



THE CENTER 4 LIFE PROGRAM

Enriching the Lives of Adults

July/August/September 2011

Physical Exercise ❖ Special Events ❖ Travel ❖ Health Programs ❖ Social Gatherings ❖ Seminars

The *Center 4 Life Program* is operated by the City of Sanibel Recreation Department.

Activities take place at the City Civic Center at the corner of Library Way and Palm Ridge Road.

Sandi McDougall, Center 4 Life Program Administrator (239) 472-5743 Fax 472-1413

email - sandi.mcdougall@mysanibel.com

ISLAND SENIORS, INC. serves as a support organization and advisory board to the City of Sanibel Center 4 Life Program. It was established as a separate not for profit entity. Island Seniors Inc. raises funds to provide staff and help defray the cost of program activities. The Board established a membership fee of \$20 for the calendar year. Members enjoy reduced participation fees. The Board of Directors meets monthly.

Katie Reid , President
John Brown, Treasurer
Pat Macchia

Eileen Kehoe, Vice President
Mary Ann Gilhooley
Judie Sharbaugh

Glenda Campbell, Secretary
Bob Thompson
Rev. Ed VanderHey



Recreation Department / Center 4 Life
800 Dunlop Road
Sanibel, Florida 33957

Office Hours until September 30 - 9:00 am - 3:30 pm



Songs from Sandi

This time of the year is always bitter-sweet for me. I am saddened by all of you that have to fly away to your summer nests but thrilled I have the support and caring of our year-round members. Every day we are together is a blessing. I really think this year has taught me that more than any other.

I am truly grateful every day that I see your smiling faces. What joy to know

that we will get to spend time together. And we do have some really good times planned. Whether it's taking a fitness class together, taking a trip, eating a meal together, viewing a play together or just sharing a cup of coffee. I couldn't ask for a more blessed life. Thank you.

To your continued good health,

Sandi

From the President - by Katie Reid

Summer is here and the "snowbirds" have flown home. Those of us remaining have many events to fill our days: trips, lunches, movies, games, kayaking and more.

If you were here this Spring you know how wonderful the activities are for us socially, physically and mentally. Have you thought about how we provide so many programs and keep the fees so low? Part of it is because of our dues; part is through our many volunteers, and part is through our fund raisers. We have the Spring Book Fair and the Holiday Bazaar.

So, we were disappointed that we raised so little at our recent Book Fair. More discouraging was the lack of Center members who

attended. We had tons of used books and seventeen local authors participated, yet only a handful of members attended. The authors were disheartened as were the amazing volunteers who worked so hard.

Please mark your calendar for the **November 12th Annual Holiday Bazaar**. Come out and bring a friend and we'll all get in the holiday mood and benefit our Center.

A special "thank you" to the volunteers who make this a relaxing, enjoyable place to visit, exercise, play games, or to just stop by for coffee and a chat. We could not be as successful without you! See you all in the Fall and Winter.



Friendship Fund - If you are in need of financial assistance to participate in the activities at the Center 4 Life, there are funds available to help you. For more information contact Sandi McDougall, Administrator, 472-5743.

Fun and Rewarding! Be a Front Desk Volunteer - Start in November!

We are looking for a few good men and women to help at the Front Desk starting November 1st for the 2011/2012 Season. Meet, greet and help people sign up for membership and activities.

- Requirements:**
- A smile
 - A pleasant telephone voice
 - A great attitude
 - A desire to help people enjoy the Center



Compensation: Gratitude, Friendship and Coffee!

Call Ann Moeder at 472-5293. Help is needed Monday, Wednesday and Friday for a 7:30 - 11:30 am period. That is a really busy time as we offer numerous morning fitness programs that begin before our staff arrives at 9:00. We will meet in early November for staff and volunteers to get acquainted and kick off the season.

Ahoy mate!

**PARROT KEY
CARIBBEAN GRILL &
SUNSET CRUISE**

**Tuesday, August 16 at 6:00 pm at
Salty Sam's Marina.**

We will dine at 6:00 pm and following dinner, board the Pirate Ship for the sunset cruise. Center members will get a \$10.00 credit on their entrée.

Everyone must order an entrée to take advantage of the free cruise. Non-members must pay full price for their entree.

We will arrange car-pooling for those who don't want to drive back to the Island after dark. It will be a wonderful time and a good way to meet people you never knew were members of the Center 4 Life.



Leisure Lunchers

& Thrift & Consignment Store Shoppers

We want to do something special this summer and have many ideas from our members.



Wednesday, July 27, we will hop on the bus and travel to **Bonita Springs**. Lunch will be at **Iguana Mia's** in Bonita and we'll gear up to shop in the afternoon.

