



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

THE CENTER 4 LIFE PROGRAM

September, October, November, December 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.

Trish Phillips, Center 4 Life Program Administrator (239) 472-5743 Fax 472-1413
email: trish.phillips@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



Warm Greetings from Trish,

Sanibel has that wonderful hometown feeling and sense of community. I'm fortunate enough to have been selected as your new Program Administrator. I look forward to greeting you when you return to the Center 4 Life.

Let me share a little bit about myself. I've been affiliated with the Island since 1970. My husband and I will be celebrating 29 years of marriage. We have four beautiful children and are grandparents to one. Some of you may already know me from my work at the Recreation Center. Since I began working at the Center 4 Life in early August, everyone here has been so helpful and friendly. When you are in the area please stop in to see me. I will be happy to speak to you and provide the latest information regarding our programs. Just take a peek inside this newsletter and see some of the fun we will be having this season. Safe travels and I look forward to seeing you soon!

Sincerely, Trish Phillips

From the President By Katie Reid

Fall is always a rebirth for me. It means heading back to Sanibel, reconnecting with friends, and pursuing activities put on hold for the summer. This year it means working with **Trish**, our new Administrator. **Sandi** has retired from the Center, but her personality, activities, and energy continue. Take a look at all that is planned in the months ahead.

Your Island Seniors, Inc. Board continues to work hard for the good of the members of the Center 4 Life.

Meetings with the City are ongoing. We continue to discuss plans for a new Center in the future. We are studying the needs of the community. If you wish to identify a need not currently being addressed, your input is welcome. Have a great Fall and see you all soon. **Katie**



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Get your next newsletter faster, in color, and have it handy all the time!



The easiest way is to send Trish an email at TRISH.PHILLIPS@MYSANIBEL.COM. You can type "NEWSLETTER " in the subject area. As soon as the next newsletter is available, she will send you an email with a direct link to the newsletter on the City of Sanibel website. You can print out the calendars or birthdays or simply view them online. See page 13 for steps to see this newsletter online today.



Trash & Treasure Sale

Saturday, November 16, 2013

9:00 a.m. - 1:00 p.m.



We are collecting a fabulous stash of donated items from our members and the community. Bring your clean, gently used items to the Center 4 Life. Items include:

- ◆ Household Furniture
- ◆ Home Decorations
- ◆ Fishing, Boating Supplies
- ◆ Hardware or Tools
- ◆ CD's and DVD's
- ◆ Glassware
- ◆ Dishes & Utensils
- ◆ Sporting Goods
- ◆ Linens (Towels, Sheets, Pillows)
- ◆ Fashion Purses and Wallets
- ◆ Purses
- ◆ Jewelry
- ◆ Books
- ◆ Collectibles
- ◆ Luggage
- ◆ Cookware
- ◆ Toys
- ◆ Small Electronics

Bring donations to Trish's office during normal open hours. No clothes, shoes, computers, printers or old TV's, please. If you have questions or need help to pick up your items, please call Mary Ann Gilhooley at 472-3565.



Parish Nurses Community Health Fair



Friday, February 7, 2014 * 1:00 - 4:30 p.m.

Kick off Healthy Heart month by coming to the Center for numerous, **free** health screenings. Sponsored by St. Michael's & All Angels Episcopal Church, Sanibel Congregational United Church of Christ and St. Isabel's Catholic Church.



Arts and Crafts Bazaar

Saturday, February 8, 2014



Fourth Annual



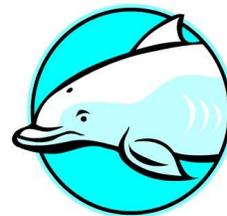
JUSTINE SMITH
Charity Bridge Tournament
Friday, February 14, 2014

TRAVEL

Sign up and bring or send payment to the Center 4 Life to ensure your travel reservations.

**Miami Dolphins vs. Buffalo Bills
Sunday, October 20**

Join **John Brown** as he boards the bus at **8:15 a.m.** in Fort Myers to attend this live football game. \$89 for members and \$99 for non-members which includes round trip transportation, reserved corner ticket to the **1:00 p.m. game**, Trendy Tours exclusive pre-game party with food and beverages (soda, water, beer).



Reminder: This trip is “family-oriented” and unruly behavior will not be tolerated. Offenders will not be allowed to enjoy our transportation home.

