



"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 2015

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.

Tom Ledgerwood , President

Tommy Williams, Vice President

Glenda Campbell, Secretary

Carl "Bud" Reinhold, Treasurer

Mary Ann Gilhooley

Mike Gieryic

Shirley Schulz

Rev. Ed Vander Hey

Nancy Venuto



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

What's Inside

Arts and Crafts Fair.....	3
Bridge Tournament	3
Potlucks	4
Fitness / Kayaking	5
Leisure Lunchers	6
Spring Training.....	6
Sanibel Health Fair	7
Damaris Peters Pike	8
Coping With Life	8
AARP Safe Driving	9
Technology Classes	9
Books and Games	10
Volunteers Luncheon	11
Discovery Trips	12
Florida Rep	13
B B Mann	14
Artis Naples	15
Birthdays	16
Calendars	17-20

Note from 2008—2014 President:

This is my final note. It is hard to believe that six years have gone by already! Time does fly when you are having fun! We have accomplished quite a bit in six years. We've added new programs, improved exercise classes, increased attendance at the plays and shows, and overall, increased membership in the Island Seniors. We renamed our building the Center 4 Life, but the programming remains with the Island Seniors. How many wonderfully active members we have seen through the years. And, the number of volunteers who help to make everything a success is amazing. I thank you all for continually providing the much needed support, suggestions and time to make us such a great place. I only request you continue to support your new Board members and the Center at large.

I thank the Board members who have served while I was either the secretary or President of the Board. Without their innovative ideas and strong sense of volunteerism, I would not have enjoyed being on the Board as much as I did. So I leave the Board with sadness, but am convinced those who take over will do even greater things to improve our Center for the membership.

Thank you and see you around the Center!

Katie Reid

Note from the President:

Welcome back to those of you returning and a Happy New Year to all. As you would expect there was a board election in December. Four new members were elected: Tom Ledgerwood, your new President, Tommy Williams, your new Vice President, Nancy Venuto, and Shirley Schulz. Five board members will hold over for the remainder of their terms, Mary Ann Gilhooley, Glenda Campbell will be your Secretary, and Bud Reinhold your Treasurer. We want to thank Katie Reid for her past service as President. Katie has agreed to remain as liaison with the city for the time being.

I have attended events at the center for years. I must say that I am favorably impressed with the efforts and activities. There are many and varied events, they are well run, and well attended. As always your Island Seniors Board is dedicated to bringing you healthy, enjoyable activities and events.

At our last members meeting, Mayor Ruane spoke about "Civic Core". I think I can say that it is still in a very preliminary stage with much more to come. There is a rendering available to view in the center's lobby of what it might look like. I do not think it will impact us in the near future. However, change is always with us, and we can be thinking about what our needs may be and how we can better utilize this development.

I look forward to working with you as your new President.

Tom Ledgerwood

MARK YOUR CALENDAR! Arts & Crafts Fair

Saturday, February 7th, 2015

9:00 am - 2:00 pm



More than 40 local vendors will be selling their creative designs. Pottery, fabric art, books, jewelry, fused glass, paintings, photography, shell art, pickles, chutney, aprons, scarves, wreaths, and much more! Be sure to come to this ever-popular community event, sponsored by the Center 4 Life and Island Seniors, Inc. There will be great bargain priced hot dog lunch for our hungry guests! Spread the word to your friends about the Fair.



5th Annual Justine Smith Charity Bridge Tournament Friday, February 13, 2015



Let's celebrate Justine and help the stray animals on Sanibel. This is our fifth tournament to honor former volunteer Bridge Director, **Justine Smith**. All proceeds go to **PAWS** on Sanibel. In just four years we have raised over \$4,600 to help PAWS. Lunch will be served at noon and the tournament begins at 1:00 pm. Please sign up soon as we can only accommodate 40 players. \$25.00 per person, payable when you sign up.

Lions Eyeglass Recycle for Sight program. Donate glasses and change someone's life. Imagine if you could help a child read. An adult succeed in his job. A senior maintain their independence. And provide a community with more opportunities to grow and thrive. **Center 4 Life is a drop off location.**

Sponsored by
Sanibel Captiva Lions Club



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





THE NIGHT THE STARS SHINE ON SANIBEL



Wednesday, January 21, 2015

Island Seniors, Inc. has booked some of the most famous Singers of our lives to perform at our potluck dinner January 21, 2015. Dinner will be served at 5:30 p.m. and show will immediately follow. Due to the popularity of this program the event will be held at the Sanibel Recreation Center., 3880 Sanibel-Captiva Road. Sanibel has never had as many STARS in one location at one time. You don't want to miss this event. Sign up now!! 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. Free for Members - \$5.00 per person for Non-Members. Come and enjoy the evening and get ready to sing along with some of your favorite stars!



Tom Jones



Aretha Franklin



Kenny & Dolly



Doris Day



Merle Haggard

Back By Popular Demand!

SANIBEL COMMUNITY CHORUS ENSEMBLE

Performs at our March Potluck

Wednesday, March 18, 2015

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 Sanibel Recreation Center after our potluck dinner. This year the Chorus will give us a little sample of their upcoming spring program. This performance is a highlight of our season and you don't want to miss it, so please sign up early. Everyone should bring a **covered dish to share**. Drinks and dessert will be provided by Island Seniors, Inc. Free for Members - \$5.00 per person for Non-Members.

Back By Popular Demand!

SUNSET SOCIALS ON THE CAUSEWAY at 6 p.m.



Tuesday, March 24th * Tuesday, April 28th * Tuesday, May 26th

Members have been enjoying a fun and relaxing evening watching the beautiful island sunset. We ask that you let us know you are attending by calling or sign up at the Center. 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!

Fit For Life Fitness

POWER HOUR FITNESS

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.

