



"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 2014

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, Administrator (239) 472-5743 Fax 472-1413

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 Vander Hey



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

Warm Greetings from Trish,

We welcome in the New Year and all that it has to offer; the sunshine, the beaches, good friends and all the fun activity it generates. Many of you have stopped by the Center and greeted me with warm smiles and well wishes. Thank you!



Those of you who are just returning, welcome back, we missed you! Inside this newsletter you will find a few activities in store for you while you are here. It is a pleasure to work with each and every one of you. Please feel free to share some suggestions on activities that you feel might be fun for our members.

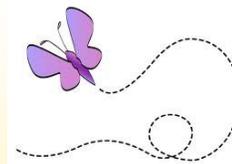
**Safe travels,
Trish Phillips**

From the President By Katie Reid

Welcome back to Sanibel! The winter season will be full of activities for everyone. Trish, our new administrator, is very familiar with the responsibilities of Island Seniors programming. We are moving forward with new thoughts, new plans and renewed energy.

Do you have any suggestions for new classes, trips or games? Want to do something special? Let Trish or one of the Board members know and, within the space requirements of our current building, we will see what we can do to make it happen.

So, let's stretch our minds, our bodies and our spirits this winter as we enjoy old friends, new friends and our lovely Island.



Katie



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Get your next newsletter faster, in color plus have it handy on your desktop, iPad or tablet!

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 a 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 8 for steps to see this newsletter online today.

CORE DEVELOPMENT: What is it and how does it affect me?

By **Katie Reid**



You may remember that two years ago Island Seniors worked with the City to find a way to refurbish our current building. After studying the problem, it was determined that due to the FEMA 50/50 rule, rehabbing the current building could not occur. The 50/50 rule says that not more than 50% of appraised value can be spent to upgrade a building unless the building comes up to code. A new roof and AC/Heat system exceeded the 50% rule.

While this discussion was occurring, the other four major non-profits on the Island were also looking to upgrade, remodel or expand. The City was looking to alleviate the traffic flow on Periwinkle Way and to find a better way to handle parking for major events. Thus, **Core Development** came to be.

In early Spring your Board was asked to meet with an architectural firm to document the needs and wants of our organization. These were sent to the City for discussion. The other four Boards also worked on their needs and wants for the future. Once the City received all of our input, a concept plan was developed. Over the summer we met twice with the architectural firm, City employees and Island non-profits to define a plan to meet everyone's needs.

The current concept is for the Historical Village to remain where it is with an additional building added. The Library would remain where it is with expansion for a reading café. Big Arts would be torn down and rebuilt further to the East. The Community Center and Center 4 Life would have a new building. Both buildings would be in close proximity to the new Big Arts location. Dunlop Road would be reconfigured, shared use paths added, green space, a plaza and court yard included. The area between the current Community Center on Periwinkle and Dunlop Road would become green space for major events. More than 600 parking spaces would be available.

This is a concept design only. The major work of design, financing and furnishing are yet to be discussed. Concept plans are available. Ask at the front desk for more information.

Thank you everyone who generously donated to the Trash & Treasures Sale in November.



Thanks, too, to all volunteers who helped advertise, price items, work the event and assisted in clean up. It was our most successful sale ever. Island Seniors, Inc. raised over \$8,000 to underwrite events, purchase equipment and help pay for staff. **Mary Ann Gilhooley, Chairperson**

5th Annual New Year's Eve Celebration "Kiss 2013 Good-Bye"

Tuesday, December 31

8:00 pm - 12:15 am

Sanibel Recreation Center
3880 Sanibel-Captiva Road
239-472-0345



Something for everyone; food, games, Disc Jockey, dancing, bingo, midnight balloon drop and much more. **\$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

This is a family friendly, alcohol and tobacco free event. Children 15 and under must be accompanied by an adult.

4th Annual Justine Smith Charity Bridge Tournament

Friday, February 14, 2014



Let's celebrate Justine and help the stray animals on Sanibel. This is our fourth tournament to honor former volunteer Bridge Director, **Justine Smith**. What better day for this event than February 14th! All proceeds go to **PAWS** on Sanibel. In just three years we have raised over \$3,600 to help PAWS.

Food will be served at noon and the tournament begins at 1:00 pm. Local merchants are donating gifts to be given away at the tournament. \$20.00 per person, payable when you sign up. Please sign up soon as we can only accommodate 40 players.

Arts & Crafts Fair

Saturday, February 8
9:00 am - 2:00 pm



Be at the Center 4 Life for one of our most popular events featuring local artists with a variety of handmade items. Our vendors are hard at work, preparing for this back-by-popular-demand event. You'll find:



- ▷ pottery
- ▷ glasswork
- ▷ paintings
- ▷ shell art
- ▷ jewelry
- ▷ photographs
- ▷ exotic plants
- ▷ jams & chutney
- ▷ books by local authors
- ▷ a variety of fabric items



and so much more. There will be our great bargain priced hot dog lunch for our hungry guests! Spread the word to your friends about the Fair.



Spring Training Baseball - Minnesota Twins

Hammond Stadium, 14400 Six Mile Cypress, Fort Myers

Saturday, March 22 Twins vs. New York Yankees at 1:05 pm
 Friday, March 28 Twins vs. Boston Red Sox at 1:05 pm

Island Seniors, Inc. purchased 25 tickets to each game. Cost: \$20 per game for members of Island Seniors, Inc. and \$28.00 per game for non-members. You must pay for your tickets upon signing up. Limited Seats Available.

First come, first reserved.





AARP Safe Driving Classes

Thursdays, January 23 & 30
OR Thursdays, March 20 & 27
1:00 pm to 4:00 pm



The Island Seniors, Inc. is sponsoring the newly revised **AARP Smart Driver Course**. This is a fast-paced interactive 6 hour class for drivers 50 and older to learn proven safety strategies, rules of the road, how to deal with aggressive drivers, and lots more to help you maintain joy and confidence in your driving. In addition to making our roads a safer place you will be eligible for a discount on your auto insurance.