**“Costume World” Broadway Collection
in Pompano Beach**

*** NOTE THE DATE CHANGE ***



Join us **Tuesday, November 5, 2013** for this amazing guided tour of over 100 costumes. If you LOVE Broadway Shows and NYC, then this is the trip for you! \$89 for members and \$99 for non-members. Includes round trip transportation, tour through the museum with a story about the costumes and a delicious lunch. Costume World has created world famous “Tavern on the

Green” for our luncheon experience complete with original chandeliers. **Fort Myers pickup is 7:30 a.m.**

A Country Christmas In Nashville

A Few Seats Still Available



Our annual holiday trip is **December 2 – 9, 2013**, with Trendy Tours. **\$1,299 pp. double, \$1,699 single.** Final payment will be due on **October 1st** and cancellation penalties will apply. Island Seniors Inc. underwrote \$100 per person *FOR THEIR MEMBERS.*

- ★ Roundtrip transportation
- ★ 7 breakfasts, 3 lunches, 6 dinners
- ★ The Hall of Trees
- ★ Steve Hall and the Shotgun Red Christmas Show
- ★ The Rockettes at the Grand Ole Opry
- ★ Country Music Hall of Fame Tour
- ★ Belle Mead Plantation Tour
- ★ Seven nights accommodations
- ★ Admission fees to ICE
- ★ Treasures for the Holidays Show
- ★ Lorrie Morgan Dinner Show
- ★ RCA Studio Tour
- ★ Jack Daniel’s Distillery Tour

WATERCOLOR

With Bea Papas on Fridays

September 6, 13 & 27

October 4, 11 & 25

November 1 & 8

12:30-3:00 p.m.

Are you looking for a creative outlet? If you have some painting experience and would like to work from a still life or photo, join us on Fridays. \$20.00 per session for Island Seniors, Inc. members and \$25.00 for non-members.

ART ~ BOOKS ~ GAMES

MONDAY, OCT. 28 - ALL GAMES CHANGE STARTING TIME TO 1:00 p.m.

BRIDGE

12:30 p.m. Monday & Wednesday

HAND & FOOT

12:30 p.m. Tuesday

MAHJONGG

12:30 p.m. Thursday

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



PAGE TURNERS

Ann Rodman, (Volunteer Coordinator,) and the Page Turners, have enjoyed great attendance so the group has been meeting almost year round.



Wednesday, September 11 - Snow Flower and the Secret Fan at 12:00 noon for discussion. Bring your lunch for the movie.

Wednesday, October 9 - Truth and Beauty by Ann Pachett at 2:30 p.m.

Wednesday, November 13 - Wild: From Lost to Found on the Pacific Coast Trail by Cheryl Strayd at 2:30 p.m.

Wednesday, December 11 - Winter Solstice by Rosamunde Pilcher at 2:30 p.m.

If you are not on the Page Turners list, and wish to be, please email annrodman@aol.com. The Sanibel Library will have extra copies of these books. For questions, please contact Ann at annrodman@aol.com or at **395-2191**.



GREAT VOLUNTEER OPPORTUNITY!

Volunteer chairperson, **Ann Moeder**, is looking for a volunteer for **Monday mornings during season (November - April.)** If you can help the Center, please call Ann at home at 472-5293 or on her cell 313-0844 or via email dmoeco@aol.com

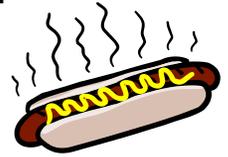
Bring your \$20 check to any of these events to renew your membership for 2014

FUN & FOOD

GOBLIN'S LUNCHEON - OCTOBER 30 - 11:00 AM



Come to the Center mid-Halloween week
 We wont try to "trick" you
 We'll serve you a "treat"
 You'll get a drink, chips & a yummy "halloweenie"
 So show some "spirit" and don't be a meanie
 Just arrive Wed., October 30th at 11:00 on the clock
 Members will be free if you don a Halloween frock
 A touch of orange & pumpkins will do
 If you don't, come prepared for a big "BOO"!



It's that time of the year again ..

Seasonal Sing-a-Long And Potluck Dinner

Wednesday, December 4, 2013

Festivities begin at 5:30 p.m. with the Potluck Dinner. Please bring a finger food to share. Drinks and desserts will be provided by the Center 4 Life. No charge for Members and a \$5.00 fee for non-members.

Right after dinner we will participate in our Sing-A-Long of seasonal songs. Practice your favorite holiday songs for group participation. Our Host will provide the songs and words; just sing-a-long. No one will be embarrassed, as there are no solo performances. Get in the holiday mood and attend this joyous event!

*Sign up early as we can only accept 60 attendees. **Wear your Festive attire!!***

Save



the Date!

The Island Seniors, Inc. Annual Meeting Friday, December 13 at 11:30 a.m.

Our guest speaker is one of the world's best-known wildfowl wood sculptors. It is Sanibel island resident, **Jim Sprankle**.

Before becoming a wood sculptor, Jim was a professional pitcher for the Brooklyn Dodgers and Cincinnati Reds, a public relations banking executive and a self-employed businessman. His presentation will be very interesting.

In addition to our short meeting, there will be an update on the "new" Center 4 Life.

Remember to sign up so we can arrange for the right amount of food and tables and chairs.



Fit For Life Fitness

Island Seniors, Inc. members can buy coupon books to attend these classes 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. Write checks to the **City of Sanibel**. Paid members of the Sanibel Recreation Center need to just show their membership card to attend classes.



Happy Hour Fitness

Monday, Wednesday & Friday at 9:00 a.m.

