

*"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**

**email - [sandi.mcdougall@mysanibel.com](mailto: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



**Recreation Department  
Center 4 Life  
2401 Library Way  
Sanibel, Florida 33957**

**Center 4 Life hours \* Monday - Friday 8:00 a.m. - 5:00 p.m.**

**Songs from Sandi**

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*

**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***

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**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.**

A HAPPY  
NEW YEAR

**\$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](http://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.**

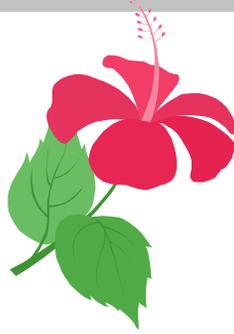
**Be a "good guy"!** If you sign up for an activity that is free and you discover you cannot attend, please call us immediately. This allows us time to call fellow members on the waiting list. We know you would like the same consideration.



## Special Member Messages

**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*



**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*

### **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*

*Third Annual*

## **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

Sign-up for five, fun and easy "Astrology 101" classes. You will learn where your planets were at your birth, how to draw -up your own basic horoscope, and what Astrologers say about you, your future, and your potential.

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.

## 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 1<sup>st</sup>**

*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
- ♦ March session: Tuesday 3/05, Thursday 3/07, Tuesday 3/12, Thursday 3/14.

Members \$10.00, non-members \$20.00 per session.

**Game Time is 1:00 during the "season"**

**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

OR

**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**



**Books and Games**

**BRIDGE**

1:00 p.m. Monday & Wednesday



**HAND & FOOT**

1:00 p.m. Tuesday

**MAHJONGG**

1:00 p.m. Thursday

**MEXICAN TRAIN**

1:00 p.m. Thursday



\$2.50 for members \$5.00 for non-members

**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**

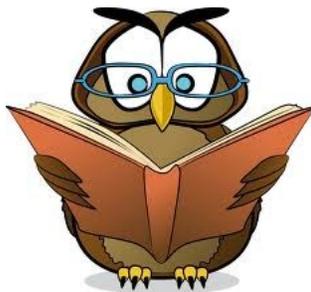
Ernest Hemingway's first wife, Hadley, narrates this novel set in Paris. A heart-breaking portrayal of love and torn loyalty.

**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.

**Page Turners**



**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](mailto: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.



### THE CHORUS IS COMING! 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 5<sup>TH</sup> 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 5<sup>TH</sup> 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.

## Computer Classes

### 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.

	February Classes	March Classes
Monday	2/04	3/04
Wednesday	2/06	3/06
Friday	2/08	3/08
Monday		3/11
Wednesday	2/13	3/13
Friday	2/15	

### 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 6 per class

- \* Privacy controls, data mining
- \* Online piracy
- \* Email and spam
- \* "Phishing" schemes
- \* Advertising, "Do not track" controls
- \* Best security software
- \* What is "malware"?

### PICASA with Patty and YOUR photos!



**Wed. & Thur. 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.

### 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

### 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.*

## Coping with Life - 10<sup>th</sup> Annual Friday Event Series

**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...**

## Coping with Life - 10<sup>th</sup> Annual Friday Event Series (cont)

**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.



## Fit For Life Fitness

### 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.

### 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.



### 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 Basseri** 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.

## 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.

## Naples Philharmonic Theater

Island Seniors, Inc. purchased the tickets to



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 DE-LOVELY!"  
**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.



## Barbara B Mann Theater 2013

Tickets to the 2013 performances below have been purchased for Island Seniors members that signed up last spring. If you did not sign up for a ticket, please put your name on the waiting list in the book on the counter in the kitchen area. If members find that they need to sell their tickets, we provide them with the names and phone numbers of those on the wait list. Staff will call ticket holders the Monday prior to the performance regarding where to pick up their tickets. **All performances are on Saturday at 2:00 pm.**

### **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 entertain 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 25<sup>th</sup> 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."

