid
- Prescription Drugs
- Plan Comparisons
- Billing & Claims
- Rights & Protections
- Long-Term Care

Presentation: May 11, 2022 11:00

Call SHIP today for more information
1.800.AGE.LINE (1.800.243.5463) or
251.706.4680 www.alabamageline.gov



The James P. Nix Senior Center

Eastern Shore Cello Choir Spring Concert

Thursday, May 12th
11:30 a.m.



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



James P. Nix Center

LUAU DANCE

THURSDAY, MAY 12TH

6:30 - 9:30

JR OWEN

WORKSHOP WEDNESDAY

Do you need help with your four-legged friend?

Manage Your Pet with Mims

WEDNESDAY, MAY 18TH
11 A.M.




Learn Basic:

- Leash Walking
- Socializing
- Preventing common problem behaviors
- Basic commands

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

Getting Crafty with Angie & Karen!


Friday May 27th @ 10 a.m.

Cost **\$10**

Join us to make a fun creation with red, white, and blue.

You must register and pay prior to day of class.

Ballroom Dance Lessons at the Nix!



**East Coast Swing
Thursdays, 5:30 p.m.
April 28
May 5, 12, 19, 26**

**\$30 Members
\$40 Non-members**

Register at the Nix Center front desk 251-928-2835.
Contact the instructor, Skip Smith, for more information 251-209-4370.

JAMES P. NIX SENIOR CENTER

Monday

Tuesday



Thank You to
Our Sponsors



THE BRENNITY
AT FAIRHOPE
SENIOR LIVING



GARDENS OF
DAPHNE
ASSISTED LIVING
A CAVALIER SENIOR LIVING COMMUNITY



SENIOR
PLACEMENT SERVICES
INDEPENDENT LIVING ASSISTED LIVING MEMORY CARE
205-913-3902



WOLFE-BAYVIEW
Funeral Homes & Crematory, Inc.

2 8am-4pm Pool/Billiards
9am-10am Stretch & Tone
10am-4pm Open Cards
11am Potluck
12pm Wood Carving
12:15pm-4pm Duplicate
1pm Cribbage
1pm Mahjong

9 8am-4pm Pool/Billiards
9am-10am Stretch & Tone
10am-4pm Open Cards
12pm Wood Carving
12:15pm-4pm Duplicate
1pm Cribbage
1pm Mahjong

16 8am-4pm Pool/Billiards
9am-10am Stretch & Tone
10am-4pm Open Cards
11am Potluck
12pm Wood Carving
12:15pm-4pm Duplicate Bridge
1pm Cribbage
1pm Mahjong

23 8am-4pm Pool/Billiards
9am-10am Stretch & Tone
10am-4pm Open Cards
12pm Wood Carving
12:15pm-4pm Duplicate Bridge
1pm Cribbage
1pm Mahjong

30 CENTER CLOSED



3 8am-4pm Pool/Billiards
8am Stretch Class
9am Low Impact Aerobics
9am Joyful Jammers
9:30am Senior Stitchers
10am-4pm Open Cards
12:15pm-4pm Duplicate Bridge
1pm Frank Walsh Bridge
1pm Euchre

10 8am-4pm Pool/Billiards
8am Stretch Class
9am Low Impact Aerobics
9am Joyful Jammers
9am Coffee with a Cop
9:30am Senior Stitchers
10am-4pm Open Cards
11am Tuesday Talk
The Building of the Transcontinental Railroad
12:15pm-4pm Duplicate Bridge
1pm Frank Walsh Bridge
1pm Euchre

17 8am-4pm Pool/Billiards
8am Stretch Class
9am Low Impact Aerobics
9am Joyful Jammers
9:30am Senior Stitchers
10am-4pm Open Cards
12:15pm-4pm Duplicate Bridge
1pm Frank Walsh Bridge
1pm Euchre

24 8am-4pm Pool/Billiards
8am Stretch Class
9am Low Impact Aerobics
9am Joyful Jammers
9:30am Senior Stitchers
10am-4pm Open Cards
12:15pm-4pm Duplicate Bridge
1pm Frank Walsh Bridge
1pm Euchre