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: Kim Kouril

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 \$45 or 3 coupons for \$11.25. Paid members of the Sanibel Recreation Center need to just show their membership card to attend classes. Guest fee is \$6.75 per class.

* Athletic footwear is required for fitness classes.

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 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
9:30 a.m. and 11:00 a.m.

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

Kayaking Program Has Expanded!



Kayaking is now available on Tuesdays and Thursdays during the months of January through April. It's a perfect outing for people who enjoy the outdoors. There is space for 16 people on our eight two-person kayaks and limited space for those who own their own kayak. Sign up is available on the Monday, two weeks prior to the launch date at 8 a.m.

Tuesdays

- * January 6, 13, 20 & 27
- * February 3, 10, 17 & 24
- * March 3, 10, 17, 24 & 31
- * April 7, 14, 21 & 28

Thursdays

- * January 8, 15, 22 & 29
- * February 5, 12, 19 & 26
- * March 5, 12, 19 & 26
- * April 2, 9, 16, 23 & 30

The two leaders for each outing determine the location. Leaders pay no fees and reserve the right to change the **8:30 a.m. meeting time**. All participants, including those with personal kayaks, must meet at the Center unless an off island launch is scheduled. Reminder: Participants can only go one time per month from January-April to provide an opportunity to all members. 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 strongly recommended to bring a towel to roll and support your back, bring water, a snack, a change of clothing (in case you get wet), sun lotion, bug spray, sunglasses and a hat. The fee is \$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. Refunds will only be provided if the outing is cancelled by the center.

Leisure Lunchers

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

Monday, February 16th - 11am

Southwest Florida Military Museum & Library

Join us as we visit this local museum which is dedicated to honoring our military, preserving and displaying military artifacts and memorabilia while educating the public and future generations about our nation's military heritage. We will be eating lunch at the Nauti Mermaid Dockside Bar & Grill.

Monday, March 2nd, 11am-1pm

Annual Lunchtime Lecture Series with Elliot Katz - Naples Holocaust Museum

"The Solutions Company and the Final Solution: IBM, Thomas J. Watson and the Nazis"

Advance reservations are required for lunchtime series.

\$15 per person includes box lunch. Limited seating!



**Tuesday, ~~March 10th~~ - February 17th -1pm
High Tea at Koreshan State Park**

Put on your finest hat and join us for fine English Tea, fresh finger sandwiches and treats in a 1900's outdoor setting. \$30 per person. Limited to the first 10 registered.

Tuesday, April 7th -10:30am

Sanibel Moorings Botanical Gardens We invite you to take a leisurely stroll along the pathways with our tour guide Anita Marshall. Don't forget your cameras and keep an eye out for the many resident butterflies, birds, and wildlife. We always hope that our gardens will add inspiration during your visit paired with lasting memories. Just remember, that while a picture may be worth a thousand words seeing the gardens in person is priceless. Lunch will be at the Blue Coyote.



Spring Training Baseball Minnesota Twins

Hammond Stadium, 14400 Six Mile Cypress, Fort Myers

Thursday, March 5 vs. Boston Red Sox at 1:05 pm

Sunday, March 15 vs. St. Louis Cardinals at 1:05 pm

Tuesday, March 31 vs. New York Yankees at 1:05 pm

Saturday, April 4 vs. Boston Red Sox at 1:05 pm

Island Seniors, Inc. purchased tickets to each game.

Cost: \$24 per ticket for members \$29 per ticket for non-members.

You may sign up to reserve your tickets beginning Wednesday, February 4th. Payment for your ticket is due upon signing up. Limited Seats

Available. **First come, first reserved.**



CALLING ALL ROOKIE & VETERAN SOFTBALL PLAYERS

Meet and play softball with your friendly Sanibel neighbors! Pick-up softball games are available every Monday night at 6:30 p.m. at the Sanibel ball fields, weather permitting. There is no fee to participate. Bring your glove and proper footwear is required. For more information, contact the Sanibel Recreation Center (239) 472-0345.





Sanibel Health Fair

Friday, February 6th

1:00-4:00 pm

Center 4 Life, 2401 Library Way

Better Health = Better Life



Learn about your health! Knowledge is key to prevention and treatment.

Free Screenings by Health Care Professionals include:

Memory Screening, Varicose Veins, Balance Test, Hearing, Pulse O2, Body Mass Index, Vision Test, Blood Pressure & Glucose. 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 & All Angels Episcopal Church, Sanibel Congregational United Church of Christ, and St. Isabel's Catholic Church.

Creating Ease: Yoga as Therapy with Kris Brown

Tuesday, March 10th

1:00—2:30 p.m.

Yoga is living mindfully in movement, breath and focus. Yoga postures & mindful movement can teach us how to be, use, move and heal our body.

This therapeutic workshop will guide the body to heal & thrive by helping it remember how to move and be without pain. Learn to uncover & repair the ways we grip, brace and compensate in our movements that lead to pain and lack of energy. Kris will verbally guide students into mindful movement, gentle stretches, breath awareness, and body sensing, known as Yoga Nidra. A great place to start or restart your practice.

No experience, skill, discipline or flexibility is required. Come with an open heart and mind.

Come experience the therapeutic benefits of yoga. \$15/member \$18.75/non-member. Space is limited.

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 .
6. Under Quick Links on the right side, select Center 4 Life to open a copy of the newsletter.
7. Optional: If you wish, you can select FILE, then SAVE AS and save a copy on your DESKTOP where it will be available all the time.

Damaris Peters Pike

Que Sera Sera: An Afternoon with Doris Day

1:30 pm, Friday, March 6th

Contrary to the popular image of the smiling girl next door, Doris Day's story is full of pain and sorrow along with great success. Singer and musical historian Damaris Peters Pike, creator of Women of Note, brings Ms. Day to life for an afternoon of stories and song. This recounting of Doris Day's youth in Cincinnati, her start as a big band singer, and amazing rise to stardom in movies includes several well-loved songs associated with the star such as "It's Magic" "My Secret Love" and "Sentimental Journey."

