



THE CENTER 4 LIFE PROGRAM

Enriching the Lives of Adults

October, November & December 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: 8:00 am - 3:30 pm Changing October 31 to 8:00 am - 5:00 pm



Songs from Sandi

Whew! It's been another long, hot summer. Compared to what some of you have had to deal with, you will hear no complaining from me. After all, the sun & water was why I moved to Florida in 1992. But I don't think you will object if I wish for tad cooler days for our year-round residents. They have been literally melting while cooking up hotdogs, kayaking, doing aerobics, (and running from thrift store to consignment store ☺).

We have all kept busy but we have missed you all. I tell my aerobic class, "We feed off the energy from each other". Without each others energy, we'd move even slower than we do with temperatures in the high 90's and humidity at 100%.

Now, it's time to pour a cool drink and read about our plans for the coming season. We have lots of new events to spark your interest along with old favorites. We have added the **Naples Philharmonic Theater** performances, learning about **CarFit, Gluten-free Diets, Crime Prevention, Diabetes Screening**, and much, much more.

Damaris Peters Pike will be back to entertain you along with **Safe Driving, Chair Yoga, Power Hour, Bridge Tournament, Potluck events**, and **Page Turners**. Always remember, if you have an idea for an activity or event members would enjoy, I welcome it. See you soon.

***To your continued good health,
Sandi***

From the President - by Katie Reid



As the dog days of summer move to the cooler days of fall, our footsteps move faster, our outdoor adventures increase and our plans for the Center are renewed. It is hard to believe that summer has passed and we will soon meet with all our friends from the North.

Many important dates for the fall are before us. Please mark them on your calendar now so that you will not miss out on the fun. **The Holiday Bazaar**, featuring a variety of unique arts and crafts, (new this year) will be **November 12**.

The Trash and Treasure Bazaar will take place on November 19; and the **Annual Meeting will be December 16**. Plan to attend and support your Center 4 Life.

It is through these events that we raise funds to keep down the cost of our trips and activities. It is also a time to meet new people, renew old friendships and get a bargain or two.

The annual meeting has a great lunch, a short meeting and an interesting guest speaker. So, mark your calendar for all three events and we will see you there.

Katie



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.

Be a Front Desk Volunteer - Start in November!



We are looking for good men and women to help at the Front Desk. 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 still needed **Wednesday and Friday between 7:30 - 11:30 am**. 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.

Alzheimer's Caregivers Support Meetings

Wednesday, September 28 at 1:30pm
Sanibel Congregational United Church of Christ at 2050 Periwinkle Way



The Alvin A. Dubin Alzheimer's Resource Center offers monthly support meetings for caregivers throughout Lee County.

The support group meetings include an opportunity for caregivers to meet others who are facing similar challenges and to learn more about Alzheimer's disease and effective coping strategies. If you have additional questions you can call the Resource Center at 437-3007.

Free Informational Session on

Wheat free/Gluten free Products

Hosted by Bailey's

Tuesday, October 25



Two small group sessions (limit of six participants) will be available.

Sign up for a one-hour session at **10:00 am** or **1:00 pm**.

Bailey's offers over 1,000 wheat-free/gluten-free products and invites us to join Rachel Lammers at this seminar. Samples, along with a list of items Bailey's carries, and manufacture reps will be on hand. Join us as we empower ourselves with knowledge on how to feed loved ones or ourselves wheat/gluten free.

A special presentation for seniors to address issues related to crime prevention

Crime Prevention For the Elderly
Friday, October 21, 2011 - 1:00 p.m. to 3:00 pm

The Center 4 Life, 2401 Library Way, Sanibel

This free session will focus on educating seniors regarding recent scams and crimes targeting the senior population and how to prevent them from happening. Presenters will include staff from the police department and professionals from local agencies.



Leisure Lunchers

& Thrift & Consignment Connoisseurs

We are going to change things since some members can't attend Tuesdays and some not Wednesdays. Please sign up and join us:

Tuesday, October 4 at 11:30 we head to **Sasse's** at 3651 Evans Avenue (278-5544). When I directed the breast cancer non-profit years ago we dined at Sasse's as they are near the old SW Regional Medical Center Hospital. The food is delicious and plentiful. See the menu when you sign up. I will also scout out a thrift and consignment store in the area.