Switching to 8:00 a.m. on Monday, October 7

This class keeps your brain fit and your heart, lungs and muscles strong with a combination of aerobics, muscle conditioning exercises and balance. Hand weights, stretch cords, and your body weight will be used to keep you strong to do what you want to keep doing. The class begins with a joke from one of the participants to set the mood for the entire class hour.

Essential Total Fitness (ETF)

Monday, Wednesday & Friday at 10:30 a.m.

Switching to 9:30 am on Monday, October 7

This class includes cardio, muscle strengthening and flexibility training with hand weights, stretch cords, chairs and stability balls.

Power Hour

Tuesday and Thursday at 8:00 a.m.

Hand weights, stretch cords and stability balls along with mats are used to strengthen your muscles, improve your core strength and balance.

Gentle Yoga

Tuesday and Thursday at 9:30 a.m.

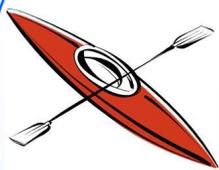
This class is designed to stretch, tone and strengthen while improving flexibility, proper alignment and circulation. Class exercises with mats and meets the needs of varying experience levels. We suggest you bring a towel.



Chair Yoga

Classes resume November 19

Tuesday and Thursday at 11:00 a.m. Similar to Gentle Yoga but all poses are done in a chair.



Tuesday Kayaking

A perfect outing for people who enjoy the outdoors. There is space for 16 people on our eight two-person kayaks and unlimited space for those who own their own kayaks.

- ★ September 10 & 24
- ★ October 8 & 22
- ★ November 12, 19, 26
- ★ December 3, 10, 17

The two leaders for each outing determine the location. Leaders pay no fees and reserve the

right to change the **8:30 a.m. 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 a towel (to roll and support your back), water, a 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. **PAYMENT MUST BE MADE WHEN YOU SIGN UP.** We have established an additional waiting list.

Naples Philharmonic Theater 2013-14 Performances



Island Seniors, Inc. is attempting to secure a bus for these performances. If Island Seniors, Inc. purchased your ticket and you need to sell your ticket later, we will provide you a waiting list of members to call. This works well as many people join the Center 4 Life after tickets have been purchased. Everyone will be called Monday prior to the performance as a reminder that their tickets are available at the Center 4 Life.

WEST SIDE STORY

SATURDAY, DECEMBER 28, 2013 - 2:00 P.M.

Members \$90; Non-members \$100

More than fifty years ago one musical changed theater forever. Now it's back and mesmerizing audiences once again. From the first note to the final breath, *West Side Story* soars as the greatest love story of all time. This revival, based on Tony Award winning librettist Arthur Laurent's Broadway direction, remains as powerful, poignant and timely as ever. The Bernstein and Sondheim score is considered to be one of Broadway's finest and features such classics of American musical theatre as "*Something's Coming*", "*Tonight*", "*America*", "*I Feel Pretty*" and "*Somewhere*." As the *Associated Press* says, "*West Side Story* remains Broadway's best dance-driven musical. Five decades have not dimmed the extraordinary choreography or the score that pulsates throughout."

PORGY AND BESS

SATURDAY, JANUARY 25, 2014 - 2:00 P.M.

Members-\$90; Non-members \$100



Praised by the *New Yorker* as, "A great achievement!" and hailed by *The Associated Press* as, "a gorgeous version of the Gershwin masterpiece," the classic story of *The Gershwins' Porgy and Bess* is set in

Charleston's fabled Catfish Row, where the beautiful Bess struggles to break free from her scandalous past, and the only one who can rescue her is the crippled but courageous Porgy. Threatened by her formidable former lover Crown, and the seductive enticements of the colorful troublemaker Sportin' Life, Porgy and Bess' relationship evolves into a deep romance that triumphs as one of theater's most exhilarating love stories.



JERSEY BOYS

SATURDAY, MARCH 15, 2014 -

2:00 P.M.

Members \$90; Non-members \$100

How did four blue-collar kids become one of the greatest successes in pop music history? Find out at the runaway smash-hit, JERSEY BOYS. Winner of the Best Musical Tony Award® on Broadway, in London and Australia, this blockbuster phenomenon takes you up the charts, across the country and behind the music of Frankie Valli and The Four Seasons. Experience electrifying performances of the golden greats that took these guys to the Rock and Roll Hall of Fame: "Sherry," "Big Girls Don't Cry," "Can't Take My Eyes Off You," "Dawn," "My Eyes Adored You," and more. Don't miss the sensation that's a Broadway triumph, was named the number one show in Las Vegas and continues to break records across America, bringing countless audiences to their feet. As *The New York Times* says, "The crowd goes wild!"

EVITA

SATURDAY, APRIL 5, 2014 - 2:00 p.m.

Members-\$90.00; non-members \$100.00

Tim Rice and Andrew Lloyd Webber's Tony Award®-winning musical returns at last! Eva Perón used her beauty and charisma to rise meteorically from the slums of Argentina to the presidential mansion as First Lady. Adored by her people as a champion for the poor, she became one of the most powerful women in the world, while her greed, out-sized ambition and fragile health made her one of the most tragic. *Evita* tells Eva's passionate and unforgettable true story, and features some of theater's most beautiful songs, including "*Don't Cry for Me Argentina*", "*Another Suitcase in Another Hall*" and "*High Flying, Adored*."