Members \$5, Non-Members \$10. Limited seating. Sign up at the Center.

Friday, January 23th at 1:30 pm

"Bike Safely On Sanibel's Roads and Pathways" with The Sanibel Bicycle Club Representatives

Sanibel Bicycle Club members will present bike safety information for Sanibel's shared use paths and roadways.

There will be time for Q&A. As a bikeable and walkable community Sanibel actively promotes and encourages biking to community events. So pedal on over and join us for this informative presentation!

Friday, January 30st at 1:30 pm

"How Do You Know When It's Time To Move To Assisted Living?" with McKenzie Millis, Assisted Living Healthcare Marketing Specialist for Shell Point Retirement Community

This presentation will provide you with a better understanding of what the differences are between independent living, assisted living, and skilled nursing care. Whether you are considering Assisted Living for yourself or someone you love, this presentation will help you to identify the signs for when you should consider making a move to Assisted Living.

Friday, February 20th at 1:30 pm

"Tips On Being Better Organized" with Rob Kjoller, CURA Daily Money Manager

Are the pressures of bills piling up, overdue payments, confusing insurance issues or balancing your checking account hindering your happiness? Rob Kjoller will discuss methods of organization. With this we can start on a path to clear the stress and enjoy the more important aspects of life with friends and family.

Friday, March 13th at 1:30 pm

"Hurricane Ready!" with Lt. William Dalton, Sanibel Police Department

Lt. William Dalton, Sanibel Emergency Management Director, will be explaining the City's hurricane preparation, evacuation, re-entry and mitigation programs. He will also address flood issues as they pertain to Sanibel. He will discuss the hurricane re-entry tag program and dark house checks for property owners absent during the summer season.

Friday, March 20th at 1:30 pm

"Planning For Home Care Needs" with Lisa Armstrong, Comfort Keepers

What is available, and the importance of asking for and accepting help.

And

"Complete your Funeral Plan in a Small Workshop" with Debra Almeida

We should all consider the inevitability of death thoughtfully and with consideration for the feelings and needs of those who will mourn with us. In the midst of their bereavement, our family and friends should not be burdened with the need to handle such details. Deciding what you want now brings your loved ones peace of mind.

Coping With Life Series

At The Center 4 Life



AARP Safe Driving Classes

Thursdays, January 22nd & 29th

OR

Thursdays, March 19th & 26th

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 **(239) 292-4012**. You need not be a member of the Island Seniors to attend.

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 — Beginners: January 13 & 15

OR February 17 & 19 OR March 31 & April 2

iPad – Intermediate: January 27 & 29

OR March 3 & 5

iPhone – Basics: January 20 & 22 OR

February 24 & 26 OR April 7 & 9

Understanding iPhoto:

February 10 & 12 OR March 10 & 12 OR
April 14 & 16

FREE:
For Members *only*
 Need one-on-one assistance regarding your iPad or iPhone (Apple products)? Book an appointment on **Tuesday or Thursday**
9:00 am OR 10:00 am

January 6	March 24
January 8	March 26
February 3	April 21
February 5	April 23

You must schedule an appointment with the front desk for your one session limit.

BOOKS and GAMES

BRIDGE

1:00 pm Monday & Wednesday

MAHJONGG

1:00 pm Thursday

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

Learn to Play Mahjongg

with Katie Reid

9:30 am-12:30 pm

January Session - Mon, 1/12, Wed, 1/14, Thurs, 1/15, Tue,
1/20 & Thurs, 1/22

Class is limited to four or eight students (to fill a table to practice). You must be able to attend all five classes. All supplies are provided.

\$12.50 for Island Seniors, Inc.,

\$25.00 for Non-Members

Mahjongg Refresher Class

Friday January 23, 9:30am-12:30pm (If it's been awhile since you have played Mahjongg and you would like to brush up on your skills, then this class is for you. All supplies are provided. \$5.00 for Island Seniors Members, \$10.00 for Non-Members.



Page Turners

Ann Rodman, Volunteer Coordinator, and the Page Turners group have enjoyed great attendance and have been able to meet year round. If you are not on the Page Turners list, and wish to be, please *contact Ann at annrodman@aol.com or at 395-2191.*

The Sanibel Library will have extra copies of these books.

One Summer by Bill Bryson for Wednesday, January 14th ~ 2:30 p.m. book discussion.

Facilitated by Alan Smith

The Goldfinch by Donna Tart for Wednesday, February 11th ~ 2:30 p.m. book discussion.

Facilitated by Carol Awender

The Husband's Secret by Lianne Moriarity for Wednesday, March 11th ~ 2:30 p.m. book discussion. Facilitated by Kathy Lear

Comes The Revolution by Karl Rodman for Wednesday, April 8th ~ 2:30 p.m. book discussion.

Facilitated by Alice Walzer



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.

Luncheon for Volunteers

Friday, March 27th 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 !

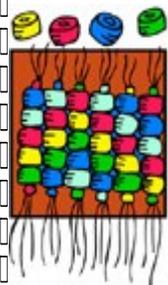


Join our *Volunteers*



TEAM!

Island Seniors, Inc. is looking for a Chairperson for the Trash & Treasure Sale event. If you are interested or would like some additional information contact Trish at the Center 4 Life.



Any members interested in getting together at the Center 4 Life to work on your own craft project?

If you sew, knit or like bead work contact the center. Great opportunity to share ideas, work on joint projects together and enjoy new friends with similar interests. Contact Carol at the center for more information.



**Calling All Artists
and Creative Minds!**

**Island Seniors needs a
L O G O !**

We don't want to lose our identity, especially now that we are moving towards a new Center. It may take several years to get the new building, but we will be ready. Help us to come up with a logo that everyone can recognize. Submit ideas to Trish.