Wednesday, November 9 at 11:30 we will have lunch at **Seasons 52**, 8930 Tami-am Trail North Naples, FL 34108. This is a super restaurant that we have dined at in

Orlando. Everything is fresh and we have a menu you can view.

We will check out new and favorite consignment shops nearby. Remember, if you have ideas for restaurants or stores, just let Sandi know.



Anybody Hungry?

NOVEMBER POTLUCK ALL STAR LIP SYNCH RE- VUE & SHOW

Wednesday, November 16 - 5:30 pm



This is "THE EVENT" of our year and you don't want to miss it! We're stepping it up with a fast paced celebrity line up.

Such stars as **The Supremes, Barry Manilow, Lady GaGa, Ella Fitzgerald, Frank Sinatra, Sonny & Cher, Marilyn Monroe and Janis Joplin** have been invited to perform one of their greatest hits. We expect

other popular stars to sign on by show time. No photography allowed during the show.

Everyone should bring an hors d'oeuvre that needs no silverware. Drinks and dessert will be provided by The Center 4 Life.

Free for members - \$5.00 per person for non members. The show immediately follows dinner. Sign up early...Event capacity is 40!



Second Annual Holiday SANTabel Swap and Potluck Event Wednesday, December 28, 2011 - 5:30 PM



This is your chance to get rid of a recent gift you received that you don't like or want. **Wrap it** up and bring it to the **SANTabel Swap** to exchange it for a surprise gift! We had so many laughs during this event last year!

Please remember to bring a **finger food hors d'oeuvre** that does not require a fork. Dessert and drinks will be supplied by the Center 4 Life. Free to members and a \$5.00 per person charge for non-members. Sign up now for a night of great surprises!

AARP Safe Driving Classes **Thursdays, Nov. 10 and 17**

1:00 pm 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.

Holiday Bazaar **Saturday, November 12** **9:00 am -1:00 pm**

Chairperson **Eileen Kehoe** reports that all of the tables for the bazaar have been sold since the the middle of July! Unbelievable! That proves how much interest there is in this event and the quality of the artists and crafters.

Please come to the Holiday Bazaar and shop for gifts for loved ones and yourself. This will be a super day with many artists returning from last year and the addition of new artists.

Contact Eileen Kehoe (414-405-9556) or ekkehoe@aol.com,
for more information.

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 information call the Center or **Mary Ann Gilhooley** at **472-3565**.



Like to Travel?

(WAIT LIST ONLY) Cajun Christmas Tour - December 4 - 9, 2011

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. **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.

Tuesday, October 18, 2011

Miami's Spanish Roots & Little Havana

(Recommended by those who attended last year)

Guided Tour & Lunch at Versailles - \$89 for members of Island Seniors, Inc. and \$99.00 for non-members includes: R/T transportation from Ft. Myers, lunch at the famous Versailles Restaurant in Little Havana, riding and walking tour with our private Miami guide learning about Spanish Culture in Miami including the Freedom Tower, the Miami Circle (the Stonehenge of the USA), "Domino" Park, El Credito Cigar Factory. Car-pooling from the Center at 6:15 am for bus pickup in Fort Myers at 7:00am.

Thursday, November 10, 2011

Miami History Tour

Includes: R/T transportation from Ft. Myers, guided tour of Vizcaya, guided tour of the Biltmore Hotel, delicious lunch at LaPalma, and visits to the famous historical landmarks in Miami. \$89.00 for members of Island Seniors, Inc. and \$99.00 for non-members. Car-pooling from the Center at 5:45 am for bus pickup in Fort Myers at 6:30 am.

Thursday, December 1, 2011

Dali Museum & Lunch in St. Petersburg

\$79.00 for Island Seniors, Inc. members and \$89.00 for non-members. Includes: R/T transportation from Ft. Myers, tour of the Salvador Dali Museum, lunch at "400Beach", time to explore St. Pete's Pier. Car-pooling from the Center at 7:15 am for bus pickup in Fort Myers at 8:00 am.

