



"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 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, *Seniors Program Manager* (239) 472-5743

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 meet monthly.

Katie Reid , President

Eileen Kehoe, Vice President

Glenda Campbell, Secretary

Carl "Bud" Reinhold, Treasurer

Mary Ann Gilhooley

Mike Gieryic

Patricia Armstrong

Judie Sharbaugh

Rev. Ed VanderHey

ISLAND SENIORS, INC. MEMBERSHIP APPLICATION

1st Member First Name _____ Last Name _____

Birth Month _____ Day _____

Phone # _____ Cell # _____

2nd Member First Name _____ Last Name _____

Birth Month _____ Day _____

Phone # _____ Cell # _____

Local Address _____ From _____ To _____

City _____ State _____ Zip _____

Summer Address _____ From _____ To _____

City _____ State _____ Zip _____

Email Address _____

Emergency Contact _____

Emergency Phone # _____

Local Physician _____

Make check payable to:
(\$20 Per Member)

Island Seniors, Inc.
2401 Library Way
Sanibel, FL 33957

For Additional Information:
(239) 472-5743 (Phone)
(239) 472-1413 (Fax)



Warm Greetings from Trish,

The season is changing and soon all our friends will return to the island. We, too, have had a few changes over the past couple of months with staff. Mary Remele retired in May and moved back home to Pittsburgh with her family and Patty Waters also retired but will continue on as one of our terrific technology instructors. We'd like to welcome aboard Carol Reed to our staff. You may recognize her from her previous position as receptionist at city hall. Together with our current staff and all the great volunteers we have it should be a fun season. Check inside the newsletter for all our upcoming activities & events and we'll see you soon!

Safe travels,
Trish Phillips

From the President By Katie Reid

Summer has too quickly faded from hot humid days to a warm Fall welcome with cooler weather on the horizon. The Center has been busy throughout the summer with many new programs examined. The best of all were the Causeway get togethers. So many of our members were glad to enjoy a social evening watching the sunset and eating the best that was offered. Now it is time to move into Fall programming. Highlights include the Trash and Treasures Sale in November and the Annual Meeting in December. Of course, we welcome back the many "snowbirds" who find our Island refreshing during the winter months. And, we continue to welcome our resident members who keep the Center alive throughout the year. I find, as each year passes, that the allure of Sanibel becomes so much stronger and I too look forward to getting back to the Island and the Center. Happy Fall Everyone!

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 8 for steps to see this newsletter online today.



Parish Nurses Community Health Fair

Friday, February 6, 2015

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, St. Isabel's Catholic Church and Sanibel Community Church.

ARTS AND CRAFTS FAIR

SATURDAY, FEBRUARY 7, 2015

Arts & Crafts Fair features local talent

Mark your calendar -- Saturday, February 7, from 9 a.m. to 2 p.m. , that's the annual, back-by-popular-demand Arts & Crafts Fair at the Center 4 Life. You'll see a variety of handcrafted items, including paintings, photography, fabric art, shell designs, tropical plant arrangements and much more. Plan to be there and support our local artists!

We still have a few spaces for new vendors. If you are interested, please contact Eileen Kehoe at 414-405-9556.



JUSTINE SMITH

Fifth Annual

Charity Bridge Tournament

Friday, February 13, 2015

1 p.m.

DAMARIS PETERS PIKE

RETURNS!

1:30 p.m., March 6th, 2015

“QUE SERA, SERA
- REMEMBERING
DORIS DAY”



Discover Florida Trips -

World Famous Mote
Aquarium in Sarasota



Wednesday, September 24th
\$55 Member / \$65 Non-Member

Includes round trip transportation and admission to Mote Aquarium Laboratory. We'll explore the secrets of the sea through viewable working labs and interactive exhibits featuring over 100 species of marine life. Lunch on own. Fort Myers pickup at 8:45 a.m.



**OPA! A Day in Greece at
Tarpon Springs
Thursday, October 30th**

\$79 Member / \$89 Non-Member

Includes round trip transportation, a trip to St. Nicholas Cathedral, a delicious Greek lunch at Hella's, and sponge-diving boat cruise. Fort Myers pickup at 7:45 a.m.

**Ft. Lauderdale
Christmas Pageant
Sunday, November 30th**



\$119 Member / \$129 Non-Member

Includes round trip transportation, reserved orchestra level ticket to Ft. Lauderdale Christmas Pageant. A picnic lunch provided en route and a delicious sit down dinner. Depart from Fort Myers at 9:45 a.m.

**Starlite Sapphire Yacht Cruise with
Lunch & Christmas Caroling
St. Petersburg
Tuesday, December 9th**



\$79 Member / \$ 89 Non-Member

Includes round trip transportation, narrated sightseeing cruise on St. Petersburg Bay. Receive a delicious lunch onboard and enjoy the special Broadway music and entertainment. Depart from Ft. Myers 7:45 a.m.



Minnesota Vikings



VS

Tampa Bay Buccaneers

Sunday, October 26th

\$99 Member / \$109 Non-Member

Includes round trip transportation, reserved seat in Section 314 for the 1:00 p.m. game; snacks & beverages provided on the ride up; \$10 food & beverage voucher for the stadium. Fort Myers pickup at 8:45 a.m.

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

Limited Seats Available!

Leisure Lunchers, Thrift & Consignment Connoisseurs

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



**Tuesday, September 23
Wednesday, October 22**

Check the sign-up sheets in the kitchen for restaurants and thrift or consignment stores we will be visiting. It's never too early to start holiday shopping.

If you hear of a restaurant you've wanted to try, let Trish know so that she can plan.

These lunches are a great way to meet new people and see new places.

There are two kinds of adventurers: those who go truly hoping to find adventure and those who go secretly hoping they won't.