*Member tickets are \$21;  
Non-members are \$26.  
No seats are further back  
than row M.*

## FLORIDA REPERTORY 2013 SEASON

*All shows Saturdays at 2:00 p.m.*

*No additional tickets will be purchased seven days before the show. **YOU MUST PAY UPON SIGNING UP.** If you sign up, Island Seniors, Inc. will buy a ticket. We may meet before or after the play for brunch or dinner. Sandi picks up the tickets at the box office one hour prior to the 2:00 performance and hands them out in the lobby. If you are late, she will leave your tickets at the "will call" window for you.*

**January 5, 2013 - THE LITTLE FOXES**  
by Lillian Hellman. A Milestone in American Drama! "Dizzilyngly Deceptive! Devilishly Fun!"

**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!

**March 16, 2013 - OTHER DESERT CITIES** by John Robin Baitz. "The most richly enjoyable new play for grown-ups!"-New York Times

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



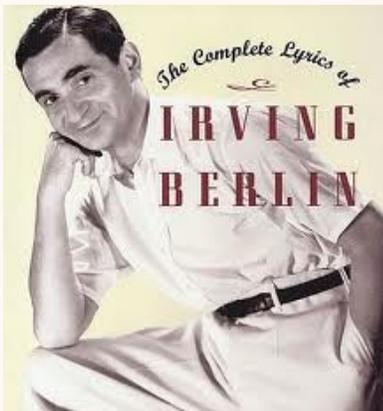
*We will also attend the newly remodeled Florida Rep Art-stage*

**March 23, 2013  
THE FANTASTICS**

*The world's longest running musical! Still playing in New York! \$30 per ticket for*

## 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.

## Discover Florida



## Trips - 2013

**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 **Hemingway 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.

**JANUARY BIRTHDAYS**

Myron Bucholtz	1
Sandra Greco	1
James Powell	1
Roxanne Van Bokkelen	2
Jeanine Allen	3
Ann Deignan	3
Anne Scott	4
Nannette Lehr	6
Hal Tray	7
Sophia Kuharich	7
Judy Arbuckle	8
Marsha Crawford	8
Brooke Simon	8
Carole Fallon	9
Maggie Butcher	10
Nancy DeBenedictis	10
Brian Mishell	10
Cornelia Reina	10
Rudy Chiti	12
Carol Good	12
John MacLennan	12
Thomas Taylor	12
Maria Dubie	13
Patrick Joe Manning	13
Jim Masterson	13
Mary Ryan	13
Linnea Sadd	14
Joan Manobianco	15
Gary Taibbi	15
Sue Harpham	16
Susan Schmidt	16
Mary Remele	17
Karan Tondo	17
Eileen Breen	18
Patricia Hewitt	18
Alice Richard	18
Nancy Bishop	19
Kathleen Jones	19
Beverly Heidorn	22
James Lawlor	22
Dorothy Panepinto	23
Joni Duncan	24
Bertha MacCarry	24
Judith McEntyre	25
Damaris Peters-Pike	26
Jane Ramseth	26
Carolyn Cook	27
David Adams	28
Michele LaMarche	28
Mary Anne Voinovich	28
Tom Batcheller	29
Suzanne Dubuc	29
Dick Dumais	29
Doris Frentress	29
Howard Rom	29
Mary Jaqua	30

**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	9
Stephen Flagg	11
Gilda Bostick	12
Pam Bowman	12
Jean Cowper	12
Walter Dickinson	13
Bob Chamberlin	15
Martin Kraninger	15
Katrin Phocas	15
Bernard Spencer	15
Patricia Wilcox	15
Hanna Hintzen	16
Pat Poshek	16
Mary Ellen Streckert	16
Myrwin (LM) Anderson	17
Gordon Coughlin	17
Joseph Sacco	17
Marion Wright	17
Carol Strange	18
Cindy Timm	18
Alexandra Bordiuk	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 Keyhani	2
Sally Ennis	3
Daniel Moeder	3
Joyce Rikert	3
Louise Freedman	5
Dotty Mount	5