Wednesday, January 25, 2012

Ringling Museum Tour in Sarasota

\$79.00 for Island Seniors, Inc. members, and \$89.00 for non-members. Includes: R/T transportation from Ft. Myers, admission to Ringling Complex including the world famous art museum, Ca' d'Zan (Ringling's own home), the circus museum, Mable Ringling's rose garden, PLUS lunch at the Banyan Café on the Ringling grounds. Car-pooling from the Center at 8:15 am for bus pickup in Fort Myers at 9:00 am.

Thursday, February 16, 2012

Ybor City (Historic Tampa)

\$69.00 for Island Seniors, Inc. members and \$79.00 for non-members. Includes: R/T transportation from Ft. Myers, tour of the historic Ybor City area including the Ybor City Museum, lunch at The Spaghetti warehouse (housed in a former cigar factory). Car-pooling from the Center at 7:15 am for bus pickup in Fort Myers at 8:00am .

Wednesday, March 14, 2012

Marie Selby Botanical Gardens

Selby Gardens, Sarasota is home to over 6,000 orchids and over 20,000 bromeliads and in March, it is alive with color! Fee includes R/T Transportation from Ft. Myers, tour of gardens, museum, and greenhouse, and a wonderful lunch at the gardens. \$79.00 for members of Island Seniors, Inc. and \$89.00 for non-members. Car-pooling time to be announced at a later date.

Island Seniors, Inc Annual Members Meeting

Friday, December 16, 2011 - 11:30 am - 1:00 pm

Come to learn all that has happened at your Center and all that is to come. New events will be added to this year's schedule: better and bigger pot luck dinners, interesting guest speakers, and more theater are just some of the events you will hear about.



Jan Nieman will be our guest speaker. She had such a great time at last year's book fair that she asked to be our speaker. She is a funny, funny woman who has had numerous comical experiences which she will share with us. **So come and enjoy a free lunch, get caught up on events (past and future), and hear a great speaker.**

Hotdog Grill on Wednesdays at 11:30

Beginning November 2 hotdogs will be served at Noon.
Chef Doris Southerton and her Sous Chefs, **Paul Duval & Bob Halverson** are on the patio cooking. The devoted 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, call us at 472-5743 by Wednesday morning. See you on the patio.

Flu Shots

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

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



A Perfect Gift for the Holidays for Friends, Family and Yourself!

***M**ake 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 participate 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.*

Sanibel Captiva Lion's Club Diabetes Screening

**Friday, December 9, 2011
Friday, February 3, 2012**

9:30 am to 12:30 pm
First come, first served
Center 4 Life on Library Way -
Kraft Room



The Lions are planning their vision screening with the goal of '**Eliminating Preventable Blindness**'. The club will be screening first for **diabetes**, which if left un-controlled can lead to diabetic retinopathy and eventually blindness.

Secondly, **glaucoma**, which affects the peripheral vision first but can also lead to blindness if not treated. These diseases are insidious in that you can live unknowingly with them while they destroy parts of the optic nerve. By the time symptoms appear, the damage caused cannot be repaired. Early detection is key.

Other screenings are planned for the Recreation Center on San Cap Road, later in the year.

Tom Rothman, Sanibel Captiva Lions



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 and flexibility exercises. Strengthen, lengthen and gain flexibility. **Sandi McDougall** is your instructor.

October 31st this class switches to 8:00 am.

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

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.

*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!

Essential Total Fitness

Beginning October 31

Monday, Wednesday & Friday at 9:30 am

This "total fitness" class includes cardio, muscle strengthening and flexibility training with hand weights, stretch cords, chairs and stability balls. **Mahnaz Bassiri** is your instructor.

Power Hour Fitness

Beginning October 31

Tuesday & Thursday at 8:00 am

Hand weights, stretch cords and stability balls along with mats are used to strengthen your muscles. Improve your core strength and balance. **Mahnaz Bassiri** is your instructor.