William Trogon

Christmas at The Biltmore and Asheville

Monday, December 1st – Saturday, December 6th

\$859 ppdo Member, \$1149 single Member / \$899 ppdo Non-Member, \$1199 single Non-Member



Get into the holiday spirit by enjoying a trip to Asheville, North Carolina. Includes round trip motor coach transportation, 5 nights accommodations including 3 in Asheville, 12 meals (6 breakfasts, 1 lunch, 5 dinners), guided candlelight tour at The Biltmore, very special Christmas Dinner at The Biltmore, lunch at The Biltmore & winery tour, gingerbread house tour at the Grove Park Inn, guided Asheville tour, and more! A \$200 deposit confirms your reservation.

Limited availability. Contact the Center for further details.

Cruise in March 2015



7 Day Caribbean-Western

Norwegian Cruise Line * Norwegian Sun

Sunday, March 8th - Saturday, March 14th

Depart from Tampa and travel to Roatan, Belize City, Costa Maya, Cozumel then return to Tampa.

All pricing includes \$185 port charges, \$110.44 taxes and \$84 gratuities per person.

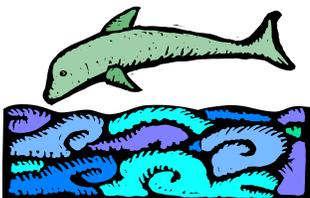
\$1193.44 ppdo Member / \$1243.44 ppdo Non-Member - Balcony Cabin, Category BB

\$883.44 ppdo Member / \$933.44 ppdo Non-Member - Oceanview Cabin, Category OE

\$813.44 ppdo Member / \$863.44 ppdo Non-Member - Inside Cabin, Category IC

Book early for best cabin assignment. A \$250 deposit per person is due by October 18, 2014. Payment is fully refundable until December 11, 2014. Final payment is due by December 12, 2014.

Single, Triple & Quad rates are available. Contact the Center for further details.



The purpose of life, after all, is to live it, to taste experience to the utmost, to reach out eagerly and without fear for newer and richer experience.

~ Eleanor Roosevelt ~

ART & BOOKS

PAGE TURNERS



Ann Rodman, Volunteer Coordinator, and the Page Turners group have enjoyed great attendance and we have been able to meet year round. For questions, please contact Ann at annrodman@aol.com.

The Day of the Jackal by Frederick Forsyth for **Wednesday, September 10th** ~ Bring your lunch and view the movie at **12:30 p.m.** then at **2:30 p.m.** discussion of both the book & movie. Facilitated by Sally Ennis



The Power of One by Bryce Courtney for **Wednesday, October 8th** ~ Bring your lunch and view the movie at **12:30 p.m.** then at **2:30 p.m.** discussion of both the book and movie. Facilitated by Sloan Jordan

Basket Case by Carl Hiaasen for **Wednesday, November 12th** at **2:30 p.m.** (book only) Facilitated by Karl Rodman

Unbroken by Laura Hillenbrand for **Wednesday, December 10th** at **2:30 p.m.** (book only) Facilitated by Barb Paquette

Hot Dog Grill Wednesday - still happening 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 ahead on Wednesday morning so we can plan enough food. If you don't want a hot dog, just bring your own lunch and join us.

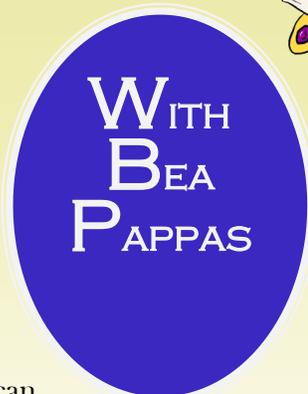


COLLAGE

September 5, 12, 19, 26

Fridays at 12:30–3:30 p.m.
\$20 Member per class
\$25 Non-Members per class

Bea will be teaching an easy approach to collage, both figurative and abstract. Collage can be worked from torn magazines, found papers like book pages, or handmade papers. (Call Center 4 Life for list of supplies needed.)



WATERCOLOR

October 3, 10, 17, 24, 31
November 7th

Fridays at 12:30–3:30 p.m.
\$20 Member per class
\$25 Non-Members per class

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. (Call Center 4 Life for list of supplies needed)

KAYAKING

The Center supplies the kayaks, paddles and life jackets (which everyone 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 also have a waiting list. **NOTE: Personal kayak participants must register with Island Seniors 24 hours prior to the scheduled date, in order to join the group.**

WINTER KAYAKING EXPANSION PLANNED

Board approval was given to increase the kayaking program to twice weekly January through April. The same trip will be taken on Tuesday and Thursday of each week. To make this happen, more leaders are needed. Sign up today. Training for current and new leaders will be held in December. First Aid/CPR will be a part of the training for all those who have not completed those courses. Lunch will be served.



UPCOMING KAYAK SCHEDULE

A perfect activity if you enjoy the great outdoors. There is space for 16 people on our eight two-person kayaks and limited space for those who own their own kayak.

September 2 & 16

October 7 & 21

November 18 & 25

December 2, 9, & 16

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.** Everyone, including those with personal kayaks, must meet at the Center unless an off Island launch is scheduled.

SUNSET SOCIALS ON THE CAUSEWAY



The members have been enjoying a fun and relaxing evening watching the beautiful island sunset. Meet us on the causeway and bring an appetizer to share. Don't forget to bring your beach chair.

Join us on the first island on your left as you leave Sanibel.

Look for Trish and the Island Seniors banner!

Tuesday, September 9th @ 6:30 p.m. - Getting Ready for Fall

Tuesday, October 14th @ 6:30 p.m. - School Spirit Night

Two bits, four bits, six bits a dollar,
Have some team spirit and good times will follow.

In your team colors, you will look great,
Just bring a dish you would enjoy at a tailgate.

Guests pay five dollars, members are free,
We certainly should be a site to see!