31 8am-4pm Pool/Billiards
8am Stretch Class
9am Low Impact Aerobics
9am Joyful Jammers
9:30am Senior Stitchers
10am-4pm Open Cards
12:15pm-4pm Duplicate Bridge
1pm Frank Walsh Bridge
1pm Euchre

May 2022

Wednesday

4 8am-4pm Pool/Billiards
9am Line Dancing
9:30am Beading Class
9:30am Table Tennis
10am-4pm Open Cards
10:15am Advanced Tai Chi
10:30am Birthday Bash
12:15pm-4pm Duplicate Bridge
1:00pm Pitch/Setback
1:00 Mahjong

11 8am-4pm Pool/Billiards
9:30am Beading Class
9 am NO LINE DANCING
9:30am Table Tennis
10am-4pm Open Cards
10:15am Advanced Tai Chi
11 am Workshop Wednesday
"Free Help for People with Medicare"
12:15pm-4pm Duplicate Bridge
1:00pm Bingo
1:00pm Pitch/Setback
1:00 Mahjong

18 8am-4pm Pool/Billiards
9am Line Dancing
9:30am Beading Class
9:30am Table Tennis
10am-4pm Open Cards
10:15am Advanced Tai Chi
11 am Workshop Wednesday
"Managing Your Pet" w/Mims
12:15pm-4pm Duplicate Bridge
1:00pm Pitch/Setback
1:00 Mahjong

25 8am-4pm Pool/Billiards
9am Line Dancing
9:30am Beading Class
9:30am Table Tennis
10am-4pm Open Cards
12:15pm-4pm Duplicate Bridge
1:00pm Bingo
1:00pm Pitch/Setback
1:00 Mahjong

Thursday

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

12 8am-4pm Pool/Billiards
8am Stretch Class
9 am NO LOW IMPACT
9:30am Grief Support
10:15am Tai Chi
10am-4pm Open Cards
11:30 am Cello Concert
12:15pm-4pm Duplicate Bridge
1pm Acoustic Jammers
1:30pm Coffee & Conversation
5:30pm Ballroom Dance Lessons
6:30pm Dance

19 8am-4pm Pool/Billiards
8am Stretch Class
9am Low Impact Aerobics
9:30am Grief Support
10am -4pm Open Cards
10:15am Tai Chi
12:15pm-4pm Duplicate Bridge
2pm Ice Cream Social
1pm Acoustic Jammers
1:30pm Coffee & Conversation
5:30pm Ballroom Dance Lessons

26 8am-4pm Pool/Billiards
8am Stretch Class
9am Low Impact Aerobics
9:30am Grief Support
10:15am Tai Chi
10am-4pm Open Cards
12:15pm-4pm Duplicate Bridge
1pm Acoustic Jammers
1:30pm Coffee & Conversation
5:30pm Ballroom Dance Lessons

Friday

6 8am-4pm Pool/ Billiards
9am Zumba Gold
9am Jam'n Folks on Mtn.
Dulcimers for Beginners
10am-4pm Open Cards
12:15pm-4pm Duplicate Bridge
12:30pm-4pm Chicken Foot
Dominoes

13 8am-4pm Pool/ Billiards
9 am NO ZUMBA
9am Jam'n Folks on Mtn.
Dulcimers for Beginners
10am-4pm Open Cards
12:15pm-4pm Duplicate Bridge
12:30pm Chicken Foot
Dominoes

15 8am-4pm Pool/ Billiards
9am Zumba Gold
9am Jam'n Folks on Mtn.
Dulcimers for Beginners
10am-4pm Open Cards
12:15pm-4pm Duplicate Bridge
12:30pm-4pm Chicken Foot
Dominoes

27 8am-4pm Pool/ Billiards
9am Zumba Gold
9am Jam'n Folks on Mtn.
Dulcimers for Beginners
10am Getting Crafty with Angie and Karen!
10am-4pm Open Cards
12:15pm-4pm Duplicate Bridge
12:30pm-4pm Chicken Foot
Dominoes

Volunteer Spotlight



Ms. Louise Eckman has been a volunteer at the Nix Center since it opened in 1997. She has lived in Fairhope most of her life, except when she was in Buffalo, New York, running her own cosmetology business. Ms. Louise has 2 children, Patty, and the late Daniel; 2 grandchildren; and several nieces and nephews. She is a member of Trinity Presbyterian Church, the Order of the Eastern Star of New York, and Daughters of the Nile, Mobile.

