



"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 2016

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
Carl "Bud" Reinhold, Treasurer
Lynn Quigley

Tommy Williams, Vice President
Mary Ann Gilhooley
Shirley Schulz

Sally Ennis, Secretary
Anita Force Marshall
Nancy Venuto

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 _____

E-Mail _____

Emergency Contact _____

Emergency Phone _____

Local Physician _____ Phone _____

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

Island Seniors, Inc.
Center 4 Life
2401 Library Way
Sanibel, FL 33957

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

Note from Island Seniors President:

The holidays are drawing to a close, and we are looking forward to another season of activities. Our attendance numbers tell us that many people are using and enjoying our facility. We are very pleased with the participation.

Our annual meeting was well attended and informative. We wish to thank three retiring board members: Glenda Campbell, our secretary, Ed VanderHay, and Mike Gieryic. These members and their service will be missed. We were fortunate to add three fine replacements: Sally Ennis, Anita Marshall and Lynn Quigley. These individuals bring new ideas and prior experiences that will help us to continue to function and grow in the future.

The Civic and Cultural Core project continues. Mayor Kevin Ruane indicated that the city is presently seeking funds from other governmental agencies. Also, he estimates a referendum to the Sanibel voters for the City's share possibly by the end of 2016. This will help in establishing a timeline and/or determine feasibility.

As was mentioned at the annual meeting, we have completed our member survey. This gave us valuable insight in our membership, and some ideas about what our members might enjoy in the future. One thing became clear. To add activities WE WILL NEED VOLUNTEERS. This is a good way to meet your fellow members, and will enhance your use and enjoyment of the center. Please give this some thought, and if you are interested, give your name to Trish Phillips at the center. We will discuss with you what you may be interested in doing this winter or possibly in the future.

As another way to reach our members, the new Board is hosting an "open House" for the members to come and discuss with us various aspects of the center. We welcome new ideas and look forward to talking with you. This will be held, at the center, on Friday, January 22, 2016 from 1:30p.m. to 3:00 p.m. We look forward to seeing you there.

The new board and staff are enthusiastic about the new season, and look forward to an enjoyable winter in paradise. Thank you for your interest and participation.

Tom Ledgerwood



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Thank you everyone who generously donated to the Trash & Treasures Sale in November. Thanks, too, to all volunteers who helped advertise, price items, work the event and assisted in clean up. It was our most successful sale ever. Island Seniors, Inc. raised over \$13,000 to underwrite events, purchase equipment and help pay for staff.

Carole Fallon, Mary Ann Gilhooley and Dorothy Sawyer, Chairpersons



Better Health Starts With You!
Knowledge is key to prevention and treatment.



SANIBEL HEALTH FAIR

at the Center 4 Life

Friday, January 29th

1:00p.m.- 4:00 p.m.



Free Screenings by Health Care Professionals include:

Memory Screening, Vein Screening, Balance Test, Pulse O2, Vision Test, Blood Pressure & Glucose, Skin Cancer Screening, Hearing Test, Body Mass Index, Ask the Pharmacist

Plus: Information about F.I.S.H. on Sanibel, hospice services, heart health, advance directives, assisted living, brain health, injury prevention, in-home care, pharmaceuticals, skilled nursing care and other services. Senior resource guides, healthy snacks and door prizes provided.

Sponsored by: Parish Nurses of Sanibel Congregational United Church of Christ, St. Isabel's Catholic Church., Sanibel Community Church, and St. Michael & All Angels Episcopal Church.



Arts & Crafts Fair

Saturday, February 6th, 2016

9:00 a.m. - 2:00 p.m.



More than 40 local vendors will be selling their creative designs.

Pottery, shell designs, paintings, fabric art, jewelry, glass work, books, tropical plants, photography, wreaths, canned goods 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.



6th Annual Justine Smith Charity Bridge Tournament

Friday, February 12, 2016



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.

PAGE TURNERS we meet at 2:30 p.m.

Ann Rodman, Volunteer Coordinator, and the group have enjoyed great year round attendance. For any questions, please contact Ann at annrodman@aol.com or contact the Center 4 Life.