Chair Yoga with Kris Brown

Special holiday schedule **Tuesday and Thursday at 11:00 am November 29 - December 22** and return on **January 3.**

**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.

Games at The Center

Beginning Monday, October 31

time changes to 1:00 pm on all games

BRIDGE

12:30 pm Monday and Wednesday

HAND & FOOT

12:30 pm Tuesday

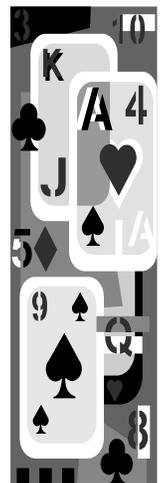
MAHJONGG

12:30 pm Thursday

MEXICAN TRAIN

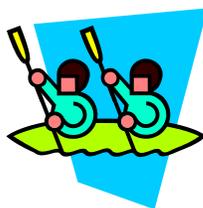
12:30 pm Thursday

\$2.50 for members and \$5.00 for non-members. **Prizes awarded!**



Tuesday Kayaking

- * October 11, 25
- * November 1, 8, 15, 22, 29
- * December 6, 13, 20, 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.

“KNIT WITS” NEEDED

Join us at the Center on **Tuesday afternoons at 1:00 pm** to Knit or Crochet. It was suggested by one of our members and people have been dropping by on Tuesday afternoons since July. Bring your project and everyone will share tips and give encouragement to get those holiday gifts completed.



Learn to play Mahjongg

With **Katie Reid**, Board President

Monday and Thursday
November 7, 10, 14, 17 & 21
9:00 am -12:00 pm in the Kraft Room

Class is limited to four or eight students (to fill a table to practice) and you must be able to attend all five classes. All supplies will be provided at the Center. \$12.50 for members, \$25.00 for non-members of Island Seniors, Inc.



The Page Turners (Book Discussion Group) returns **October 12 at 2:00 pm** to discuss **Hotel on the Corner of Bitter and Sweet** by **Jamie Ford**. This is a novel about the love and friendship of a Chinese boy and a Japanese girl during the Japanese internment in World War II. **Ann Rodman**, volunteer coordinator for the **Page Turners** will facilitate the discussion. She welcomes ideas for books to read and discuss and for facilitators to lead. Please contact Ann at **annrodman@aol.com** or at **395-2191**. Thank you Ann!



The Page Turners will meet on the second Wednesday of every month at 2:30 pm.

- * **November 9**, **Francesca Joyce** leads a discussion of Mudbound by Hillary Jordan.
- * **December 14**, **Alice Walzer** leads a discussion of Lacuna by Barbara Kingsolver.
- * January and February are still open.. Ideas or suggestions welcome.
- * **March 14, 2012**, **Susan Riley** leads a discussion of The Little Giant of Aberdeen County by Tiffany Baker.

We hope to see you all at the Center...and bring a neighbor!

Keeping Up with Technology

For Members Only

Free Computer Help With Ronda

Ronda Seifer Walis returns in January to help members. She is available for a one-hour session from 9:00 -10:00 or 10:00 -11:00 am on Mondays and Fridays by appointment. Ronda has experience with PC or Mac projects. Appointment sign up will be in a book in the kitchen area. If you are having trouble making a calendar, greeting card or sending email, Ronda can help. You may bring your laptop. Call or come by the Center for more information.

Introduction to Computers and Windows 7

Bruce and Christl Smith Instructors



Bruce and Christl will teach the Introduction to Computer classes in January.

Make sure you check the January, February, March newsletter for their dates or call us in December for more information.

PICASA with Patty...and your photos!

If you email or browse the internet, you can do Picasa!

Tuesday & Wednesday , November 15 - 16

OR

Wednesday & Thursday, Nov. 30 - Dec. 1

Two 2 hr. Sessions per class - 1:00 - 3:00 pm

Organize and **Share** your photos! This is hands-on training in Picasa, a free program from Google. Copy photos from your camera or memory card to your PC, and create and edit albums that are easy to share by email. You can order prints without a trip to the store.

CHEESE!



You, the "artist", can crop, resize, sharpen and brighten colors. Picasa lets you create collages and movies with music! A four-hour investment in time gets you started in preserving memories in a format you can enjoy and share. Class limited to 6. \$60 for members, \$90 for non-members at sign-up. **Bring your camera and its cable, & memory card & card reader with 10-20 photos,**

WHAT'S A SPREADSHEET?

