“Let us be the best part of your day and first choice for Health, Fitness and Fun!”

THE CENTER 4 LIFE PROGRAM
January, February, March, April 2013
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
e-mail - 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
Patricia Armstrong

Eileen Kehoe, Vice President
Mary Ann Gilhooley
Judie Sharbaugh

Glenda Campbell, Secretary
Mike Gieryic
Rev. Ed VanderHey

SANIBEL FIT LIFE
Recreation Department
Center 4 Life
2401 Library Way
Sanibel, Florida 33957
As “Auld Lang Syne” plays in my office, I am reminded of all the great friendships that have been formed at the Center 4 Life. As I approach my ten year anniversary, I am remembering all of the people that have touched my life. Yes, some have passed away, some have moved to facilities off-island and some have moved back to their summer homes to be with family year-round, but all of them have left a huge imprint on my heart.

During this precious holiday season, I am asking you to also remember everyone who has offered their friendship to you at the Center. Aren’t they all the kindest people you have ever met? Please help widen our circle of friendship by telling your friends about the Center 4 Life. I am pretty sure we offer something for everyone.

Wishing you a blessed holiday with family and friends, Sandi

Songs from Sandi

From the President - By Katie Reid

Welcome back to our "northern" friends and to all who stay local all year. 2013 promises to have more activities at the Center than ever. Many people want to attend several, so sign up as far in advance as you can. Rooms and space are a concern and will be until the City decides what is to be done with our building.

It appears there will not be major renovations in 2013, as earlier reported. Federal law deems that reconfiguration/renovations can only be made up to 50% of total building assessed value. Once a new roof is installed, the remaining funding is not enough to renovate for our needs and those of Community Housing and Resources. The City is looking at other options and we will keep you informed of their decision.

Meanwhile, enjoy your Center. Our Paradise Island is teeming with excitement and this is the hub of activity for many of us.

See you all soon, Katie

What’s Inside

New Year Celebration ......3  
Special Messages............4  
Astrology Class.............4  
Fun and Food...............4  
Bridge Tournament.........4  
L.I.F.E. Course.............5  
Bridge Lessons.............5  
Books & Games.............6  
Mahjongg Lessons.........6  
Fun & Food...............7  
Computer Classes..........8  
Friday Coping Series .......9-10  
AARP Driving...............10  
Weaving Class...............10  
Fitness.....................11  
KAYAK.....................11  
Theatres...................12-14  
Discover Florida...........15  
Birthdays..................16

Friendship Fund - If you need financial assistance to participate in the activities at the Center 4 Life, funds are available to help you. Contact Sandi McDougall, Administrator, 472-5743.
Poppin’, Hoppin’ & Bubblin’ Into 2013

New Year’s Eve Party
at the Sanibel Recreation Center
3880 Sanibel-Captiva Road
Monday, December 31, 2012
8:00 p.m. - 12:15 a.m.

$15 ADULT (18 and Older) in Advance, $20 at the door
$12 CHILD (AGES 7 – 17) in Advance, $15 at the door
Children Six And Under FREE

PURCHASE TICKETS AT THE RECREATION CENTER

Included: Food, Games, DJ, Dancing, Magician, Juggler, Ventriloquist, Midnight Balloon Drop and More

Drawing: 50/50 Raffle – 50% to winner; 50% to Recreation Financial Assistance. 6 tickets for $5.00. Need not be present to win.

BINGO For Adults: Age 18 or older, 75 seats, prizes valued in excess of $9,000. Cost: $85 per chair in advance, $100 at the door. Includes admission, and three Bingo cards.

Silent Auction: Five great items… All proceeds are donated to the City of Sanibel Recreation Center Financial Assistance Program. The program assists workers on the island and island residents who financially qualify for their children to attend the after school program, fun days, holiday and summer day camp at the Recreation Center.

Major sponsor: Sanibel-Captiva Kiwanis Foundation
This is a family friendly, alcohol and tobacco free event. Children 15 and under must be accompanied by an adult.

The Sanibel Recreation Center is located at 3880 Sanibel-Captiva Road. Daily, weekly, semi-annual and annual memberships are available. For more information contact the Sanibel Recreation Center at (239) 472-0345 or visit our web site at www.mysanibel.com or call Chairman Barry Roth at (239) 313-9591

Are you ready for some baseball?
CONTACT THE FRONT DESK FOR MORE INFORMATION.
TICKETS WERE NOT AVAILABLE AT THE TIME OF NEWSLETTER PRINTING.

Be a “good guy”! 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.
Thank you everyone for your great donations to the Trash & Treasure Sale in November. Thanks, too, to all of the volunteers who helped price items, work the event and clean up. It was our most successful sale ever. Island Seniors, Inc. raised $5,300 to purchase equipment, underwrite events and help pay for staff.