First visit is to **The Best of Everything** and then onto some fabulous thrift and consignment

stores. There will be something for everyone. New and used items, antiques, furniture, toys, household items, purses, jewelry, clothing and more. Here are some places where we may stop:

- ◆ The Mother Load Trinkets & Treasures
- ◆ Semi-retired Treasures
- ◆ St. Matthews House Thrift Shop
- ◆ Liberty Youth Ranch
- ◆ Our Lady of Light

We will order from the lunch menu and pay for our own meal. We may stop for dessert at the **Deli Bohemia** before heading home. *Be sure to make a reservation with us.*

Barbara B Mann Theatre - 2011-2012 Season

Sign up by August 1. At least 20 people need to sign up to get the great group discount. Please remember, if you sign up, you are responsible for paying for the ticket. If you need to sell your ticket later, we will provide you a waiting list of members to call. This works well as many members join the Center 4 Life after Island Seniors, Inc. has paid for the tickets. You will receive an invoice with **payment due by September 15**. This year, the Island Seniors, Inc. will underwrite a portion of the cost for members tickets. Makes you glad you're a member!

Shrek the Musical

Saturday, December 3, 2011 at 2:00 PM

Members \$60.00; non-members \$70.00

Based on the Oscar-winning Dream Works film that started it all, Shrek the Musical brings the hilarious story of everyone's favorite ogre to life. Featuring a terrific score of 19 all-new songs, big laughs, great dancing and breathtaking scenery, critics proclaims Shrek the Musical, "Far, Far and Away the Funniest New Musical on Broadway!"

Cirque Dreams Holiday

Saturday, December 31, 2011 at 2:00 PM

Members \$51.00; non-members \$61.00

The fabulous Cirque Team is back. An original music score and seasonal favorites accompany an international cast of over 30 multi-talented and brilliantly costumed artists, spectacular costumes and holiday dreams in a setting of gigantic gifts, colossal candy canes and 30-foot towering soldiers. Don't miss the international sensation that "Dazzled...at The Kennedy Center" says the Washington Post.

Rock of Ages

Saturday, January 14, 2012 at 2:00 PM

Members \$57.00; non-members \$67.00

It's the five-time, Tony Awards nominated smash-hit musical and a hilarious, feel-good love story. In 1987 on the Sunset Strip, a small town girl met a big city rocker in LA's most famous rock club. They fell in love to the greatest songs of the 80's. Don't miss this awesome good time about dreaming big, playing loud and partying on!

The Jersey Boys are Back!

Saturday, February 11, 2012

Members \$78.00; non-members \$88.00

How did four blue-collared kids become one of the greatest successes in pop music history? Find out at this Tony award best musical of 2006 that takes you up the charts, across the country and behind the music of **Frankie Valli** and **The Four Seasons**. Discover the secret of a 40-year friendship: four blue-collared kids working their way through the streets of Newark to the height of stardom. Experience electrifying performances of the golden greats that took them to the Rock and Roll Hall of Fame. "Sherry," "Big Girls Don't Cry," "Can't Take My Eyes Off of You," "Dawn," "My Eyes Adored You," and more.

MY FAIR LADY

Saturday, March 10, 2012 at 2:00

Members \$60.00; non-members \$70.00

This is the musical based upon George Bernard Shaw's Pygmalion with book and lyrics by Alan Jay Lerner and music by Frederick Loewe. The story concerns Eliza Doolittle, a Cockney flower girl who takes speech lessons from professor Henry Higgins, a phoneticist, so she can pass as a proper lady.

Wicked

Saturday, April 14, 2012 at 2:00 PM

Members \$93.00; non-members \$103.00

Back by "Popular" demand, Wicked broke box office records when it played Fort Myers in March of 2009. Winner of 35 major awards, including a Grammy and three Tony Awards, Wicked is Broadway's biggest blockbuster, a cultural phenomenon and was just named New York Times "the defining musical of the decade".

Discovering Florida Trips

Cajun Christmas Tour

December 4 - 9

(WAIT LIST ONLY)



Miami's New World Symphony Orchestra Theater

Tuesday, July 19th

Suzanne from CI Travel has planned so far: **Sunday night stay in Dothan, Alabama**, attending "**Grits on the Side**" dinner theater performance. **The next three evenings will be in New Orleans** with hotel accommodations about one block from the French Quarter.

We will tour the city, the Mardi Gras Museum and the Oak Alley Plantation. (Plus much more if you know Suzanne). **Thursday we will be in Tallahassee and get a tour of the Governor's Mansion.** ETA back on Sanibel Friday evening. Members \$699 per person double occupancy and \$999 per single. Non-members \$799 per person double occupancy and \$1,099 per single.

CI Travel's policy is full refund 45 days prior to the tour, 21-44 days 50% and 7-20 days, 25% refund. No refunds 7 days prior.

Private Tour of the theater designed by Frank Gehry. Lunch at The Royal in the historic art deco Raleigh Hotel featuring cuisine by acclaimed chef John DeLucie plus time to look around on Ocean Drive. Members: \$79 and non-members: \$89.

Morean Arts Center Wednesday, August 24,

Guided tour of the "NEW" Chihuly Collection Museum in St. Pete. Lunch at "**400 Beach**", tour of the **Glass Studio & Hot Shop** with live glass blowing demonstration. Members: \$79 and non-members \$89.

Payment is required at sign up. No refunds unless the Center cancels for low enrollment. Itineraries are subject to change and members get priority. Check the counter in the kitchen for sign up sheets for added trips.