Barbara B Mann Theater 2013-2014

Tickets to the performances listed have been purchased. If you signed up for a ticket, Island Seniors, Inc. ordered your ticket and paid for your ticket. If you find you need to sell your ticket later, we will provide a waiting list of members to call. This works well as many members join the Center 4 Life after Island Seniors, Inc. has purchased the tickets. If you missed the sign-up and want to attend, please call us to put your name on that waiting list. All ticket holders will be called a week before each performance as a reminder that their tickets are available for pick-up at the Center. This year, the Island Seniors, Inc. once again underwrote \$10.00 for members tickets. Makes you glad you're a member!

All performances are on Saturday at 2:00 pm.

WE WILL ROCK YOU December 21, 2013

\$59 member/ \$69 non-member

Tickets not available for group discount due to insufficient sign ups.

WIZARD OF OZ January 25, 2014

\$59 member/ \$69 non-member

The most magical adventure of all. Andrew Lloyd Webber's new production of The Wizard of Oz is an enchanting adaptation of the all-time classic, totally reconceived for the stage. Developed from the MGM screenplay, this new production contains all the beloved songs from the Oscar-winning movie score, all the favorite characters and iconic moments, plus a few surprises along the way, including new songs by Time Rice and Andrew Lloyd Webber.



ONCE February 22, 2014

\$64 member/ \$74 non-member



Winner of 2012 Tony Awards including Best Musical, ONCE is a truly original Broadway experience. Featuring an impressive ensemble of actor/musicians who play their own instruments

onstage, ONCE tells the enchanting tale of a Dublin street musician who's about to give up on his dream when a beautiful young woman takes a sudden interest in his haunting love songs.

As the chemistry between them grows, his music soars to powerful new heights but their unlikely connection turns out to be deeper and more complex than your everyday romance. Emotionally captivating and theatrically breathtaking, ONCE draws you in from the first note. It's an unforgettable story about going for your dreams, not living in fear, and the power of music to connect all of us.

WAR HORSE

March 15, 2014

\$64 member/ \$74 non-member

A heart-warming tale of loyalty and friendship, WAR HORSE is the winner of FIVE 2011 Tony Awards. England, 1914; as World War One begins, Joey, young Albert's beloved horse, is sold to the cavalry and shipped from England to France. He's soon caught up in enemy fire, and fate takes him on an extraordinary journey, serving on both sides before finding himself alone in no man's land. But Albert cannot forget Joey and, still not old enough to enlist, he embarks on a treacherous mission to find him and bring him home.



This powerfully moving and imaginative drama, filled with stirring music and songs, is a show of phenomenal inventiveness that is currently playing to packed houses in London and around the world. At its heart are astonishing life-sized puppets created by South Africa's Handspring Puppet Company, that bring to life breathing, galloping, charging horses strong enough for men to ride.

MILLION DOLLAR QUARTET April 5, 2014

\$59 member/ \$69 non-member

The Tony Award winning Broadway musical, inspired by the electrifying true story of the famed recording session where Sam Phillips, the "Father of



Rock 'n Roll" brought together icons Elvis Presley, Johnny Cash, Jerry Lee Lewis and Carl Perkins for one unforgettable night.

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

FLORIDA REPERTORY 2013/2014 SEASON

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. The administrator 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, your tickets will be at the "will call" window for you.

SOCIAL SECURITY by Andrew Bergman **November 2, 2013**

An Uproarious Comedy where Modern Art Meets Family Mayhem! New York Post says "The play is a hoot! A Sophisticated, Civilized Hoot!"

MY THREE ANGELS

by Sam & Bella Spewack
December 7, 2013

A Devilishly Funny Holiday Classic! A Not-to-be-Missed Christmastime Comedy! From the Authors of **Kiss Me, Kate** and **Boy Meets Girl!**

ARSENIC AND OLD LACE

by Joseph Kesserling.
January 11, 2014

The Classic Comedy that Kills with Kindness! One of the Most Beloved American Plays of All-Time!" "So funny that None of Us will Ever Forget it!" *New York Times*.

HEART SONG by Stephen Sachs

Theatre changed performance date !

Saturday, April 26, 2014

A WORLD PREMIERE! A Touching, Heartfelt & Moving Comedy about Life Renewed!

CLYBOURNE PARK by Bruce Norris

March 22, 2014

A Pulitzer Prize and Tony-winning Best Play! A Regional Theatre Premiere! "Superb, Elegantly Written, and Hilarious! The New Yorker

THE HOUND OF THE BASKERVILLES

Theatre changed performance date !

Sunday, February 16, 2014

Adapted from Arthur Conan Doyle's Novel and by Steven Canny & John Nicholson. A Comic Twist on a Classic Tale! The 29 Steps Meets Sherlock Holmes!

Florida Rep ArtStage STUDIO THEATER

\$30 per ticket, members; \$35 non-members.