Mary Ann Gilhooley, Chairperson

Time to pay 2013 dues to Island Seniors, Inc. Thank you all who have already renewed. You are “kings and queens” and it is appreciated. Once all members are back on island it’s a hectic time for your staff and volunteers. Dues are still only $20 per year. Please check your card carefully for changes in email or telephone. Many of you now only carry a cell phone and we need that number. Island Seniors, Inc. Board of Directors

The Holiday Bazaar was again a huge success. The weather was gorgeous and the Island Seniors Board volunteered their time selling hotdogs, memberships and assisting vendors.

Eileen Kehoe. Chairperson

Arts & Crafts Fair planned - February 9 9:00 a.m. - 2:00 p.m.

Many of our Holiday Bazaar vendors look forward to another arts crafts event. When we receive approval for our City permit we can officially promote this exciting event. Our vendors have a variety of handmade items including fused glass, jewelry, purses, photographs, paintings, cards, shell craft, pottery, jam, chutney, macramé and interesting fabric and hand-knit apparel. Some of our favorite local authors and artists will revisit too. Join us and spread the word about the Fair. We will offer a great hot dog lunch for hungry guests!

Eileen Kehoe

Justine Smith
Charity Bridge Tournament

Friday, February 15, 2013 at 1:00 p.m.

Local merchants will contribute gifts that will be awarded during the tournament. All proceeds will go to PAWS, a local Sanibel Island charity for the care, foster and placement of stray animals. $20.00 per person. Sign up early and plan to attend this popular event.

Astrology 101 with Norma Hagan

1:00 p.m. - 3:00 p.m.
Tuesday - February 26
Friday - March 1
Tuesday - March 5
Friday - March 8
Tuesday - March 12

Norma will assist to make sure each person has their own correct basic horoscope so they can begin to learn to read their own horoscope. Call 472-6925 if you have any questions about the class. Members of Island Seniors, Inc. fee is $100 and non-members are $125.
Center 4 Life, Sanibel, Florida  239-472-5743

L.I.F.E Course

Longevity, Independence, Fitness and Enjoyment

Add years to your life and life to your years with the L.I.F.E Course with Ken James, Filomena Warihay and Gerontologist Dr. Michael Raab.

Tuesdays and Fridays from 2:00 p.m. to 4:00 p.m.

January 8, 11, 15, 18, 22, 25, 29 and February 1st

There is an anti-aging possibility, but it doesn’t come from CVS or Walgreens, it comes from within.  L.I.F.E. Course Proverb

If you Google “how long does it take to form a habit?” you will find estimates ranging from 21 to 30 days.  The L.I.F.E. Course is designed to be long enough for you to form new life-style habits.  Developed and presented by experts in the field of smart healthy aging, the course is based on four scientifically-proven pillars of longevity: Healthy Body, Healthy Brain, Healthy Nutrition and Joyful Life.  $100 for Island Seniors, Inc. Members, $125 for non-members.

Registration Deadline: December 30.  Contact Sandi with any questions.

INTERMEDIATE BRIDGE LESSONS with Linda Tedeschi

Want to improve your game?  Bring a partner or we’ll pair you up.

Some basic bridge knowledge is assumed
(those who have taken basic bridge lessons or the equivalent in experience.)
Help on playing the hand and tips for winning defense.
Classes are Monday at 11:00 a.m. - 12:15 p.m.

♦ January session: Jan. 7, 14, 28 and Feb. 4
♦ February session: 11, 18, 25, and March 4
♦ March session: 11, 18, 25, and April 1

Members, $5.00, non-members $10.00 per session.

BRIDGE BASICS

Learn to play with Bruce & Christl Smith

You must be able to attend all four classes.

9:00 a.m. to 12:00 p.m.

♦ February session: Tuesday 2/05, Thursday 2/07, Tuesday 2/12, Thursday 2/14

Members $10.00, non-members $20.00 per session.
Books and Games

**BRIDGE**
1:00 p.m. Monday & Wednesday

**HAND & FOOT**
1:00 p.m. Tuesday

**MAHJONG**
1:00 p.m. Thursday

**MEXICAN TRAIN**
1:00 p.m. Thursday

$2.50 for members $5.00 for non-members

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**Page Turners**

*Ann Rodman*, Volunteer Coordinator, and her faithful *Page Turners*, have created the 2013 discussion book list. With the great attendance, the group has been meeting almost year round.

**Wednesday, March 13, 2013 at 2:30 p.m.** *Zeitoun* by David Eggers
True story about what happened to a Syrian-American man and his family during Hurricane Katrina in New Orleans. A horrific series of events for a very fine man.

**Wednesday, April 10, 2013 at 2:30 p.m.** *The Room* by Emma Donoghue
The entire world of a five-year-old boy is the 11X11 foot room in which his mother is being held against her will.

**Wednesday, May 8, 2013 at 2:30 p.m.** *Water For Elephants* by Sara Gruen
After his parents die in a car crash, a young veterinary student quits school and joins the circus. He and an elephant named Rosie save a depression era circus.

The Sanibel Library will have extra copies of these books. For questions, please contact Ann at annrodman@aol.com or at 395-2191.

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**Learn to play Mahjongg**
with Katie Reid, Board President.