On October 14th, come to the causeway, that's the site
Six Thirty PM for our tailgate social – it will be a delight.



Wear your school colors!

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. Paid members of the Sanibel Recreation Center need to just show their membership card to attend classes. Guest fee is \$6.00 per class.

* Rates may be subject to change.

HAPPY HOUR FITNESS

Monday, Wednesday & Friday

8:00 a.m.

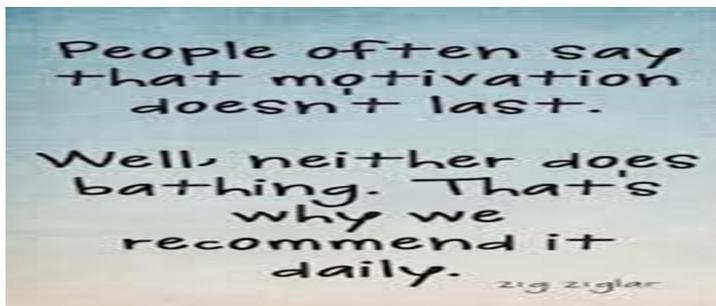
This class keeps your brain fit and your heart, lungs and muscles strong with a combination of aerobics, muscle conditioning exercises and balance. Hand weights, stretch cords, and your body weight will be used to keep you strong. The class begins with a joke from one of the participants to set the mood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

ESSENTIAL TOTAL FITNESS (ETF)

Monday, Wednesday & Friday

9:30 a.m.

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



Fit For Life Fitness

POWER HOUR

Tuesday and Thursday

8:00 a.m.

Hand weights, stretch cords, 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

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 need of varying experience levels. We suggest you bring a towel.

Instructor: Kim Kouril

CHAIR YOGA

Tuesday and Thursday

11:00 a.m.

Classes Resume October 28th

Similar to Gentle Yoga but all poses are done in a chair.

Instructor: Kim Kouril

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.



FLORIDA REPERTORY THEATRE

ALL PERFORMANCES – 2 P.M.

You must pay upon signing up. No additional tickets will be purchased ten days before the show. We may meet before or after the play for brunch or dinner. Trish will pick up the tickets from the box office and distribute them the week of the performance. If you are unable to pick up your ticket we can make arrangements to leave it at the "will call" window for you. (All tickets and dates subject to change.)

HISTORIC ARCADE THEATRE

Please check the date and name of the show, some have changed.

VANYA AND SONIA AND MASHA AND SPIKE

Saturday, November 1, 2014

\$25 Member / \$30 Non-Member

by Christopher Durang
2013's Tony-Winning BEST PLAY! A Hot New Wacky Comedy! "One of the funniest comedies Broadway has seen in seasons!"- *Newsday*

MURDER AT THE HOWARD JOHNSON'S

Saturday, December 6, 2014

\$25 Member / \$30 Non-Member

by Ron Clark & Sam Bobrick
All is fair in love...even MURDER! Check in for BIG LAUGHS with this uproarious comedy!

ONE SLIGHT HITCH

Sunday, January 25, 2015

\$35 Member / \$40 Non-Member

by Lewis Black
It's the day of the wedding and everything is perfect...until the doorbell rings! All Hell Breaks Loose in this Zany NEW Romantic Comedy!
An Ingenious and Imaginative Adaptation of the Classic Adventure!



AROUND THE WORLD IN 80 DAYS

Saturday, February 14, 2015

\$25 Member / \$30 Non-Member

Adapted by Mark Brown
From the Novel by Jules Verne
An Ingenious and Imaginative Adaptation of the Classic Adventure!

DIVIDING THE ESTATE

Saturday, March 21, 2015

\$25 Member / \$30 Non-Member

by Horton Foote
Resentment, Family Dysfunction, and Sibling Rivalry Have Never Been More Fun!



SPLIT IN THREE

Saturday, May 2, 2015

\$35 Member / \$40 Non-Member

by Daryl Lisa Fazio
An Electrifying and Beautiful Story of Sisterhood that Unfolds Against the Backdrop of the Segregated South.

ARTSTAGE STUDIO THEATRE

TRIBES

Saturday, November 8, 2014

\$35 Member
\$40 Non-Member

by Nina Raine

Follow a deaf young man raised in a hearing world as he finds love and the richness of deaf culture!

David Sedaris'

The SANTALAND DIARIES

Saturday, December 20, 2014

\$25 Member / \$30 Non-Member

Adapted by Joe Mantello

The Santaland Diaries exposes the underside of Santa's workshop when David, a down and out-of-work cynical writer, desperately takes a job as Macy's elf during the holiday crunch. **FOR MATURE ELVES ONLY.**

FASCINATIN' GERSHWIN

Sunday, March 8, 2015

\$35 Member
\$40 Non-Member

Music & Lyrics by George & Ira Gershwin

Conceived & Written by Robert Cacioppo

A Dazzling Revue of the Gershwin Songbook! Features all the Classic Tunes!



Barbara B Mann Theater 2015 - 2 pm

Please remember, if you signed up, you are responsible for paying for that ticket. An invoice for these tickets will be mailed out to you with payment due by September 15th. If 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 paid for the tickets. (All tickets and dates subject to change.)