Tuesday Kayaking July 12 & 26 ☺ August 9 & 23 ☺ September 13 & 27



This non-competitive outing is perfect for people who enjoy the outdoor world. There is space for 16 people on our eight two-person kayaks and unlimited space for those who own their own kayaks.

The two leaders for each outing determine the location. Leaders pay no fees and reserve the right to change the **8:30 am meeting time**. All participants, including those with personal kayaks, must meet at the Center unless an off Island launch is scheduled. Everyone is encouraged to take a turn leading the group.

The Center supplies the kayaks, paddles and life jackets (which all participants must wear). It is useful to bring water, a small snack, change of clothing (in case you get wet), sun lotion, bug spray, sunglasses and a hat.

\$5.00 for members and \$10.00 for non-members per trip. Members of Island Seniors, Inc. have first priority. Come by the Center to sign up. **PAYMENT MUST BE MADE WHEN YOU SIGN UP.** We have established an additional waiting list for people who can get to the Center within 30 MINUTES when fellow kayakers cancel at the last minute. Fees will be reimbursed only if the launch is cancelled.

Fitness Activities
Sanibel Fit 4 Life is our motto!
ALL AGES are welcomed at the Center.

Island Seniors, Inc. members can buy coupon booklets from the City of Sanibel at the Center 4 Life, 2401 Library Way, or at the Sanibel Recreation Center. Booklets of 12 coupons: \$42.00 or 3 coupons: \$10.50. Members of the Sanibel Recreation Center need only to show their photo membership card.

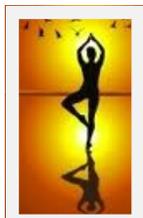
Happy Hour Fitness

Monday, Wednesday & Friday at 9:00 am

Class begins with a joke from one of the members to put you in the right frame of mind and ends with a positive thought for the day. The format is: 45 minutes of cardio, 20 minutes of balance exercises, core strength with the dynamics of Pilates and flexibility with simple yoga poses. Strengthen, lengthen and gain flexibility. **Sandi McDougall** is your instructor.

Gentle Yoga with Kris Brown

Tuesday & Thursday at 9:30 am. This class is designed to stretch, tone and strengthen while improving flexibility, proper alignment and circulation. Class exercises with mats and meets the needs of varying experience levels. You are encouraged to bring a towel.



Try a Heart Rate Monitor during Your Workout

Courtesy to others: Don't be late! Doors close when the class begins and no one is admitted late. If the door is closed, the warm-up portion of class has started. Warm-up exercises are important for injury prevention. Please do not use women's or men's fragrant personal products in fitness programs. Chemically sensitive participants will thank you!

Island Seniors, Inc. has two Heart Rate Monitors to be used by members during fitness classes. Come early and Sandi will instruct you on how easy they are to use. Staying fit reduces the risk factors of heart disease. Exercise regularly to control cholesterol, weight, blood pressure, and stress.

FITNESS OPPORTUNITIES

AT THE SANIBEL RECREATION CENTER

Phone 472-0345 or go to www.mysanibel.com and check under the Recreation Department for more information.



RIDE "THE THRILLER" WITH US

We are going for a boat ride! Watch for the date! Not exactly exercise but a whole lot of fun. At a date to be announced later, we are taking advantage of a ride on the Gulf of Mexico. Members cost will be \$32.00 and non-members will pay the regular fee of \$42.00. A stop for ice cream on the way home will top off a wonderful afternoon. Check with the Center sign up counter or call in August for the date.

Games Played at The Center

[BRIDGE](#)

12:30 pm Monday and Wednesday

[HAND & FOOT](#)

12:30 pm Tuesday

[MAHJONGG](#)

12:30 pm Thursday

[MEXICAN TRAIN](#)

12:30 pm Thursday \$2.50 for members and \$5.00 for non-members. Prizes awarded!

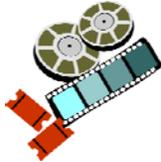


The Page Turners (formerly the Book Discussion Group) will be back next fall with the new name and new day. Yes, we will meet on the **2nd Wednesday** of the month at **2:00 pm** beginning in **October**.

Ann Rodman is the volunteer coordinator for the Page Turners and welcomes ideas for books to be read and discussed and for facilitators to lead the discussions. Please contact Ann at annrodman@aol.com or at **395-2191**.

Fabulous Fun Fridays

Beginning **Friday, July 8th** at **12:30** Sandi will put a DVD in the player and magically a comedy movie will appear!



If you are interested, sit down and enjoy it. She will pop you some popcorn and you can put your feet up and sit a spell in the cool air-conditioned Kraft Room.

WII WEDNESDAY

Don't forget Wii Bowling on Wednesday afternoons. Members can come and bowl from **12:30 to 3:00 PM**. Be sure to come in or call to sign up to use the game. Free for Island Senior, Inc. members.



"Knit Wits" Needed

Would you like to join us at the Center on **Tuesday afternoons** to Knit or Crochet? One of our members is getting a group together to begin **July 5th** at **12:30**. Four people are already signed up and anxious to share tips and encouragement.