9:30 a.m. - 12 noon in the Computer Room

**January Session** - Wed, 1/23, Thurs, 1/24, Fri. 1/25, Mon, 1/28, Wed, 1/30

**February Session** - Mon, 2/18, Wed, 2/20, Fri, 2/22, Mon, 2/25, Wed, 2/27

Class is limited to four or eight students (to fill a table to practice). You must be able to attend all five classes. All supplies are provided.
$12.50 for Island Seniors, Inc., $25.00 for non-members

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*Ann Rodman*, Volunteer Coordinator, and her faithful *Page Turners*, have created the 2013 discussion book list. With the great attendance, the group has been meeting almost year round.

**Wednesday, December 12, 2012 at 2:30 p.m.** *Paris Wife* by Paula McLain

**Wednesday, January 9, 2013 at 2:30 p.m.** *The Big Year* by Mark Obmascik
Each year on January first, a quirky crowd of adventurers storms out across North America for a spectacularly competitive event called a Big Year, a grand, grueling, expensive, and occasionally vicious 365-day marathon of bird watching.

**Wednesday, February 13, 2013 at 2:30 p.m.** *Clay's Quilt* by Silas House
After his mother is killed, four-year-old Clay Sizemore finds himself alone in a small Appalachian mining town. Together, the townsfolk help Clay fashion a quilt of a life from what treasured pieces surround him.

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The Sanibel Library will have extra copies of these books. For questions, please contact Ann at annrodman@aol.com or at 395-2191.
Leisure Lunchers, Thrift & Consignment Connoisseurs

Join us for some great inexpensive fun. We try to carpool. Mark your calendar. Sign up is required.

Tuesday, January 15
Wednesday, February 27
Tuesday, March 26
Wednesday, April 24

Check the sign-up sheets in the kitchen for restaurants and thrift or consignment stores we will be visiting.

If you hear of a restaurant you’ve been wanting to try, let Sandi know so that she can plan. These lunches are a great way to meet new people and see new places.

Fun & Food!

THE CHORUS IS COMING!

Wednesday, March 6, 2013

Under the Direction of Steve Cramer, once again

The Sanibel Community Chorus Ensemble will perform at our Potluck Dinner.

To handle the many requests for reservations, the event will be at the Sanibel Recreation Center.

This will be the third year the Chorus Ensemble has performed for The Center 4 Life.

Potluck Dinner begins at 5:30 p.m. with the performance at 6:30PM. Please bring an appetizer to be enjoyed by all. Drinks and dessert will be provided by The Center 4 Life. No charge for members, $5.00 for non-members.

*** THIS EVENT IS AT THE SANIBEL RECREATION CENTER!! ***

Are you smarter than a 5th grader?

Thursday, January 17, 2013 ★ 5:30 p.m. at the Sanibel School

Our potluck dinner is the popular TV quiz show. What better place to meet than THE SANIBEL SCHOOL? Barbara Von Harten, Principal of the Blue Ribbon Winning School, has invited the Center 4 Life members to the school for this potluck program. She will introduce three fifth graders to help our contestants answer questions. You will really know if “You ARE Smarter Than a Sanibel 5th Grader!”

Please bring an appetizer that needs no silverware. Drinks and dessert will be provided. Potluck starts at 5:30 p.m. with the contest directly following. **NOTE: this event will be held at The Sanibel School cafetorium.** The room accommodates 100 people so please sign up and start studying! “THANK YOU” to The Sanibel School for hosting this event.

Weenie Wednesdays - 12:00 noon with Chef Doris Southerton and her Sous Chefs, Paul Duval and Bob Halverson, to serve a hotdog, potato chips and lemonade. $2.00 for members, $3.50 for non-members. Call 472-5743 by Wednesday morning to reserve a grilled hotdog. See you on the patio.
**Intro to PC Computers**

All classes 1:00 p.m. to 3:30 p.m.

This class is designed for the novice user. Turn on the PC and discover how to click, create, save and print a document.

Instructors Bruce and Christl Smith will explain the basics without a lot of jargon.

You must be able to attend all five sessions. $115.00 for members & $150 for non-members. Limit of 6 students.

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**Protect Yourself & your PC Online**

This class is designed to give you facts and specific tips to give you peace of mind using the Internet. Patty Waters is the instructor.

**Thursday, February 7 - 1 - 3 p.m.**

- $30 members, $45 non-members - Limit 8 per class
- Privacy controls, data mining
- Online piracy
- Email and spam
- "Phishing" schemes
- Advertising, "Do not track" controls
- Best security software
- What is "malware"?

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**PICASA with Patty and YOUR photos!**

Wed. & Thurs. April 3 - 4, 1 p.m. - 3 p.m.

If you email or browse the internet, you can do Picasa! 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 email. Order prints without a trip to the store.

You can crop, resize, sharpen and brighten colors. 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 signup. **NOTE:** Bring your camera, its cable, & memory card & card reader with 10 - 20 photos, or, we will have sample photos to practice with.