PERFORMANCE CHANGED TO COLLECTED STORIES

by Donald Margulies

Saturday, November 9, 2013

A provocative and gripping story of friendship and betrayal.

A GRAND NIGHT FOR SINGING

Music by Richard Rodgers

Lyrics by Oscar Hammerstein II

Music Arrangements by Fred Wells

Conceived by Walter Bobbie.

Saturday, February 1, 2014

A Dazzling Musical Revue! A Love Letter to the Music of Rodgers & Hammerstein!



Keeping Up with Technology

PICASA with Patty and YOUR photos!

**Wed. & Thurs., September 18 & 19 OR
Wed. & Thurs., November 6 & 7
1:00 - 3:00 p.m.
Two 2 hr. Sessions per class**

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.

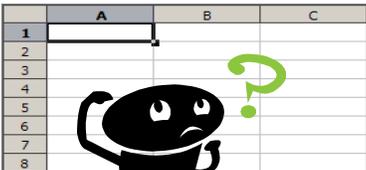
You can crop, resize, sharpen and brighten colors. A four-hour investment in time gets you started in preserving memories in a format you can enjoy and share. .

Class limited to 6. Your paid reservation guarantees your seat. \$60 for members, \$90 for non-members.

NOTE: Bring your camera, its cable, memory card and card reader with 10 - 20 photos, or, we will have sample photos to practice with.

WHAT'S A SPREADSHEET?

**Wed. & Thurs., October 29 & 30 OR Wed. & Thur. December 4 & 5
1:00 - 3:00 p.m. - Two 2 hr. Sessions per class**



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

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

***Returning in January!* Ronda Seifer**

Classes on iPhone and iPad!
Ronda arrives in December to set up her January to April schedule.



For Members Only

Free Computer Help With *Ronda*

She will be offering one-hour *free* tutorials to Island Seniors, Inc. Members Tuesday and Thursday mornings from 9:00 am - 11:00 pm. You must schedule an appointment with the front desk.

SEPTEMBER

Cecelia Copeland .. 1
 Kay Brigham .. 1
 Kelly Collini / Covell 2
 Raymond Luebbers 2
 Sally Reed .. 2
 Shirley Rigsby .. 2
 Minnie Sanders .. 2
 Karen Sloan .. 2
 Annette Cantalupo 2
 Chuck Ramseth .. 2
 Donna Kjonaas/Smith .. 3
 Elaine Walker .. 3
 Bob Davis .. 4
 Mike DeTommaso 4
 Sally Divenere .. 4
 Barbara Ellis .. 4
 Helene Weyant .. 4
 Dolores Mishell .. 4
 Bridget Funk .. 6
 Maureen Ginipro .. 6
 Irene Gaina .. 7
 Jerry Nichols .. 7
 Al Remling .. 7
 Sheila Hoen .. 8
 Mike Gieryc .. 9
 Carol Hagerman .. 9
 Ernie Hoen .. 9
 Jill Coughlin .. 9
 Lil Waterhouse .. 10
 Valerie Willis .. 10
 Mona Cline .. 12
 Margaret Currie .. 12
 Richard Schreck .. 13
 Georgia Wellman .. 13
 Katie Reynolds .. 14
 Jules DuPre .. 16
 Bill Sartoris .. 16
 Elizabeth Sheffield .. 16
 Enid Packard .. 17
 Linda Tedeschi .. 17
 Anne Burden .. 18
 Edie DuGoff .. 18
 Kathleen Green .. 18
 Kathy Huldrum .. 18
 Matilda Young .. 18
 Roberta Churchill .. 18
 Mary Jo Luebbers .. 18
 Kathy Lynch .. 19
 Marge Schubart .. 19
 Marvin Crawford .. 20
 Flagg .. 20
 Gustavo Santos III 21
 Peg Bolger .. 22
 Lesley Moore .. 22
 Judy White .. 22
 Susan Davis .. 23
 Karen Turner .. 23
 Sara Ramming .. 23

David Langer .. 24
 David Langer .. 24
 Margaret LaBonte .. 25
 Geraldine Perkins .. 25
 John Bradford .. 26
 Victor Dix .. 26
 John Hicks .. 27
 Joyce Frank .. 28
 Raymond Galligan .. 28
 Jane Dumais .. 29
 Mary Jean Cardamone .. 29
 MaryAnn Grottodden 29
 Nancy Bonser .. 30
 Donna Kearns .. 30
 Beryl Flesh .. 30