Tuesday & Wednesday, October 25 - 26

1:00 - 3:00 pm

Two 2 hr. Sessions per class



They can be useful to balance your checkbook, manage rentals or expenses or even to keep your address lists. You have a spreadsheet program with Microsoft **Works** or **Excel**. If you are new to spreadsheets or find them intimidating, it's time for a new experience.

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

To save trees and mailing costs, please stop by to pick up your October, November, December calendar of events!

CarFit Friday, November 4 12:00 pm - 4:00 pm

The Center 4 Life has asked the **Lee County Sheriff's Department** to host a CarFit program in the Center's parking lot. This event was suggested by Board member **Pat Macchia**.

CarFit is an educational program that offers older adults the opportunity to check how well their personal vehicles "fit" them. Your driving skills **WILL NOT** be tested nor will your car undergo a check up.

At a CarFit event, a team of trained technicians and/or health professionals work with each participant to ensure they "fit" their vehicle properly for maximum comfort and safety. A CarFit check takes approximately 20 minutes to complete.

Have you ever wondered if your seat height was correct or if your side viewing mirrors were at their most effective placement? Come to our event and find out.

Older drivers are often the safest drivers in that they are more likely to wear their seatbelts, and less likely to speed or drink and drive. However, older drivers are more likely to be killed or seriously injured when a crash does occur due to the greater fragility of their aging bodies.



Driver safety programs improve adult driver safety by addressing cognitive abilities and skills; however, older drivers can also improve their safety by ensuring their cars are properly adjusted for them. A proper fit in your car can greatly increase not only the driver's safety but also the safety of others.

Appointments will be taken but if you forget to make one and want to find out if your Carfit is good, stop by the Center 4 Life, 2401 Library Way. If you have any questions about this program, call Sandi at 472-5743.

Save the dates!

Presenting **Damaris Peters Pike**

Friday, January 20, 2012

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

Portrayal of the 12th century Nun



Second Annual Justine Smith Charity Bridge Tournament

Friday, February 10, 2012 at 1:00 pm

Local merchants will contribute gifts that will be given away during the tournament. Like

last year, all proceeds will go to **PAWS**, a local Sanibel Island charity for the care, foster and placement of stray animals. *\$15.00 per person. Sign up early and plan to attend this popular event.*

The "PHIL" in Naples 2012 Performance Schedule

We were thrilled to announce in our last newsletter that we would be attending the following productions at the Naples Philharmonic. **Ed VanderHey** has secured the **Sanibel Community Church bus** for the 2012 productions with 27 seats available on the bus. 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.

LES MISERABLES

Saturday, January 28, 2012 - 2:00 pm

The bus is full for this production.

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.

A 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 extraordinary 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!

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





Barbara B Mann Theatre

2011-2012
Season

Is -

Tickets to the following performances have been purchased. If you signed up, Island Seniors, Inc. ordered your tickets and paid for them. You have received your bill from the Island Seniors, Inc. and have by now paid for them. If you find that you need to sell your tickets, we can provide a waiting list of members you can call. If you missed the sign-up and want to attend, please call us to put your name on that waiting list.

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 proclaim 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".

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 turn 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!"

Happy Birthdays!**October**

Eileen Metz	1
Ann Schmid	1
Rocco Cantalupo	2
Mary Ann Gilhooley	2
Joan Sperry	3
Pat Hewitt	4
John Kern	4
Peg Royse	4
Virginia Gersack	5
Daphne Hammond	6
Linda Milligan	6
Marilyn Aldridge	7
Becky Batcheller	7
Jane Gieryic	8
Nancy LeFever	8
Ann Denise Conlon	9
Linda Gornick	9
Jo Hardy	9
John Reid	9
Marie Rizzo	9
Donald Matlock	10
Jo Ann McKelvey	10
Gillian Bath	11
Jack Samler	11
L. Whitman Smith	11
Julie O'Neill	13
Joyce Perkins	13
Molly Clements	15
Carolyn Dix	15
Audrey Holman	15
Debbie Jaeger	15
Peggy Lovett	15
Elston Van Steenburgh/ Rebhorn	15
Martha Dilger	16
Cathy Rundle	16
Maryann Flynn	17
Norman Miller	17
Nancy C. Smith	17
Betty Taylor	17
Berdenna Thompson	17
Sharon Miller	18
J.R. Pascall	18
Darlene Rizzo	18
Moses Michel	19
Paula Raboy	20
Bob Conroy	21
John Decker	21
Patty Molnar	22