All The Light We Cannot See by Anthony Doerr - **Wednesday, January 13** "A World War II novel about children, the kind of undertaking that requires a lot of work to rise above emotional manipulation. For the first hundred or so pages, the book seems to rely on ready signifiers of heartbreak and grandeur: a motherless blind girl, a white-haired orphan boy, a cursed diamond, lots and lots of bombs. But once he hits his stride, Anthony Doerr takes these loud parts and builds a beautiful, expansive tale, woven with thoughtful reflections on the meaning of life, the universe and everything. —*LA Times*

The Invention of Wings by Sue Monk Kidd - **Wednesday, February 10** "Exhilarating...powerful...By humanizing these formidable women, *The Invention of Wings* furthers our essential understanding of what has happened among us as Americans – and why it still matters." —*The Washington Post*

The Lake House by Kate Morton - **Wednesday, March 9** "In the latest from Morton, secrets from the past come to light in the present, a theme that is the author's specialty.... Missing babies, maternal sacrifice, and secrets, secrets, secrets—Morton offers generous clues, only to peel back deeper layers just when the truth seems close.....not short on heart-wrenching choices and rich characters." — Booklist

The Dinner by Herman Koch - **Wednesday, April 13** "A European *Gone Girl*...*The Dinner*, a sly psychological thriller that hinges on a horrific crime and its consequences for two families, has become one of spring's most anticipated suspense novels." —*The Wall Street Journal*

Go Set A Watchman by Harper Lee - **Wednesday, May 11** "Don't let 'Go Set a Watchman' change the way you think about Atticus Finch...the hard truth is that a man such as Atticus, born barely a decade after Reconstruction to a family of Southern gentry, would have had a complicated and tortuous history with race." —*LA Times*



AARP DRIVER SAFETY

Thursdays, January 14th & 21st

OR

Thursdays, March 10th & 17th

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 may 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.

DRIVER SAFETY 

AARP Real Possibilities

This program is supported by a generous grant from Toyota to AARP Foundation. Upon completion, you may be eligible to receive an auto insurance discount. Other restrictions may apply. Consult your agent for details.

Friday Presentations:



Love Your Heart Friday, January 15th at 1:30 p.m.

Carole Fallon, Health Professional & Survivor
Invites you to join her for an informal discussion regarding
"Tips to keeping a Healthy Heart!"



Sanibel
Heart Walk
Sunday, January 31st

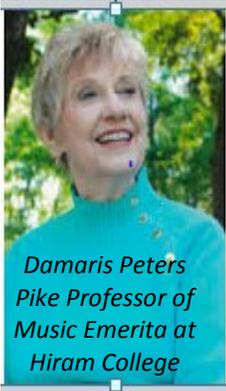


Attention All Island Senior Members

You are invited to an open meeting to share your thoughts and ideas for the present and future of the senior center.

Join us on Friday, January 22 at 1:30 p.m.

Open to all Island Senior Members!



Damaris Peters Pike Professor of Music Emerita at Hiram College

February 19th at 1:30 p.m.

Damaris Peters Pike

Presents "Off to Never Never Land with Mary Martin"
Women of Note Series

From Weatherford, Texas, to Never Land, by the way of Broadway, this show takes a musical tour with stops for One Touch of Venus, Sound of Music, South Pacific, and Peter Pan. Sorry, no flying included!

Damaris Peters Pike's "Women of Note" series began in 1988 and she continues to educate as well as entertain us all. Please let us

know you will be attending by signing up at the center or call 472-5743.

We ask for a \$5 donation with proceeds benefitting the Island Seniors program.



Hurricane Season

Be Prepared Before the Threat of a Storm
Friday, March 18th at 1 p.m.



Lt. William Dalton, Sanibel Emergency Management Director with the Sanibel Police Department will be providing the presentation. There will be a question and answer session for those who would like information regarding the up coming hurricane season. As a courtesy, please let us know you are planning to attend. Contact the center or stop by the front desk to sign up.



\$2.50 for Members and \$5 for Non-Members.
Prizes are awarded.

BRIDGE
 Arrive at 12:30 p.m.
 Games begin at 1:00 p.m.
 Monday & Wednesday



Lessons

HAND & FOOT
 1:00 p.m.
 Thursday

Intermediate Bridge Lessons

Refresh your Bridge playing skills with Christl & Bruce Smith

\$5 Members per lesson & \$10 Non-Members per lesson

Stayman Convention for NoTrump Bids

Monday, January 25, 9-11:30 a.m.