Discovery Trips - 2015

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

**February 4th , Wednesday -
Picasso / Dali, Dali / Picasso
Dali Museum, St Petersburg**

\$79 members, \$89 non-members

This rare exhibit at the Dali Museum features two of the best 20th century Spanish artists.

Includes: R/T transportation, admission to the Dali Museum and it's special Picasso exhibit, lunch.

Depart from Fort Myers: 8:00 am

Deadline to register is Friday, January 23rd, 2015

**February 19th & 20th – Thursday & Friday -
From Manatees to Mermaids
Crystal River, Homosassa Springs, and The Plantation
Inn!**

\$204 ppdo, members \$254 single, members

\$229 ppdo, non-member \$279. single, non-member

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! **Depart from Fort Myers: 8:30 am**

Deadline to register is Friday, February 6, 2015

**March 2nd, Monday –
“From Batman to Bond” - The Dezer Collection of Cars
& More!**

\$79 members, \$89 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 from Fort Myers: 7:30am

Deadline to register is Friday, February 20th, 2015

**March 4th, Wednesday -
“Into the Everglades” Tour with Fran Mainella**

\$79 members, \$89 non-members

Don't Miss This Trendy Tours Exclusive! Explore The Everglades with Former National Parks Director Fran Mainella! You'll learn “behinds the scenes” secrets of The Everglades and its Wildlife!

Includes: R/T transportation, stops and learning at Everglades area parks, lunch at Miller's Oyster House in Everglades City, all-day guide Fran Mainella.

Depart from Fort Myers: 7:00 am

Deadline to register is Friday, February 20th , 2015

Savannah's Secrets Tour

March 9th – 12th – Monday-Thursday - 4 Day

\$574 ppdo, members , \$824 single, members

\$599. ppdo, non-members \$849. single, non-members

Midnight in the Garden of Good and Evil meets today's Savannah in this wonderful tour!

Includes: R/T transportation, 3 nights accommodations at the award-winning Holiday Inn Express in the heart of the Historic District, guided tour of the Mercer-Williams home, guided tour of historic Savannah, 6 Meals (including dinners at Mrs. Wilkes Boarding House and Johnny Harris Barbecue), and lots more! **Depart from Fort Myers: 7:30 am**

Deadline to register is Friday, February 13, 2015

**March 14th-16th - Saturday-Monday
3 Day St. Augustine Tour -**

\$574 ppdo, members , \$824 single, members

\$599 ppdo, non-members \$849 single, non-members

Includes: R/T transportation, 2 nights accommodations at the NEW Doubletree Hilton in historic St Augustine, dinner at world famous Columbia Restaurant, private tram tour with 2 day hop-on, hop-off pass, historic ghost tour, and more!

Depart from Fort Myers: 9:00 am

Deadline to register is Friday, February 27th, 2015

**March 24th, Tuesday -
Miccosukee Indian Heritage Tour w/Lunch**

\$65 members, \$75 non-members

Includes: R/T transportation, guided tour of Miccosukee Indian Village including food and craft demonstrations, the museum, alligator wrestling show, guided Everglades airboat ride, picnic lunch, find a stop at Clyde Butcher's Gallery.

Depart from Fort Myers: 7:30am

Deadline to register is Friday, March 12, 2015

**April 15th – Wednesday -
The Flagler Museum w/Guided Tour &
Special Lunch - Palm Beach**

\$79 members, \$89 non-members

Includes: R/T transportation, guided tour of the Flagler Museum (also known as Whitehall, this was Flagler's own home with his 3rd wife Mary Lily), Special Gilded-Age Style Lunch at the museum, shopping time on fabulous Worth Ave!

Depart from Fort Myers: 7:00 am

Deadline to register is Friday, April 3, 2015

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

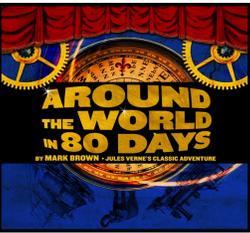
ONE SLIGHT HITCH

by Lewis Black

Sunday, January 25, 2015

\$35 Member / \$40 Non-Member

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

Adapted by Mark Brown

Saturday, February 14, 2015

\$25 Member / \$30 Non-Member

From the Novel by Jules Verne

An Ingenious and Imaginative Adaptation of the Classic Adventure!

DIVIDING THE ESTATE

by Horton Foote

Saturday, March 21, 2015

\$25 Member / \$30 Non-Member

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

SPLIT IN THREE

by Daryl Lisa Fazio

Saturday, May 2, 2015

\$35 Member /
\$40 Non-Member



An Electrifying and Beautiful Story of Sisterhood that Unfolds Against the Backdrop of the Segregated South.

ARTSTAGE STUDIO THEATRE

FASCINATIN' GERSHWIN

Music & Lyrics by George & Ira Gershwin

Sunday, March 8, 2015

\$35 Member / \$40 Non-Member

Conceived & Written by Robert Cacioppo

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



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. **Refer to page 7 for steps to view this newsletter online today.**



Barbara B Mann Theater 2015

Tickets to the 2015 performances below have been purchased for Island Seniors members that signed up last fall. 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. (All tickets and dates subject to change.)

The Book of Mormon

Saturday, January 10, 2015

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

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

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

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.

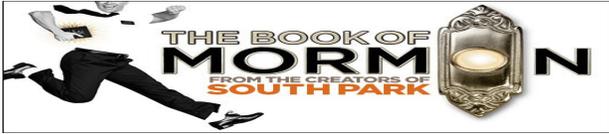
Camelot

Saturday, April 11, 2015

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® winning 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) 2015

Sign up for group tickets is now over. If you need to sell your ticket, we will provide a waiting list of members for you to contact. This works well as many people join the Island Seniors, Inc. after tickets have already been purchased. Bus transportation will be limited to each performance. (All tickets and dates subject to change.)



