

Circle News

The Official Newsletter of the Senior Circle Association - North Okaloosa Chapter



NORTH OKALOOSA
MEDICAL CENTER

Sponsored by North Okaloosa Medical Center

127 E. Redstone Avenue • Crestview, FL 32539 • www.northokaloosa.com • 850.689.8409

Advisor: Alicia Booker • Current Membership: 2,042

GREETINGS FROM YOUR PROGRAM STAFF

We wanted to share with you some technology advancements that are happening at North Okaloosa Medical Center that will be a great benefit to you our SC members and the community.

On March 25th NOMC launched an exciting new tool for patients that will give them the opportunity to take more control over their healthcare management.

My Health Home is a Secure online home to access your hospital information. NorthOkaloosa.MyHealthHome.com

Patients now have online access to their hospital inpatient records, test results, medications, procedure information, diagnoses and discharge instructions. It's convenient, private, easy and free. At registration, once you present your photo ID and let us know your email address, we'll help you get connected to your Patient Portal. We also can help with Portal accounts for family members.



Alicia Booker
Community Programs
Coordinator



Rachel Neighbors
Director of
Marketing

Enter www.northokaloosa.com to get the latest issue of our newsletter on line. This is helpful if you have lost the calendars. You may also pay your Senior Circle membership on-line at www.seniorcircle.com or at the Senior Circle office.

YOU'RE INVITED

The Senior Circle chapter of
North Okaloosa Medical
Center requests the pleasure
of your company at our



- ANNUAL - CELEBRATION

THURSDAY, MAY 15
11:30 AM TO 1:30 PM

Crestview Community Center
1446 Commerce Drive
Crestview, Florida

Lunch will be served &
Entertainment Provided.

Please RSVP
850-689-8409

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NORTH OKALOOSA SENIOR CIRCLE CHAPTER

Noteworthy News & Events

Regarding Meal Tickets please read the following:

Should you be hospitalized and not receive a meal ticket for your spouse or caregiver, please contact the Senior Circle Office or go to the hospital switchboard (in the main entrance lobby) to receive a meal ticket. Should you be hospitalized on the weekend, go to the switchboard to receive a meal ticket.

Smoking Cessation classes held at North Okaloosa Hospital.

Classes are a free six week program open to any current or past smoker looking for support and the right information to make the choice to quit smoking.

Patients are allowed to attend as many programs as they want, and are given free NRT (Nicotine Replacement Treatment) for two programs per year. We provide nicotine patches in combination with nicotine lozenges or gum in the appropriate amounts for each individual patient for 4 of the 6 weeks they attend the class with us.

Each week covers different discussion topics such as triggers for each individual, coping with relapse, coping with stress, and healthy nutrition as well as exercise importance.

Call to Pre-Register. Class Dates are subject to change.

Class schedules for Crestview:

■ Mondays 5:30 pm - March 10-April 14, 2014

■ Mondays 5:30 pm - May 12-June 16, 2014

■ NOMC

129 E Redstone Avenue - 850-689-8144

■ West Florida AHEC

1455 S Ferdon Blvd - 850-398-6965/877-678-6766

■ Okaloosa County Health Dept

810 E James Lee Blvd - 850-689-7808

Monthly Luncheons

Crestview Luncheon Speakers

The North Okaloosa Senior Circle Chapter hosts a luncheon on the second Thursday of each month at the Coach 'N' Four Restaurant in Crestview. We have physicians, local services and other interesting speakers. Reservations are strongly suggested for these events. Please call (850) 689-8409 no later than the Tuesday before each luncheon to register. Please do not arrive before 11am.

■ Thursday, April 10

11:30 am (doors open at 11 am)

Coach "N" Four Restaurant

Guest Speaker: Khalid M. Moussa,

Gastroenterologist, NOPG Digestive Care Specialists

■ Thursday, May 8

No lunch meeting at Coach "N" Four Restaurant due to Annual Celebration

■ Thursday, June 12

11:30 am (doors open at 11 am)

Coach "N" Four Restaurant

Guest Speaker: Covenant Hospice-Topic

Alzheimer Family Support (AFS) assistance

DeFuniak Springs Luncheon

The North Okaloosa Senior Circle Chapter hosts a luncheon on the third Monday of each month at McLain's Steakhouse on Highway 331 in DeFuniak Springs. Please call (850) 892-2052, ext. 8409 to register. Please do not arrive before 11am.