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**HAVING FUN WITH FACEBOOK**

**Thursday, January 31**

1 p.m. - 3 p.m.

Patty will demonstrate what Facebook is all about and help you decide to “dig in” or “pass it by”.

- $30 members, $45 non-members - Limit 6 per class
- Why it is the most visited website
- How to get set up your Account
- Understanding & Setting Up Privacy
- Creating a Profile
- How to find friends and family
- Sharing on Facebook
- Understanding your Newsfeed
- Uploading pictures

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**Returning in January!**

Ronda Seifer will be teaching classes on **iPhone and iPad**!

She will also be offering one-hour free tutorials to Island Seniors, Inc. Members Tuesday and Thursday mornings from 9 a.m. - 11 p.m. You must schedule an appointment with the front desk.

**Ronda arrives in December to set up her January to April schedule.**
January 18 - 12:30 p.m.
Memory Strategies with Cindi Ryerson of Millennium Cognitive Café. Limited to 25 participants. $10 for Island Seniors, Inc members, $15 for non-members. This overview of how our brain functions, how to stay brain fit and strategies to assist with memory in everyday life is a great starting point to any brain fitness program. This power point presentation and handouts will give you the tools you need to begin the process of coping with an aging mind but working towards optimum brain health. Learn how to tap into six cognitive domains and build cognitive reserve that will help ward off the potential of Alzheimer and Dementia in your lifetime.

January 25 - 1:30 p.m.
Image Matters “Dressing with Intent” Free event and open to the public. Sign up a must with limited seating. Christine Sherlock, Chief Image Officer and President of Image Matters will present and explain: The three key elements to dressing with intent. How to reverse the trend of wearing 20% of your wardrobe 80% of the time. How to save time and money when shopping for new clothes.

February 1 - 12 p.m. - 4 p.m.
Parish Nurses Senior Health Fair at the Center 4 Life - Sponsored by St. Michael’s & All Angels Episcopal Church, Sanibel Congregational United Church of Christ, and St. Isabel's Catholic Church. Health Screenings include; Memory Screenings, Hearing and Vision Screenings, Glucose, Blood Pressure, Balance Screenings and many more!

February 8 - 1:30 p.m.
“How do you Know when it’s Time to Make a Move to Assisted Living” by McKenzie Mills, Asst. Living Healthcare Marketing Specialist for Shell Point Retirement Community. This presentation will provide you with a better understanding of what the differences are between independent living, assisted living, and skilled nursing care. Whether you are considering Assisted Living for yourself or some you love, this presentation will help you to identify the signs for when you should consider a move to Assisted Living.

February 15 - Charity Bridge Tournament (see information on page 11)

February 22 - 1:30 p.m. Damaris Peters Pike “A Daughter Remembers Irving Berlin”. Limited seating. $5.00 donation for Island Seniors, Inc. members and $10.00 non-member donation. (See information on page 15)

March 1 - 2:00 p.m. “Memory Challenges” with Millennium Cognitive staff. Limited to 25 participants. $10 members; $15 for non-members. We talk at length about challenging our minds and pushing our limits with brain games. Now it’s time to walk the talk. We will begin with challenging brain games and mental puzzles such as the N Back Game and Pile Puzzler that will work the different levels of your mind, especially areas that have been dormant for years. Make challenging your brain a habit. Anytime you take your brain cells in a new, and challenging direction - you are doing yourself an absolute world of good.

March 8 - 1:30 p.m. "Planning Ahead, Downsizing, Selling Your Home, and How to Handle the Transition" by Mary Moore, Moving Resources Manager for Shell Point Retirement Community. Making a move can be overwhelming. Learn tips from Shell Point's moving resource manager on staging your home for sale, downsizing and “rightsizing” your belongings as you transition to your new home!

March 15 - 2 p.m. - “Coin Logic” with Millennium Cognitive staff, Limited to 25 participants. $10 for Island Seniors, Inc. members; $15 for non-members. The coin logic program will help develop and increase your understanding of patterns and variables. These games will strengthen logic and reasoning skills. Armed with a pile of coins, your mental powers will be put to the test in a series of challenging coin games.

SEE NEXT PAGE FOR MORE...
March 22 - 2:00 p.m. - Creative Problem Solving with Millennium Cognitive staff. Limited to 25 participants. $10 for members, $15 non-members. Creative problem solving is not just about getting the right answers. It’s about sharpening your mind to think logically. The human brain thrives on learning and experiencing new things. If something is routine or too easy, our brains are essentially operating on autopilot, which does little to boost our cerebral strength. By exposing ourselves to new activities, we are keeping our brains sharp and focused. Our class will include working with matchsticks and toothpicks in order to come up with the solution for the given problem.