An artificial bid used by Responder after a NoTrump opening bid by partner. Discussion items are: requirements for a NT opening; responses for a NT opening; the 4-4 major suit fit; and, the Stayman Convention.

Jacoby Transfer Bids for NoTrump Bids

Wednesday, January 27, 9-11:30 a.m.

An artificial bid used by Responder after a No Trump opening bid by partner. This allows the weaker hand to be Dummy and the stronger hand to be hidden and to play the hand. Discussion items are: the Jacoby Transfer Bid; the use of the bid; when to use Stayman versus the Transfer bid; and, signing off in a minor suit. Note: This class will not cover NT bidding and Stayman Convention detailed requirements.

Strong Opening Bids

Monday, February 15, 9-11:30 a.m.

The use of an 2♣ bid to indicate an opening hand of 22 or more points. Discussion items are: the Strong artificial 2♣ bid; bids by Responder; rebids by Opener; and, the 2 NT bid.

Slam Bidding

Wednesday, February 17, 9-11:30 a.m.

Small and Grand Slam bidding requirements. Discussion items are: How high and where; the Blackwood convention; and, the Gerber Convention.

Beginner Bridge Basics with Christl & Bruce Smith

January Session:

9:00 -11:30 a.m.

Monday, 1/11 & Wednesday, 1/13

Wednesday 1/20 & Friday, 1/22

February Session:

9:00 -11:30 a.m.

Monday, 2/1 & Tuesday, 2/2

Wednesday 2/3 & Thursday, 2/4

Class is limited to eight students and you must be able to attend all four classes.

\$12.50 Members & \$25 Non-Members

Please register at the front desk.

Learn to Play Mahjongg with Katie Reid

February 8-12, 2016

9:30 am-12:30 pm

February Session - Class is limited to four or eight students (to fill a table to practice).

You must be able to attend all four classes.

All supplies are provided.

\$12.50 Members & \$25.00 Non-Members

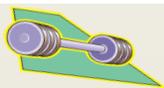
Please register at the front desk.

Fit for Life Fitness

Power Hour Fitness

Tuesday and Thursday at 8:00 a.m.

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



Gentle Yoga

Tuesday and Thursday at 9:30 a.m.

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



Chair Yoga

Tuesday and Thursday at 11:00 a.m.

Similar to Gentle Yoga but all poses are done in a chair. Instructor: Kim Kouril

Island Seniors, Inc. members can purchase coupon books to attend these classes at the Center 4 Life. Books of 12 coupons are \$48 or 3 coupons for \$12.00. Paid members of the Sanibel Recreation Center need to just show their membership card to attend classes. Guest fee is \$7.00 per class.

*Athletic footwear is required for fitness classes.

**Fragrance free men and women.

Happy Hour Fitness

Monday, Wednesday & Friday at 8:00 a.m.

Class begins with a joke from one of the members to put you in the right frame of mind and ends with a positive thought for the day. The format is 45 minutes of cardio, 20 minutes of balance exercises, core strength and flexibility exercises.

Instructor: Sylvia Villanueva.

Essential Total Fitness (ETF)

Monday, Wednesday & Friday at 9:30 a.m. & 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

Kayaking Program Has Expanded!

Kayaking is now available on Tuesdays and Thursdays during the months of January, February and March! 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 5, 12, 19, 26

February 2, 9, 16, 23

March 1, 8, 22, 29

Thursdays

January 7, 14, 21, 28

February 4, 11, 18, 25

March 3, 10, 17, 24, 31

The two leaders for each outing determine the location. Leaders pay no fees and reserve the right to change the 8:15 a.m. meeting time. All participants, including those with personal kayaks, must meet at the center unless prior arrangements have been approved.

Reminder: Participants can only go one time per month from January through March 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 up and support your back, 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. NOTE: Personal kayak participants must register with Island Seniors 24 hours prior to the scheduled date, in order to join the group.

Anyone who is interested in becoming a kayak leader is encouraged to contact the center. We look forward to another great season.



Check out available Athletic Programs at the Sanibel Recreation Center



Pick-up Volleyball Mondays at 6:00 p.m.

Included with Sanibel Recreation Center membership; day pass required for non-members

Pick-up Volleyball provides an excellent cardio workout; improving stamina, reflexes and balance. All equipment is provided. Games are organized by participants. Closed-toe, non-marking athletic footwear is required. Participants must be at least 14 years old.