Classes are held at the Center 4 Life on Library Way. Cost is \$20 with a \$5 discount for AARP members. Register by calling **Ed VanderHey** at **292-4012**. You need not be a member of the Island Seniors to attend.

April 7th-15th

Discover Washington, DC - 2014

Washington DC PLUS

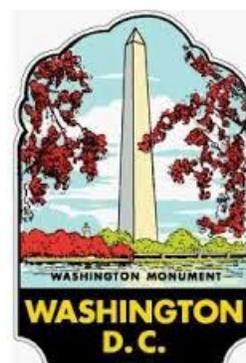
with former National Parks Director **Fran Mainella**

Don't Miss This Once In A Lifetime Trip! Fran Mainella was the 16th Director of the National Parks Service having been appointed by former President George W. Bush. This is a custom "one-of-one" tour will NOT be repeated.

Note: This tour originates and ends in Southwest Florida and includes the motor coach transportation throughout. Also:

- ◆ 8 nights lodgings including 4 nights in Washington, DC
- ◆ 8 Meals
- ◆ Tour includes

Mount Vernon	Monticello
Arlington National Cemetery	Ford's Theater
Lincoln Memorial	The National Mall
The Washington Monument	Jefferson Memorial
National World War II Memorial	A Night Tour
And so much more!	



Members: \$1599 per person double occupancy; \$2199 per person single occupancy
Non-members: \$1699 per person double occupancy; \$2299 per person single occupancy
A \$200 deposit confirms your reservation. Sign up and bring or send your deposit to the Center 4 Life.

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

Discover Florida Trips - 2014

February 9th, Sunday - Caloosahatchee Oxbow & Riverlore Cruise offered by SCCF. (Limited seats available) This 2.5 hour adventure begins by locking through the W.P. Franklin Lock in Olga and cruises through the meanders of the historic upriver Caloosahatchee. Follow the river back to a time when a waterfall served as the headwaters of the Caloosahatchee and settlers braved living in the wilderness. The tour is guided by Rae Ann Wessel, a river researcher, long-time river advocate, in Olga and return by 3:30 p.m. \$35.00 members / \$40 non-members – **Deadline to purchase tickets is Thursday, January 16th, 2014.**

January 27th, Monday - Costume World with Lunch - \$89 members, \$99 non-members. Includes: R/T transportation, guided tour of the incredible costumes at Costume World, delicious sit-down lunch, story of the costumes, and live Cabaret Show. If you LOVE Broadway Musicals, then this is the trip for you. **Depart from Fort Myers: 7:30 am.**

January 29th, Wednesday – Shop Til You Drop at Sawgrass Mills and IKEA
\$45 members, \$55 non-members.
Includes: R/T transportation, your choice of all day at Sawgrass Mills or half-day at Sawgrass and half-day at IKEA. **Depart from Fort Myers: 7:30 am.**

February 3rd-4th, Monday and Tuesday – New ECO-TOUR to Crystal River
\$209 per person, double-occupancy for members and \$249 per person double occupancy for non-members; \$279 single for members & \$319 single for non-members. Includes: R/T transportation, overnight accommodations, dinner, and breakfast at **The Plantation Inn**, admission to **Weeki-Wachee** (the original City of Live Mermaids), boat tour with **Manatees**, and more! This tour will be led by former National Parks Service Director Fran Mainella as part of our exclusive NEW Eco-Tourism Division. ***NEW TOUR FOR 2014***
Depart from Fort Myers: 8:30 am.

February 25th, Tuesday - Ybor City Tour & Tampa Bay History Center Museum with-Lunch - \$79 members, \$89 non-members
Includes: R/T transportation, in-depth guided walking and riding tour of Ybor City, lunch at Spaghetti Warehouse (converted from a Cigar Factory), tour of Tampa Bay History Museum. **Depart from Fort Myers: 8:00 am.**

March 2-4, Sunday-Tuesday - Historic Saint Augustine - 3 Day Tour \$349 per person, double-occupancy for members and \$399 per person double occupancy for non-members; \$499 single for members & \$549 single for non-members.
Includes: R/T transportation, 3 days and 2 nights at branded hotel with 5 meals (two breakfasts, two dinners, and scenic lunch cruise on the St Johns River, private trolley tour of St. Augustine with all day hop on, hop off privileges, free time in the historic area.
Depart from Fort Myers: 8:30 am.

March 3rd, Monday – “From Batman to Bond” - The Dezer Collection of Cars & More! - \$ 69 members \$79 non-members
Includes: R/T transportation, admission to The Dezer Collection in North Miami/Sunny Isles, lunch at the museum. See over 1000 of the most collectible vehicles in the world including Cars of the Stars, the James Bond Collection, and more! **Depart Fort Myers: 7:30 am.**

March 5th, Wednesday – Clewiston Sugar Tour with Lunch at Clewiston Inn – \$79 members, \$89 non-members. Includes: R/T transportation, guided tour & history of Clewiston's agriculture growth, lunch at The Clewiston Inn.
Depart from Fort Myers: 8:30 am.

March 18th-19th, Tuesday and Wednesday The Road Less Traveled: Central Florida's Treasures - *NEW FOR 2014* \$209 per person, double-occupancy for members and \$249 per person double occupancy for non-members; \$259 single for members and \$299 single for non-members. Includes: R/T transportation, tour of Orlando Harry Leu Gardens with picnic lunch, Morse Museum in Winter Park, sit-down dinner, overnight accommodations, St John's Rivershipe sightseeing and lunch cruise. **Depart from Fort Myers: 8:30 am.**

CANASTA – New! Come and learn how to play or receive a refresher course. We're playing for fun!

1:00 pm Tuesday

BRIDGE

1:00 pm Monday & Wednesday

HAND & FOOT

1:00 pm Tuesday

MAHJONGG

1:00 pm Thursday

Prizes awarded!