The Book of Mormon

Saturday, January 10, 2015

\$105 Member / \$115 Non-Member



The New York Times: "the Best Musical of this century." *The Washington Post*: "It is the kind of evening that restores your faith in musicals," and *Entertainment Weekly*: "Grade A: The funniest musical of all time." Jon Stewart of *The Daily Show* calls it "A crowning achievement. So good it makes me angry." It's *The Book of Mormon*, the nine-time Tony Award® winning best musical from the creators of *South Park*. **Contains explicit language and content.**

Phantom of the Opera

Saturday, January 31, 2015

\$95 Member / \$105 Non-Member



Following a sold-out tour of the United Kingdom, Cameron Mackintosh's spectacular new production of Andrew Lloyd Webber's phenomenal musical, "**The Phantom of the Opera**", will come to Fort Myers as part of a new North American Tour. This breathtaking production is "bigger and better than ever before." PHANTOM features a brilliant new scenic design by Paul Brown, Tony Award®-winning original costume design by Maria Björnson, lighting design by Tony Award®-winner Paule Constable, new choreography by Scott Ambler, and a new staging by director Laurence Connor. The production boasts many exciting special effects including the show's legendary chandelier. The beloved story and thrilling score - with songs like "Music of the Night," "All I Ask Of You," and "Masquerade" - will be performed by a cast and orchestra of 52, making this one of the largest productions now on tour.

Annie

Saturday, February 14, 2015

\$70 Member / \$80 Non-Member



Leapin' Lizards! The best-loved musical returns in time-honored form. Directed by original lyricist and director Martin Charnin and choreographed by Liza Gennaro:

This production of ANNIE will be a brand new incarnation of the iconic original. Featuring book and score by Tony Award®-winners Thomas Meehan, Charles Strouse and Martin Charnin. ANNIE includes such unforgettable songs as "It's the Hard Knock Life," "Easy Street," "I Don't Need Anything But You," plus the eternal anthem of optimism, "Tomorrow."

Blue Man Group

Saturday, February 28, 2015

\$70 Member / \$80 Non-Member



Blue Man Group will thrill FORT MYERS with its high-octane theatrical experience. Escape the ordinary and surround yourself in an explosion of comedy, music and technology. If you've never seen Blue Man Group, you must go.

Camelot

Saturday, April 11, 2015

\$70 Member / \$80 Non-Member



Experience Camelot's "one brief shining moment" as Lerner and Loewe envisioned it in this most legendary musical. Recount the legend of King Arthur, Guinevere, Lancelot, and the Knights of the Round Table in an enchanting fable of chivalry, majesty, and brotherhood. Four-time Tony Award® show. Camelot tells the legend of King Arthur who rules his kingdom with new ideals, bringing peace to a troubled land. But when his beautiful new Queen Guinevere and the dashing Sir Lancelot, his most trusted knight, give in to their passion for one another, one of the most fabled love triangles ensues. When Mordred, King Arthur's illegitimate son, catches on and sees a kingdom in chaos, he attempts to destroy all that is Camelot! Never has this story of passion, pageantry and betrayal been more captivating. Includes the classics "If Ever I Would Leave You," "The Simple Joys of Maidenhood," & the title song "Camelot."

ARTIS — NAPLES (formerly Naples Phil) 2014-15

Sign up for group tickets is now over. As with all tickets, if you signed up, you are responsible for paying for that ticket. An invoice for these tickets will be mailed out to you with payment due by September 15th. Bus transportation will be limited to each performance. If you need to sell your ticket later, we will provide a waiting list of members for you to call. This works well as many people join the Center 4 Life after Island Seniors, Inc. have purchased the tickets. (All tickets and dates subject to change.)



2 pm, Saturday, December 28, 2014

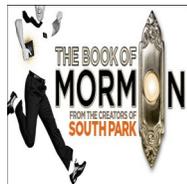
\$90 Member /\$100 Non-Member

Set in Damon Runyon's mythical New York City, this oddball romantic comedy, considered by many to be the perfect musical, soars with the spirit of Broadway as it introduces us to a cast of vivid characters who are legends in the canon: Sarah Brown, the upright but uptight "mission doll," out to reform the evil-doers of Times Square; Sky Masterson, the slick, high-rolling gambler who woos her on a bet to Cuba and ends up falling in love; Adelaide, the chronically ill nightclub performer whose condition is brought on by the fact she's been engaged to the same man for 14 years; and Nathan Detroit, her devoted fiancé, desperate as always to find a spot for his infamous floating crap game.

THE BOOK OF MORMON

2 pm, Saturday, January 17, 2015

\$135 Member /\$145 Non-Member -
Center Orchestra
\$99 Member /\$109 Non-Member -
Side Orchestra



Winner of 9 Tony Awards® including Best Musical! From Trey Parker and Matt Stone, the creators of *South Park*, and Robert Lopez, co-creator of *Avenue Q* comes **The Book of Mormon**, a new Broadway musical that Jon Stewart of *The Daily Show* describes as, "a crowning achievement, so good it makes me angry," and by *Entertainment Weekly* as "the funniest musical of all time." Don't miss your chance to see what Ben Brantley of *The New York Times* calls "the best musical of this century." **Contains explicit language and content.**



2 pm, Saturday, February 28, 2015

\$90 Member /\$100 Non-Member

Chicago dances into Hayes Hall for sizzling, jazzy, murderous music. *Chicago* has everything that makes Broadway great: a universal tale of fame, fortune and all that jazz; one show-stopping song after another and the most astonishing dancing you've ever seen. No wonder *Chicago* has been honored with six Tony Awards®, two Olivier Awards®, a Grammy® and thousands of standing ovations. Whether you're looking for your first Broadway musical, whether you've seen the Academy Award®-winning film and want to experience the show live on stage or whether you've seen it before and want to recapture the magic, *Chicago* always delivers.



2 pm, Saturday March 28, 2015

\$90 Member /\$100 Non-Member

Join us... for this magical, unforgettable production *The New York Times* declared "Astonishing! A *Pippin* for the 21st Century." The 2013 Tony Award® winner for Best Musical Revival is back for the first time since it thrilled audiences 40 years ago. With a beloved score by Tony® nominee Stephen Schwartz (*Godspell*, *Wicked*), *Pippin* tells the story of a young prince on a death-defying journey to find meaning in his existence. Will he choose a happy but simple life? Or will he risk everything for a singular flash of glory. This captivating new production is directed by Tony® winner Diane Paulus (*Hair*, *The Gershwins' Porgy and Bess*). *Pippin* features sizzling choreography in the style of Bob Fosse and breathtaking acrobatics by Les 7 Doigts de la Main, the creative force behind the nationwide sensation *Traces*.