Pick-up Basketball Tuesdays and Thursdays at 6:00 p.m. and Sundays at 1:00 p.m.

Included with Sanibel Recreation Center membership; day pass required for non-members

Pick-up Basketball provides an excellent cardio workout; improving stamina, reflexes and balance. All equipment is provided. Games are organized by participants. Closed-toe, non-marking athletic footwear is required. Participants must be at least 14 years old.



Pick-up Pickleball Mondays and Wednesdays at 5:30 p.m. and Saturdays at 1:00 p.m.

Included with Sanibel Recreation Center membership; day pass required for non-members

Pick-up Pickleball provides an excellent cardio workout; improving stamina, reflexes and balance. All equipment is provided. Games are organized by participants. Closed-toe, non-marking athletic footwear is required. Participants must be at least 14 years old.



Adult Co-Ed Pick-up Softball Mondays at 6:30 p.m.

Played at the Sanibel ball fields. Membership not required.

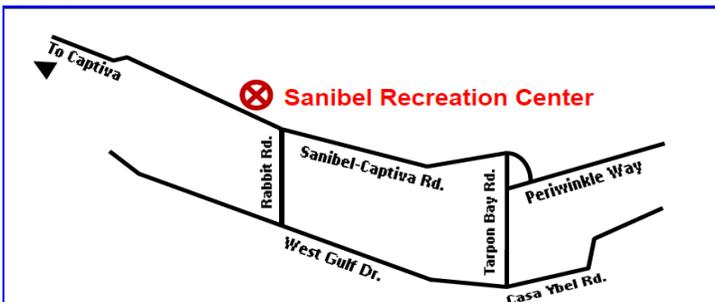
Join your friends and neighbors in the seasonal Sanibel Adult Co-ed Pick-up Softball! Participants must be at least 18 years old. Pick-up games are weather permitting. For more information contact the Recreation Center at (239) 472-0345.



Pick-up Soccer Sundays at 5:30 p.m.

Played at the Sanibel ball fields. Membership not required.

Meet and play soccer with your Sanibel friends and neighbors! Pick-up soccer games will be held at the Sanibel Ball Fields weather permitting. There is no fee to participate. Just bring your shin guards! Players MUST wear closed toe shoes and NO metal cleats of any type may be worn. Games are organized by participants. Participants must be at least 14 years old.



3880 Sanibel-Captiva Road, Sanibel, FL 33957

Daily, Weekly, Semi-Annual and Annual Recreation Center passes are available. Please call the Sanibel Recreation Center at (239) 472-0345 for membership details.

Visit our website at www.mysanibel.com to view additional activities and programs.

Hot Dog Grill Wednesday



Island Seniors, Inc. volunteers will serve you a hotdog, chips and lemonade from 11:30 a.m.-12:00 p.m. The cost is \$2.00 for members and \$3.00 for non-members. If you don't want a hot dog, just bring your lunch and join us. Call Wednesday morning so we can plan enough food.



Spring Training Baseball - Minnesota Twins

CenturyLink Sports Complex and Hammond Stadium

14400 Six Mile Cypress, Fort Myers

Thursday, March 3 vs. Boston Red Sox at 7:05 p.m.

Friday, March 11 vs. Miami Marlins at 1:05 p.m.

Sunday, March 20 vs. New York Yankees at 1:05 pm

Thursday, March 31 vs. Boston Red Sox at 1:05 pm

Island Seniors, Inc. purchased tickets to each game listed above. You may sign up to reserve your tickets beginning Monday, February 1st. Payment is due upon signing up. Limited Seats Available. *First come, first reserved.*
Cost: \$20 per ticket for Members
\$27 per ticket for Non-Members



SUNSET SOCIALS ON THE CAUSEWAY at 6:30 p.m.

• Tuesday, April 19th * Thursday, May 19th

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 with your beach chair and bring a side dish to share. Join us on the first island on your right as you leave Sanibel by the pavilion. Look for the Island Seniors banner (weather permitting)!





Discover Florida Trips



Discovery trips are a great way to get out and explore activities here in Florida with your friends. Advance registration is required and payment reserves your seat. Contact the Center 4 Life if you have any questions or need additional information on any of the activities listed below.