If you think this is something you would like too, call us at 472-5743, come in to sign up, or email Sandi at: sandi.mcdougall@mysanibel.com.

We will get our projects going early in order to finish our creative gifts for the holidays!



Watercolor with **Bea Pappas** on Fridays starts June 3!

Looking for a creative outlet this summer? If you have some painting experience and would like to work from a still life or photo, join us **Fridays** from **1:00 - 3:30** beginning June 3. \$20.00 a session for members and \$25.00 for non-members. Class runs through July 29.

Hotdog Grill

on Wednesdays at 11:30 am
Chef Doris Southerton and her Sous Chef,
Paul Duval are on the patio cooking hotdogs
on Wednesday. The devoted Island Seniors,
Inc. volunteers will serve you a hotdog, potato
chips and lemonade for \$2.00 for members,
\$3.50 for non-members.

If you want a grilled hotdog, let us know by
Wednesday morning. Call 472-5743 so you
are not disappointed when they are sold out.
See you on the patio.



(Chef Doris takes the month of
July off for "R & R".)

PICASA with Patty...and your photos!
If you email or browse the internet, you can do Picasa!

Wednesday & Thursday, August 10-11
Two 2 hr. Sessions per class - 1:00 PM

CHEESE!



Trying to **organize** and
share your photos? This is
hands-on training in Picasa,
the free program from
Google. Picasa lets you send
photos from your camera or
memory card to your PC, and create and edit
albums that are easy to share with anyone by
email. You can order prints without a trip to the
store.

You are the "artist" and crop, resize, sharpen
and brighten colors. You may create collages and
movies with music! A four-hour investment in
time will get you started in getting those memo-
ries in a format you can enjoy and share. Class
limited to 6. \$60 for members, \$90 for non-
members at signup. Bring your camera and its ca-
ble, & memory card & card reader with 10-20 photos,
or we will have sample photos to practice with.

WHAT'S A SPREADSHEET?

Wednesday & Thursday July 6-7 OR
Tuesday & Wednesday, September 13-14
Two 2 hr Sessions per class - 1:00 - 3:00 pm

You have a spreadsheet program with Micro-
soft **Works** or **Excel**. Have you used it? New
to spreadsheets or find them intimidating? It
does not have to be! They can be useful to
balance your checkbook, manage rentals or
expenses or even to keep your address lists.

You do need to be familiar with the mouse
and keyboard. If you do email or word proc-
essing you have the needed skill level. Class
limited to 6. **Your paid reservation guaran-
tees your seat.** \$60 for members, \$90 for
non-members.

A Perfect Gift for Friends, Family and Yourself!

Buy a brick and make a lasting tribute to yourself, a friend or family member. A beautiful memorial
and honorary brick pathway joins our patio to the front walkway. Groups can par-
ticipate as the kayakers have done.

Luc Century's etched bricks can be purchased for \$100. Your support "paves" the way
for fun, future activities. Come to the Center or contact us at 472-5743 for the form that
has all of the information to create your brick.



**To save trees and money,
please stop by to pick up your July, August, September calendar of events!**

Opportunity to Attend The "PHIL" in Naples 2012

We are happy to announce the following productions at the Naples Philharmonic. **Ed VanderHey** has secured the **Sanibel Community Church bus** for the 2012 productions. We can get more than 27 tickets but only the first 27 will be able to attend by the bus. As with the Barbara B Mann tickets, if you sign up, you are responsible for paying for the ticket. If you need to sell your ticket later, we will provide you a waiting list of members to call. This works well as many members join the Center 4 Life after Island Seniors, Inc. has bought the tickets. You will receive an invoice with **payment due by September 15**.

LES MISERABLES

Saturday, January 28, 2012 - 2:00 pm

Members \$89; non-members \$99.00

ONLY 27 SEATS AVAILABLE ON THE BUS

The 25th-anniversary of LES MISERABLES features glorious new staging and spectacular scenery inspired by the paintings of Victor Hugo. Winner of eight Tony Awards including Best Musical, LES MISERABLES is an epic, uplifting story about the survival of the human spirit, which includes such classic songs as *I Dreamed a Dream*, *On My Own* and many more.

MEMPHIS

Saturday, February 18, 2012 - 2:00 pm

Members \$82; non-members \$92.00

ONLY 27 SEATS AVAILABLE ON THE BUS

Winner of four 2010 Tony Awards, including Best Musical, MEMPHIS is the hot new musical that bursts onto the stage with explosive dancing, irresistible songs and a fascinating narrative about fame and forbidden love. Inspired by actual events, MEMPHIS tells the story of a radio DJ who wants to change the world and a club singer ready for her big break. It's a show filled with laughter, emotion and roof-raising rock 'n' roll.

LA CAGE AUX FOLLES

Saturday, March 3, 2012 - 2:00 pm

Members \$84; non-members \$94.00

ONLY 27 SEATS AVAILABLE ON THE BUS

The hilarious new production of LA CAGE AUX FOLLES was the biggest hit of the 2010 Broadway season, winning three Tony Awards including Best Musical Revival. LA CAGE is the tuneful and touching tale of one family's struggle to stay together... stay fabulous... and stay true to themselves! With a glorious score of hummable melodies, LA CAGE is a musical comedy classic. It'll be "The Best of Times" when this extra-ordinary new version comes to Naples!