Holiday Potluck

Wednesday, December 3, 2014

Festivities begin with the Potluck Dinner at 5:30 p.m. . Please provide a finger food item to share for dinner. 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 and some fun holiday activities. Practice your favorite songs for group participation. Our Host will provide the songs and words; just sing-a-long. Help us kick off the holiday season with good friends and great fun!

Wear your Festive attire!!



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.



SAVE THIS DATE...

Come to the event of 2015: THE NIGHT THE STARS SHINE ON SANIBEL Wednesday, January 21, 2015



Tom Jones

Island Seniors, Inc. has booked some of the most famous Singers of our lives to perform at our potluck dinner January 21, 2015. Sanibel has never had as many STARS in one location at one time. You don't want to miss this event, so mark in on your calendar now and sign up early.



Cindi Lauper



Aretha Franklin



Kenny & Dolly



Doris Day



Merle Haggard

Keeping Up With Technology Classes with Patty Waters

*Classes are limited to 6 students.
Payment for class reserves your seat.*

Discovering the Value of the INTERNET



- * Wednesday, September 17th
- * Tuesday, October 21st
- * Wednesday, November 12th
1:00 - 3:00 p.m.

\$30 Members/\$45 Non-Members

The one day seminar is for you if you are new to the Internet or not comfortable looking up the topics you are interested in. Learn how to safely enjoy booking your travel, tracking stocks, accessing government information or tips on gardening, exercise, or other interests.

PICASA with Patty and Your Photos

- * Wednesday & Thursday, October 8 & 9
1:00 - 3:00 p.m.
- \$60 Members/\$90 Non-Members**

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.



IMPORTANT NOTE:

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

What's a SPREADSHEET?

- * Wednesday & Thursday, September 24 & 25
OR
 - * Wednesday & Thursday, November 19 & 20
1:00 pm - 3:00 pm
- \$60 Members/\$90 Non-Members**



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. They can be useful to balance your checkbook, manage rentals or expenses or even to keep your address lists. You do need to be familiar with the mouse and keyboard. If you do email or word processing you have the needed skill level.



FACEBOOK Staying Connected with Family and Friends

- * Wednesday & Thursday, October 15 & 16
OR
 - * Monday & Tuesday, December 29 & 30
1:00 - 3:00 p.m.
- \$60 Members/\$90 Non-Members**

Facebook is the most visited website with 1.28 billion users! 46% of people over 65 use it. We will demonstrate what Facebook is all about. You can decide if you want to just watch what friends and family are doing or, jump in there to "post" your thoughts or activities.



Returning in January!

Ronda Seifer

Classes on iPhone and iPad!

Ronda arrives in December to set up her January to April schedule.



AARP Smart Driver Course

Thursdays, November 6 & 13

1:00 p.m. to 4:00 p.m.



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 **(239)292-4012**. You need not be a member of the Island Seniors to attend but you **must attend both classes in order to receive certificate**.



Trash & Treasure Sale

Saturday, November 15, 2014

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

We are gathering a fabulous collection of donated items from our members and the community. However, we are still in need of your clean, gently used items here at the Center 4 Life. Drop off is available Monday through Friday between 8:00 a.m.-3:30 p.m. Items include:

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



Donations are Tax Deductible



We kindly ask that no books, clothes, shoes, computers, printers or old TV's be dropped off, please. If you have any questions or need assistance with your donated items, please contact the Center 4 Life at (239)472-5743.

Support Island Seniors, Inc. by attending this event and have a little fun treasure hunting. Hot dogs, chips and drinks will be sold during the event. Come and join the fun!

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



Birthdays

SEPTEMBER

Cecelia Copeland · 1
 Kay Brigham ····· 1
 Annette Cantalupo · 2
 Kelly Collini ····· 2
 Raymond Luebbers · 2
 Chuck Ramseth ··· 2
 Sally Reed ······· 2
 Shirley Rigsby ··· 2
 Minnie Sanders ··· 2
 Karen Sloan ····· 2
 Donna Kjonaas ··· 3
 Dale Reiss ······· 3
 Elaine Walker ····· 3
 Bob Davis ······· 4
 Mike DeTommaso · 4
 Sally Divenere ··· 4
 Barbara Ellis ····· 4
 Anne Szymanski ··· 4
 Helene Weyant ··· 4
 Bridget Funk ····· 6
 Maureen Ginipro ··· 6
 Irene Gaina ····· 7
 Jerry Nichols ····· 7
 Barbara Edgecomb · 8
 Sheila Hoen ····· 8
 Jill Coughlin ····· 9
 Mike Gieryc ····· 9
 Ernie Hoen ····· 9
 Mona Cline ····· 12
 Margaret Currie ··· 12
 Richard Schreck ··· 13
 Georgia Wellman ··· 13
 Kate Dietrich ····· 14
 Carol Roberts ····· 14
 Jules DuPre ····· 16
 Bill Sartoris ····· 16
 Elizabeth Sheffield · 16
 Enid Packard ····· 17
 Linda Tedeschi ··· 17
 Anne Burden ····· 18
 Edie DuGoff ····· 18
 Kathy Huldrum ··· 18
 Mary Jo Luebbers · 18
 Matilda Young ··· 18
 Marge Schubart ··· 19
 Mary Snyder ····· 19
 Marvin Crawford ··· 20
 Edie Flagg ····· 20
 Patsy Hiatt ····· 21
 Rhode Klion ····· 21
 Gustavo Santos III · 21
 Lesley Moore ····· 22
 Judy White ····· 22
 Susan Davis ····· 23
 JoAnn Reece ····· 23
 Karen Turner ····· 23
 Theodore Gasteyer 24