Alice Walzer	5	Anita Marshall	31
Christine Godwin	6	Alan Smith	31
Allison Murdoch	6	<b>APRIL BIRTHDAYS</b>	
Helane Smith	6	James Kuharich	1
Merle Rauscher	7	Ken Trombly	1
Saralee Christ	7	Joan Bannister	2
Robert Huppert	8	Helen Kalish	2
Eve Necoechea	8	Diane Kavalasuskas	2
Bob Bauer	9	Bill Kelley	2
Sarah Gore	9	Anne Bresslau	3
Frances Starkweather	9	Nancy Green	3
Jim Collini / Covell	9	Sonda Dawes	4
Cherrie Galvin	10	Bill Madsen/Ring	4
Charlotte Lattof	11	Susan Stuart	5
Christine Jennings	12	Joanne Durst	5
Marion Davis	12	Judie Daugherty	6
Sandra Wolfe	12	Carl Calo	7
Sylvia Benner	13	Nancy Cleare	7
Betty Sammons	13	Jane Withers	7
Glenda Campbell	13	Fran Kieling	8
Dawn Boesen	14	Deborah Butler	9
Linda Harvey	14	Paul Caramico	9
Jeanne Tyrer	14	Lana Ross	9
Linda Scott	14	Betty Lou Banks	10
Merle Kjonaas	15	Shirley Poteat	10
Joan Staley	15	Phil Scheiber	10
Rosalie Fairman	16	David Sharpe	10
Marilyn Mehalic	16	Roland Campbell	12
Claudia Johnson	17	JoAnne Fowler	12
Carol Saunders	17	Nisla Tolp	12
Richard Cottrell	18	John Walley	12
Methel Gale	18	Susan Elbers	14
Anne Wheeler/Haslem	18	Lois Kohler	15
Jane Hopkins	19	Ethel Sinow	15
Debbie Harris	20	Carmen DeTommaso	15
Norma Kohn	20	Bobbie Wasson	17
Trudy Williams	21	Yolande Welch	17
Robert Chuback	22	Kate Fizer	18
Judith Clark	23	Buck Kirkpatrick	18
Caren Schoen	23	Emily Kletzien	19
Ed Vander Hey	23	Susan Rosenberg	19
Nelvis Abitol	24	Carol Spencer	19
Jan Burdick	24	Sally Kennedy	20
Linda Estep	24	Patricia Armstrong	21
Julia Lasata	24	Ann Tenney	21
Barbara McClure	24	Louise Fitzgerald	22
Mary Stegman	24	Karen Pati	22
Bobbe Trismen	24	Ann Moeder	22
Mary Lynn Harris	25	Carol Johnstone	23
R.B. Robertson	25	Tommy Williams	23
Marie Kenerson	26	Trudy Rauh	24
Marilyn Grossi	27	Mary Lou Krukar	25
Hazel Amon	28	Judy Maurer	25
Mary Kelly	28	Jennifer Rose	25
Eleanor Rende	28	Paul Schiller	25
Celia Taylor	28	Barbara Stark	25
Lynn Frey	29	Janet Whitney	25
Libby Countryman	30	Laurel Rosenberg	26
Andy McKelvey	30	Barbara Craig	27
Murr Mooney	30	Marian Denk	27
Lynn Quigley	30	Patti Sousa	27
Ann Urban	30	Andrea Gainer	28
Sheila Morley	30	Barbara Jones	28