Tuesday, January 12th

St. Petersburg Mural Tour & The Dali Museum

\$72 members, \$77 non-members

Travel with us to St. Petersburg, Florida's leading art destination throughout the country. Embrace the blossoming street art movement. Feast your eyes at the Acropolis Restaurant and then head down to the Dali Museum for the Dali & Disney Exhibit.



Ostego Bay Walking Tour – Tuesday, January 19

\$15 Three-hour guided walking tour (Lunch on your own)

Includes: A three- hour guided tour of the working waterfront. You will learn about the shrimping industry from Ostego Bay working waterfront first hand! You will also learn about Florida's "Pink Gold" and the oldest and largest fleet in Florida. The tour will also include 1 ½ hour guided visit at the Museum which contains numerous hands-on exhibits. Depart from the Center 4 Life at 8 a.m. Recommend carpooling to location. The registration deadline is Friday, January 15th.

Tarpon Lodge & Indian Mounds on Pine Island - Tuesday, January 26th

\$50 (Includes boat tour and admission to Randell Research Center- Lunch on your own)

Trip Includes: Boat tour to Pineland as you will learn about the fishing cultures of Pine Island Sound. The cruise will take you by historic fish houses, and discuss the history of commercial and sport fishing as well as the fishing culture of Pine Island Sound and Charlotte Harbor. You will be able to enjoy a lunch at The Tarpon Lodge and after your meal walk over to the Randell Research Center where you'll be led on a guided hike to the top of a pre-Columbian mound of the ancient Calusa Culture. Call the Center 4 Life for more information 239-472-5743. The registration deadline is Monday, January 22.

Edison & Ford Estates VIP Tour, Boat Cruise, & Lunch - Tuesday, February 2nd

\$65 Member / \$75 Non-Member

Includes: Boat Cruise River excursions will take passengers up the Caloosahatchee River to the historic railroad bridge, with great views of the island rookery filled with shorebirds and buffet lunch. Behind the Scenes Tour is a VIP experience at the Edison & Ford Winter Estates. Take a sneak peek inside normally-closed areas of Thomas Edison's "Seminole Lodge" and Henry Ford's "The Mangoes." Tours are led by Estates professional staff. We will enjoy rooms not seen on our other tours, including the back areas of the laboratory. The tour provides in-depth information on our recently completed award winning restoration and our plans for the future. Limited to 20 participants. First come, first served.

Vizcaya and the History of Coconut Grove and Coral Gables - Thursday, February 18th

\$79 Member / \$89 Non-Members

Includes: R/T transportation, guided bus tour of Coral Gables and Coconut Grove, guided tour of Vizcaya (magnificent Renaissance Estate of James Deering) with lunch at the estate. Departure from Ft. Myers location at 7 a.m.

Updated Activity



Morikami Museum and Japanese Gardens in Delray Beach - Thursday, March 17th

\$48 Member / \$58 Non-Member

Trip Includes: R/T transportation, private tour with an in-depth look at the current exhibits in the museum galleries & a tour of the museum's Seishin-an Tea House & Donald B. Gordon Memorial Library as well as a brief introduction of the gardens. Lunch on your own at the Morikami's Cornell Café, Roji-en Gardens self-guided tour are garden of the drops of dew which celebrates both ephemeral beauty and the cycles of regeneration that define the world around us, all inspired by a single drop of dew. Advanced registration is required limited to 30 participants. First come, first served. Sign up deadline is March 11. Departure from Sanibel location at 7 a.m.

Discover Florida Trips continued ...



**20th Anniversary
Caloosahatchee Oxbow & Rivelore Cruises—Saturday, March 5th
\$30 Members, \$45 Non-Members**

Join SCCF on an Oxbow and Riverlore Cruise on this special guided cruise up the Caloosahatchee river on an exclusive trip just for Island Senior's! Follow the river back to a time when a waterfall served as the headwaters of the Caloosahatchee and settlers braved living amongst the wilderness. This 2.5 hour tour is Guided by Rae Ann Wessell a river researcher, long-time river advocate, historian and SCCF Natural Resource Policy Director. Their vessel is the stable and spacious 41 passenger Manatee Rover pontoon boat that features daily Manatee tours. All seats have a great view for photographs and bird watching. The cruise departs promptly at 1 p.m.