March 29 - 1:00 p.m. Volunteer Appreciation Luncheon (see information on page 11)

April 5 - 1:30 p.m. - Is Your Memory Loss Normal? by Dr. Chris Votolato, Director of Behavioral Health at Shell Point Retirement Community. Dr. Votolato received his doctoral degree in Clinical Psychology from the America School of Professional Psychology in Washington DC. He has special interests in memory and cognition, as well as stress and anxiety. He will answer the question “Is your memory loss normal? He will define the differences between Alzheimer’s disease, dementia, and Cognition through the lifespan.

April 12 - 2 p.m. “Brain Basher Puzzles” by Millennium Cognitive staff. Limited to 25 participants. $10 for members, $15 non-members. Let them help you challenge your brain with these Brain Basher Puzzles. Join with them as they travel to Brain Boot Camp in order to boost your I.Q. and sharpen your memory. At the end of the program you’ll discover your memory will be noticeably sharper and your mind more agile. For example, are 1997 nickels worth more than 1992 nickels? To come up with the correct answer, you must learn to think outside the box which is exactly what this program will teach you. The puzzles are organized in levels from easy to difficult so you can increase the intensity of your mental workout as you progress through the program.

**AARP SAFE DRIVING COURSE**

"No matter the price, No matter how new, the best safety device in your car is "YOU."

Join Ed VanderHey

**Thursdays, January 10 & 17**  
**OR Thursdays, March 14 & 21**

1 p.m. - 4 p.m.

Discount on your auto insurance for those who complete the two session, six hour course. The cost is $14.00 with a $2.00 discount for AARP members.

Call Ed at 239-292-4012 to register.

**Weaving Class**

with Edie Flagg

Tuesday, January 22, 1:00 - 4:00 p.m.  
and Wednesday, January 23

9 a.m. - 1 p.m. in the Kraft Room

Learn to weave on a rigid heddle loom that is simple, compact, sturdy and portable. Setup is easy, and you can begin weaving right away. It is possible to use a variety of yarns on the rigid heddle, and it is perfect for weaving scarves, towels, fabric, and other items. We will weave a scarf in class. Yarn and the use of an Ashford rigid heddle loom are included in the fee. Up to five students. $85 for members, $100 non-members.
Island Seniors, Inc. members can buy coupon books at the Center 4 Life, 2401 Library Way, or at the Sanibel Recreation Center. Books of 12 coupons are $42 or 3 coupons for $10.50. They can be used to attend classes. Write checks to the City of Sanibel. Paid members of the Sanibel Recreation Center need to just show their photo membership card to attend classes.

**Happy Hour Fitness**

**Monday, Wednesday and Friday at 8:00 am**
Class begins with a joke from one of the participants to put you in the right frame of mind. The format it is 30 minutes of cardio, 20 minutes of barre & core strengthening and 10 minutes of stretching and flexibility work. Light hand weights, stretch cords, and your body weight will be used to keep you strong. Class ends with an inspirational thought for the day. **Sandi McDougall** is your instructor.

**Essential Total Fitness**

**Monday, Wednesday & Friday at 9:30 am**
(and 11:00 am beginning January 7, 2013)
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.

**Gentle Yoga**

**Tuesday and 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. We suggest you bring a towel. **Kris Brown** is your instructor.

**Chair Yoga**

**Tuesday and Thursday at 11:00 am**
Similar to gentle yoga but all poses are done with the use of a chair.

**Power Hour**

**Tuesday and 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 Basseri** is your instructor.

**Fit For Life Fitness**

**Tuesday Kayaking**

★ Jan. 8, 15, 22, 29  
★ Feb. 5, 12, 19, 26  
★ March 12, 19, 26  
★ April 2, 9, 16, 23, 30

A perfect outing 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 for Island Seniors, Inc. members and $10 for non-members per trip. Members 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.
these 2013 performances in September, 2012 for members that signed up. If you did not get to purchase your ticket, please put your name on the waiting list on the counter in the kitchen area. Members have needed to sell tickets in the past due to unscheduled visitors, etc. and we give them the names and phone numbers of those on the wait list.

**SISTER ACT**

**SATURDAY, JANUARY 5, 2013 - 2:00 P.M.**

*Sister Act* is Broadway’s feel-amazing musical comedy smash! The New York Post calls it “RIDICULOUSLY FUN,” and audiences are jumping to their feet in agreement! *Sister Act* tells the story of a wannabe diva whose life takes a surprising turn when she witnesses a crime and the cops hide her in the last place anyone would think to look – a convent! A sparkling tribute to the universal power of friendship, *Sister Act* is reason to REJOICE with music by eight-time Oscar winner Alan Menken! Members-$76.00 and non-members $86.

**BILLY ELLIOT**

**SATURDAY, FEBRUARY 23, 2013 - 2:00 P.M.**

*Billy Elliot* is the joyous celebration of one boy’s journey to make his dreams come true. Set in a small town, the story follows Billy as he stumbles out of the boxing ring and into a ballet class, discovering a surprising talent that inspires his family and his whole community and changes his life forever. Members $88.00 and non-members $98.00.