2 pm, Saturday, January 17, 2015

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 hat 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

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 Award*® 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

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 Award® winner Diane Paulus (*Hair*, *The Gershwin's 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*.



BIRTHDAYS

JANUARY

James Powell..... 1
 Ken Taylor..... 1
 Roxanne Van Bokkelen .2
 Peter Gnish 2
 Jeanine Allen..... 3
 Ann Deignan..... 3
 Carole Holbrook 4
 Sue McIntyre..... 4
 Anne Scott..... 4
 Mary Rice.....7
 Judy Arbuckle.....8
 Marsha Crawford..... 8
 Antoinette Powell 8
 Brooke Simon.....8
 Carole Fallon.....9
 Maggie Butcher..... 10
 Nancy DeBenedictis.. 10
 Anne Carter..... 11
 Rudy Chiti.....12
 Bev Kronisch 12
 John MacLennan..... 12
 Maria Dubie.....13
 Jim Masterson.....13
 Mary Ryan.....13
 Linnea Sadd..... 14
 Jean Whitaker 14
 Gary Taibbi.....15
 Patty Wassel.....15
 Sue Harpham..... 16
 Susan Schmidt..... 16
 Ed Sessa 17
 Mary Remele..... 17
 Eileen Breen..... 18
 Betty Hayes..... 18
 Nancy Bishop..... 19
 Hope Rold..... 19
 Leonora Thurow..... 19
 Lesley Heffron 20
 Beverly Heidorn.....22
 Lynn Weitz 22
 Dorothy Panepinto...23
 Jo Clinton..... 24
 Joni Duncan.....24
 Michael Fiegler..... 24
 Diane Olsson 24
 Judith McEntyre..... 25
 Damaris Peters-Pike 26
 Jane Ramseth..... 26
 James Lotstein 27
 Ed Sammons28
 Mary Anne Voinovich .. 28
 Tom Batcheller..... 29
 Suzanne Dubuc..... 29
 Howard Rom..... 29
 Penny Sessa..... 30

FEBRUARY

Kay Croak..... 1
 Claire Taylor..... 1
 Vida Zubkus 1
 Kenneth Gerson 2
 Tom Ledgerwood 3
 Judith Gaggin 4
 Tom Winkler 4
 Barbara Vander Hey .. 5
 Nina Browning 6
 Donald Bluedorn8
 Patti Crawford9
 Maggie Davis9
 Arline Ford..... 9
 Robert Kidder9
 Carole Read 9
 Moni Arnowitz.....10
 Ted Dorman 10
 Sheila Faeth 10
 Mary Jo Eggers 11
 Gilda Bostick12
 Jean Cowper12
 Elinor Gregor 12
 Donna Jones 12
 Anne Krueger12
 Caryn Smigiel12
 William Smith13
 Beman Dawes15
 Martin Kraninger15
 Katrin Phocas15
 Patricia Wilcox15
 Pat Poshek.....16
 Mary Ellen Streckert ·16
 Myrwin Anderson17
 Gordon Coughlin.....17
 Joseph Sacco.....17
 Carol Strange18
 Cindy Timm 18
 Alexandra Bordiuk19
 Ellen McLaughlin19
 Pamela Zapf.....19
 Katherine Reid19
 Bea Pappas.....20
 Mary Anne Chiti.....20
 Carolyn Bergen21
 Don Ellenberger21
 Bernard Riley.....21
 Ruth Burgan.....21
 Regina Rowland22
 Ron Souders22
 Faith Souders23
 CC Caldwell.....24
 Robert Schaeffer24
 Nancy Hilger25
 Judith Leeder25
 Judie Sharbaugh25
 Marie Hickey26

Michael Hnatow 26
 Kerry Trapp 26
 Gail Chaney 26
 Cindy Reynolds 27
 Guy Tober 27
 Claire Mallon 28
 Judy Richmond 28
 Kathleen Veratti 29

MARCH

Eileen Roberts 1
 Don Brigham 1
 Susan Riley 1
 Tom Curtin 2
 Maureen Keyhani.....2
 Joan Molander 2
 Sally Ennis.....3
 Daniel Moeder 3
 Joyce Rikert 3
 Louise Freedman 5
 Dotty Mount 5
 Alice Walzer 5
 Christine Godwin 6
 Deborah MacKelcan . 6
 Allison Murdoch 6
 Helane Smith 6
 Saralee Christ 7
 Eleanor Gause 8
 Robert Huppert 8
 Bob Bauer 9
 Sarah Gore 9
 Frances Starkweather 9
 Charlotte Lattof.....11
 Marion Davis12
 Michael Faeth 12
 Christine Jennings ... 12
 Karen Zimmerman ...12
 Sandra Wolfe12
 Sylvia Benner13
 Glenda Campbell13
 Annette Hendricks ... 13
 Betty Sammons 13
 Dawn Boesen14
 Linda Harvey.....14
 Jeanne Tyrer.....14
 Linda Scott14
 Vicki Bundschu15
 Richard Howe15
 Merle Kjonaas15
 Greg Vogler15
 Nina Rieselbach16
 Phylis Boehning17
 Claudia Johnson17
 Carol Saunders17
 Richard Cottrell18
 Methel Gale 18
 Sharon Boudeman.....19
 Jane Hopkins19
 Maddy Mayor19
 Stephanie Payson19
 Deborah Harris 20
 Norma Kohn 20
 Darlene Duvin 21
 Carol Smith 21
 Trudy Williams..... 21

Robert Chuback 22
 Janet Murray 22
 Judith Clark 23
 Phyllis Gresham 23
 Caren Schoen 23
 Ed Vander Hey 23
 Jan Burdick 24
 Barbara McClure 24
 Barbara Paquette 24
 Julia LaSata 24
 Mimi Kopp 25
 Robin Krivanek 25
 Marie Kenerson 26
 Beverly Murphy 26
 Leta Tegler 27
 Hazel Amon 28
 Mary Kelly 28
 John Swope 28
 Eleanor Rende 28
 Libby Countryman ... 30
 Andy McKelvey 30
 Lynn Quigley 30
 Sheila Morley 30
 Anita Marshall 31
 Alan Smith 31