## ~ January 2013 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b> <b>New Year's Day</b>  <b>CLOSED</b>	<b>2</b> 8:00 Happy Hr 9:30 ET Fit 12:00 Weenies 1:00 Bridge 1:00 Spreadsheet	<b>3</b> 8:00 Power Hr 9:30 YOGA 11:00 Chair Yoga 1:00 Mex Train 1:00 Mahjongg 1:00 Spreadsheet	<b>4</b> 8:00 Happy Hr 9:30 ET Fit	<b>5</b> 2:00 FL REP 2:00 BB Mann 2:00 PHIL
<b>6</b>	<b>7</b> 8:00 Happy Hr 9:30 ET Fit 11:00 ET Fit 11:00 Intermed Bridge Lesson 1:00 Bridge	<b>8</b> 8:00 Power Hr 8:30 KAYAK 9:30 YOGA 11:00 Chair Yoga 1:00 H & F 2:00 L.I.F.E.	<b>9</b> 8:00 Happy Hr 9:30 ET Fit 11:00 ET Fit 12:00 Weenies 1:00 Bridge 2:30 Page Turners	<b>10</b> 8:00 Power Hr 9:30 YOGA 11:00 Chair Yoga 1:00 Mex Train 1:00 Mahjongg 1:00 Safe Driv	<b>11</b> 8:00 Happy Hr 9:30 ET Fit 11:00 ET Fit 2:00 L.I.F.E.	<b>12</b>
<b>13</b>	<b>14</b> 8:00 Happy Hr 9:30 ET Fit 11:00 ET Fit 11:00 Intermed Bridge Lesson 1:00 Bridge	<b>15</b> 8:00 Power Hr 8:30 KAYAK 9:30 YOGA 11:00 Chair Yoga 11:30 LLunch 1:00 H & F 2:00 L.I.F.E.	<b>16</b> 8:00 Happy Hr 9:30 IS Board 9:30 ET Fit 11:00 ET Fit 12:00 Weenies 1:00 Bridge	<b>17</b> 8:00 Power Hr 9:30 YOGA 11:00 Chair Yoga 1:00 Safe Driv 1:00 Mex Train 1:00 Mahjongg 5:30 Potluck <b>Flamingo Gar- dens trip</b>	<b>18</b> 8:00 Happy Hr 9:30 ET Fit 11:00 ET Fit 12:30 Memory Strategies 2:00 L.I.F.E.	<b>19</b> 2:00 BB MANN
<b>20</b> <b>Inaugu- ration Day</b>	<b>21</b> <b>Martin Luther King</b>  <b>CLOSED</b>	<b>22</b> 8:00 Power Hr 8:30 KAYAK 9:30 YOGA 11:00 Chair Yoga 1:00 H & F 1:00 Weaving 2:00 L.I.F.E.  <b>Key West trip</b>	<b>23</b> 8:00 Happy Hr 9:00 Weaving 9:30 ET Fit 9:30MahJongg lessons 9:30MahJongg lessons 11:00 ET Fit 12:00 Weenies 1:00 Bridge <b>Key West trip</b>	<b>24</b> 8:00 Power Hr 9:30 YOGA 9:30MahJongg lessons 11:00 Chair Yoga 1:00 Mex Train 1:00 Mahjongg	<b>25</b> 8:00 Happy Hr 9:30 ET Fit 11:00 ET Fit 9:30MahJongg lessons 1:30 Image Mat- ters 2:00 L.I.F.E.	<b>26</b>
<b>27</b>	<b>28</b> 8:00 Happy Hr 9:30 ET Fit 9:30 Mahjongg lessons 11:00 ET Fit 11:00 Intermed Bridge lessons 1:00 Bridge	<b>29</b> 8:00 Power Hr 8:30 KAYAK 9:30 YOGA 11:00 Chair Yoga 1:00 H & F 2:00 L.I.F.E. MIZNER MUSE- UM Trip	<b>30</b> 8:00 Happy Hr 9:30 ET Fit 9:30MahJongg lessons 11:00 ET Fit 12:00 Weenies 1:00 Bridge	<b>31</b> 8:00 Power Hr 9:30 YOGA 11:00 Chair Yoga 1:00 Mex Train 1:00 Mahjongg 1:00 FACEBOOK	<b>Notes:</b>  <b>ET Fit = Essential Total Fitness H &amp; F = Hand &amp; Foot</b>	