**ANYTHING GOES**

**SATURDAY, March 9, 2013 - 2:00 P.M.**

ALL ABOARD for Roundabout Theatre Company’s saucy and splendid production of *Anything Goes*, winner of three 2011 Tony Awards including Best Musical Revival and Choreography! Peppering this Cole Porter first-class comedy are some of musical theater’s most memorable standards, including *I Get a Kick out of You, You’re the Top*, and of course, *Anything Goes*. Don’t miss what the AP exclaims as, “So DELIGHTFUL, So DELICIOUS, So DELICIOUS!” Members $80.00 and non-members $90.00.

**DREAMGIRLS**

**WEDNESDAY, MAY 22, 2013 - 8 P.M.**

Full of onstage joy and backstage drama, *Dreamgirls* tells the story of an up-and-coming 1960s singing girl group, and the triumphs and tribulations that come with fame and fortune. This sensational new production of *Dreamgirls* features the unforgettable hits: *And I Am Telling You I’m Not Going, One Night Only* and *Listen*. This Tony and Academy Award winning musical sparkles like never before! Members $69.00 and non-members $79.00.

**CELEBRATION LUNCHEON TO HONOR OUR VOLUNTEERS**

Island Seniors, Inc. loves their volunteers and wants to honor them on **Friday, March 29 at 1:00 pm.** If you’ve been volunteering at the Center 4 Life, look for your invitation in the mail. Please mark your calendar so you can attend this delicious luncheon honoring you.
CATCH ME IF YOU CAN: January 5  $53 / $63

Based on the DreamWorks film, the true story that inspired it, CATCH ME IF YOU CAN is the splashy musical that tells of Frank W. Abagnale, Jr., a teenager who runs away in search of the glamorous life. With his boyish charm, a big imagination and millions of dollars in forged checks, Frank poses as a pilot, a doctor and a lawyer - living the high life and winning the girl of his dreams. When Frank’s lies catch the attention of FBI agent Carl Hanratty, Carl chases Frank to the end, and finds something unexpected. This delightful musical was created by a Tony Award®-winning dream team, with a book by Terrence McNally (The Full Monty, Ragtime), a score by Marc Shaiman & Scott Wittman (Hairspray), choreography by Jerry Mitchell (Hairspray, Legally Blonde) and direction by Jack O’Brien (Hairspray, The Full Monty, Dirty Rotten Scoundrels).

MARY POPPINS: January 19  $77 / $87

MARY POPPINS is bringing magic to theaters across the country, and has Variety raving, “This is the rare touring production that over-delivers on every level!!” Featuring an irresistible story and songs, plus breathtaking dance numbers, MARY POPPINS is all you could want in a Broadway show! New York Post gives this musical 4 out of 4 stars.

THE ADDAMS FAMILY: February 23  $52/$62

This smash-hit musical brings the darkly delirious world of Gomez, Morticia, Uncle Fester, Grandma, Wednesday, Pugsley and Lurch to spooky, spectacular life. “A rib-tickling, lunatic musical that will enthrall you to death!” according to Toronto Post City. This macabre comedy is created by Jersey Boys authors Marshall Brickman and Rick Elice, winning composer/lyricist Andrew Lippa (The Wild Party), choreographer Sergio Trujillo (Jersey Boys) and Award-winning directors Phelim McDermott & Julian Crouch (Shockheaded Peter), consulting by Tony Award® winner Jerry Zaks. Come meet the family and we’ll leave the lights off for you.

LES MISÉRABLES: March 16  $69 / $79

DREAM THE DREAM Cameron Mackintosh presents a 25th anniversary production with glorious staging and scenery inspired by Victor Hugo. This new production is acclaimed by critics, fans and new audiences. The New York Times calls LES MISÉRABLES “an unquestionably spectacular production”, The London Times hails the show “a five star hit, astonishingly powerful.”
Damaris Peters-Pike returns with
“A Daughter Remembers Irving Berlin”

Friday, February 22 at 1:30 p.m.

Assuming the role of Mary Ellin Barrett, Irving Berlin's oldest daughter, Damaris Peters Pike will tell the amazing story of his 101 years, which included scores of Broadway shows and movies and more than a thousand songs like White Christmas, Always, There's No Business Like Show Business, Blue Skies and God Bless America.

Sign up is necessary. $5.00 donation for Island Seniors, Inc. members and $10.00 for non-members. Don’t wait as this fills quickly.


February 9, 2013 - MIRACLE ON SOUTH DIVISION STREET by Tom Dudzick. A Brand-New Family Comedy from the Author of Over the Tavern & Greetings! A Regional Theatre Premiere!


April 20, 2013 - EDUCATING RITA by Willy Russell. An Olivier Award Winning BEST COMEDY from the author of Shirley Valentine!

We will also attend the newly remodeled Florida Rep Art-stage
March 23, 2013
THE FANTASTICS
The world’s longest running musical! Still playing in New York! $30 per ticket for
January 17 - Thursday – Flamingo Gardens with Lunch, Davie, Florida - Includes transportation, guided Gardens tour, wildlife encounter show, narrated tram tour, and lunch at the Gardens. **Flamingo Gardens** is one of the oldest botanical gardens in the South and includes over 3,000 tropical and sub-tropical plants. This is one of the best examples of “Old Florida” that is preserved for the public to enjoy. Ft. Myers pickup at 8 a.m. $69 members; $79 non-members.