■ Monday, April 21

11:30 am (doors open at 11:00 am)

McLain's Restaurant

Guest Speaker: Khalid M. Moussa,

Gastroenterologist, NOPG Digestive Care Specialists

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■ Monday, May 19

No lunch meeting at McLain's Restaurant due to Annual Celebration

■ Monday, June 16 11:30 am

(doors open at 11:00 am)

McLain's Restaurant Guest Speaker: Covenant Hospice-Topic Alzheimer Family Support (AFS) assistance

Events

Bingo at Crescent Park Village

Join the residents of Crescent Park Village. We meet at 10:30 am in the activity room, (the second Tuesday of every other month).

■ Tuesday, April 8th

■ Tuesday, June 10

Extra hands are always welcome to help with Bingo. Lunch is provided when you volunteer at Crescent Park Village. Call (850) 689-8409 to make your reservation.

\$3.00 Bingo

Bingo is a lot fun and requires just a wrapped prize valued at no more than \$3.00, as well as a smile. Reminder: Prizes must be new! We meet from 10 am until 12p in the Senior Circle Classroom.

■ Monday, April 1 & Thursday April 24

■ Thursday, May 1 & 22

■ Thursday, June 5 & 19

Lunch Bunch

Join other Senior Circle members at various restaurants around town. We meet at 11:30 am at the restaurant listed below. Please call (850) 689-8409 to register.

■ Wednesday, April 16, Wayne's Catfish House

■ Wednesday, May 14, Johnny O' Quigley's

■ Wednesday, June 11, La Rumba

Brown Bag Lunch & Game Day

Bring your lunch and learn new games, play old standbys, or come teach us a game. We are currently looking for Domino, Mahjong and Cribbage players. We meet from 11:00a to 2:00p in the Senior Circle Classroom. Please call (850) 689-8409 to register.

■ Monday, April 7 & 28

■ Monday, May 12 & Wednesday, May 28

■ Monday, June 2 & 30

Dinner Crew

Join the crew for fun and fellowship. The cost for Dinner Crew is \$6. Seating is limited to 40 people. No refunds or transfers. We meet at 5 pm in the Senior Circle Classroom on the following dates: Please call (850) 689-8409 to register.

■ Tuesday, Apr. 29 – Mexican

■ Tuesday, May 27 – BBQ

■ Tuesday, June 24 - Nellie's Lumpia House
Filipino Chicken & Noodles

Scrub Sale

Life Uniform

■ April 2 6:30 am to 8 pm

■ April 3 6:30 am to 4 pm

Masquerade Jewelry Sale

SC Classroom

■ April 21 – 7:30 am to 5 pm

■ April 22 – 7:30 am to 4 pm

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NORTH OKALOOSA SENIOR CIRCLE CHAPTER

Books are Fun

SC classroom

- June 26 - 9:00am - 4:00pm
- June 27 - 8:00am - 3:00pm

Annual Celebration

Join us for our annual celebration at the Crestview Community Center

- May 15th 11:30 am
- Doors open at 11am.



Crafter's Corner: Crafts Café/Crafts W Gerda

It takes place every third Tuesday of the month at 10am in the Senior Circle Classroom. Every other month we will have a new craft and then "Bring Your Own" or "Work on Unfinished Projects" for the in-between months. The regular crafts will be posted on this bulletin board. To participate you need to sign up at the Senior Circle and pick up your supply list. There is usually a small charge to defray the cost of the materials furnished to complete the projects, due at time of craft. The spaces are limited to 10 or 12 participants, depending on the craft. In addition, you must sign up at least a week prior to the date to allow time to get the furnished materials together. Details will be posted as soon as they become available. These craft days are always a lot of fun. Hope to see you there!

Gerda , Instructor: 850-682-7023.

Please call (850) 689-8409 to register.

- Tuesday, April 15
- Tuesday, May 20
- Tuesday, June 17

Exercise Classes

Yoga

This is a basic class in mobility and flexibility. Exercises will be done while sitting on a chair or standing for a brief time. Come by the Senior Circle office to pick up your medical release and register.

All participants must have a medical release to participate.