OCTOBER

Eileen Metz .. 1
 Rocco Cantalupo .. 2
 Mary Ann Gilhooley 2
 Lenora Hoffman .. 3
 Joan Sperry .. 3
 Stephen Hawes .. 4
 Tom Mehalic .. 4
 Ann Trabulsi .. 4
 Peg Royse .. 4
 Daryl Kapalin .. 5
 Virginia Gersack .. 5
 Margery Armstrong 6
 Daphne Hammond .. 6
 Cleo Current .. 7
 Mary Kamp .. 7
 Becky Batcheller .. 7
 Jane Gieryc .. 8
 Ann Denise Conlon .. 9
 Mary Jo Hardy .. 9
 John Reid .. 9
 Pamela Amazeen .. 10
 Jo Ann McKelvey .. 10
 Gillian Bath .. 11
 L. Whitman Smith .. 11
 Betty VanTassel .. 11
 Susan Riemer .. 12
 Susan Riemer .. 12
 Julie O'Neill .. 13
 Joyce Perkins .. 13
 Debbie Jaeger .. 15
 Peggy Lovett .. 15
 Carolyn Dix .. 15
 Richard Gause .. 15
 Martha Dilger .. 16
 Cathy Rundle .. 16
 Maryann Flynn .. 17
 Nancy C. Smith .. 17
 Betty Taylor .. 17
 Berdenna Thompson 17
 Margy McCall .. 18
 Darlene Rizzo .. 18
 Julie Roenisk .. 18
 Liana Santoro .. 18

NOVEMBER

Kay Strayer .. 1
 Kathy Kapalin .. 1
 Patricia Beckett .. 3
 Ilse de La Puente .. 3
 Marjorie Nordstrom 3
 Rusty Souers .. 3
 Shirley Akins .. 4
 Lois Codair .. 4
 Diana Eriksson .. 4
 Carrie Kingdon .. 4
 Christl Smith .. 4
 Jean Haffenreffer .. 5
 Ms. Marie Kenerson 6
 Carol Awender .. 7
 Diane Rabb .. 7
 Betsy Tietgen .. 7
 Georgia Ledgerwood .. 7
 Barbara Baumecker 8
 Jane Hogg .. 8
 Holden Mitchell .. 8
 Lou Rapp .. 8
 Shirley Smaha .. 8
 Mary Lou Linnen .. 9
 Julia Lombardi .. 9
 Ann Rodman .. 9
 Barbara Albert .. 10
 Libby Carpenter .. 10
 Libby Carpenter .. 10
 Janet Frizzell .. 10
 Sally Lichtenstein .. 11
 Joyce Barnhart .. 12



Martin Arnowitz .. 13
 Holly Davies .. 13
 Cindy Jones .. 13
 Bette Rom .. 14
 Di Saggau .. 14
 Judy Bemiller .. 15
 Barbara Hickey .. 15
 Jane Hoden .. 15
 Moon Price .. 15
 William Vogler .. 15
 Ken Hoover .. 16
 Lucille Dickinson .. 16
 Arlen Westbrook .. 17
 Sharon Gill/Karr .. 18
 Kay Sadighi .. 18
 Nancy Wessling .. 18
 Joe Babcock .. 19
 Robert Chaney .. 19
 Richard Welch .. 19
 Linda Huppert .. 19
 Margaret Lee .. 20
 Joseph Walzer .. 20
 Laura Murray .. 21
 Albert Symes .. 21
 Jim Winn .. 21
 David Wolfe .. 21
 John Brown .. 22
 Barbara Kusek .. 22
 Bill Taylor .. 23
 Dorothy Donaldson 24
 Shirley Schiffman .. 25
 Charlotte Schroder 26
 Wendy Taibbi .. 26
 Norma Hagan .. 27
 Dorothy Sawyer .. 29
 Janet Hickey .. 30
 Jane Hudson .. 30
 Annmarie Pittman .. 30
 Lee Sharpe .. 30

DECEMBER

Phil Gainer .. 1
 Margery Roberts .. 2
 Inge Santos III .. 2
 Gloria Caramico .. 3
 Shirlene Grasgreen .. 4
 Cynthia Luks .. 4
 Diane Wien .. 4
 Doris Dewitt .. 5
 Bob Thompson .. 5
 James Carpenter .. 5
 Marianne Masterson 5
 Dick Rieselbach .. 5
 Helen Gaina .. 6
 Norma Walley .. 6
 Paul Schierberl, Jr. 7
 Maureen Hnatow .. 7
 Henry Karasin .. 8
 Vicky Sears .. 8
 Evelyn Spencer .. 8
 Nancy Seaward .. 8
 Robert Fawcett .. 9
 Francine Gomberg .. 9
 Frank Hagan .. 9
 Linda Seteseak .. 9
 James Davis .. 10
 Carol Gazzini .. 10
 Martha Siders .. 10
 Anne Cronin .. 11
 Rita Farmer .. 11
 Barbara Kelly .. 11
 George Witte .. 11
 Barbara Symes .. 12
 Amy Lou Waters .. 13
 Esther Pokedoff .. 15
 Nancy Riley .. 15
 Lorraine Hicks .. 15
 Toni Bracco .. 17
 Hilda Bould .. 18
 Karl Rodman .. 19
 Lois Grady .. 20
 Michael Armstrong .. 20
 Barbara Bucholtz .. 20
 Rick Schultz/Perry .. 21
 James Isom .. 22
 Joan Davey .. 23
 Gail Leach .. 24
 Kathy Zimpfer .. 24
 Allan Kennedy .. 25
 Koni Schiller .. 26
 Willie Winkler .. 26
 Donna Caruso .. 27
 Eileen DuBoe .. 27
 Ali Keyhani .. 27
 Virginia Fellows .. 28
 Bill Holleran .. 28
 Jan Anderson .. 29
 Annabelle Patton .. 31