January 22 - 24 – Tuesday – Thursday Three Day Tour to Key West - Location, Location, Location! We are staying right on Duval Street at LaConcha Hotel! Trip includes transportation, admission and lunch at **Theater of the Sea** in Islamorada, two nights accommodations with breakfast, one dinner, guided tram tour with hop-on, hop-off privileges and two-day pass, tickets to either **Hemmingway House** or **Truman Whitehouse** (your choice), **Mallory Square Sunset Celebration**, and more! Ft. Myers pickup at 7 a.m. $499 per person, double-occupancy for members and $549 per person double occupancy for non-members; $749 single for members & $799 single for non-members.

January 29 - Tuesday – Boca Raton Museum of Art PLUS Mizner Park - Includes transportation and admission to the Boca Raton Museum. Shopping and lunch (on your own) at the beautiful Mizner Park in Boca Raton. **Mizner Park** is a fun dining and shopping area built in the Spanish revival style architecture. $49 members; $59 non-members. Ft. Myers pickup at 7:30 a.m.

February 7 - Thursday – *NEW* Costume World’s Broadway Collection PLUS lunch, Pompano Beach - Trip includes transportation, guided tour of Costume World’s Broadway Collection featuring 100's of authentic Broadway costumes, lunch at their re-creation of Tavern on the Green including the Tavern’s crystal chandelier and china. $79 members; $89 non-members. Ft. Myers pickup at 7 a.m.

February 12 - Tuesday - The Dali Museum, St Petersburg - Includes transportation and admission to the Museum. Docent led tours are available throughout the day. There is a delightful café on the premises to enjoy a Dutch treat lunch at your leisure. $55 members; $65 non-members. Ft. Myers pickup at 8:30 a.m.

February 15 - Friday - Coral Castle and Historic Cauley Square Historic Village, Homestead Trip includes transportation, guided tour of famous Coral Castle, lunch, time at historic Cauley Square Historic Village. Discover the hidden gems of Homestead on this “Americana” tour. $69 members; $79 non-members. Ft. Myers pickup at 7:30 a.m.

February 18 - Monday - 100th Anniversary TITANIC Exhibit at the Mahaffey Theater and lunch, St. Petersburg. Includes transportation, admission to the Titanic Exhibit at Mahaffey Theater, lunch at Fresco’s on St. Pete’s famous pier and “visiting the pier” time. $79 members; $89 non-members. Ft. Myers pickup at 8:30 a.m.

March 5 - Tuesday - Fairchild Tropical Gardens in Coral Gables, Miami - Includes transportation, admission and guided tram tour of Fairchild Gardens. $59 members; $69 non-members. Ft. Myers pickup at 8:00 a.m.

March 7 - Thursday – Solomon’s Castle and Herrmann’s Original Royal Lipizzan Stallions Includes transportation, guided tour of Solomon’s Castle in Ona, lunch at the Castle, visit to Herrmann’s Royal Lipizzan Stallion Farm to see the fascinating training session. $79 members; $89 non-members. Ft. Myers pickup at 8:00 a.m.

March 19 - Tuesday - Original Miami South Beach Tour. Includes transportation, guided walking and riding tour of the historic Art Deco District, lunch on your own with time on Lincoln Road, guided sightseeing boat cruise around Biscayne Bay. $65 members; $75 non-members. Ft. Myers pickup at 6:30 a.m.
FEBRUARY BIRTHDAYS
Kay Croak.................. 1
Vida Zubkus............... 1
Donna Folsom............. 3
Tom Ledgerwood.......... 3
Margaret Curtin.......... 4
Barbara Vander Hey.... 5
Nina Browning........... 6
Donald Bluedorn......... 8
Arline Ford.............. 9
Maggie Davis............ 11
Stephen Flagg........... 11
Gilda Bostick........... 12
Pam Bowman.............. 12
Jean Cowper............. 12
Walter Dickinson........ 13
Bob Chamberlin.......... 15
Martin Kranning........ 15
Katrin Phocas........... 15
Bernard Spencer......... 15
Patricia Wilcox......... 15
Hanna Hintzen........... 16
Pat Poshek................
Mary Ellen Strecket......... 16
Myrwin (LM) Anderson... 17
Gordon Coughlin......... 17
Joseph Sacco............. 17
Marion Wright............ 17
Carol Strange........... 18
Cindy Timm.............. 18
Alexandra Bordluik...... 19
Ellen McLaughlin........ 19
Pamela Zapf............. 19
Katherine Reid.......... 19
George Freeman.......... 20
Bea Pappas............... 20
Mary Anne Chiti......... 20
Carolyn Bergen.......... 21
Don Ellenberger......... 21
Bernard Riley........... 21
Ruth Burgan............. 21
Nancy Hilger............. 25
Judith Leeder........... 25
Judie Sharbaugh......... 25
Michael Hnatow.......... 26
Kerry Trapp............... 26
Gail Chaney............... 26
Guy Tober................ 27
Judy Richmond.......... 28
Anne Krueger............