APRIL

James Kuharich1
 Phil Olsson 1
 Joan Bannister2
 Marie Hochschild 2
 Helen Kalish2
 Diane Kavalauskas.....2
 Bill Kelley2
 Anita Poling2
 Ann Horbaczewski.....2
 Anne Bresslau3
 Nancy Green3
 Ingeborg Langer 3
 Karen Semmelman.....3
 Sonda Dawes4
 Robert Glick 4
 Joan Gruver 4
 Jeannette Sauers 4
 Joanne Durst5
 Bill O'Keefe 5
 Susan Stuart5
 Judie Daugherty6
 Nancy Cleare7
 Marlene Nicholas.....7
 Jane Withers.....7
 Fran Kieling8
 Deborah Butler9
 Paul Caramico9
 Lana Ross9
 Laura Shaffer 9

Betty Lou Banks 10
 Shirley Poteat10
 Phil Scheiber 10
 David Sharpe 10
 Roland Campbell 12
 JoAnne Fowler 12
 John Waley12
 Harry Marek 13
 Susan Elbers 14
 Jerry Churchill 15
 Megan Jannucci 15
 Lois Kohler 15
 Ethel Sinow 15
 Marilyn Wagner 15
 Carmen DeTommaso 15
 Monica Sprague 16
 Bobbie Wasson17
 Yolande Welch 17
 Kate Fizer 18
 Megan Vanucci 18
 Emily Kletzien 19
 Susan Rosenberg 19
 Carol Spencer 19
 Mary Aufderheide 20
 Connie Hare 20
 Patricia Armstrong.....21
 Ann Tennery 21
 Louise Fitzgerald 22
 Karen Pati 22
 James Smith 22
 Ann Moeder 22
 Carol Johnstone 23
 Tom McCarter 23
 Tommy Williams 23
 Alan Lessack 24
 Geraldine Verblaauw .24
 Jodi Groenenboom....25
 Paul LaBonte 25
 Judy Maurer 25
 Shirley Skaugstad.....25
 Janet Whitney 25
 Cate Gnish 26
 Laurel Rosen 26
 Barbara Craig 27
 Marian Denk 27
 Carmella Essy 27
 Ronda Seifert Walis · 27
 Patti Sousa 27
 Andrea Gainer 28
 Barbara Jones 28
 Kevin Ruane 28
 Jewelyn Sims 28
 Kathleen Patton 29
 Joan Eschert 30
 Mike Terelle 30

There are two great days in a person's life - the day we are born and the day we discover why.
 -William Barclay

~ January 2015 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>ETF – Essential Total Fitness GRILL - Hot Dog, Chips & Lemonade Call Wednesday by 11:00 to place your order. P/U Softball held at the Sanibel Ball Fields *Fitness class availability will be based on participation. **Athletic footwear required for fitness classes.</p>				<p>1 CLOSED NEW YEARS DAY</p>	<p>2 8:00 Happy Hour 9:30 ETF 11:00 ETF</p>	<p>3</p>
<p>4</p>	<p>5 8:00 Happy Hour 9:30 ETF 11:00 ETF 1:00 Bridge 6:30 P/U Softball</p>	<p>6 8:00 Power Hour 8:30 Kayaking 9:00 iPad Intro 9:30 Gentle Yoga 11:00 Chair Yoga</p>	<p>7 8:00 Happy Hour 9:30 ETF 11:00 ETF 11:30 GRILL 1:00 Bridge</p>	<p>8 8:00 Power Hour 8:30 Kayaking 9:00 iPad Intro 9:30 Yoga 11:00 Chair Yoga 1:00 Mahjongg</p>	<p>19 8:00 Happy Hour 9:30 ETF 11:00 ETF</p>	<p>10 BB Mann Book of Mormon 2PM</p>
<p>11</p>	<p>12 8:00 Happy Hour 9:30 ETF 9:30 Mahjongg Class 11:00 ETF 1:00 Bridge 6:30 P/U Softball</p>	<p>13 8:00 Power Hour 8:30 Kayaking 9:00 iPad Beginners 9:30 Gentle Yoga 11:00 Chair Yoga</p>	<p>14 8:00 Happy Hour 9:30 ETF 9:30 Mahjongg Class 11:00 ETF 11:30 GRILL 1:00 Bridge 2:30 Page Turners</p>	<p>15 8:00 Power Hour 8:30 Kayaking 9:00 iPad Beginners 9:30 Gentle Yoga 9:30 Mahjongg Class 11:00 Chair Yoga 1:00 Mahjongg</p>	<p>16 8:00 Happy Hour 9:30 ETF 11:00 ETF</p>	<p>17 Artis-Naples Book of Mormon 2PM</p>
<p>18</p>	<p>19 CLOSED MARTIN LUTHER KING JR. DAY</p>	<p>20 8:00 Power Hour 8:30 Kayaking 9:00 iPhone Basics 9:30 Gentle Yoga 9:30 Mahjongg Class 11:00 Chair Yoga</p>	<p>21 8:00 Happy Hour 9:30 ETF 11:00 ETF 11:30 GRILL 1:00 Bridge 5:30 Potluck *Rec Center</p>	<p>22 8:00 Power Hour 8:30 Kayaking 9:00 iPhone Basics 9:30 Gentle Yoga 9:30 Mahjongg Class 11:00 Chair Yoga 1:00 Mahjongg 1:00 AARP Safe Driver Course</p>	<p>23 8:00 Happy Hour 9:30 ETF 9:30 Mahjongg Refresher 11:00 ETF 1:30 Coping w/ Life: "Bike Safety Information"</p>	<p>24</p>
<p>25 Florida Rep One Slight Hitch 2PM</p>	<p>26 8:00 Happy Hour 9:30 ETF 11:00 ETF 1:00 Bridge 6:30 P/U Softball</p>	<p>27 8:00 Power Hour 8:30 Kayaking 9:00 iPad Intermediate 9:30 Gentle Yoga 11:00 Chair Yoga</p>	<p>28 8:00 Happy Hour 9:30 ETF 11:00 ETF 11:30 GRILL 1:00 Bridge</p>	<p>29 8:00 Power Hour 8:30 Kayaking 9:00 iPad Intermediate 9:30 Gentle Yoga 11:00 Chair Yoga 1:00 Mahjongg 1:00 AARP Safe Driver Course</p>	<p>30 8:00 Happy Hour 9:30 ETF 11:00 ETF 1:30 Coping w/ Life: "How do you know it's time for Assisted living?"</p>	<p>31 BB Mann Phantom of the Opera 2PM</p>