“There is a fountain of youth: it is your mind, your talents, the creativity you bring to your life and the lives of people you love. When you learn to tap this source, you will truly have defeated age.” Sophia Loren

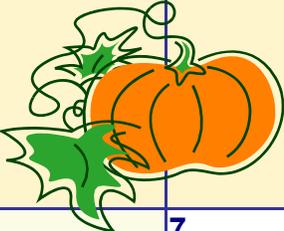


~ September 2013 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 	2 CLOSED	3 8-Power Hour 9:30-Gentle Yoga	4 9-Happy Hour 10:30-ETF 12:30-Bridge	5 8-Power Hour 9:30-Gentle Yoga 12:30-Mahjongg	6 9-Happy Hour 10:30-ETF 12:30-Bea's Art Class	7
8	9 9-Happy Hour 10:30-ETF 12:30- Bridge	10 8-Power Hour 8:30-Kayaking 9:30-Gentle Yoga	11 9-Happy Hour 10:30-ETF 12-Page Turners 12:30-Bridge	12 8-Power Hour 9:30-Gentle Yoga 12:30-Mahjongg	13 9-Happy Hour 10:30-ETF 12:30-Bea's Art Class	14
15	16 9-Happy Hour 10:30-ETF 12:30- Bridge	17 8-Power Hour 9:30-Gentle Yoga	18 9-Happy Hour 10:30-ETF 12:30-Bridge 1:00 PICASA	19 8-Power Hour 9:30-Gentle Yoga 12:30-Mahjongg 1:00 PICASA	20 9-Happy Hour 10:30-ETF	21
22	23 9-Happy Hour 10:30-ETF 12:30- Bridge	24 8-Power Hour 8:30- Kayaking 9:30-Gentle Yoga	25 9-Happy Hour 10:30-ETF 12:30-Bridge	26 8-Power Hour 9:30-Gentle Yoga 12:30-Mahjongg	27 9-Happy Hour 10:30-ETF 12:30-Bea's Art Class	28
29	30 9-Happy Hour 10:30-ETF 12:30- Bridge	FITNESS CLASS AVAILABILITY WILL BE BASED ON PARTICIPATION ETF is Essential Total Fitness				

**View Your Newsletter and Community News Online at
WWW.MYSANIBEL.COM**



1. Go to WWW.MYSANIBEL.COM to access the City of Sanibel website.
2. Click on **DEPARTMENTS** near the top.
3. Scroll down the blue list of departments along the left side to find **Recreation**.
4. Click on **Recreation** to select it.
5. Scroll down the blue list of Recreation topics and select **Center 4 Life Program**.
6. There will be a blue link for the current Center calendar.
7. When you click on the calendar link, a file in .pdf format will download to your device and should display the Calendar.
8. Optional: If you wish, you can select **FILE**, then **SAVE AS** and save your calendar on your **DESKTOP** where it will be available all the time.

~ October 2013 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 8-Power Hour 9:30-Gentle Yoga	2 9-Happy Hour 10:30-ETF 12:30- Bridge	3 8-Power Hour 9:30-Gentle Yoga 12:30-Mahjongg	4 9-Happy Hour 10:30-ETF 12:30-Bea's Art Class	5
	6	7 8-Happy Hour 9:30-ETF 12:30- Bridge	8 8-Power Hour 8:30-Kayaking 9:30-Gentle Yoga	9 8-Happy Hour 9:30-ETF 12:30- Bridge 2:30-Page Turners	10 8-Power Hour 9:30-Gentle Yoga 12:30-Mahjongg	11 8-Happy Hour 9:30-ETF 12:30-Bea's Art Class
13	14 8-Happy Hour 9:30-ETF 12:30- Bridge	15 8-Power Hour 9:30-Gentle Yoga	16 8-Happy Hour 9:30-ETF 12:30- Bridge	17 8-Power Hour 9:30-Gentle Yoga 12:30-Mahjongg	18 8-Happy Hour 9:30-ETF	19
20 Dolphins vs. Buffalo Bills Trip	21 8-Happy Hour 9:30-ETF 12:30- Bridge	22 8-Power Hour 8:30-Kayaking 9:30-Gentle Yoga	23 8-Happy Hour 9:30-ETF 12:30- Bridge	24 8-Power Hour 9:30-Gentle Yoga 12:30-Mahjongg	25 8-Happy Hour 9:30-ETF 12:30-Bea's Art Class	26
27 BAILEY FEST	28 8-Happy Hour 9:30-ETF 1-Bridge Expanded Hours	29 8-Power Hour 9:30-Gentle Yoga 1-Hand & Foot 1-Spreadsheet	30 8-Happy Hour 9:30-ETF 11-Goblin's Luncheon 1-Bridge 1-Spreadsheet	31 8-Power Hour 9:30-Gentle Yoga 1-Mahjongg	ETF is Essential Total Fitness FITNESS CLASS AVAILABILITY WILL BE BASED ON PARTICIPATION	



Help us serve you! 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.