Cost of the class is \$10 per person, per month. No refunds or transfers permitted. Please pay SC Coordinator for this class.

We meet at 8:45 am in the Senior Circle Classroom on the following dates:

- Apr. 1, 8, 15, 22, 29
- May 6, 13, 20, 27
- June 3, 10, 17, 24

New Member

We are so glad to have as a member of Senior Circle. If you have any questions please just call or stop by. Also, when you come to an event let us know if it's your first time so we can welcome you and let you know what other activities are available. The office number is (850) 689-8409.



AARP

AARP Driving Class will meet in the Senior Circle Classroom.

Cost of class is \$15.00 for AARP Members and \$20.00 for non-AARP

Members. (Class time: 9:00a – 4:00p) Arrive 15 minutes early.

- Monday, May 5th

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NORTH OKALOOSA SENIOR CIRCLE CHAPTER

Dates



Fred Astaire Dancing Studio

Special pricing for SC members: Every Friday (at the studio) from 1:00-1:45p. Member cost is only \$5.00 per person, per class. This is a \$20.00 savings! Need 10 or more people to sign up. Please be sure to register for Dance class by calling the Fred Astaire studio.

301 N Main St Crestview, FL 32536 (850) 682-1455

Bowling at Shoal Lanes in Crestview

You're invited to meet up with other members at Shoal lanes for fun fellowship and bowling!

Non-League \$5.50 per person.

Price includes 3 games and Shoes

Starts at 12:00am

■ Thursday, April 3 & 24

■ Thursday, May 1

■ Thursday, June 5 & 19



Table - Top Card Games

If you enjoy playing cards, come join us twice a month to play card games such as "hand and foot" and "phase ten". We meet from 11a – 2p in the SC classroom. Call SC Office at 850-689-8409 to register.

- Playing cards will be provided
- Bring your own treats

■ Thursday, April 17 & Wednesday April 30

■ Tuesday, May 6 and Monday, May 19

■ Tuesday, June 17 and Monday, June 23



Trips and Tours

Casino Trips

Each month, we charter a bus to a nearby casino and have a wonderful time. The cost of the trip is \$15.00.

Come by the Senior Circle office to register. Registration deadline for each trip is listed below. You must pay at the time of registration.

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The bus is first come, first served basis. We begin boarding the bus at North Okaloosa Medical Center at 6:30 am. We leave promptly at 7:00 am. Please park in the Designated Parking Area which is on Hospital Drive across from ShoalCreek Rehabilitation Center, directly south of NOMC Emergency Room Ambulance entrance. Our bus will return at approximately 6 pm.

Please do not park in the employee or visitor parking area. Do not park on the new grass and sprinkler system.

REGISTRATION DEADLINE IS ON
MONDAY, THE WEEK OF DEPARTURE.

■ Golden Nugget Casino
Biloxi, Miss.
Friday, April 25

■ Beau Rivage
Biloxi, Miss.
Friday, May 30

■ Palace Casino
Biloxi, Miss.
Friday, June 27

Travel and Entertainment Policy

The Senior Circle Travel Policy is as follows: For day trips, overnight Trips and Cruises; if you cancel prior to the registration deadline, your money will be refunded. If you cancel after the deadline, refunds will be made only if we can fill your spot from a waiting list. If there is no waiting list, no money will be refunded. Money no longer will be transferred from month to month, unless you have an unavoidable emergency. Travel forms and medical forms are required anytime you go on a Senior Circle sponsored trip

Special Announcements

Florida Telecommunication Relay (Free phones for the hearing impaired)

The event will be held in the Senior Circle Classroom, May from 9a to 12 p and June from 2p to 5 pm.

If you are hearing impaired, this is a very good way to have a telephone that will help you hear and understand your calls much better.

Crestview Public Library Events



First Tuesday Series programs begin at 10:30 a.m. with coffee and cookies served starting at 10:00 a.m.

"Stories of the Titanic" with historian
Judy DeBolt, University of West Florida, retired.

■ April 1st

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“Grow Your Own! Local & Community Gardening in the Panhandle” with Dr. Catherine F. Ward, Common Ground Community Garden of Crestview, Inc.