David Langer ····· 24
 Margaret LaBonte · 25
 John Bradford ··· 26
 Victor Dix ····· 26
 John Hicks ····· 27
 Ned Barr ····· 28
 Joyce Frank ····· 28
 Mary Jean Cardamone
 ················· 29
 Shirley Rigsby ··· 2
 Jane Dumais ····· 29
 MaryAnn Grottodden
 ················· 29
 Delores Lobbato ··· 29
 Marjorie Smith ··· 29
 Donna Kearns ····· 30

OCTOBER

Eileen Metz ····· 1
 Jim Withers ····· 1
 Rocco Cantalupo · 2
 Mary Ann Gilhooley · 2
 Lenora Hoffman ··· 3
 Joan Sperry ····· 3
 Stephen Hawes ··· 4
 Ann Trabulsi ····· 4
 Virginia Gersack ··· 5
 Daryl Kaplan ····· 5
 Margery Armstrong · 6
 Daphne Hammond · 6
 Becky Batchellor ··· 7
 Cleo Current ····· 7
 Mary Kamp ····· 7
 Shannon Foster ··· 8
 Jane Gieryc ····· 8
 Lorinda Bradford ··· 9
 Ann Denise Conlon · 9
 John Reid ····· 9
 Pamela Amazeen · 10
 Jo Ann McKelvey ··· 10
 Gillian Bath ····· 11
 Sandy Berke ····· 11
 L. Whitman Smith · 11
 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
 Shirley Jewell ····· 17
 Nancy C. Smith ··· 17
 Betty Taylor ····· 17
 Berdena Thompson
 ················· 17

Margy McCall ····· 18
 Sharon Miller ····· 18
 Darlene Rizzo ····· 18
 Julie Roenisk ····· 18
 Sharon Miller ····· 18
 Moses Michel ····· 19
 Patty Molnar ····· 22
 Missy Scoville ··· 22
 Robert Smetana ··· 23
 Vicky Lettmann ··· 24
 Allan Rae ····· 24
 Peggy Wackerman
 ················· 24
 Patti Daly ····· 25
 Ed Hendrick ····· 25
 Onalee Anderson ··· 26
 Shirley Schulz ····· 26
 Debra Dobbie ····· 26
 Chris Boesen ····· 27
 Paulette Lotstein · 27
 Irene Raber ····· 27
 Brenda Zaltas ····· 27
 Dorothy Hirschfeld · 28
 Bernd Karr ····· 28
 Nancy Maupin ····· 29
 Lorraine Rippe ··· 29
 Janet Schneider ··· 29
 Elise Hall ····· 31

NOVEMBER

Kathy Kaplan ····· 1
 Joan Lyman ····· 1
 Jerry Shay ····· 1
 Kay Strayer ····· 1
 Ilse de La Puente ··· 3
 Rusty Souers ····· 3
 Shirley Akins ····· 4
 Barbara Brodersen · 4
 Carlie Kingdon ··· 4
 Christl Smith ····· 4
 Jean Haffenreffer ··· 5
 Dean Skaugstad ··· 5
 Marie Kenerson ··· 6
 Carol Awender ····· 7
 Judy Diecuck ····· 7
 Diane Rabb ····· 7
 Betsy Tietgen ····· 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
 Richard Larson ··· 10
 Gail Austin ····· 11

Rodger Bunnell ··· 11
 Sally Lichtenstein · 11
 Martin Arnowitz ··· 13
 Holly Davies ····· 13
 Cindy Jones ····· 13
 Di Saggau ····· 14
 Judy Bemiller ····· 15
 Terry Gustafson ··· 15
 Barbara Hickey ··· 15
 Jane Hoden ····· 15
 Moon Price ····· 15
 William Vogler ··· 15
 Margaret Palange · 17
 Arlen Westbrook ··· 17
 Sharon Gill ····· 18
 Kay Sadighi ····· 18
 Nancy Wessling ··· 18
 Joe Babcock ····· 19
 Robert Chaney ··· 19
 Richard Welch ··· 19
 Margaret Lee ····· 20
 Joseph Walzer ··· 20
 Laura Murray ····· 21
 Albert Symes ····· 21
 Jim Winn ····· 21
 John Brown ····· 22
 Barbara Kusek ··· 22
 Sue Ramos ····· 23
 Bill Taylor ····· 23
 Dorothy Donaldson · 24
 Shirley Schiffman · 25
 Ayala Manolson ··· 26
 Charlotte Schroder · 26
 Wendy Taibbi ····· 26
 Lois Demanes ··· 27
 Sally Duffy ····· 27
 Norma Hagan ····· 27
 Sue Ramos ····· 28
 Ellen Strobel ····· 28
 Dorothy Sawyer ··· 29
 Peg Bennett ····· 30
 Jane Hudson ····· 30
 Bill Pappas ····· 30
 Annmarie Pittman · 30

DECEMBER

Phil Gainer ····· 1
 Inge Santos ····· 2
 Gloria Caramico ··· 3
 Shirlene Grasgreen · 4
 Cynthia Luks ····· 4
 Diane Wien ····· 4
 Dodie Bromwell ··· 5
 James Carpenter ··· 5
 Doris Dewitt ····· 5
 Marianne Masterson
 ················· 5
 Dick Rieselbach ··· 5
 Helen Gaina ····· 6