COME FLY AWAY

Saturday, April 7, 2012 - 2:00 pm

Members \$82; non-members \$92.00

ONLY 27 SEATS AVAILABLE ON THE BUS

COME FLY AWAY combines the seductive vocals of Frank Sinatra with the sizzling sound of a live 19-piece big band and the thrill of Twyla Tharp's choreography. Fifteen of the world's best dancers tell the tale of four couples falling in and out of love at a swinging nightclub on a star-lit summer night. Set to a score of such Sinatra classics as *The Summer Wind*, *Fly Me to the Moon*, *Theme from New York, New York* and many others sung by Ol' Blue Eyes himself, COME FLY AWAY next season, with the most romantic evening on Broadway!

Florida Repertory Theater 2011- 2012 Season

We have reserved our tickets for Saturday, 2:00 PM matinees. Member ticket prices are \$21.00; Non-members are \$26.00. No seats will be further back than row M. Seven days before the show, we must verify seats needed and no more tickets will be purchased. If you sign up, Island Seniors, Inc. will buy a ticket. You are responsible for payment. Please pay when you sign up to simplify our work. We may meet before or after the play for brunch or dinner.

RUMORS By Neil Simon

America's Favorite! "6,000 Laughs!"- WABC-TV

Saturday, October 29, 2011 at 2:00 pm

The stage is set for a lavish anniversary party in an elegant townhouse near New York City. As the first couples arrive, something is fishy. The host is bleeding and unconscious in the bedroom, his wife is not to be found, and the servants have vanished leaving dinner half prepared. Four couples face the worst night of their lives, as they urgently try to put the pieces together before other guests arrive. *Rumors* spins a web of miscommunication, confusion and hilarity for a time of laughter.

IT'S A WONDERFUL LIFE:

A LIVE RADIO PLAY By Joe Landry

Timeless Classic Brought to Life Onstage!

Saturday, December 3, 2011 at 2:00 pm

The holidays incomplete without eggnog, fruitcake or snuggling up by the fire to watch *It's a Wonderful Life*. Now experience this beloved classic a new way: as a 1940's radio broadcast created onstage. This inventive retelling is a blend of Christmas cheer and Theater magic. Fall in love again with idealistic George Bailey as he struggles to cope with misfortune and is saved by an angel named Clarence on Christmas Eve.

GOD OF CARNAGE By Yasmina Reza

Translated by Christopher Hampton

Tony-Winning Comedy from the Author of Art!

Saturday, January 7th, 2012 at 2:00 pm

This is a sensational comedy of manners, without the manners! Two sets of Brooklyn parents meet to settle their children's playground altercation. The rum begins to flow, then things turns ugly as diplomacy goes out the window and the gloves come off. Civility turns into animal instinct. Ninety minutes of sustained mayhem!

BEDROOM FARCE By Alan Ayckbourn

Hilarious Comedy by England's Favorite Playwright!

Saturday, February 4, 2012 at 2:00 pm

From Tony-nominated author of *Relatively Speaking*, *Absurd Person Singular*, and *The Norman Conquests* comes a wickedly funny comedy about love, sex and infidelity. We meet four couples in distress. During a

long Saturday evening, played out in three different bedrooms, each stumbles hilariously from dysfunction to reconciliation. This farce reminds us that sometimes marital problems can be fun...if they're someone else's!

RED By John Logan

2010's Electrifying Tony-Winning Best Play!

Saturday, March 10, 2012 at 2:00 pm

Red is a searing, provocative portrait of the angry, brilliant abstract expressionist painter, Mark Rothko. It is the late 1950's, and after landing the most important commission in modern art, Rothko spends two years working feverishly on the task. Locked in his New York studio with a newly married assistant (a relationship that becomes dangerous) Rothko faces the reality that his crowning achievement may be his undoing.

BLACK TIE By A.R. Gurney

A Brand-New Play from the Author of Sylvia!

Saturday, April 7, 2012 at 2:00 pm

From the author of Florida Rep hits *Sylvia*, *Indian Blood*, and *The Middle Ages*, comes a comedy about traditions, family life and what it means to be a W.A.S.P. The Father of the Groom wants to make a memorable toast, but before raising his glass, he must defend the past, time-honored ways. Cultures clash as a surprise guest enters, threatening to throw convention out the window. Our hero finds that striking a balance between family traditions and ways of the future may be too messy for a black tie affair.

THE MYSTERY OF IRMA VEP:

A PENNY DREADFUL By Charles Ludlam

"Lunatic Fun! Keeps you in Stitches!" NY Daily News

Saturday, May 5, 2012 at 2:00 pm

In this melodrama spook, two actors bring a host of characters to life; werewolves, vampires, sinister housekeepers and Egyptian mummies, as they try to solve the mystery of Irma Vep. In this rollicking parody Lord Hillcrest returns home with a new wife after the untimely, mysterious death of his first wife, Irma Vep. Lady Enid learns that life is not normal in the spooky English manor house. *The New York Times* says "far and away the funniest two hours on a New York stage!"