MARCH BIRTHDAYS
Marianne Drogosz........ 1
Eileen Roberts........... 1
Susan Riley.............. 1
Tom Curtin............... 2
Maureen Keyhan......... 2
Sally Ennis.............. 3
Daniel Moeder........... 3
Joyce Rikert............. 3
Louise Freedman......... 5
Dotty Mount.............. 5
Alice Walzer............. 5
Christine Godwinn...... 6
Allison Murdoch......... 6
Helane Smith............. 6
Merle Rauscher.......... 7
Saralee Christ........... 7
Robert Huppert.......... 8
Eve Necochea............ 8
Bob Bauer................ 9
Sarah Gore............... 9
Frances Starkweather.... 9
Jim Collini / Covell.... 10
Cherrie Galvin.......... 10
Charlotte Lattof......... 11
Christine Jennings...... 12
Marion Davis............ 12
Sandra Wolfe............. 12
Sylvia Benner........... 13
Betty Sammons........... 13
Glenda Campbell......... 13
Dawn Boesen............... 14
Jeanne Tyer.............. 14
Linda Harvey............. 14
Linda Scott.............. 14
Merle Kjonaas........... 15
Joan Staley.............. 15
Rosalie Fairman......... 16
Marilyn Mehalic......... 16
Claudia Johnson......... 17
Carol Saunders........... 17
Richard Cottrell........ 18
Methel Gale............. 18
Anne Wheeler / Haslem... 18
Jane Hopkins............. 19
Debbie Harris........... 20
Norma Kohn.............. 20
Trudy Williams........... 21
Robert Chuback......... 22
Judith Clark............. 23
Caren Schoen............ 23
Ed Vander Hey........... 23
Nelvis Abitol........... 24
Jan Burdick............. 24
Linda Estep.............. 24
Julia Lasata............. 24
Barbara McClure......... 24
Mary Stegman........... 24
Bobbe Trimen............ 24
Mary Lynn Harris........ 25
R.B. Robertson.......... 25
Marie Kenerson.......... 26
Marilyn Grossi........... 27
Hazel Amon............... 28
Mary Kelly............... 28
Eleanor Rende............ 28
Celia Taylor............. 28
Lynn Frey................. 29
Libby Countryman....... 30
Andy McKelvey........... 30
Murr Mooney............. 30
Lynn Quigley............... 30
Ann Urban................ 30
Sheila Morley........... 30

APRIL BIRTHDAYS
James Kuharich.......... 1
Ken Trombly............ 1
Joan Bannister.......... 2
Helen Kalish........... 2
Diane Kavaluskas....... 2
Bill Kelley.............. 2
Anne Bresslau........... 3
Nancy Green............. 3
Sonda Dawes............. 4
Bill Madsen / Ring...... 4
Susan Stuart............. 5
Joaanne Durst........... 5
Jodie Daugherty........ 6
Carl Calo............... 7
Frances Clegg........... 7
Deborah Butler.......... 9
Paul Caramico.......... 9
Lana Ross................. 9
Betty Lou Banks......... 10
Shirley Poetaf.......... 10
Phil Scheiber............. 10
David Sharpe............. 10
Roland Campbell.......... 12
JoAnne Fowler........... 12
Nisla Tolp............. 12
John Walley............. 12
Susan Elbers.............. 14
Lois Kohler.............. 15
Ethel Sinow.............. 15
Carmen DeTommaso........ 15
Bobbie Wasson.......... 17
Yolande Welch........... 17
Kate Fizer................. 18
Buck Kirkpatrick......... 18
Emily Kletzien......... 19
Susan Rosenberg......... 19
Carol Spencer........... 19
Sally Kennedy........... 20
Patricia Armstrong...... 21
Ann Tenney................. 21
Louise Fitzgerald........ 22
Karen Pati................. 22
Ann Moeder................. 22
Carol Johnstone......... 23
Tommy Williams.......... 23
Trudy Rauh............... 24
Mary Lou Krukar.......... 25
Judy Maurer.............. 25
Jennifer Rose........... 25
Paul Schiller........... 25
Barbara Stark........... 25
Janet Whitney........... 25
Laurel Rosenberg........ 26
Barbara Craig........... 27
Marian Denk.............. 27
Patti Sousa................. 27
Andrea Gainer........... 28
Barbara Jones........... 28

HAPPY BIRTHDAY!
### ~ January 2013 ~

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**Notes:**

- **ET Fit = Essential Total Fitness**
- **H & F = Hand & Foot**

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**YOU MAKE A DIFFERENCE!** We collect can tabs for the *Ronald McDonald House*. Bring them from home, and add to them from your drinks at the Center 4 Life. There are cardboard collection houses throughout the Center 4 Life.
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# March 2013

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