Norma Walley ····· 6
 Maureen Hnato ··· 7
 Paul Schierberl, Jr. · 7
 Vicky Sears ····· 8
 Nancy Seaward ····· 8
 Evelyn Spencer ··· 8
 Robert Fawcett ··· 9
 Frank Hagan ····· 9
 Bob Fawcett ····· 9
 James Davis ····· 10
 Martha Siders ··· 10
 Anne Cronin ····· 11
 Rita Farmer ····· 11
 George Witte ····· 11
 Barbara Symes ··· 12
 Lorraine Hicks ··· 15
 Nancy Riley ····· 15
 Patricia Young ··· 16
 Toni Bracco ····· 17
 Nelia Sheridan Makovi
 ················· 17
 Hilda Bould ····· 18
 Holly Goldsmith ··· 18
 Jim Lally ····· 18
 Karl Rodman ····· 19
 Michael Armstrong · 20
 Rick Perry ····· 21
 James Isom ····· 22
 Joan Davey ····· 23
 Beth Hight ····· 23
 Jean Eaton ····· 24
 Gail Leach ····· 24
 Allan Kennedy ····· 25
 Russ Crawford ··· 26
 Willie Winkler ··· 26
 Donna Caruso ····· 27
 Ali Keyhani ····· 27
 Holly McEntyre ··· 27
 Donald Edgecomb · 28
 Virginia Fellows ··· 28
 Bill Holleran ····· 28
 Jan Anderson ····· 29
 Annabelle Patton · 31



~ September 2014 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Closed Labor Day	2 8 -Power Hour 8:30 -Kayaking 9:30 -Gentle Yoga	3 8 -Happy Hour 9:30 -ETF 11:30 -Hot Dogs 12:30 -Bridge	4 8 -Power Hour 9:30 -Gentle Yoga 12:30 -Mahjongg	5 8 -Happy Hour 9:30 -ETF 11:30 -Bea's Art Class—Collage	6
7	8 8 -Happy Hour 9:30 -ETF 12:30 -Bridge	9 8 -Power Hour 9:30-Gentle Yoga 6:30– Sunset Social	10 8-Happy Hour 9:30-ETF 11:30 –Hot Dogs 12:30-Bridge 12:30 -Page Turners	11 8 -Power Hour 9:30 -Gentle Yoga 12:30 -Mahjongg	12 8 -Happy Hour 9:30 -ETF 11:30 -Bea's Art Class-Collage	13
14	15 8 -Happy Hour 9:30 -ETF 12:30 -Bridge	16 8 -Power Hour 8:30 -Kayaking 9:30 -Gentle Yoga	17 8 -Happy Hour 9:30 -ETF 11:30 –Hot Dogs 12:30 -Bridge 1 –Discover the Internet	18 8 -Power Hour 9 30 -Gentle Yoga 12:30 -Mahjongg	19 8 -Happy Hour 9:30 -ETF 11:30 -Bea's Art Class-Collage	20
21	22 8 -Happy Hour 9:30 -ETF 12:30 -Bridge	23 8 -Power Hour 9:30 -Gentle Yoga 10:45 –Leisure Lunchers 	24 8 -Happy Hour 9:30 -ETF 11:30 –Hot Dogs 12:30 -Bridge 1 –Spreadsheet Mote Aquarium	25 8 -Power Hour 9:30 -Gentle Yoga 12:30 -Mahjongg 1 –Spreadsheet	26 8 -Happy Hour 9:30 -ETF 11:30 -Bea's Art Class-Collage	27
28	29 8 -Happy Hour 9:30 -ETF 12:30 -Bridge	30 8 -Power Hour 9:30 -Gentle Yoga	Notes: ETF – Essential Total Fitness Hot Dogs—Hot Dog Grill call by 10:30 a.m. Kayaking – Weather permitting P/U Softball held at the Sanibel Ball Fields * Fitness class availability will be based on participation			

~ October 2014 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Notes: ETF – Essential Total Fitness Hot Dogs—Hot Dog Grill call by 10:30 a.m. Kayaking – Weather permitting P/U Softball held at the Sanibel Ball Fields * Fitness class availability will be based on participation.			1 8 -Happy Hour 9:30 -ETF 11:30 –Hot Dogs 12:30 -Bridge	2 8 -Power Hour 9:30 -Gentle Yoga 12:30 -Mahjongg	3 8 -Happy Hour 9:30 -ETF 11:30 -Bea's Art Class-Watercolor	4
5	6 8 -Happy Hour 9:30 -ETF 12:30 -Bridge	7 8 -Power Hour 8:30 -Kayaking 9:30 -Gentle Yoga	8 8 -Happy Hour 9:30 -ETF 11:30 –Hot Dogs 12:30 -Bridge 12:30 -Page Turners 1 –PICASA	9 8 -Power Hour 9:30 -Gentle Yoga 12:30 -Mahjongg 1 –PICASA	10 8 -Happy Hour 9:30 -ETF 11:30 -Bea's Art Class-Watercolor	11
12	13 8 -Happy Hour 9:30 -ETF 12:30 -Bridge 	14 8 -Power Hour 9:30 -Gentle Yoga 6:30 -Sunset Social	15 8 -Happy Hour 9:30 -ETF 11:30 –Hot Dogs 12:30 -Bridge 1 –Facebook	16 8 -Power Hour 9:30 -Gentle Yoga 12:30 -Mahjongg 1 –Facebook	17 8 -Happy Hour 9:30 -ETF 11:30 -Bea's Art Class-Watercolor	18
19	20 8 -Happy Hour 9:30 -ETF 12:30 -Bridge	21 8 -Power Hour 8:30 -Kayaking 9:30 -Gentle Yoga 1 –Discover the Internet	22 8 -Happy Hour 9:30 -ETF 10:45 –Leisure Lunchers 11:30 –Hot Dogs 12:30 -Bridge	23 8 -Power Hour 9:30 -Gentle Yoga 12:30 -Mahjongg	24 8 -Happy Hour 9:30 -ETF 11:30 -Bea's Art Class-Watercolor	25
26 Baileyfest 12 - 4pm Tampa Bay Bucs vs Minnesota Vikings	27 8 -Happy Hour 9:30 -ETF 1 -Bridge *Expanded Hours Begin 8am-5pm 6:15 P/U Softball	28 8 -Power Hour 9:30 -Gentle Yoga 11 -Chair Yoga begins	29 8 -Happy Hour 9:30 -ETF 11:30 -Goblin's Luncheon 1 -Bridge	30 8 -Power Hour 9:30 -Gentle Yoga 11 -Chair Yoga 1 -Mahjongg Tarpon Springs	31 8 -Happy Hour 9:30 -ETF 11:30 -Bea's Art Class-Watercolor 	