Already Planning Ahead!

Don't miss the Treasures and Trash Sale

November 19 — 9:00 am -1:00 pm

By popular demand, the Treasures and Trash sale (formerly partnered with the Arts and Crafts Bazaar) will be on its own this year, and better than ever! **If you're cleaning out, remember to pack up your gently used household items, sporting goods, linens, jewelry and collectibles (almost anything except clothes and shoes) and bring them to the Center 4 Life.** We will store your items until the big sale. This popular event is open to the community and benefits the Center 4 Life. For more info call the Center or **Mary Ann Gilhooley at 472-3565.**

AARP Safe Driving Classes Thursdays, Nov. 10 and 17

Classes will be held from 1:00 to 4:00 pm. Participants must attend both sessions. The classes are fast-paced and feature a dozen videos which will help make you a better and safer driver. Completion of the program will result in a discount on your auto insurance in most states, including Florida.



Ed VanderHey is the instructor for the Sanibel programs. Call him at 472-3623 or 239-292-4012 for information and reservations. The cost is \$12 for AARP members and \$14 for non-members.

Attention!

Artists and Crafters! Our Holiday Bazaar is Saturday, November 12

We are looking for people to sell their handcrafted items. It's only \$20 per table for members which benefits our wonderful Center ... and you get to keep all your proceeds! (Non-members: \$25)



In the past the Treasures & Trash sale was part of the Bazaar, but it is now a separate event the week after the Bazaar.

We have many artists returning from last year, yet we need a few more. If you, or someone you know, is interested, please contact Eileen Kehoe (414-405-9556) or ekkehoe@aol.com, for more information.

Flu Shots

**Friday, October 28
12:30 - 3:30**

**Friday, January 27
12:30 - 3:30**



Presenting

Damaris Peter-Pike Friday, January 20

*Hildegard of Bingen:
A Feather on the
Breath of God*



Portrayal of the 12th century nun

Center 4 Life, Sanibel, Florida 239-472-5743

JULY BIRTHDAYS

Esta Berger 1
 Nancy Dorrity 1
 Ned Albright 2
 Jack Mulholland 2
 Joyce Rice 2
 Hazel Barber 4
 Carol Buecker 4
 Sue Tray 4
 Paul DuVal 5
 Margot Everhart 5
 Joan Livas 5
 Bruce Smith 5
 Janet DiCarlo 6
 Bea Fortunato 6
 Susie Schmid 6
 Judy Turner 6
 Pat Kelley 7
 Meech Lyons 7
 Ruth Bringer 8
 Lucy Nordahl 8
 Boots Freeman 9
 Natalie Manning 9
 Gary Dobbie 10
 Marie Dulzer 10
 Edward Wheeler/Haslem 10
 Jill Dillon 11
 Phyllis Hoover 11
 Ursula Sahakian 11
 Arlyn Stein 11
 Starr Thomas 11
 H. Kai Bailey 12
 Emilie McGee 12
 Rebecca Moss 12
 Gay Nichols 12
 Pamela Sheets 12
 Jeanne Speizer 12
 Judy Montclare 13
 Joyce Andrew 14
 Elizabeth Clark 14
 Emily Douglas 14
 Susan Gordon 14
 Maryanne Daly 15
 Pamela Trombly 15
 John Czarnecki 16
 Jane Adams 17
 Jack Kohn 17
 Louise Johnson 18
 Judith Papier 18
 Margery J Chambers 19
 Julie Hopson 19
 Susie Marks 19
 Aaron Stevens 20
 Patty Waters 21
 Shareen Groce 22
 Nancy LoDuca 22
 Barbro Ekstrom 23
 Susan Greenberg 23
 Dianne Iller 23
 Donna Ruhe 23

Karen Clarke 24
 Diane Moore 24
 Peggy Bree 25
 Arlene Brent 25
 Joy Antenbring 26
 Joanne O'Neill 26
 Ann Talcott 26
 Darlene Nelson 27
 Jeanne Walsh 27
 Joseph Ziemian 27
 Sylvia Chamberlin 29
 Dianne Marek 29
 Linsay Meisner-Jensen 30
 Susan Salt 30
 Nancy Stewart 30
 Michael McGee 31
 Kay Morse 31
 Sally Schaeffer 31
 Christine Banks

AUGUST BIRTHDAYS

Jay Scott 1
 Carol Gillette 2
 Jeanne Lindman 2
 Lisette DuPre 3
 Christine Hascoat 3
 Irene Schaff 3
 Jan Devitt 4
 Jean-Paul Cavanie 5
 Irene Heider 5
 Denny Jones 5
 Fran McCoy 5
 Betty Russell 5
 Vernon Pagel 6
 Carmen Courter 7
 Lee Tauck 7
 Nancy McNeill 8
 Lori Singleton 8
 Lucille Nadeau 9
 Lindsey Churchill 10
 Dennis Joyce 10
 Adair Kleinberg 10
 Alfie Sheft 10
 Miriam Thompson 10
 Stephanie Anderson 11
 Sandy Grogman 11
 Linda Kemper 11
 Barbara Altis 12
 Margaret Gallop 12
 Alex Christ 13
 Roger Triftshauser 13
 Ruth Brooks 14
 Marie Kern 14
 James Gryzmala 15
 Pamela McGowan 15
 Martha Thompson 15
 Jean Heuer 16
 Joseph Rauh 16
 Malcom Harpham 17
 Carolyn Kuester 17
 Dennis Simon 17