■ May 6th

“Living the Life You Love” with Virginia Barr, Executive Director, Mental Health Association of Okaloosa/Walton Counties

■ June 3rd

Free tax preparation for low to middle income residents of all ages provided by the AARP Tax-Aide program continues through April 15th on a first-come, first-served basis. Hours are Mondays, 2-6 p.m. and Tuesdays, Thursdays, and Saturdays 10 a.m. to 2 p.m.

Friends of the Library Book Sale

■ April 4th-6th.

Friday hours are 5 to 8 p.m. and Saturday & Sunday 9 a.m. to 4 p.m. A \$2 admission charge for non-Friends to the Friday Early Bird Sale, but you may join at the door. Memberships start as low as \$10.

Friends of the Library Meeting

■ Thursday, May 15th with Guest Speaker Muncelle Mitchell, family law attorney with Chesser & Barr

Poetry Jam

■ Every 2nd Tuesday 6-8 p.m.

In celebration of National Poetry Month, the April 8th meeting will feature a poetry slam contest with prizes. For more information contact Esther at the library or see the library Facebook page.

Stargazing Basics with Tom Haugh of the Northwest Florida Astronomy Association

■ Every 3rd Tuesday 6:30-8:00 p.m.
(April 15th, May 20th, and June 17th)

Crestview Photo Club

■ Every 2nd Monday 6-8 p.m.

(April 14, May 12th, June 9th) For more information email CrestviewPhotoClub@gmail.com or go to their Facebook page.

NEW---Crestview Writers Group

■ Every 4th Monday from 6-8 p.m. (April 28th and June 23rd---no May meeting due to Memorial Day) Call Esther at the library for more information.

“Beekeeping Basics” with Bundrick Honey Far

■ Tuesday, April 29th 6:30-7:15 p.m.

Evening Library Time with Storyteller Phillip Sekou Glass

■ Tuesday, May 27th 6:30-7:15 p.m.

Movie Picnic

■ 11:30 a.m. Saturday, May 10th

(Bring your own picnic lunch & drinks will be provided.) “The Party” starring Peter Sellers with an introduction by Brian Hughes, Crestview News Bulletin Arts & Entertainment Editor, in conjunction with the May/June art gallery exhibit of 1960s comedy movie posters

Free Notary Service

The library provides free basic notary service. Please call ahead to make sure that one of our two notaries is available or if you have questions about this service. A current picture ID is required.

Crestview Public Library

1445 Commerce Drive

www.cityofcrestview.org/library.php

850.682.4432

Contact: Sandra Dreaden

sdreaden@okaloosa.lib.fl.us

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Meet Some of Our Senior Circle Members



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NORTH OKALOOSA SENIOR CIRCLE CHAPTER

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April/May/June 2014

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NORTH OKALOOSA SENIOR CIRCLE CHAPTER

APRIL

sunday	monday	tuesday	wednesday	thursday	friday	saturday
		1 yoga (SC) 8:45a to 9:30a \$3.00 Bingo 10a to 12p (SC)	2 Scrub Sale (SC)	3 Scrub Sale (SC) Crestview Bowling (Shoal lanes) 12p-	4 Senior Circle Office Closed	5
6	7 Brown Bag lunch/Game Day (SC) 11a-2p	8 yoga (SC) 8:45a to 9:30a Crescent Park Bingo (activity rm) 10:30a	9 Bridge 10 am-2 pm SC	10 Senior Circle Luncheon Coach "n" Four 11:00 am	11 Senior Circle Office Closed	12
13	14 American Cancer Society private meeting (SC)	15 yoga (SC) 8:45a to 9:30a Crafts Café 10a- (SC)	16 Lunch Bunch 11:30 am Wayne's Catfish House	17 Table Top Card Games 11a-2p (SC) Crestview Bowling (Shoal lanes) 12p-	18 Senior Circle Office Closed	19
20 Easter	21 Masquerade Jewelry \$5 sale (SC) DeFuniak Luncheon 11:00 am McLain's Restaurant	22 Masquerade Jewelry \$5 sale (SC) yoga (HRC) 8:45a to 9:30a	23 Bridge 10 am-2 pm SC	24 \$3.00 Bingo 10a to 12p (SC)	25 Senior Circle Office Closed Biloxi Golden Nugget Board 6:30 am Leave 7:00 am	26
27	28 Brown Bag lunch/Game Day (SC) 11a-2p	29 yoga (SC) 8:45a to 9:30a Dinner Crew (SC) 5 pm Mexican	30 Table Top Card Games 11a-2p (SC)			