***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 through out the Center 4 Life.

## ~ February 2013 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<b>1</b> 8:00 Happy Hr 9:30 ET Fit 11:00 ET Fit 12:00 Health Fair 2:00 L.I.F.E	<b>2</b> <b>Groundhog Day</b>
<b>3</b> <b>Super Bowl</b>	<b>4</b> 8:00 Happy Hr 9:30 ET Fit 11:00 ET Fit 11:00 Intermed Bridge Lesson 1:00 Bridge 1:00 PC Intro	<b>5</b> 8:00 Power Hr 8:30 KAYAK 9:30 YOGA 11:00 Chair Yoga 1:00 H & F	<b>6</b> 8:00 Happy Hr 9:30 ET Fit 11:00 ET Fit 12:00 Weenies 1:00 Bridge 1:00 PC Intro	<b>7</b> 8:00 Power Hr 9:30 YOGA 11:00 Chair Yoga 1:00 Mex Train 1:00 Mahjongg 1:00 Protect PC <b>Costume Museum Trip</b>	<b>8</b> 8:00 Happy Hr 9:30 ET Fit 11:00 ET Fit 1:00 PC Intro 1:30 Assisted Living Seminar	<b>9</b> <b>9:00 Arts &amp; Crafts Sale</b>  <b>2:00 FL REP</b>
<b>10</b>	<b>11</b> 8:00 Happy Hr 9:30 ET Fit 11:00 ET Fit 11:00 Intermed Bridge Lesson 1:00 Bridge 1:00 PC Intro	<b>12</b> 8:00 Power Hr 8:30 KAYAK 9:30 YOGA 11:00 Chair Yoga 1:00 H & F <b>Dali Museum Trip</b>	<b>13</b> 8:00 Happy Hr 9:30 ET Fit 11:00 ET Fit 12:00 Weenies 1:00 Bridge 1:00 PC Intro 2:30 Page Turners	<b>14</b> 8:00 Power Hr 9:30 YOGA 11:00 Chair Yoga 1:00 Mex Train 1:00 Mahjongg <b>Valentine's Day</b>	<b>15</b> 8:00 Happy Hr 9:30 ET Fit 11:00 ET Fit 1:00 Charity Bridge Tournament <b>Coral Castle Trip</b>	<b>16</b>
<b>17</b>	<b>18</b> 8:00 Happy Hr 9:30 ET Fit 9:30 Mahjongg Lessons 11:00 ET Fit 11:00 Intermed Bridge Lesson 1:00 Bridge <b>Presidents' Day</b> Titanic St Pete Trip	<b>19</b> 8:00 Power Hr 8:30 KAYAK 9:30 YOGA 11:00 Chair Yoga 1:00 H & F	<b>20</b> 8:00 Happy Hr 9:30 ET Fit 9:30 Mahjongg Lessons 9:30 IS Board 11:00 ET Fit 12:00 Weenies 1:00 Bridge	<b>21</b> 8:00 Power Hr 9:30 YOGA 11:00 Chair Yoga 1:00 Mex Train 1:00 Mahjongg	<b>22</b> 8:00 Happy Hr 9:30 ET Fit 9:30 Mahjongg Lessons 11:00 ET Fit 1:30 Damaris Peters Pike	<b>23</b> <b>2:00 PHIL</b>  <b>2:00 BB MANN</b>
<b>24</b>	<b>25</b> 8:00 Happy Hr 9:30 ET Fit 9:30 Mahjongg Lessons 11:00 ET Fit 11:00 Intermed Bridge Lesson 1:00 Bridge	<b>26</b> 8:00 Power Hr 8:30 KAYAK 9:30 YOGA 11:00 Chair Yoga 1:00 H & F 1:00 Astrology	<b>27</b> 8:00 Happy Hr 9:30 ET Fit 9:30 Mahjongg Lessons 11:00 ET Fit 11:30 LLunch 12:00 Weenies 1:00 Bridge	<b>28</b> 8:00 Power Hr 9:30 YOGA 11:00 Chair Yoga 1:00 Mex Train 1:00 Mahjongg	<b>Notes:</b>  <b>ET Fit = Essential Total Fitness</b> <b>H &amp; F = Hand &amp; Foot</b>	