\$2.50 for Members, \$5.00 for Non-Members

BOOKS and GAMES

Learn to Play Mahjongg

with Katie Reid, Board President
9:30 am -12:30 pm in the Kraft Room

February Session - Mon, 2/10, Tue, 2/11, Wed, 2/12, & Mon, 2/17, Tue, 2/18
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. Bring your lunch. \$12.50 for Island Seniors, Inc., \$25.00 for Non-Members

PAGE TURNERS

Ann Rodman, Volunteer Coordinator, and the group have enjoyed great attendance so we have been meeting almost year round.

January 8 - 2:30 pm - The Forgotten by **David Baldacci**. This book was recommended by Nola Thesis, Director of Human Trafficking Awareness Partners (HTAP). Nola will come to say a few words about her program.

February 12 – 2:30 pm - My 92 Years on Sanibel by **Francis Bailey**. You can get that one at the Sanibel Historical Museum and Village or at Bailey's store. Mead Bailey Johnson, Francis' daughter and wife of Richard Johnson will come and give us some background information on Francis. I also have a video of a talk Francis and his brother Sam gave at the Community House in 2008. If there is time we can see that as well.

March 12 - 12 pm - Life of Pi by **Yann Martel**. Bring a lunch while enjoying the movie. Immediately following the movie will be discussion of the movie and book.

April 9 - 2:30 pm - Gone Girl by **Gillian Flynn**. Begins on a warm summer night in North Cathage, Missouri... it is Nick & Amy Dunne's 5th wedding anniversary. Amy disappears. Amy's diary has revelations. Nick is oddly evasive. Is he really the killer? 45 weeks on NYT best seller list.

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.

FUN & FOOD



PRICE IS RIGHT POTLUCK

JANUARY 29, 2014 - 5:30 pm

That's correct, **Bob Barker** is bringing the **Price Is Right** to our Center 4 Life potluck dinner. Only this time it is **Sanibel prices!!!**

This TV show began in 1956 and still can be seen daily. It's sure to be a lot of fun as you "come on down" and try to win the valuable showcases that evening.

As always, please bring an hors d'oeuvre to share with the other attendees. Drinks and desserts will be provided by the Center 4 Life.

Get ready to guess the closest price without going over the actual Sanibel retail value. You might just end up in the "bonus round."

Sign up now!!! Free for Members - \$5.00 per person for Non-Members.

MARCH POTLUCK

WITH THE SANIBEL COMMUNITY CHORUS ENSEMBLE

Wednesday, March 12, 2014

Dinner 5:30 pm — Sanibel Community Chorus Ensemble 6:30 pm

The Chorus is coming....The Chorus is coming. **The Sanibel Community Chorus Ensemble** will be performing at the Center 4 Life after our potluck dinner. This year they will include a 50's medley and a selection of songs from **Guys and Dolls**. This performance is a highlight of our season and you don't want to miss it, so please sign up early.



Everyone should bring **an hors d'oeuvre that needs no silverware**. Drinks and dessert will be provided by Island Seniors, Inc. Free for Members - \$5.00 per person for Non-Members.

**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.

Coping With Life Series

At the Center 4 Life

Friday, January 17th at 1:30 pm
“What is Lifecare?” - Lynn Schneider, Assistant Vice President of Marketing and Communications, Shell Point Retirement Community. Lifecare is a positive option to meet the housing, medical, and long term care needs of today’s senior. This discussion will include information about Housing, Financial Costs and Considerations, Estate Planning, Government Benefits, Medical Care, and Long Term Care. Specific details about Shell Point’s fees and unit selection will also be made available.

Friday, January 24th at 1:30 pm
Osteoporosis and Exercise with Claire Coolbeth, DPT, CSCS - Physical Therapist. Demonstration of appropriate exercises and postural stretches, along with discussion of new evidence-based exercise approaches for osteoporosis.

Friday, January 31st at 1:30 pm
Learn the Power of Energy Medicine: it works and ANYONE can do it!
Join Karen L. Semmelman, director of Semmelman Energy Center, in a lively presentation on the virtues of energy medicine. Working with energy as a vital living force forms the foundation of our well-being. EEM heals the body by activating its natural healing energies and restoring energies that may be weak, blocked, disturbed or out of balance. You are the patient and energy movement is the medicine! Combining ancient practices with contemporary scientific understanding enables application to physical, emotional issues promoting joyful living and wellness. EEM assists in: increasing the flow of energy to promote general health; optimizes your health and vitality; relieves pain by unclogging trapped energy; improves sleep; enhances inner peace and awakens your own Doctor within!

Friday, February 21th at 1:30 pm
Isolation: The Enemy of Positive Aging
Rita Southern, Director of Assisted Living and Resident Support Services, Shell Point Retirement Community. Are you struggling to meet the daily challenges that accompany the

normal aging process? This presentation examines the positive steps that an individual can take as they encounter the frustrations that aging will often present on a daily basis. It is focused on providing insight on how to stay connected to your community as you age and energy becomes a valuable commodity.

Friday, February 28th at 1:30 pm
Scam Prevention with Kurt Schulte, Police Detective, Sanibel Police Department.
In society today, fraud prevention, online privacy and cyber security can be hard to understand and difficult to manage. Here are the objectives for the Scam Prevention Training: 1) How to recognize and protect yourself from identify theft, frauds, and scams. 2) Safe practices for online and email usage. 3) What to do if you become a victim of Identity Theft? 4) How to obtain a free Credit Report.

Friday, March 14th at 1:30 pm
Become Your Own Brain Fitness Coach
Cindi Ryerson with Millennium Cognitive Café. You will learn the tools needed to exercise your own brain and reap the benefits. Invest in your future by building cognitive reserve. Learn the top ten brain training facts and be inspired to get on the brain training circuit and be your own coach. Have fun experiencing some unique brain activities. Fee: \$10 Members, \$15 Non-Members.

