

The James P. Nix Center

June 2014

City of Fairhope Adult Recreation Center

In This Issue

[National Safety Month](#)

[MARK YOUR CALENDER](#)

[Boating on Mobile Bay](#)

[Nix Center Brick Paver Program](#)

[Elder Protection Town Hall Meeting](#)

[City of Fairhope 4th of July Celebration](#)

[Sunset Yoga for Charity](#)

[Join the Friends of the Fairhope Museum of History](#)

[Tea for Two at the Museum of History](#)

[Fairhope's Famous Dances](#)

[ACTIVITIES AROUND TOWN](#)

[Ray Hall Casino Trips](#)

National Safety Month

June is National Safety month, and the Nix Center wants to help its members reduce the risk of injuries in and out of the home. Two

Phone Numbers

[City of Fairhope](#)

928-2136

James P. Nix Center

928-2835

Police Department

928-2385

Public Works/Utilities

928-8003

Recreation/Pool

990-0175

Quail Creek Golf Course

990-0240

Baldwin County
Courthouse/BRATS

928-3002

To report Medicare Fraud

1-800-AGELINE

Sponsors

major areas of concern for seniors are preventing slips, trips and falls and prescription drug safety. Below are a few tips to help keep you safe.

Fall-Proofing Your Home

Bedroom

- Place a lamp and phone close to your bed where they are easy to reach
- Sleep on a bed that's easy to get in & out of
- Use a night light so you can see where you're walking

Living Area

- Arrange furniture with clear pathways
- Remove area rugs or use non-slip backing tape so rugs stay put
- Keep electrical cords out of walkway
- Sit on furniture that is easy to get up from
- Install light switches at the entrance of rooms
- Remove clutter from pathways

Bathroom

- Use slip resistant rugs near the bathtub
- Use rubber mats or textured strips in the tub or shower
- Install grab bars inside the tub and next to the toilet

Phone Numbers

[Aseracare Hospice](#)

943-6094

[Atlantes Financial Advisors Corp.](#)

928-1616

[Baldwin](#)

[House](#)

621-1717

[Bay Eyes](#)

990-3937

[Dowell Financial Group](#)

445-8800

[Fairhope Health and Rehab](#)

928-2152

[Covenant Hospice](#)

626-5255

[Hartmann, Blackmon & Kilgore](#)

928-2443

[Homestead Village](#)

929-0250

Prescription Drug Safety

1. Bring a list or bag with ALL your medicines when you go to your doctor's office, the pharmacy, or the hospital
2. Ask questions about your medicines with your doctor or your pharmacist
3. Make sure your medicine is what your doctor ordered
4. Ask how to use the medicine correctly
5. Ask about possible side effects

[Mercy Medical](#)

621-4200

[Gentiva](#)

621-0882

[Optimum Asset Management, Inc.](#)

625-8885

[PNC Bank](#)

928-8838

[Thomas Hospital](#)

928-2375

[Wolfe-Bayview Funeral Home](#)

928-9555

MARK YOUR CALENDAR

June 2- POTLUCK LUNCH; noon

Join us for our monthly Potluck Luncheon.

Main entrée will be Glazed Ham.

Participants should bring a dish that serves at least 8 people. Cost is \$1 for Nix members who bring a dish.

Gentlemen, wear your favorite TACKY TIE for a chance to win a prize!

Sponsored by: The Brennity at Daphne

June 4-BIRTHDAY BASH; 10:30 a.m.

FAIRHOPE'S FAMOUS CABARET DANCES

Cabaret dances are held
the 2nd & 4th Thursday of
every month at the Nix
Center from

7:00 p.m. - 10:00 p.m.

Celebrate your Birthday with the Nix Center.
Enjoy Birthday Cake, Ice Cream, Games and Prizes!!

Sponsored by Atlantes Financial Advisors
Corporation, Bay Eyes Cataract and Laser Center
& Wolfe-Bayview Funeral Home

June 4- KARAOKE; 11:30 a.m.

Sing Karaoke with your friends at the Nix Center in a casual, fun environment! Karaoke will begin right after Birthday Bash in the ballroom.

June 10- COFFEE WITH A COP; 9:00 a.m.

Enjoy coffee and donuts with Chief Petties and a Fairhope Police Officer every second Tuesday of the month to discuss scams, fraud and other issues of interest.

June 11- TO YOUR HEALTH; 10:00 a.m.

Topic: "What is Dementia & Caregiver Help"
Presented By: Dana Adair, Dementia Educator

June 12 - TEA TIME; 2 p.m.

Topic: Mobile's Historic Architecture
Presented By: L. Craig Roberts, Owner & Architect of L. Craig Roberts Architecture

Sponsored By: Covenant Hospice

June 19- ICE CREAM SOCIAL; 2 p.m.

Join us for Apple Pie & Ice Cream, friends and door prizes!

Sponsored by: Kelly Dowell Financial and PNC Bank

June 25 - BINGO; 1 p.m.

Join the Nix Center for 10 games of Bingo. Cost is \$1 for 3 cards. Prizes after each game, with a cash prize following game 10. Refreshments served.