~ February 2015 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 8:00 Happy Hour 9:30 ETF 11:00 ETF 1:00 Bridge 6:30 P/U Softball	3 8:00 Power Hour 8:30 Kayaking 9:00 Tutoring 9:30 Gentle Yoga 10:00 Tutoring 11:00 Chair Yoga	4 8:00 Happy Hour 9:30 ETF 11:00 ETF 11:30 GRILL 1:00 Bridge Dali Museum, St. Pete	5 8:00 Power Hour 8:30 Kayaking 9:00 Tutoring 9:30 Gentle Yoga 10:00 Tutoring 11:00 Chair Yoga 1:00 Mahjongg	6 8:00 Happy Hour 9:30 ETF 11:00 ETF 1:00 Health Fair	7 Arts & Crafts Fair 9AM - 2PM
8	9 8:00 Happy Hour 9:30 ETF 11:00 ETF 1:00 Bridge 6:30 P/U Softball	10 8:00 Power Hour 8:30 Kayaking 9:00 iPhoto 9:30 Gentle Yoga 11:00 Chair Yoga	11 8:00 Happy Hour 9:30 ETF 11:00 ETF 11:30 GRILL 1:00 Bridge 2:30 Page Turners	12 8:00 Power Hour 8:30 Kayaking 9:00 iPhoto 9:30 Gentle Yoga 11:00 Chair Yoga 1:00 Mahjongg	13 8:00 Happy Hour 9:30 ETF 11:00 ETF 1:00 Charity Bridge Tournament	14 BB Mann Annie 2PM Florida Rep Around the World in 80 Days 2PM
15	16 8:00 Happy Hour 9:30 ETF 11:00 ETF 10:00 Leisure Lunchers 1:00 Bridge 6:30 P/U Softball	17 8:00 Power Hour 8:30 Kayaking 9:00 iPad Beginners 9:30 Gentle Yoga 11:00 Chair Yoga 1:00 Leisure Lunchers	18 8:00 Happy Hour 9:30 ETF 11:00 ETF 11:30 GRILL 1:00 Bridge	19 8:00 Power Hour 8:30 Kayaking 9:00 iPad Beginners 9:30 Gentle Yoga 11:00 Chair Yoga 1:00 Mahjongg Crystal River	20 8:00 Happy Hour 9:30 ETF 11:00 ETF 1:30 Coping w/ Life: <i>"Tips on Being Better Organized"</i> Crystal River	21
22	23 8:00 Happy Hour 9:30 ETF 11:00 ETF 1:00 Bridge 6:30 P/U Softball	24 8:00 Power Hour 8:30 Kayaking 9:00 iPhone Basics 9:30 Gentle Yoga 11:00 Chair Yoga	25 8:00 Happy Hour 9:30 ETF 11:00 ETF 11:30 GRILL 1:00 Bridge	26 8:00 Power Hour 8:30 Kayaking 9:00 iPhone Basics 9:30 Gentle Yoga 11:00 Chair Yoga 1:00 Mahjongg	27 8:00 Happy Hour 9:30 ETF 11:00 ETF	28 BB Mann Blue Man Group 2PM Artis—Naples Chicago 2PM