Friday, March 21st at 1:30 pm
The Memory Think Tank: Cindi Ryerson with Millennium Cognitive Café
Get to know your brain, how you think and why we have “senior moments”. This lecture will describe the four types of forgetting and how we can move information from our short term memory to long term memory. The presentation and handouts will give you several tips for better brain fitness. Experience a sampling of unique brain activities. Fee: \$10 Members, \$15 Non-Members.

Sanibel Health Fair

Friday, February 7th 1:00-4:00 pm
Center 4 Life, 2401 Library Way

Better Health starts with You! Knowledge is key to prevention and treatment.
Free Screenings by Health Care Professionals include:

Memory Screening, Spinal Alignment, Varicose Veins, Manual Breast Exams, Balance Test, Hearing, Pulse O2, Body Mass Index, Vision Test, Blood Pressure, Glucose & Alignment. Plus information about advance directives, assisted living, brain health, injury prevention, in-home care, pharmaceuticals, skilled nursing care and other services. Healthy snacks and door prizes provided. Sponsored by; Parish Nurses of St. Michael and All Angels Episcopal Church, Sanibel Congregational United Church of Christ, Sanibel Community Church and St. Isabel's Catholic Church.



Karen Semmelman

Tuesdays
February 4, 11, 18 & 25
1:30 pm

Cost per session:
\$5 Members, \$8 Non-Members

Boost Memory, Motion and More with Energy Medicine. Join Karen in these weekly classes in a fun interactive way. You will learn exercises that activate your inner doctor and provide you with tools to take home for yourself and share with others.

These exercises will:

- ◆ Address joint issues
- ◆ Enhance memory
- ◆ Strengthen the immune system
- ◆ Improve coordination and balance
- ◆ Clear stagnant energy from the body to make space for ease of movement
- ◆ Boost confidence
- ◆ Protect you from other peoples' "stuff"
- ◆ And fill you with JOY!

It's fun, it's easy and it's empowering. Try it and it will shift your life! Sign up required.

Damaris Peters Pike

"Thanks for the Memories: A Visit with Doloris Hope"

Friday, March 7, 2014 at 1:30pm

Damaris is professor emeritus of music at Hiram College and a Center favorite. She is the founder of "Women of Note," a speaking series that dramatizes the lives of women in music. She will be portraying Bob Hope's wife, Dolores. Dolores Hope was a singer and philanthropist; Pike's dramatization will include songs and stories about Hope's husband's rise to becoming a Hollywood star.

Pike has been portraying women in music through "Women of Note" since 1988. She has performed in front of as many as 1,200 in ten different states and France. Members \$5, Non-Members \$10. Limited seating. Sign up at the Center.

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.

Fit For Life Fitness

Happy Hour Fitness

Monday, Wednesday & Friday at 8:00 am

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. Instructor: Sylvia Villanueva.

Essential Total Fitness (ETF)

Monday, Wednesday & Friday at 9:30 a.m. and 11a.m. beginning January 6, 2014

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

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. Instructor: Mahnaz Bassiri.

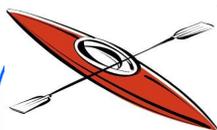
Gentle Yoga

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. Instructor: Instructor: Kris Brown.

Chair Yoga

Tuesday and Thursday at 11:00 a.m. This class does all of its exercise using a chair. It is designed to stretch, tone and strengthen while improving flexibility, proper alignment and circulation. It meets the needs of varying experience levels that need a chair to assist them. You are encouraged to bring a towel. Instructor: Kris Brown.



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 kayak.

- * January 7, 14, 21 & 28
- * February 4, 11, 18 & 25
- * March 4, 11, 18 & 25
- * April 1, 8, 15, 22 & 29

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. Reminder: Participants can only go two times per month from January-April. You can sign up on the wait list the other weeks.

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, bring 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.

Fun & Food - Leisure Lunchers

Join us for some fun. Our lunches are a great way to meet people and see new places. We try to carpool. Mark your calendar. **Sign up is required.** Check the sign-up sheets located in the kitchen for information about the activity.



**Wednesday,
January 22
11:30 am
The Wisteria
Tea Room &
Café**

2512 Second Street, Fort Myers, FL 33901

Come and experience "Tea Time" at the Wisteria Tea Room & Café, in an old Florida bungalow built circa 1919. After enjoying lunch we'll take a stroll around the downtown shops.

**Monday, February 24 - 11:30 am
McCormick & Schmick's
Seafood & Steaks**

9114 Strada Place, Naples, FL 34108

McCormick & Schmick's is located in The Strada at Mercato, Naples. After lunch enjoy the local art galleries & shops.

**Wednesday, March 19
11:30 am
Lunch & Movie
at Bell Tower Shops**

the corner of Daniel's Parkway
& U.S. 41, Fort Myers, FL 33907

Check in at the Center for movie selections or we'll enjoy some window shopping.



Luncheon for Volunteers - Friday, March 28th at 1:00 pm



Island Seniors, Inc. *loves* its volunteers and wants to honor them.

If you've been volunteering at the Center, look for your invitation in the mail. Please mark your calendar so you can attend this delicious luncheon honoring you.

Hot Dog Grill - Grill Wednesday is back at our Center!



Island Seniors, Inc. volunteers will serve you a hotdog, chips and lemonade from 11:30a.m.-12:00p.m. The cost is \$2.00 for members and \$3.00 for non-members.

Call Wednesday morning so we can plan enough food.

Island Seniors, Inc. purchased the tickets to these 2014

ARTIS NAPLES - (formerly Naples Phil) 2014

performances in September, 2013 for members that signed up. If you did not get to purchase your ticket, please place 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. Everyone will be called a week prior to the performance as a reminder that their tickets are available at the Center 4 Life. A bus is available but with limited seating.

PORGY AND BESS

SATURDAY, JANUARY 25, 2014 - 2:00 PM
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 Gershwin's' 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 PM
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 PM
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, outsized 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."

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.





Barbara B Mann Theater 2014

Tickets to the 2014 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. 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.