~ November 2014 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 2pm - Florida Rep Vanya and Sonia and Masha and Spike
2 Daylight Savings Time Ends 	3 8 -Happy Hour 9:30 -ETF 1 -Bridge 6:15 P/U Softball	4 Election Day 7am - 7pm No Scheduled Activities	5 8 -Happy Hour 9:30 -ETF 11:30 -Hot Dogs 1 -Bridge	6 8 -Power Hour 9:30 -Gentle Yoga 11 -Chair Yoga 1 -Mahjongg 1 -AARP Safe Driving	7 8 -Happy Hour 9:30 -ETF 11:30 -Bea's Art Class-Watercolor	8 2pm - Florida Rep ArtStage Studio Tribes
9	10 8 -Happy Hour 9:30 -ETF 1 -Bridge 6:15 P/U Softball	11 Closed Veterans Day	12 8 -Happy Hour 9:30 -ETF 11:30 -Hot Dogs 1 -Bridge 1 -Internet 2:30 -Page Turners	13 8 -Power Hour 9:30 -Gentle Yoga 11 - Chair Yoga 1 -Mahjongg 1 -AARP Safe Driving	14 8 -Happy Hour 9:30 -ETF	15 Trash & Treasures Sale 9am-1pm
16	17 8 -Happy Hour 9:30 -ETF 1 -Bridge 6:15 P/U Softball	18 8 -Power Hour 8:30 -Kayaking 9:30 -Gentle Yoga 11 -Chair Yoga	19 8 -Happy Hour 9:30 -ETF 11:30 -Hot Dogs 1 -Bridge 1 -Spreadsheet	20 8 -Power Hour 9:30 -Gentle Yoga 11 -Chair Yoga 1 -Mahjongg 1 -Spreadsheet	21 8 -Happy Hour 9:30 -ETF	22
23	24 8 -Happy Hour 9:30 -ETF 1 -Bridge	25 8 -Power Hour 8:30 -Kayaking 9:30 -Gentle Yoga 11 -Chair Yoga	26 8 -Happy Hour 9:30 -ETF 11:30 -Hot Dogs 1 -Bridge	27 Closed Thanksgiving Day 	28 Closed Thanksgiving Holiday	29
30 Ft. Lauderdale Christmas Pageant	Notes: ETF – Essential Total Fitness Hot Dogs—Hot Dog Grill call by 10:30 a.m. Kayaking – Weather permitting P/U Softball held at the Sanibel Ball Fields * Fitness class availability will be based on participation.					



~ December 2014 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 8 -Happy Hour 9:30 -ETF 1 -Bridge 6:15 P/U Softball Christmas at the Biltmore	2 8 -Power Hour 8:30 -Kayaking 9:30 -Gentle Yoga 11 -Chair Yoga	3 8- Happy Hour 9:30 -ETF 11:30 -Hot Dogs 1 -Bridge 5:30 -Holiday Potluck	4 8 -Power Hour 9:30 - Gentle Yoga 11 -Chair Yoga 1 -Mahjongg	5 8 -Happy Hour 9 :30-ETF	6 2pm -Florida Rep Murder at the Howard Johnsons Return From Christmas at the Biltmore
7	8 8 -Happy Hour 9:30 -ETF 1 -Bridge 6:15 P/U Softball	9 8 -Power Hour 8:30 -Kayaking 9:30 -Gentle Yoga 11 -Chair Yoga St. Pete Christmas Cruise & Lunch	10 8 -Happy Hour 9:30 -ETF 11:30 -Hot Dogs 1 -Bridge 2:30 -Page Turners	11 8 -Power Hour 9:30 -Gentle Yoga 11 -Chair Yoga 1 -Mahjongg	12 8 -Happy Hour 9:30 ETF 11:30- Annual Members meeting	13
14	15 8 -Happy Hour 9:30 -ETF 1 -Bridge 6:15 P/U Softball	16 8 -Power Hour 8:30 -Kayaking 9:30 -Gentle Yoga 11 -Chair Yoga	17 8 -Happy Hour 9:30 -E TF 11:30 -Hot Dogs 1 -Bridge	18 8 -Power Hour 9:30 -Gentle Yoga 11 -Chair Yoga 1 -Mahjongg	19 8 -Happy Hour 9:30 - ETF	20 2pm -Florida Rep ArtStage Studio The Santaland Diaries
21	22 8 -Happy Hour 9:30 -ETF 1 -Bridge	23 8 -Power Hour 9:30 -Gentle Yoga 11 -Chair Yoga	24 Closed	25 Closed	26 8 -Happy Hour 9:30 - ETF	27 2pm -Artis Naples Guys & Dolls
28	29 8 -Happy Hour 9:30 -ETF 1 -Bridge 1 -Facebook	30 8 -Power Hour 9:30 -Gentle Yoga 11 -Chair Yoga 1 -Facebook	31 8 -Happy Hour 9:30 -ETF 1 -Bridge	Notes: ETF – Essential Total Fitness Hot Dogs—Hot Dog Grill call by 10:30 a.m. Kayaking – Weather permitting P/U Softball held at the Sanibel Ball Fields * Fitness class availability will be based on participation.		