Shirley Boscov 18
 Carol Moses 18
 Nancy Carlile 19
 Peggy Hogg 19
 Kathy Lear 19
 Kathy Williams 19
 Barbara Ziemian 21
 Susan Kidder 22
 Mary Martini 22
 Virginia McKay 22
 Anne Schreck 22
 Darlene Waskiewicz 22
 John Giovannini 23
 Livi 23
 Jean Jacob 24
 David Williams 24
 Mame Byrne 25
 Edward Kusek 25
 Mary Sherman 25
 Donna Walker 25
 Connie Ayers 26
 Lynne Campean 26
 Mona King 26
 Lu Bannerman 27
 Richard Henry 28
 Carol House 28
 Marge Mitchell 28
 Bud Reinhold 28
 Hartley Kleinberg 29
 Georgeanne Mockler 29
 Woody Boudeman 30
 Bill Christison 30
 John Gersack 30
 Kristin Harvey 30
 Jerry Sherman 30
 Len Siegel 30
 Barbara McCollum 31
 Karen Richardson 31
 Nancy Goes 36
 Tania Van Dyk 15

SEPTEMBER Birthdays

Nancy Day 1
 Annette Cantalupo 2
 Shirley Kiser 2
 Chuck Ramseth 2
 Sally Reed 2
 Shirley Rigsby 2
 Minnie Sanders 2
 Donna Kjonas 3
 Elaine Walker 3
 Mike DeTommaso 4
 Sally DiVenere 4
 Dolores Mishell 4
 Helene Weyant 4
 Oscar Kincaid 5
 Maureen Ginipro 6
 Robyn Moran 6
 Shirley Witte 6
 Irene Gaina 7
 Jerry Nichols 7

Betsy Sugarman 7
 Sheila Hoen 8
 Harriet Pattison 8
 Mike Gieryic 9
 Carol Glodowski/Hagerman 9
 Ernie Hoen 9
 Henry Kamenecka 9
 Sue Patrick 9
 Barbara Challoner 10
 Lil Waterhouse 10
 Valerie Willis 10
 Barbara Dennison 11
 Mona Cline 12
 Margaret Currie 12
 Steve Jilk 12
 Donna Aldrich 13
 Richard Schreck 13
 Georgia Wellman 13
 Kate Dietrich 14
 Katie Reynolds 14
 Helen "Rusty" Webb 14
 Sandy Rubinstein 15
 Peg Wilhoit 15
 Patricia Cargill/Lucas 16
 Jules DuPre 16
 Bill Sartoris 16
 Elizabeth Sheffield 16
 Kathleen Brigham 17
 Enid Packard 17
 Martha Wolf 17
 Anne Burden 18
 Roberta Churchill 18
 Edie DuGoff 18
 Kathleen Green 18
 Kathy Lynch 19
 Marge Schubart 19
 Mary Snyder 19
 Sheila Fix 20
 Phyllis Froimson 21
 Bill Kelly 21
 Paul Mount 21
 Gustavo Santos III 21
 Jo Ann Reece 23
 Ted Gasteyer 24
 David Langer 24
 Victoria Madaras 24
 Mary Lund 25
 Cecelia Copeland 26
 Victor Dix 26
 Joyce Frank 28
 Sherrie Hughes 28
 Jo Ann Hasselbeck 29
 Robert Lynd 29
 Lynn Ballen 30
 Nancy Bonser 30
 Beryl Flesh 30
 Peela Hooke 30
 Donna Kearns 30
 Joe Rizzo 30

If you sign up for an activity that is free and you find out you cannot attend, please call us immediately. This allows us time to call your fellow members on the waiting list. We know you would like the same consideration and kindness from others.



~ July 2011 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
Notes: HH - Happy Hour LL - Lunch Leisure Lunchers					1 9:00 HH 1:00 BEA'S ART	2
3	4 CLOSED	5 9:30 Yoga 12:30 Hand & Foot 12:30 KNIT WITS	6 9:00 HH NO GRILL 12:30 Wii Bowl 12:30 Bridge 1:00 Spreadsheet	7 9:30 Yoga 12:30 Mah-Jongg 12:30 Mexican Train 1:00 Spreadsheet	8 9:00 HH 12:30 Movie & Popcorn NO BEA'S ART	9
10	11 9:00 HH 12:30 Bridge	12 8:30 KAYAK 9:30 Yoga 12:30 Hand & Foot 12:30 KNIT WITS	13 9:00 HH NO GRILL 12:30 Wii Bowl 12:30 Bridge	14 9:30 Yoga 12:30 Mah-Jongg 12:30 Mexican Train	15 9:00 HH 12:30 Movie & Popcorn 1:00 BEA'S ART	16
17	18 9:00 HH 12:30 Bridge	19 MIAMI DAY TRIP 9:30 Yoga 12:30 Hand & Foot 12:30 KNIT WITS	20 9:00 HH NO GRILL 12:30 Wii Bowl 12:30 Bridge	21 9:30 Yoga 12:30 Mah-Jongg 12:30 Mexican Train	22 9:00 HH 12:30 Movie & Popcorn 1:00 BEA'S ART	23
24	25 9:00 HH 12:30 Bridge	26 8:30 KAYAK 9:30 Yoga 12:30 Hand & Foot 12:30 KNIT WITS	27 9:00 HH 10:00 LL Naples Trip NO GRILL 12:30 Wii Bowl 12:30 Bridge	28 9:30 Yoga 12:30 Mah-Jongg 12:30 Mexican Train	29 9:00 HH 12:30 Movie & Popcorn 1:00 BEA'S ART	30
31						