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.

FLORIDA REPERTORY 2014 SEASON
All shows are at 2:00 pm

No additional tickets will be purchased ten 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. Trish 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.

ARSENIC AND OLD LACE

by Joseph Kesserling.

Saturday, 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

Saturday, 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

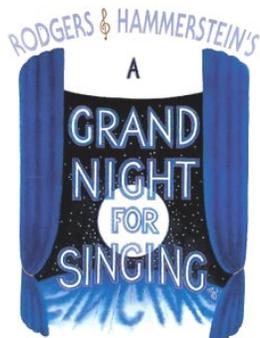
Theatre changed performance date !

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.



A GRAND NIGHT FOR SINGING

by Richard Rodgers

Saturday, February 1, 2014

Lyrics by Oscar Hammerstein II. Music Arrangements by Fred Wells. Conceived by Walter Bobbie. A Dazzling Musical Revue! Love Letter to the Music of Rodgers & Hammerstein!

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



KEEPING UP WITH TECHNOLOGY

Classes with Ronda Seifer Walis

Tuesday & Thursday 9:00 am - 11:00 am
\$60 for Members, \$90 for Non-Members

Two 2 hr. Sessions per class
You must bring your own device.

iPad - Introduction: January 7 & 9 OR
February 4 & 6 OR March 4 & 6

iPad – Intermediate: January 14 & 16 OR
February 11 & 13 OR March 11 & 13

iPhone – Intermediate: January 21 & 23
OR February 18 & 20

Free: For Members Only

Need one-on-one assistance regarding your Computer, iPad or iPhone/Smartphone? Book an appointment for **Tuesday or Thursday 9:00 am - 10:00 am**

January 28	March 18
January 30	March 20
February 25	March 25
February 27	March 27

You must schedule an appointment with the front desk.



PICASA with Patty and YOUR photos!

TUE & WED, FEB 18 & 19 OR
WED & THUR, MAR 5 & 6
1:00 pm - 3:00 pm

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.

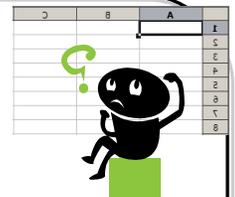
IMPORTANT! Bring your **camera, cable, memory card** and card reader with 10 - 20 photos, or, we will have sample photos to practice with.

WHAT'S A SPREADSHEET?

TUE & WED MAR 25 & 26 OR TUE & WED APRIL 8 & 9
1:00 pm - 3:00 pm - Two 2 hr. Sessions per class

Have you worked with that green or yellow ledger paper? Now the columns and rows are on the computer. They are useful to balance your checkbook, keep track of expenses or keep an address list. **You have a spreadsheet program** with Microsoft **Works** or **Office**. Learn the basic ABC's and go for it! If you've worked with a spreadsheet a bit, this will be tons of help.

You need to be familiar with the mouse and keyboard. If you do email or word processing you have skill level to begin. \$60 Members, \$90 Non-Members. Limited class of 6 fills quickly. Your paid reservation guarantees a seat.





BIRTHDAYS

JANUARY

Deborah Flint 1
 Sandra Greco 1
 James Powell 1
 Ken Taylor 1
 Roxanne Van Bokkelen 2
 Jeanine Allen 3
 Ann Deignan 3
 Sue McIntyre 4
 Anne Scott 4
 Marcella Bell 7
 Mary Rice 7
 Sophia Kuharich · 7
 Judy Arbuckle 8
 Marsha Crawford 8
 Theresa Schwolsly 8
 Brooke Simon 8
 Carole Fallon 9
 Maggie Butcher · 10
 Barbara Cline 10
 Nancy DeBenedictis 10
 Lynn Jones 10
 Cornelia Reina ··· 10
 Sheila Weeks 10
 Anne Carter 11
 Rudy Chiti 12
 Carol Good 12
 John MacLennan 12
 Maria Dubie 13
 Jim Masterson ··· 13
 Jennifer Matlack · 13
 Mary Ryan 13
 Linnea Sadd 14
 Judith Neuman ·· 15
 Gary Taibbi 15
 Pat Wassel 15
 Sue Harpham 16
 Schmidt 16
 Mary Remele 17
 Eileen Breen 18
 Betty Hayes 18
 Patricia Hewitt ·· 18
 Nancy Bishop ··· 19
 Kathleen Jones ·· 19
 Hope Rold 19
 Leonora Thurow · 19

Beverly Heidorn ·· 22
 Dorothy Panepinto 23
 Jo Clinton 24
 Joni Duncan 24
 Michael Fliegler ·· 24
 Bertha MacCarry · 24
 Judith McEntyre ·· 25
 Damaris Peters-Pike 26
 Jane Ramseth 26
 David Adams 28
 Michele LaMarche 28
 Mary Anne Voinovich 28
 Tom Batcheller ·· 29
 Suzanne Dubuc ·· 29
 Howard Rom 29
 Marie Hulton 30
 Mary Jaqua 30

FEBRUARY

Kay Croak 1
 Claire Taylor 1
 Vida Zubkus 1
 Kenneth Gerson ·· 2
 Norm Jones 2
 Donna Folsom ··· 3
 Judith Gaggin 4
 Tom Winkler 4
 Margaret Curtin ·· 4
 Barbara Vander Hey 5
 Nina Browning ··· 6
 Jane Guelich 7
 Arline Ford 9
 Carole Read 9
 Maggie Davis 9
 Moni Arnowitz ··· 10
 Ted Doorman 10
 Edie Flagg 11
 Gilda Bostick 12
 Pam Bowman 12
 Jean Cowper 12
 Anne Krueger 12
 Beman Dawes 15
 Martin Kraninger · 15
 Katrin Phocas 15
 Bernard Spencer · 15
 Patricia Wilcox ··· 15