ETF—Essential Total Fitness

Grill—Hot Dog, Chips & Lemonade—*Call Wed. by 11:00 am to place your order.*

*Fitness classes availability will be based on participation

**Closed-Toe Shoes required for fitness classes

P/U Softball held at the Sanibel Ball Fields

~ March 2015 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 8:00 Happy Hour 9:30 ETF 11:00 ETF 11:00 Leisure Lunchers 1:00 Bridge 6:30 P/U Softball Dezer Collection of Cars	3 Elections 8:30 Kayaking 9:00 iPad Intermediate	4 8:00 Happy Hour 9:30 ETF 11:00 ETF 11:30 GRILL 1:00 Bridge Everglades Tour	5 8:00 Power Hour 8:30 Kayaking 9:00 iPad Intermediate 9:30 Gentle Yoga 11:00 Chair Yoga 1:00 Mahjongg 1:05 Twins/Red Sox	6 8:00 Happy Hour 9:30 ETF 11:00 ETF 1:30—Damaris Peters-Pike as Doris Day	7
8 Florida Rep ARTSTAGE Fascinatin' Gershwin 2PM	9 8:00 Happy Hour 9:30 ETF 11:00 ETF 1:00 Bridge 6:30 P/U Softball Savannah Secrets Tour—Departs	10 8:00 Power Hour 8:30 Kayaking 9:00 iPhoto 9:30 Gentle Yoga 11:00 Chair Yoga	11 8:00 Happy Hour 9:30 ETF 11:00 ETF 11:30 GRILL 1:00 Bridge 2:30 Page Turners	12 8:00 Power Hour 8:30 Kayaking 9:00 iPhoto 9:30 Gentle Yoga 11:00 Chair Yoga 1:00 Mahjongg Savannah Secrets Tour—Returns	13 8:00 Happy Hour 9:30 ETF 11:00 ETF 1:30 Coping w/ Life: "Hurricane Ready!"	14 St. Augustine - Departs
15 1:05 Twins/ Cardinals	16 8:00 Happy Hour 9:30 ETF 11:00 ETF 1:00 Bridge 6:30 P/U Softball St. Augustine - Returns	17 8:00 Power Hour 8:30 Kayaking 9:30 Gentle Yoga 11:00 Chair Yoga	18 8:00 Happy Hour 9:30 ETF 11:00 ETF 11:30 GRILL 1:00 Bridge 5:30 Potluck Rec Center	19 8:00 Power Hour 8:30 Kayaking 9:30 Gentle Yoga 11:00 Chair Yoga 1:00 Mahjongg 1:00 AARP Safe Driver Course	20 8:00 Happy Hour 9:30 ETF 11:00 ETF 1:30 Coping w/ Life:	21 Florida Rep Dividing the Estate 2PM
22	23 8:00 Happy Hour 9:30 ETF 11:00 ETF 1:00 Bridge 6:30 P/U Softball	24 8:00 Power Hour 8:30 Kayaking 9:00 Tutoring 9:30 Gentle Yoga 10:00 Tutoring 11:00 Chair Yoga 6:00 Sunset Social Miccosukee Tour	25 8:00 Happy Hour 9:30 ETF 11:00 ETF 11:30 GRILL 1:00 Bridge	26 8:00 Power Hour 8:30 Kayaking 9:00 Tutoring 9:30 Gentle Yoga 10:00 Tutoring 11:00 Chair Yoga 1:00 Mahjongg 1:00 AARP Safe Driver Course	27 8:00 Happy Hour 9:30 ETF 11:00 ETF 1:00 Volunteer Luncheon	28 Artis-Naples Pippin 2PM
29	30 8:00 Happy Hour 9:30 ETF *11:00 ETF 1:00 Bridge 6:30 P/U Softball	31 8:00 Power Hour 8:30 Kayaking 9:00 iPad Beginners 9:30 Gentle Yoga *11:00 Chair Yoga 1:05 Twins/Yankees	Notes: ETF – Essential Total Fitness GRILL - Hot Dog, Chips & Lemonade Call Wednesday by 11:00 to place your order. P/U Softball held at the Sanibel Ball Fields *Fitness class availability will be based on participation. **Athletic footwear required for fitness classes.			

~ April 2015 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Notes: ETF – Essential Total Fitness GRILL - Hot Dog, Chips & Lemonade <i>Call Wednesday by 11:00 to place your order.</i> P/U Softball held at the Sanibel Ball Fields *Fitness class availability will be based on participation. **Athletic footwear required for fitness classes			1 8:00 Happy Hour 9:30 ETF *11:00 ETF 1:00 Bridge	2 8:00 Power Hour 8:30 Kayaking 9:00 iPad Beginners 9:30 Gentle Yoga *11:00 Chair Yoga 1:00 Mahjongg	3 8:00 Happy Hour 9:30 ETF *11:00 ETF	4 1:05 Twins/Red Sox Baseball
5	6 8:00 Happy Hour 9:30 ETF *11:00 ETF 1:00 Bridge 6:30 P/U Softball	7 8:00 Power Hour 8:30 Kayaking 9:00 iPhone Basics 9:30 Gentle Yoga 10:30 Leisure Lunchers *11:00 Chair Yoga	8 8:00 Happy Hour 9:30 ETF *11:00 ETF 11:30 GRILL 1:00 Bridge 2:30 Page Turners	9 8:00 Power Hour 8:30 Kayaking 9:00 iPhone Basics 9:30 Gentle Yoga *11:00 Chair Yoga 1:00 Mahjongg	10 8:00 Happy Hour 9:30 ETF *11:00 ETF	11 BB Mann Camelot 2PM
12	13 8:00 Happy Hour 9:30 ETF *11:00 ETF 1:00 Bridge 6:30 P/U Softball	14 8:00 Power Hour 8:30 Kayaking 9:00 iPhoto 9:30 Gentle Yoga *11:00 Chair Yoga	15 8:00 Happy Hour 9:30 ETF *11:00 ETF 11:30 GRILL 1:00 Bridge Flagler Museum	16 8:00 Power Hour 8:30 Kayaking 9:00 iPhoto 9:30 Gentle Yoga *11:00 Chair Yoga 1:00 Mahjongg	17 8:00 Happy Hour 9:30 ETF *11:00 ETF	18
19	20 8:00 Happy Hour 9:30 ETF *11:00 ETF 1:00 Bridge 6:30 P/U Softball	21 8:00 Power Hour 8:30 Kayaking 9:00 Tutoring 9:30 Gentle Yoga 10:00 Tutoring *11:00 Chair Yoga	22 8:00 Happy Hour 9:30 ETF *11:00 ETF 11:30 GRILL 1:00 Bridge	23 8:00 Power Hour 8:30 Kayaking 9:00 Tutoring 9:30 Gentle Yoga 10:00 Tutoring *11:00 Chair Yoga 1:00 Mahjongg	24 8:00 Happy Hour 9:30 ETF *11:00 ETF	25
26	27 8:00 Happy Hour 9:30 ETF *11:00 ETF 1:00 Bridge 6:30 P/U Softball	28 8:00 Power Hour 8:30 Kayaking 9:30 Gentle Yoga *11:00 Chair Yoga 6:00 Sunset Social	29 8:00 Happy Hour 9:30 ETF *11:00 ETF 11:30 GRILL 1:00 Bridge	30 8:00 Power Hour 8:30 Kayaking 9:30 Gentle Yoga *11:00 Chair Yoga 1:00 Mahjongg		