Sponsored By: Gentiva Home Health

Costs: \$5.00 **Members**

\$9.00 **Guests**

June 12
Band: Charlie Freeman

June 26
Band: Sonny Tanner

Split the pot drawing held
at every dance!

*Thanks to our dance
hostesses Gloria Davis,
Betty Deese, Marie
Weatherly & Bonnie
Matchey.*

- **June 27- FINANCIAL FRIDAY; 10:00 a.m.**

Topic: TBA

Speaker: Adam Bass, Financial Advisor with **Morgan Stanley**

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JUST A REMINDER!!

A minimum daily donation of \$.50 per person is requested to cover the cost of coffee and other refreshments. Your cooperation and generosity are greatly appreciated. Thank You!

Come Sail Away!!

The weather is nice and boating on Mobile Bay is back!! Skipper Gary Gover and first mate Pat Gover take six Nix Center Members on his sail boat on Friday afternoons, weather permitting.

Participants should dress with layered clothing and wear deck shoes or other soft-soled shoes and are welcome to bring snacks and treats. Please register at the front desk. Spaces are limited.

Brick Paver Program at the Nix Center

**ACTIVITIES
AROUND TOWN**

Stroke Support
Group
Thursday, June 5,
10 a.m. -12 p.m. at
the Thomas
Hospital
Wellness Center
Seminar
Room. Call 251-
279-1859 for more
info.

The Nix Center has a brick paver program similar to the one in downtown Fairhope. The program is designed to honor or memorialize friends or family members by placing a 12x12 limestone paver at the entrance of the Nix Center. The bricks can have up to six lines of text with 17 characters on each line. Each brick costs \$100 and will arrive up to three months after ordering. If you have any additional questions, stop by the front desk or call 928-2835.

City of Fairhope Hosts Elder Protection Town Meeting

The City of Fairhope has partnered with the Area Agency on Aging and Alabama's Interagency Council for the Prevention of Elder Abuse to host the 2014 World Elder Abuse Awareness Day Town Hall meeting on Monday, June 16th at the James P. Nix Center from 9:00 a.m. until noon. The Interagency Council is a collaboration among state agencies, private organizations and individuals to empower and protect Alabama's older population. Hear about new criminal penalties for those that wrong seniors and protections for older adults under the Protecting Alabama's Elders Act, latest consumer and Medicare frauds targeting senior citizens, learn how to protect yourself and address the exploitation of older adults. This event is supported by a grant provided by the Alabama Securities Commission, Investor Protection Trust, who will provide free lunch to the first 100

First Friday Art Walk

Friday, June 6 at
the Eastern Shore
Art Center
beginning at 6
p.m. Stroll the
streets of
downtown after you
visit the Art Center.

Book Review at the Library

Sunday, June 29 at
3 p.m. Sonya
Bennett will review
The Wind in the
Willows by Kenneth
Grahame.

who sign up. To register, call the Nix Center at 929-1447 or stop by the Front Desk. Deadline to reserve a spot is June 6th.

City of Fairhope 4th of July Celebration

The City of Fairhope will host its annual Fourth of July concert and fireworks display again on Friday, July 4th at Henry George Park and the Fairhope Municipal Pier Park. The Baldwin Pops Independence Day Concert begins at 7:30 p.m., with the Fireworks display beginning at approximately 9 p.m. Bring blankets, lawn chairs, and picnic baskets to enjoy an evening on Mobile Bay. WABF 1220 AM will broadcast the Baldwin Pops concert live for those who are unable to attend. The North end of Pier Park will be open throughout the day and will remain open while parking is available. The South end of the park will be open to spectators. Limited handicap parking will be available near the fountain. For more information on the City of Fairhope's Fourth of July celebration, call 251-929-1466.

Sunset Yoga for Charity

Every 2nd & 4th Friday from March through October a yoga class is held North of the Fairhope Pier at the Bluff. Yoga on June 13 benefits the Baldwin County Humane Society and Yoga on June 27 benefits the African Wildlife Association. All class are donation only and the money goes to the

respective charity. Times change with the sunset. Classes are at 6:30 p.m. in May. For more information, contact Billie Reinhart at 251-379-4493 or visit www.thrivefairhope.com.

Join the Friends of the Fairhope Museum of History

Join the friends of the Fairhope Museum of History and help promote the Fairhope Museum of History through projects, volunteer assistance and the preservation of the unique history of Fairhope. Membership is only \$20 per year! Call 929-1471 for more info.

Tea for Two at the Fairhope Museum of History

June 3: Mack Yohn, a Fairhope native, will tell his story of working for the Fairhope Police Department since he was a teenager.

June 10: Melissa Smith will discuss her inspiration of the maps she draws of the Gulf Coast.

June 17: Ray Dix, public defender, attorney and most recently a novelist, will read from his recent mystery novels.

June 24: Joey Brackner, AL State Council on the Arts, and Chris Holmes, AL Public TV, and Mary Allison Hayne, will present their

new program on jubilees.