Pat Poshek 16
 Mary Ellen Streckert 16
 Myrwin Anderson 17
 Gordon Coughlin 17
 Joseph Sacco 17
 Carol Strange 18
 Alexandra Bordiuk 19
 Ellen McLaughlin · 19
 Pamela Zapf 19
 Katherine Reid ··· 19
 Bea Pappas 20
 Mary Anne Chiti ·· 20
 Carolyn Bergen ·· 21
 Don Ellenberger · 21
 Bernard Riley 21
 Ruth Burgan 21
 Ron Souders 22
 Faith Souders 23
 CC Caldwell 24
 Nancy Hilger 25
 Judith Leeder 25
 Judie Sharbaugh · 25
 Michael Hnatow ·· 26
 Kerry Trapp 26
 Gail Chaney 26
 Cindy Reynolds ·· 27
 Guy Tober 27
 Claire Mallon 28
 Judy Richmond ··· 28

MARCH

Eileen Roberts 1
 Don Brigham 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
 Christine Godwin 6
 Allison Murdoch ·· 6
 Helane Smith 6
 Saralee Christ 7
 Eleanor Gause 8
 Robert Huppert · 8
 Eve Necochea ··· 8
 Bob Bauer 9
 Frances Starkweather 9
 Charlotte Lattof ·· 11

Marion Davis 12
 Sandra Wolfe 12
 Sylvia Benner 13
 Glenda Campbell 13
 Dawn Boesen 14
 Linda Harvey 14
 Jeanne Tyrer 14
 Linda Scott 14
 Vicki Bundschu ·· 15
 Richard Howe ··· 15
 Merle Kjonaas 15
 Greg Vogler 15
 Rosalie Fairman · 16
 Nina Rieselbach · 16
 Claudia Johnson · 17
 Carol Saunders ·· 17
 Richard Cottrell · 18
 Methel Gale 18
 Sharon Boudeman 19
 Jane Hopkins 19
 Maddy Mayor 19
 Stephanie Payson 19
 Norma Kohn 20
 Trudy Williams ·· 21
 Robert Chuback 22
 Janet Murray 22
 Judith Clark 23
 Caren Schoen 23
 Ed Vander Hey ·· 23
 Jan Burdick 24
 Barbara McClure · 24
 Mimi Kopp 25
 Robin Krivanek ·· 25
 Marie Kenerson ·· 26
 Hazel Amon 28
 Mary Kelly 28
 Eleanor Rende ··· 28
 Andy McKelvey ·· 30
 Murr Mooney 30
 Lynn Quigley 30
 Sheila Morley 30
 Anita Marshall ··· 31
 Alan Smith 31

APRIL

James Kuharich · 1
 Joan Bannister ··· 2
 Helen Kalish 2
 Diane Kavalauskas 2
 Bill Kelley 2
 Anita Poling 2
 Ann Horbaczewski 2
 Anne Bresslau ·· 3
 Nancy Green 3

Karen Semmelman 3
 Sonda Dawes 4
 Bill Madsen/Ring · 4
 Susan Stuart 5
 Joanne Durst 5
 Judie Daugherty · 6
 Carl Calo 7
 Nancy Cleare 7
 Marlene Nicholas · 7
 Jane Withers 7
 Fran Kieling 8
 Deborah Butler ·· 9
 Paul Caramico 9
 Lana Ross 9
 Betty Lou Banks ·· 10
 Phil Scheiber 10
 David Sharpe 10
 Roland Campbell · 12
 JoAnne Fowler 12
 John Walley 12
 Susan Elbers 14
 Megan Jannucci ·· 15
 Lois Kohler 15
 Ethel Sinow 15
 Marilyn Wagner ·· 15
 Carmen DeTommaso 15
 Bobbie Wasson ··· 17
 Yolande Welch ··· 17
 Kate Fizer 18
 Emily Kletzien 19
 Susan Rosenberg 19
 Carol Spencer 19
 Patricia Armstrong 21
 Ann Tennery 21
 Louise Fitzgerald · 22
 Karen Pati 22
 James Smith 22
 Ann Moeder 22
 Carol Johnstone ·· 23
 Tommy Williams · 23
 Jodi Groenenboom 25
 Paul LaBonte 25
 Judy Maurer 25
 Shirley Skaugstad 25
 Janet Whitney 25
 Laurel Rosen 26
 Barbara Craig 27
 Marian Denk 27
 Ronda Seifert Walis 27
 Patti Sousa 27
 Andrea Gainer 28
 Barbara Jones 28
 Joan Eschert 30