## ~ March 2013 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<b>1</b> 8:00 Happy Hr 9:30 ET Fit 11:00 ET Fit 1:00 Astrology 2:00 Memory Challenge	<b>2</b>
<b>3</b>	<b>4</b> 8:00 Happy Hr 9:30 ET Fit 11:00 ET Fit 11:00 Intermed Bridge Lesson 1:00 Bridge	<b>5</b> <b>Voting All Day</b> 1:00 Astrology <b>Fairchild Gardens Trip</b>	<b>6</b> 8:00 Happy Hr 9:30 ET Fit 11:00 ET Fit 12:00 Weenies 1:00 Bridge <b>5:30 POTLUCK</b>	<b>7</b> 8:00 Power Hr 9:30 YOGA 11:00 Chair Yoga 1:00 Mex Train 1:00 Mahjongg <b>Solomons Castle trip</b>	<b>8</b> 8:00 Happy Hr 9:30 ET Fit 11:00 ET Fit 1:00 Astrology 1:30 Planning Ahead	<b>9</b> <b>2:00 PHIL</b>
<b>10</b> <b>Daylight Savings Time</b>	<b>11</b> 8:00 Happy Hr 9:30 ET Fit 11:00 ET Fit 11:00 Intermed Bridge Lesson 1:00 Bridge	<b>12</b> 8:00 Power Hr 8:30 KAYAK 9:30 YOGA 11:00 Chair Yoga 1:00 H & F 1:00 Astrology	<b>13</b> 8:00 Happy Hr 9:30 ET Fit 11:00 ET Fit 12:00 Weenies 1:00 Bridge 2:30 Page Turners	<b>14</b> 8:00 Power Hr 9:30 YOGA 11:00 Chair Yoga 1:00 Mex Train 1:00 Mahjongg 1:00 Safe Driving	<b>15</b> 8:00 Happy Hr 9:30 ET Fit 11:00 ET Fit 2:00 Coin Logic	<b>16</b> <b>2:00 FL REP</b> <b>2:00 BB MANN</b>
<b>17</b> <b>St. Patrick's Day</b>	<b>18</b> 8:00 Happy Hr 9:30 ET Fit 11:00 ET Fit 11:00 Intermed Bridge Lesson 1:00 Bridge	<b>19</b> 8:00 Power Hr 8:30 KAYAK 9:30 YOGA 11:00 Chair Yoga 1:00 H & F <b>Miami Trip</b>	<b>20</b> 8:00 Happy Hr 9:30 ET Fit 9:30 IS Board 11:00 ET Fit 12:00 Weenies 1:00 Bridge	<b>21</b> 8:00 Power Hr 9:30 YOGA 11:00 Chair Yoga 1:00 Mex Train 1:00 Mahjongg 1:00 Safe Driving	<b>22</b> 8:00 Happy Hr 9:30 ET Fit 11:00 ET Fit 2:00 Creative Problem Solving	<b>23</b> <b>2:00 FL REP</b>
<b>24</b> <b>Palm Sunday</b>	<b>25</b> 8:00 Happy Hr 9:30 ET Fit 11:00 ET Fit 11:00 Intermed Bridge Lesson 1:00 Bridge	<b>26</b> 8:00 Power Hr 8:30 KAYAK 9:30 YOGA 11:00 Chair Yoga 11:30 LLunch 1:00 H & F	<b>27</b> 8:00 Happy Hr 9:30 ET Fit 11:00 ET Fit 12:00 Weenies 1:00 Bridge	<b>28</b> 8:00 Power Hr 9:30 YOGA 11:00 Chair Yoga 1:00 Mex Train 1:00 Mahjongg	<b>29</b> 8:00 Happy Hr 9:30 ET Fit 11:00 ET Fit 1:00 Volunteer Appreciation Luncheon <b>Good Friday</b>	<b>30</b>
<b>31</b> <b>Easter</b>	<b>Notes:</b> ET Fit = Essential Total Fitness H & F = Hand & Foot					