Calendar Key:
**RSVP two (2) days prior to event Call 850-689-8409 From DeFuniak Springs Call: 850-892-2052*
 Location Codes: SC: Senior Circle Classroom CPL: Crestview Public Library
 HRC: Education Classroom Office Hours: Monday thru Thursday 8:00 am until 3:00 pm

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NORTH OKALOOSA SENIOR CIRCLE CHAPTER

MAY

sunday	monday	tuesday	wednesday	thursday	friday	saturday
				1 \$3.00 Bingo 10a to 12p (SC) Crestview Bowling (Shoal lanes) 12p-	2 Senior Circle Office Closed	3
4	5 AARP 9:00 am-4:00 pm (SC)	6 yoga (SC) 8:45a to 9:30a Table Top Card Games 11a-2p (SC)	7 Bridge 10 am-2 pm SC	8	9 Senior Circle Office Closed	10
11 Mother's Day	12 Brown Bag lunch/Game Day (SC) 11a-2p	13 yoga (SC) 8:45a to 9:30a	14 lunch bunch 11:30 am Johnny O' Quigleys	15 Annual Celebration 11:30 am	16 Senior Circle Office Closed	17
18	19 Table Top Card Games 11a-2p (SC)	20 yoga (SC) 8:45a to 9:30a Crafts Café 10a- (SC)	21 Bridge 10 am-2 pm SC	22 \$3.00 Bingo 10a to 12p (SC)	23 Senior Circle Office Closed	24
25	26 Memorial Day Office Closed	27 yoga (SC) 8:45a to 9:30a Dinner Crew (SC) 5 pm BBQ	28 Brown Bag lunch/Game Day (SC) 11a-2p	29	30 Senior Circle Office Closed Biloxi Beau Rivage Board 6:30 am Leave 7:00 am	31

Calendar Key:

*RSVP two (2) days prior to event Call 850-689-8409 From DeFuniak Springs Call: 850-892-2052

Location Codes: SC: Senior Circle Classroom CPL: Crestview Public Library

HRC: Education Classroom Office Hours: Monday thru Thursday 8:00 am until 3:00 pm

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NORTH OKALOOSA SENIOR CIRCLE CHAPTER

JUNE

sunday	monday	tuesday	wednesday	thursday	friday	saturday
1	2 Brown Bag lunch/Game Day (SC) 11a-2p	3 yoga (SC) 8:45a to 9:30a	4 Bridge 10 am-2 pm SC	5 \$3.00 Bingo 10a to 12p (SC) Crestview Bowling (Shoal lanes) 12p-	6 Senior Circle Office Closed	7
8	9 American Cancer Society private Meeting (SC)	10 yoga (SC) 8:45a to 9:30a Crescent Park Bingo (activity rm) 10:30a	11 Lunch Bunch 11:30 am La Rumba	12 Senior Circle Luncheon Coach n four 11:00 am	13 Senior Circle Office Closed	14
15 Father's Day	16 DeFuniak Luncheon 11:00 am McLain's Restaurant	17 yoga (SC) 8:45a to 9:30a Table Top Card Games 11a-2p (SC)	18 Bridge 10 am-2 pm SC	19 \$3.00 Bingo 10a to 12p (SC) Crestview Bowling (Shoal lanes) 12p-	20 Senior Circle Office Closed	21
22	23 Table Top Card Games 11a-2p (SC)	24 Yoga (SC) 8:45a - 9:30a Crafts Cafe 10a (SC) Dinner Crew (SC) 5pm Nellie's Lumpia House	25 Reserved for outside function	26 Books Are Fun (SC)	27 Books Are Fun (SC) Biloxi Palace Board 6:30 am Leave 7:00 am	28
29	30 Brown Bag lunch/Game Day (SC) 11a-2p					

Calendar Key:

*RSVP two (2) days prior to event Call 850-689-8409 From DeFuniak Springs Call: 850-892-2052

Location Codes: SC: Senior Circle Classroom CPL: Crestview Public Library

HRC: Education Classroom Office Hours: Monday thru Thursday 8:00 am until 3:00 pm