~ January 2014 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
ETF – Essential Total Fitness GRILL - Hot Dog, Chips & Lemonade Call Wednesday by 11:00 to place your order. H&F - Hand & Foot			1 CLOSED FOR THE HOLIDAY	2 8:00 Power Hr 9:30 Yoga 11:00 Chair Yoga 1:00 Mahjongg	3 8:00 Happy Hr 9:30 ETF	4
5	6 8:00 Happy Hr 9:30 ETF 11:00 ETF 1:00 Bridge	7 8:00 Power Hr 8:30 Kayak 9:00 iPad Intro 9:30 Yoga 11:00 Chair Yoga 1:00 Canasta 1:00 H & F	8 8:00 Happy Hr 9:30 ETF 11:00 ETF 1:00 Bridge 11:30 GRILL 2:30 Page Turners	9 8:00 Power Hr 9:00 iPad Intro 9:30 Yoga 11:00 Chair Yoga 1:00 Mahjongg	10 8:00 Happy Hr 9:30 ETF 11:00 ETF	11 2:00 PM FLORIDA REP THEATRE
12	13 8:00 Happy Hr 9:30 ETF 11:00 ETF 1:00 Bridge	14 8:00 Power Hr 8:30 Kayak 9:00 iPad Inter 9:30 Yoga 11:00 Chair Yoga 1:00 Canasta 1:00 H & F	15 8:00 Happy Hr 9:30 ETF 11:00 ETF 11:30 GRILL 1:00 Bridge	16 8:00 Power Hr 9:00 iPad Inter 9:30 Yoga 11:00 Chair Yoga 1:00 Mahjongg	17 8:00 Happy Hr 9:30 ETF 11:00 ETF 1:30 Coping: What is Lifecare?	18
19	20 CLOSED Martin Luther King, Jr. Day	21 8:00 Power Hr 8:30 Kayak 9:00 iPhone 9:30 Yoga 11:00 Chair Yoga 1:00 Canasta 1:00 H & F	22 8:00 Happy Hr 9:30 ETF 11:00 ETF 11:30 GRILL 1:00 Bridge Leisure Lunchers	23 8:00 Power Hr 9:00 iPhone 9:30 Yoga 11:00 Chair Yoga 1:00 Mahjongg 1:00 AARP Safe Driving	24 8:00 Happy Hr 9:30 ETF 11:00 ETF 1:30 Coping: Osteoporosis	25 2:00 PM BB MANN 2:00 PM ARTIS NAPLES
26	27 8:00 Happy Hr 9:30 ETF 11:00 ETF 1:00 Bridge Costume World	28 8:00 Power Hr 8:30 Kayak 9:00 Ronda appt 9:30 Yoga 11:00 Chair Yoga 1:00 Canasta 1:00 H & F	29 8:00 Happy Hr 9:30 ETF 11:00 ETF 11:30 GRILL 1:00 Bridge 5:30 Price Is Right Pot Luck IKEA Sawgrass	30 8:00 Power Hr 9:00 Ronda appt 9:30 Yoga 11:00 Chair Yoga 1:00 Mahjongg 1:00 AARP Safe Driving	31 8:00 Happy Hr 9:30 ETF 11:00 ETF 1:30 Coping: Power of Energy	Notes:

~ February 2014 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
ETF – Essential Total Fitness GRILL - Hot Dog, Chips & Lemonade Call Wednesday by 11:00 to place your order. H&F - Hand & Foot						¹ 2:00 PM FLORIDA REP ARTSTAGE STUDIO
2	3 8:00 Happy Hr 9:30 ETF 11:00 ETF 1:00 Bridge Crystal River	4 8:00 Power Hr 8:30 Kayak 9:00 iPad Intro 9:30 Yoga 11:00 Chair Yoga 1:00 Canasta 1:00 H&F 1:30 Energy Class Crystal River	5 8:00 Happy Hr 9:30:00 ETF 11 ETF 11:30 GRILL 1:00 Bridge	6 8:00 Power Hr 9:00 iPad Intro 9:30 Yoga 11:00 Chair Yoga 1:00 Mahjongg	7 8:00 Happy Hr 9:30 ETF 11:00 ETF 1:00 Parish Nurs- es Community Health Fair	8 ARTS & CRAFTS BAZAAR 9:00 AM to 2:00 PM
9 1:00 PM Oxbow & Riverlore Cruise	10 8:00 Happy Hr 9:30 ETF 9:30 Learn Mah- jongg 11:00 ETF 1:00 Bridge	11 8:00 Power Hr 8:30 Kayak 9:00 iPad Inter 9:30 Yoga 9:30 Learn Mah- jongg 11:00 Chair Yoga 1:00 Canasta 1:00 H&F 1:30 Energy Class	12 8:00 Happy Hr 9:30 ETF 9:30 Learn Mah- jongg 11:00 ETF 11:30 GRILL 1:00 Bridge 2:30 Page Turn- ers	13 8:00 Power Hr 9:00 iPad Inter 9:30 Yoga 11:00 Chair Yoga 1:00 Mahjongg	14 8:00 Happy Hr 9:30 ETF 11:00 ETF 12:00 Charity Bridge Tourna- ment	15
16 2:00 PM FLORIDA REP THEATRE	17 8:00 Happy Hr 9:30 ETF 9:30 Learn Mah- jongg 11:00 ETF 1:00 Bridge	18 8:00 Power Hr 8:30 Kayak 9:00 iPhone 9:30 Yoga 9:30 Learn Mah- jongg 11:00 Chair Yoga 1:00 Canasta 1:00 PICASA 1:00 H&F 1:30 Energy Class	19 8:00 Happy Hr 9:30 ETF 11:00 ETF 11:30 GRILL 1:00 Bridge 1:00 PICASA	20 8:00 Power Hr 9:00 iPhone 9:30 Yoga 11:00 Chair Yoga 1:00 Mahjongg	21 8:00 Happy Hr 9:30 ETF 11:00 ETF 1:30 Coping: Isolation	22 2:00 PM BB MANN
23	24 8:00 Happy Hr 9:30 ETF 11:00 ETF 1:00 Bridge Leisure Lunchers	25 8:00 Power Hr 8:30 Kayak 9:00 Ronda appt 9:30 Yoga 11:00 Chair Yoga 1:00 Canasta 1:00 H&F 1:30 Energy Class Ybor City, Tampa	26 8:00 Happy Hr 9:30 ETF 11:00 ETF 11:30 GRILL 1:00 Bridge	27 8:00 Power Hr 9:00 Ronda appt 9:30 Yoga 11:00 Chair Yoga 1:00 Mahjongg	28 8:00 Happy Hr 9:30 ETF 11:00 ETF 1:30 Coping: Scam Prevention	Notes:

~ March 2014 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
ETF – Essential Total Fitness H&F - Hand & Foot * Class availability will be based on participation.						1
2 St Augustine	3 8:00 Happy Hr 9:30:00 ETF 11:00 ETF 1:00 Bridge Dezer CarsTrip St Augustine	4 8:00 Power Hr 8:30 Kayak 9:00 iPad Intro 9:30 Yoga 11:00 Chair Yoga 1:00 Canasta 1:00 H&F St Augustine	5 8:00 Happy Hr 9:30 ETF 11:00 ETF 11:30 GRILL 1:00 Bridge 1:00 PICASA Clewiston Sugar	6 8:00 Power Hr 9:00 iPad Intro 9:30 Yoga 11:00 Chair Yoga 1:00 Mahjongg 1:00 PICASA	7 8:00 Happy Hr 9:30 ETF 11:00 ETF 1:30 Damaris as "Dolores Hope"	8
9	10 8:00 Happy Hr 9:30 ETF 11:00 ETF 1:00 Bridge	11 8 :00 Power Hr 8:30 Kayak 9:00 iPad Inter 9 :30 Yoga 11:00 Chair Yoga 1:00 Canasta 1:00 H&F	12 8:00 Happy Hr 9:30 ETF 11:00 ETF 11:30 GRILL 12:30 Page Turn- ers 1:00 Bridge 5:30 Potluck	13 8:00 Power Hr 9:00 iPad Inter 9:30 Yoga 11:00 Chair Yoga 1:00 Mahjongg	14 8:00 Happy Hr 9:30 ETF 11:00 ETF 1:30 Coping: Brain Fitness	15 2:00 PM BB MANN 2:00 PM ARTIS NAPLES
16	17 8:00 Happy Hr 9:30 ETF *11:00 ETF 1:00 Bridge	18 8:00 Power Hr 8:30 Kayak 9:00 Ronda appt 9:30 Yoga *11:00 Chair Yoga 1:00 Canasta 1:00 H&F Central Florida	19 8:00 Happy Hr 9:30 ETF *11:00 ETF 11:30 GRILL 1:00 Bridge Leisure Lunchers Central Florida	20 8:00 Power Hr 9:00 Ronda appt 9 :30 Yoga *11:00 Chair Yoga 1:00 Mahjongg 1:00 AARP Safe Driving	21 8:00 Happy Hr 9:30 ETF *11:00 ETF 1:30 Coping: Memory	22 1:05 PM TWINS/ YANKEES 2:00 PM FLORIDA REP THEATRE
23	24 8:00 Happy Hr 9:30 ETF *11:00 ETF 1:00 Bridge	25 8 :00 Power Hr 8:30 Kayak 9:00 Ronda appt 9 :30 Yoga *11:00 Chair Yoga 1:00 Canasta 1:00 H&F 1:00 Spreadsheet	26 8:00 Happy Hr 9:30 ETF *11:00 ETF 11:30 GRILL 1:00 Bridge 1:00 Spreadsheet	27 8 :00 Power Hr 9:00 Ronda appt 9 :30 Yoga *11:00 Chair Yoga 1:00 Mahjongg 1:00 AARP Safe Driving	28 8:00 Happy Hr 9:30 ETF *11:00 ETF 1:00 Volunteer Luncheon 1:05 Twins/Red Sox	29
30	31 8:00 Happy Hr 9:30 ETF *11:00 ETF 1:00 Bridge	GRILL - Hot Dog, Chips & Lemonade Call Wednesday by 11:00 to place your order.				

~ April 2014 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 8:00 Power Hr 8:30 Kayak 9:30 Yoga *11:00 Chair Yoga 1:00 Canasta 1:00 H&F	2 8:00 Happy Hr 9:30 ETF 11:00 ETF 11:30 GRILL 1:00 Bridge	3 8:00 Power Hr 9:30 Yoga *11:00 Chair Yoga 1:00 Mahjongg	4 8:00 Happy Hr 9:30 ETF 11:00 ETF	5 2:00 PM BB MANN 2:00 PM ARTIS NAPLES
6	7 8:00 Happy Hr 9:30 ETF *11:00 ETF 1:00 Bridge Washington DC	8 8:00 Power Hr 8:30 Kayak 9:30 Yoga *11:00 Chair Yoga 1:00 Canasta 1:00 Spreadsheet 1:00 H&F Washington DC	9 8:00 Happy Hr 9:30 ETF *11:00 ETF 11:30 GRILL 1:00 Bridge 1:00 Spreadsheet Washington DC	10 8:00 Power Hr 9:30 Yoga *11:00 Chair Yoga 1:00 Mahjongg Washington DC	11 8:00 Happy Hr 9:30 ETF *11:00 ETF Washington DC	12 Washington DC
13 Washington DC	14 8:00 Happy Hr 9:30 ETF *11:00 ETF 1:00 Bridge Washington DC	15 8:00 Power Hr 8:30 Kayak 9:30 Yoga *11:00 Chair Yoga 1:00 Canasta 1:00 H&F Washington DC	16 8:00 Happy Hr 9:30 ETF *11:00 ETF 11:30 GRILL 1:00 Bridge	17 8:00 Power Hr 9:30 Yoga *11:00 Chair Yoga 1:00 Mahjongg	18 8:00 Happy Hr 9:30 ETF *11:00 ETF	19
20	21 8:00 Happy Hr 9:30 ETF *11:00 ETF 1:00 Bridge	22 8:00 Power Hr 8:30 Kayak 9:30 Yoga *11:00 Chair Yoga 1:00 Canasta 1:00 H&F	23 8:00 Happy Hr 9:30 ETF *11:00 ETF 11:30 GRILL 1:00 Bridge	24 8:00 Power Hr 9:30 Yoga *11:00 Chair Yoga 1:00 Mahjongg	25 8:00 Happy Hr 9:30 ETF *11:00 ETF	26 2:00 PM FLORIDA REP THEATRE
27	28 8:00 Happy Hr 9:30 ETF *11:00 ETF 1:00 Bridge	29 8:00 Power Hr 8:30 Kayak 9:30 Yoga *11:00 Chair Yoga 1:00 Canasta 1:00 H&F	30 8:00 Happy Hr 9:30 ETF *11:00 ETF 11:30 GRILL 1:00 Bridge	ETF – Essential Total Fitness * Class availability will be based on participation. GRILL - Hot Dog, Chips & Lemonade Call Wednesday by 11:00 am to place your order. H&F - Hand & Foot		

Laughter is timeless
Imagination has no age
And dreams are forever.
 - Walt Disney

*Reminder: We collect can tabs for the **Ronald McDonald House**. We have a cardboard collection house located in our kitchen.*