Nancy Jones	23	Ann Heymann	13	Barbara Weiss	4
Janice McNeal	23	Cindy Jones	13	Diane Wien	4
Robert Smetana	23	Barry Roth	13	Doris Dewitt	5
Vicky Lettmann	24	Katharine Sanger	14	Marianne Masterson	5
Allan Rae	24	Judy Bemiller	15	Bob Thompson	5
Jean Wittman	24	Jane Hoden	15	Helen Gaina	6
Stephanie Gough	25	Moon Price	15	Norma Walley	6
Gloria Lazor	25	William Vogler	15	Violet Dhimos	7
Onalee Anderson	26	Lucille Dickinson	16	Maureen Hnatow	7
Debra Dobbie	26	Ken Hoover	16	Frances Perou	7
Gail Toye	26	Keith Michael	16	Paul Schierberl, Jr.	7
Chris Boesen	27	Arlen Clinard	17	R. Jane Bodwell	8
Brenda Zaltas	27	Lee Dunne	18	Stanley Hirt	8
Dorothy Hirschfeld	28	Andy Schaeffer	18	Henry Karasin	8
Gloria Krekel	28	Nancy Wessling	18	Vicky Sears	8
Nancy Maupin	29	Joe Babcock	19	Nancy Seaward	8
Janet Schneider	29	Robert Chaney	19	Evelyn Spencer	8
Lillian Stone	29	Frank Fallert	19	Francine Gomberg	9
Maryann Ackley	31	Linda Huppert	19	Frank Hagan	9
Elise Hall	31	Richard Welch	19	Patrick Milligan	9
James Monroe	31	Margaret Lee	20	Linda Seteseak	9
Dorothy Moore	31	C.J. Stephens	20	Anne Cronin	11
		Joseph Walzer	20	Rita Farmer	11
		Laura Murray	21	Barbara Kelly	11
		Albert Symes	21	Barbara Symes	12
		David Wolfe	21	Signe Diem	13
		John Brown	22	Janet Cherrix	15
		Barbara Kusek	22	Lorraine Hicks	15
		Peter Scrivner	22	Esther Pokedoff	15
		Richard Sette	22	Nancy Riley	15
		Cathy Suthard	22	Toni Bracco	17
		Dorothy Donaldson	24	Dorothy Doubleday	17
		Shirley Schiffman	25	Hilda Bould	18
		Carol Gertsen	26	Lily Kamenecka	18
		Ayala Manolson	26	Mary Carol Dillinger	19
		Wendy Taibbi	26	Ann Levinsohn	19
		Norma Hagan	27	Karl Rodman	19
		Gwen Lewis	28	Barbara Lacher	20
		Dorothy Sawyer	29	Maryan Hurtt	21
		Janet Hickey	30	Carole Owen	21
		Jane Hudson	30	James Isom	22
		Barbara Markhus	30	Joan Davey	23
		Annmarie Pittman	30	Terry Baldwin	24
		Leo Sharpe	30	Gail Leach	24
				Donna Caruso	27
				Ali Keyhani	27
				Orlene Shimberg	27
				Scott Frey	28
				James Harvey	28
				Bill Holleran	28
				Patricia Mills	28
				Jan Anderson	29
				Patrice Anderson	30
				Margarita Maher	31
				Annabelle Patton	31