~ November 2013 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
FITNESS CLASS AVAILABILITY WILL BE BASED ON PARTICIPATION ETF is Essential Total Fitness					1 8-Happy Hour 9:30-ETF 12:30-Bea's Art Class	2 2-FLORIDA REP THEATER
3	4 8-Happy Hour 9:30-ETF 1-Bridge	5 NO CLASSES VOTING ALL DAY COSTUME WORLD TRIP	6 8-Happy Hour 9:30-ETF 1-Bridge 1-PICASA	7 8-Power Hour 9:30-Gentle Yoga 1-Mahjongg 1-PICASA	8 8-Happy Hour 9:30-ETF 12:30-Bea's Art Class	9 2-FLORIDA REP ARTSTAGE
10	11 CLOSED FOR VETERANS DAY HOLIDAY	12 8-Power Hour 8:30-Kayaking 9:30-Gentle Yoga 1-Hand & Foot	13 8-Happy Hour 9:30-ETF 1-Bridge 2:30-Page Turners	14 8-Power Hour 9:30-Gentle Yoga 1-Mahjongg	15 8-Happy Hour 9:30-ETF	16 TRASH & TREASURE SALE 9am—1pm
17	18 8-Happy Hour 9:30-ETF 1-Bridge	19 8-Power Hour 8:30-Kayaking 9:30-Gentle Yoga 11-Chair Yoga 1-Hand & Foot	20 8-Happy Hour 9:30-ETF 1-Bridge	21 8-Power Hour 9:30-Gentle Yoga 11-Chair Yoga 1-Mahjongg	22 8-Happy Hour 9:30-ETF	23
24	25 8-Happy Hour 9:30-ETF 1-Bridge	26 8-Power Hour 8:30-Kayaking 9:30-Gentle Yoga 11-Chair Yoga 1-Hand & Foot	27 8-Happy Hour 9:30-ETF 1-Bridge	28 CLOSED FOR THE HOLIDAY 	29 CLOSED FOR THE HOLIDAY	30

Friendship Fund - If you need financial assistance to participate in the activities at the Center 4 Life, funds are available to help you. *Contact the Center at 472-5743.*

If you have the courage to begin, you have the courage to succeed. David Viscott

*Reminder: We collect can tabs for the **Ronald McDonald House**. We have cardboard collection houses throughout the Center 4 Life.*



~ December 2013 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 	2 8-Happy Hour 9:30-ETF 1-Bridge NASHVILLE TRIP	3 8-Power Hour 8:30-Kayaking 9:30-Gentle Yoga 11-Chair Yoga 1-Hand & Foot NASHVILLE TRIP	4 8-Happy Hour 9:30-ETF 1-Bridge 1-Spreadsheet 5:30-Potluck & Sing-A-Long NASHVILLE TRIP	5 8-Power Hour 9:30-Gentle Yoga 11-Chair Yoga 1-Mahjonn 1-Spreadsheet NASHVILLE TRIP	6 8-Happy Hour 9:30-ETF NASHVILLE TRIP	7 2-FLORIDA REP THEATER NASHVILLE TRIP
8 NASHVILLE TRIP	9 8-Happy Hour 9:30-ETF 1-Bridge NASHVILLE TRIP	10 8-Power Hour 8:30-Kayaking 9:30-Gentle Yoga 11-Chair Yoga 1-Hand & Foot	11 8-Happy Hour 9:30-ETF 1-Bridge 2:30-Page Turners	12 8-Power Hour 9:30-Gentle Yoga 11-Chair Yoga 1-Mahjonn	13 8-Happy Hour 9:30-ETF 11:30-ISLAND SENIORS, INC. Annual Meeting	14
15	16 8-Happy Hour 9:30-ETF 1-Bridge	17 8-Power Hour 8:30-Kayaking 9:30-Gentle Yoga 11-Chair Yoga 1-Hand & Foot	18 8-Happy Hour 9:30-ETF 1-Bridge	19 8-Power Hour 9:30-Gentle Yoga 11-Chair Yoga 1-Mahjonn	20 8-Happy Hour 9:30-ETF	21
22	23 8-Happy Hour 9:30-ETF 1-Bridge	24 8-Power Hour 9:30-Gentle Yoga 11-Chair Yoga Center Closes at Noon	25 CLOSED FOR THE HOLIDAY	26 8-Power Hour 9:30-Gentle Yoga 11-Chair Yoga 1-Mahjonn	27 8-Happy Hour 9:30-ETF	28 2-NAPLES PHIL
29	30 8-Happy Hour 9:30-ETF 1-Bridge	31 8-Power Hour 9:30-Gentle Yoga 11-Chair Yoga 1-Hand & Foot	Notes: FITNESS CLASS AVAILABILITY WILL BE BASED ON PARTICIPATION ETF is Essential Total Fitness			

Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has. --Margaret Mead