## ~ April 2013 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> 8:00 Happy Hr 9:30 ET Fit 1:00 Bridge	<b>2</b> 8:00 Power Hr 8:30 KAYAK 9:30 YOGA 11:00 Chair Yoga 1:00 H & F	<b>3</b> 8:00 Happy Hr 9:30 ET Fit 12:00 Weenies 1:00 Bridge 1:00 PICASA	<b>4</b> 8:00 Power Hr 9:30 YOGA 11:00 Chair Yoga 1:00 Mex Train 1:00 Mahjongg 1:00 PICASA	<b>5</b> 8:00 Power Hr 9:30 ET Fit 1:30 Dr Votolato	<b>6</b>
<b>7</b>	<b>8</b> 8:00 Happy Hr 9:30 ET Fit 1:00 Bridge	<b>9</b> 8:00 Power Hr 8:30 KAYAK 9:30 YOGA 11:00 Chair Yoga 1:00 H & F	<b>10</b> 8:00 Happy Hr 9:30 ET Fit 12:00 Weenies 1:00 Bridge 2:30 Book Club	<b>11</b> 8:00 Power Hr 9:30 YOGA 11:00 Chair Yoga 1:00 Mex Train 1:00 Mahjongg	<b>12</b> 8:00 Happy Hr 9:30 ET Fit 2:00 Brain Bashers	<b>13</b>
<b>14</b>	<b>15 Tax Day</b> <b>(Taxes Due)</b> 8:00 Happy Hr 9:30 ET Fit 1:00 Bridge	<b>16</b> 8:00 Power Hr 8:30 KAYAK 9:30 YOGA 11:00 Chair Yoga 1:00 H & F	<b>17</b> 8:00 Happy Hr 9:30 ET Fit 9:30 IS Board 12:00 Weenies 1:00 Bridge	<b>18</b> 8:00 Power Hr 9:30 YOGA 11:00 Chair Yoga 1:00 Mex Train 1:00 Mahjongg	<b>19</b> 8:00 Happy Hr 9:30 ET Fit	<b>20</b> <b>2:00 FL REP</b>
<b>21</b>	<b>22 Earth Day</b> 8:00 Happy Hr 9:30 ET Fit 1:00 Bridge	<b>23</b> 8:00 Power Hr 8:30 KAYAK 9:30 YOGA 11:00 Chair Yoga 1:00 H & F	<b>24</b> 8:00 Happy Hr 9:30 ET Fit 12:00 Weenies 1:00 Bridge <b>Administrative Professionals</b>	<b>25</b> 8:00 Power Hr 9:30 YOGA 11:00 Chair Yoga 1:00 Mex Train 1:00 Mahjongg	<b>26</b> 8:00 Happy Hr 9:30 ET Fit  <b>Arbor Day</b>	<b>27</b>
<b>28</b>	<b>29</b> <b>9:00 Happy Hr</b> 12:30 Bridge <b>CLOSE @ 3:30</b> <b>p.m. begins</b>	<b>30</b> 8:00 Power Hr 8:30 KAYAK 9:30 YOGA 11:00 Chair Yoga 12:30 H & F	<b>Notes:</b>  <b>ET Fit = Essential</b> <b>Total Fitness</b> <b>H &amp; F = Hand &amp; Foot</b>			