November

Edith Rood	1
Kay Strayer	1
Jane McKinzie	2
Pat Beckett	3
Angelo DiVenere	3
Sylvia Fox	3
John Stevenson	3
Shirley Akins	4
Christl Smith	4
Becky Williams	4
Jean Black	5
Jean Haffenreffer	5
Don Adams	6
Carol Awender	7
Georgia Ledgerwood	7
Carol Allen	8
Barbara Baumecker	8
Jane Hogg	8
Holden Mitchell	8
Lou Rapp	8
Shirley Smaha	8
Mary Lou Linnen	9
Julia Lombardi	9
Ann Rodman	9
Dick Kemper	11
Sally Lichtenstein	11
Joyce Barnhart	12
Katherine Moore	12
James Reid	12
Holly Davies	13
Ilse DeLa Puente	13

December

Phil Gainer	1
Francesca Joyce	1
Angie McLaughlin	1
Margery Roberts	2
Inge Santos III	2
Gloria Caramico	3
Don Dillinger	4
Shirlene Grasgreen	4
Richard Ponte	4

October 2011

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HH = HAPPY HOUR ETF = ESSENTIAL TOTAL FITNESS					1	2
 Watch for new classes to be added during Season!						
3 9:00 HH 1:00 BRIDGE	4 9:30 YOGA 11:30 Leisure Lunchers 1:00 Hand Foot 1:00 KNIT	5 9:00 HH 12:00 GRILL 1:00 BRIDGE	6 9:30 YOGA 1:00 Mahjongg 1:00 Mexican Train	7 9:00 HH	8	9
10 9:00 HH 1:00 BRIDGE	11 8:30 KAYAK 9:30 YOGA 1:00 Hand Foot 1:00 KNIT	12 9:00 HH 12:00 GRILL 1:00 BRIDGE 2:30 Page Turners	13 9:30 YOGA 1:00 Mahjongg 1:00 Mexican Train	14 9:00 HH	15	16
17 9:00 HH 1:00 BRIDGE	18 Trip to Miami 9:30 YOGA 1:00 Hand Foot 1:00 KNIT	19 9:00 HH 12:00 GRILL 1:00 BRIDGE	20 9:30 YOGA 1:00 Mahjongg 1:00 Mexican Train	21 9:00 HH 1:00 Crime Prevention	22	23
24 9:00 HH 1:00 BRIDGE	25 8:30 KAYAK 9:30 YOGA 1:00 Hand Foot 1:00 KNIT 1:00 What's a Spreadsheet 10:00 or 1:00 Gluten Free	26 9:00 HH 12:00 GRILL 1:00 BRIDGE 1:00 What's a Spreadsheet	27 9:30 YOGA 1:00 Mahjongg 1:00 Mexican Train	28 9:00 HH 12:30 Flu Shots	29 2:00 FL Rep "Rumors"	30
31 8:00 HH – <u>new time</u> 9:30 ETF 1:00 BRIDGE						

November 2011

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 8:00 P H 8:30 KAYAK 9:30 YOGA 1:00 Hand Foot 1:00 KNIT	2 8:00 HH 9:30 ETF 9:30 I SRS BOARD 12:00 GRILL 1:00 BRIDGE	3 8:00 P H 9:30 YOGA 1:00 Mahjongg 1:00 Mexican Train	4 8:00 HH 9:30 ETF 12:00 CAR FIT	5	6 Daylight Savings Time Ends "Fall Back"
7 8:00 HH 9:00 MJ Lessons 9:30 ETF 1:00 BRIDGE	8 8:00 P H 8:30 KAYAK 9:30 YOGA 1:00 Hand Foot 1:00 KNIT	9 8:00 HH 9:30 ETF 11:30 Leisure Lunchers 12:00 GRILL 1:00 BRIDGE 2:30 Page Turners	10 Safe Drive @ Rec Center 8:00 P H 9:00 MJ Lessons 9:30 YOGA 1:00 Mahjongg 1:00 Mexican Train <i>MIAMI TRIP</i>	11 Veteran's Day CLOSED	12 9:00 – 1:00 ISLAND SENIORS BAZAAR	13
14 8:00 HH 9:00 MJ Lessons 9:30 ETF 1:00 BRIDGE	15 8:00 P H 8:30 KAYAK 9:30 YOGA 1:00 Hand Foot 1:00 KNIT 1:00 PICASA	16 8:00 HH 9:30 ETF 12:00 GRILL 1:00 BRIDGE 5:30 POTLUCK 1:00 PICASA	17 Safe Drive @ Rec Center 8:00 P H 9:00 MJ Lessons 9:30 YOGA 1:00 Mahjongg 1:00 Mexican Train	18 8:00 HH 9:30 ETF 11:00 Trash Treasure Setup	19 9:00 – 1:00 ISLAND SENIORS TRASH & TREASURE SALE	20
21 8:00 HH 9:00 MJ Les- sons 9:30 ETF 1:00 BRIDGE	22 8:00 P H 8:30 KAYAK 9:30 YOGA 1:00 Hand Foot 1:00 KNIT	23 8:00 HH 9:30 ETF 12:00 GRILL 1:00 BRIDGE	24 Thanksgiving CLOSED	25 CLOSED	26	27
28 8:00 HH 9:30 ETF 1:00 BRIDGE	29 8:00 PH 8:30 KAYAK 9:30 YOGA 11:00 CHAIR YOGA 1:00 Hand Foot 1:00 KNIT	30 8:00 HH 9:30 ETF 12:00 GRILL 1:00 BRIDGE 1:00 PICASA	HH = HAPPY HOUR ETF = ESSENTIAL TOTAL FITNESS PH = POWER HOUR Watch for new classes to be added during Season!			