Italian Language Classes

Tuesdays,
Starting June 7th
1 p.m.-3 p.m.
6 weeks
10 spots available

Grazie Mille!

la Dolce Vita

Bella Ciao

Instructor: Nix Member,
Giorgi Di Lemis

You must call 251-928-2835
or stop by the Nix to register.



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

Breakfast Casserole with Grits Mae Moss P.

- 3 3/4 c water
- 1 1/4 c grits
- 1/4 c & 1 tsp butter
- 1 lb sausage
- 8 eggs
- 1/4 c and 1 T milk
- pinch of salt and pepper to taste
- 1/3 & 3T cheese



Preheat oven to 350; grease large baking dish, boil water, add grits, simmer, mix in 1/2 butter and 2/3 cheese; cook sausage & add to grits. In skillet, lightly scramble eggs, mix with grits. Pour into dish, dot with the rest of the butter and cheese. Add salt and pepper. Bake 30 minutes until lightly browned.

JAMES D. NIX SENIOR CENTER

Ice Cream SOCIAL

THURSDAY,
MAY 19TH
@ 2 P.M.

Sponsored by

Senior Living and Care Solutions

James P. Nix Senior Center

COFFEE WITH A COP

Tuesday, May 10th 9 a.m.

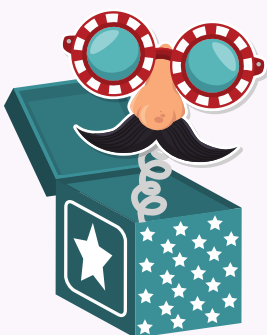
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LICKIN' GOOD
DONUTS

110 Eastern Shore Shopping Center,
Fairhope, AL 36532
(251) 276-8990

Comedy Corner

Why did the sparrow go to the library? It was looking for bookworms.

What do you call the wife of a hippie? Mississippi.



James P. Senior Center Members!



May 11th & 25nd
at 1 p.m.

Sponsored by

GARDENS OF
DAPHNE
ASSISTED LIVING
A CAVALIER SENIOR LIVING COMMUNITY

May Birthdays

2 Dexter C.

3 DeeDee H., Judy M., Kay C.

4 Amy D., William V.

5 Delbert H., Fran H., Letty O., Valerie H.

6 Kevin M., Rebecca S., Susan B.

7 Richard C. 8 Marcia G.

9 Betty A., Bobby B., Carol D., Dick H.

10 Ann D., Bruce R., Robert M.

11 Eleanor B., Joni M.

12 Karen R., Paula P.

14 Don J.

15 Melvin H., Ralph J.

16 Tommy T.

17 Henry C., Joe T.

18 Fay F.

19 Charlotte S., Elizabeth J., Gay C., Jo Ann T.

20 Randa S.

21 Ed S., Giorgi L., Michelle O., Mimi H., Vanessa E.

22 Barbara H., Frank F., Susan W.

23 Roger A.,

24 Debbie M., Harris B., Karen M.

25 Alice E., Jim W., Maurice H., Tina T.

26 Gwen R., Sam B., Susan M.

28 Dee H., Emily C., Susan A., Susan L., Toni R., Wanda T.

29 James L., Judy S., Michael R., Stanley O., Virgil D.

30 Carolyn C.

31 Allan S., Diane L.

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>The Cat's Meow 10% discount on regular price merchandise</p> <p>395 Fairhope Ave. 251-990-0061</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 Fly Fishing 10% off regular price</p> <p>14 S. Church St. 251-680-3745</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>	<p>Tamara's Downtown 10% off</p> <p>104 N Section St. 251-929-2219</p>

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