*All lectures are on Tuesdays at 2 p.m.
in the Museum Council Chambers*

Center **James P. Nix**
Daily Activities for June

MONDAY

8:00-9:00 Video Exercise

8:00-4:00 Pool for men & women

9:00 Tone & Stretch with Joni

12:00 POTLUCK LUNCH (June 2)

Main Entree: Glazed Ham

Sponsor: The Brennity at Daphne

12:30-4:00

Eastern Shore Duplicate Bridge Club

\$2.00 per game. For more information, call Art

Meyers at 626-5109.

www.eastenshorebridgeclub.com

1:00-4:00 Open Cards, Mahjong, Hand & Foot, Canasta

TUESDAY

8:00-9:00 Helen McKee Senior Stretch Class

8:00 Video Exercise

8:00-4:00 Pool/Billiards for men & women

8:00 Nix Center Golf Mixed Scramble at Quail Creek
Reservations required, fee to play is required.

If you would like to play, call Bob Mull at 990-9958.

9:00 FREE Blood Pressure Screening with

Aseracare Hospice (June 17)

9:00 COFFEE WITH A COP (June 10)

9:00-10:00 Free Low Impact Aerobic Class

9:00-12:00 Jam N' Folks Music Group

12:30 Tuesday Movie (June 17)

Ride the Nix Center bus to the movie theater in

Daphne.

Movie will be announced.

Space is limited to 11 people.

Participants are responsible for admission fee

to the

movie and refreshments.

Pre-registration is required.

12:30-4:00 Open Cards, Hand & Foot, Party Bridge,

Scrabble, Cribbage, etc.

(Must bring your own foursome)

12:30 299 Duplicate Bridge

For more information, contact Janet Anderson

at 251-990-5514

WEDNESDAY

8:00-9:00 Video Exercise

8:00-4:00 Pool/Billiards for men & women

9:00 Line Dancing with Carolyn. No
Reservation required;

\$5 fee is required.

9:30-11:30 "Arts & Crafts & Chat"

Bring your own craft or hobby and socialize
while you do your own project-- just come chat.

10:00 TO YOUR HEALTH (June 11)

Topic: What is Dementia & Caregiver Help

Presented by: Dana Adair, Dementia Educator

10:30 JUNE BIRTHDAY BASH (June 4)

sponsored by Atlantes Financial Advisors
Corporation, Bay Eyes Cataract & Laser Center
& Wolfe-Bayview Funeral Home.

Nix Center member, Jack Lynch, will entertain
the group with his harmonica.

11:30 KARAOKE (June 4)

Join your friends in singing karaoke!

12:30 Open Cards, Mahjong, Cribbage, Pinochle & more

(Must bring your own foursome or stop
by for a list of people who may be interested
in creating a foursome)

12:30-4:00 Eastern Shore Duplicate Bridge Club \$2 per game;
for information, call Art Meyers at 625-5109.

Ray Hall Casino Trips

Wednesday, June 18
Hard Rock Casino

Wednesday, July 16
Palace Casino

To reserve your spot,
call Richard at
928-0672.

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

Email

sherry.sullivan@
cofairhope.com

www.easternshorebridge.com

1:00-3:00 BINGO (June 25)

Sponsored by Gentiva Home Health

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THURSDAY

8:00-9:00 Helen McKee Senior Stretch Class

8:00 Video Exercise

8:00-4:00 Pool/Billiards for men & women

9:00-10:00 Free Low Impact Aerobic Class

9:30 Widowed Persons Support Group

Sponsored by Covenant Hospice

12:30- 4:00 Open Cards, Pinochle and Games

(must bring your own foursome)

12:30-4:00 Eastern Shore Duplicate Bridge Club

\$2 per game. For information call Art Meyers at

626-5109. www.easternshorebridgeclub.com

1:30 Men's Coffee Group. Join in on an afternoon

of fellowship and stimulating conversation. All are

welcome to add their own information or

opinions or listen to those of others.

2:00 TEA TIME (June 12)

Topic: Mobile's Historic Architecture

Presented By: Craig Roberts

2:00 ICE CREAM SOCIAL (June 19)

Join us for Apple Pie & Ice Cream, friends,

door prizes and much more!

OR

[sarah.smith@](mailto:sarah.smith@cofairhope.com)

cofairhope.com

Website

www.cofairhope.com

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Sponsored by Kelly Dowell Financial & PNC Bank

7:00-10:00 Fairhope's Famous Dances (JUNE 12 & JUNE 26)

FRIDAY

8:00-9:00 Video Exercise

8:00-4:00 Pool/Billiards for men & women

9:00 GOLD ZUMBA with Joni

9:00-1:00 BOATING ON MOBILE BAY

Stop by the Nix Center front desk to sign up.

10:00-11:00 FINANCIAL FRIDAY (June 27)

12:30 Eastern Shore Duplicate Bridge Club
\$2 per game. For information, call
Art Meyers at 626-5109.
www.easternshorebridgeclub.com

12:30 Open Cards

12:30-4:00 Mexican Dominos

1:00-4:00 Open Cards, Mahjong, Hand & Foot, Canasta, etc

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