December 2011

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HH = HAPPY HOUR ETF = ESSENTIAL TOTAL FITNESS  Watch for new classes to be added during Season!			1 Dali Museum 8:00 Power Hr 9:30 YOGA 11:00 Chair Yoga 1:00 Mahjongg 1:00 Mexican Train 1:-00 PICASA	2 8:00 HH 9:30 ETF	3 2:00 FL REP "Wonderful Life" 2:00 BB Mann "Shrek"	4 New Orleans Trip
5 New Orleans 8:00 HH 9:30 ETF 1:00 BRIDGE	6 New Orleans 8:00 P H 8:30 KAYAK 9:30 YOGA 11:00 Chair Yoga 1:00 Hand Foot 1:00 KNIT	7 New Orleans 8:00 HH 9:30 ETF 12:00 GRILL 1:00 BRIDGE	8 New Orleans 8:00 P H 9:30 YOGA 11:00 Chair Yoga 1:00 Mahjongg 1:00 Mexican Train	9 New Orleans 8:00 HH 9:30 ETF 9:30 Lions Diabetes Screening	10	11
12 8:00 HH 9:30 ETF 1:00 BRIDGE	13 8:00 P H 8:30 KAYAK 9:30 YOGA 11:00 Chair Yoga 1:00 Hand Foot 1:00 KNIT	14 8:00 HH 9:30 ETF 12:00 GRILL 1:00 BRIDGE 2:30 PAGE TURNERS	15 8:00 P H 9:30 YOGA 11:00 Chair Yoga 1:00 Mahjongg 1:00 Mexican Train	16 8:00 HH 9:30 ETF 11:30 Island Seniors, Inc Annual Meeting	17	18
19 8:00 HH 9:30 ETF 1:00 BRIDGE	20 8:00 P H 8:30 KAYAK 9:30 YOGA 11:00 Chair Yoga 1:00 Hand Foot 1:00 KNIT	21 <i>Happy Hanukkah</i> 8:00 HH 9:30 ETF 12:00 GRILL 1:00 BRIDGE	22 8:00 P H 9:30 YOGA 11:00 Chair Yoga 1:00 Mahjongg 1:00 Mexican Train	23 8:00 HH 9:30 ETF	24	25 Merry Christmas 
26 CLOSED	27 8:00 P H 8:30 KAYAK 9:30 YOGA 1:00 Hand Foot 1:00 KNIT	28 8:00 HH 9:30 ETF 12:00 GRILL 1:00 BRIDGE 5:30 REGIFT POTLUCK	29 8:00 P H 9:30 YOGA 1:00 Mahjongg 1:00 Mexican Train	30 8:00 HH 9:30 ETF	31 2:00 BB Mann "Holidaze" NEW YEARS EVE	