If you sign up for an activity that is free and you find out you cannot attend, please call us immediately. This allows us time to call your fellow members on the waiting list. We know you would like the same consideration and kindness from others.



~ August 2011 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 9:00 HH 12:30 Bridge	2 9:30 Yoga 12:30 Hand & Foot 12:30 KNIT WITS	3 9:00 HH 11:30 GRILL 12:30 Wii Bowl 12:30 Bridge	4 9:30 Yoga 12:30 Mah-Jongg 12:30 Mexican Train	5 9:00 HH 12:30 Movie & Popcorn	6
7	8 9:00 HH 12:30 Bridge	9 8:30 KAYAK 9:30 Yoga 12:30 Hand & Foot 12:30 KNIT WITS	10 9:00 HH 11:30 GRILL 12:30 Wii Bowl 12:30 Bridge 1:00 PICASA	11 9:30 Yoga 12:30 Mah-Jongg 12:30 Mexican Train 1:00 PICASA	12 9:00 HH 12:30 Movie & Popcorn	13
14	15 9:00 HH 12:30 Bridge	16 9:30 Yoga 12:30 Hand & Foot 12:30 KNIT WITS 6:00 Parrot Key	17 9:00 HH 11:30 GRILL 12:30 Wii Bowl 12:30 Bridge	18 9:30 Yoga 12:30 Mah-Jongg 12:30 Mexican Train	19 9:00 HH 12:30 Movie & Popcorn	20
21	22 9:00 HH 12:30 Bridge	23 8:30 KAYAK 9:30 Yoga 12:30 Hand & Foot 12:30 KNIT WITS	24 Chihully St Pete Day Trip 9:00 HH 11:30 GRILL 12:30 Wii Bowl 12:30 Bridge	25 9:30 Yoga 12:30 Mah-Jongg 12:30 Mexican Train	26 9:00 HH 12:30 Movie & Popcorn	27
28	29 9:00 HH 12:30 Bridge	30 9:30 Yoga 12:30 Hand & Foot 12:30 KNIT WITS	31 9:00 HH 11:30 GRILL 12:30 Wii Bowl 12:30 Bridge	Notes: HH - Happy Hour LL - Lunch Leisure Lunchers		

**Don't forget! The Summer hours of operation of the Center 4 Life
9:00 am - 3:30 pm**

Center 4 Life ~ SEPTEMBER 2011 ~ Sanibel, Florida

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>If you sign up for an activity that is free and you find out you cannot attend, please call us immediately. This allows us time to call your fellow members on the waiting list. We know you would like the same consideration and kindness from others.</p>				1 9:30 Yoga 12:30 Mah-Jongg 12:30 Mexican Train	2 9:00 HH 12:30 Movie & Popcorn	3
				4	5 CLOSED	6 NO KAYAK 9:30 Yoga 12:30 Hand & Foot 12:30 KNIT WITS
11	12 9:00 HH 12:30 Bridge	13 8:30 KAYAK 9:30 Yoga 12:30 Hand & Foot 12:30 KNIT WITS 1:00 Spreadsheet	14 9:00 HH 11:30 GRILL 12:30 Wii Bowl 12:30 Bridge 1:00 Spreadsheet	15 9:30 Yoga 12:30 Mah-Jongg 12:30 Mexican Train	16 9:00 HH 12:30 Movie & Popcorn	17
18	19 9:00 HH 12:30 Bridge	20 NO KAYAK 9:30 Yoga 12:30 Hand & Foot 12:30 KNIT WITS	21 9:00 HH 11:30 GRILL 12:30 Wii Bowl 12:30 Bridge	22 9:30 Yoga 12:30 MahJongg 12:30 Mexican Train AARP in LA	23 9:00 HH 12:30 Movie & Popcorn AARP in LA	24 AARP in LA
25 AARP in LA	26 9:00 HH 12:30 Bridge	27 8:30 KAYAK 9:30 Yoga 12:30 Hand & Foot 12:30 KNIT WITS	28 9:00 HH 11:30 GRILL 12:30 Wii Bowl 12:30 Bridge	29 9:30 Yoga 12:30 MahJongg 12:30 Mexican Train	30 9:00 HH 12:30 Movie & Popcorn	