**Rosy Tomorrows Heritage Farms Tour with Lunch—Wednesday, March 30th
\$25 Members / \$35 Non-Members**

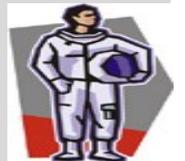
Join the Island Seniors for a causal tour with a knowledgeable docent who will take us on a short walking tour to get an up close and personal look at a working local farm. You will be meeting their animals and learning more about the organic and holistic methods used at Rosy Tomorrows Organic Farms. Then enjoy their homemade prix-fixe lunch (included) with your choice of entrees and a farm fresh garden salad. Arranging carpool for transportation to this event.



Multi-Day Tours

**Tuesday-Wednesday, March 15th-16th
Kennedy Space Center PLUS!**

Includes: R/T transportation, overnight accommodations, dinner at famous Dixie Crossroads, tour of the Warbird Museum, admission to the Kennedy Space Center & their exhibits AND lunch with an Astronaut.



**Members \$269 ppdo / \$349 Single
Non-Members \$289 ppdo / \$369 Single**

**Sunday—Saturday, May 8th-14th
New Orleans and the Gulf Coast**

This tour features some of Suzanne's favorite places to visit! Includes: R/T transportation, 6 night accommodations including 3 nights at the Hampton Inn Downtown / French Quarter in New Orleans, national Naval Aviation Museum in Pensacola, Oak Alley Plantation tour and lunch, Mardi Gras World, Guided New Orleans Tour, New Orleans Cooking School, Tallahassee, much, much more! A \$200 deposit reserves your seat, with the balance due Friday, April 1st.

**Members \$1049 ppdo / \$1449 Single
Non-Members \$1099 ppdo / \$1499 Single**

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.



Florida Repertory Theatre 2016

Tickets are available up to ten days before the show. **You must pay upon signing up.** We may meet before or after the play for brunch or dinner. Trish will pick up the tickets 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 titles and dates subject to change.)*

HISTORIC ARCADE THEATRE

2 p.m. Matinees

The Cocktail Hour

Saturday, January 9, 2016

\$29 Member / \$34 Non-Member

by A.R. Gurney

An Hilarious, Witty, & Urbane Comedy from the Author of *SYLVIA!* "Gurney at His Best! I Laughed through the Tears!"

—*NY Daily*

Twelve Angry Men

Saturday, February 13, 2016

\$29 Member / \$34 Non-Member

by Reginald Rose

A Mesmerizing & Suspenseful Modern Classic! An Electrifying Night! "An Astonishingly Well-Made Piece of Work. Truly Inspiring!" —*Wall Street Journal*

Becky's New Car

Saturday, March 19, 2016

\$29 Member / \$34 Non-Member

by Steven Dietz

CAUTION: LAUGHS AHEAD! Buckle Up for a Hilarious Road Trip through Becky's Mid-Life Crisis! "A smart, comic cruise through middle-aged longing and regret!" —*Variety*

The Ding Dong

Saturday, April 23, 2016

\$29 Member / \$34 Non-Member

by Mark Shanahan

Fidelity is put to the test in this masterfully adapted classic sex farce! Follow the outrageous sexploits of three couples caught in a sordid love triangle!

IN THE ArtStage STUDIO THEATRE - 2 p.m. Matinees

Too Marvelous For Words: A Salute to Johnny Mercer

Sunday, January 24, 2016

\$41 Member / \$46 Non-Member

Featuring the Lyrics of Johnny Mercer Music by Jerome Kern, Henry Mancini, Duke Ellington, Harold Arlen, Johnny Mercer and many others. Conceived, Written, & Directed by Robert Cacioppo Tap Your Toes & Snap your Fingers with Some of America's Most Beloved Songs! *Moon River, That Old Black Magic, One for My Baby, Dream, Come Rain or Come Shine, and Many More!*



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



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.**



ARTIS NAPLES

2016

Island Seniors, Inc. purchased tickets to these 2016 performances last September for members that signed up. If you did not get to purchase your ticket, please place your name on the waiting list on the counter in the kitchen area. Members have needed to sell tickets in the past due to unscheduled visitors, etc. and we give

them the names and phone numbers of those on the wait list. Ticket holders will be called a week prior to the performance as a reminder that their tickets are available at the Center 4 Life. A bus is available but with limited seating.

MOTOWN THE MUSICAL

2 p.m., Saturday, January 30, 2016

It began as one man's story... became everyone's music... and is now Broadway's musical. *Motown The Musical* is the true American dream story of Motown founder Berry Gordy's journey from featherweight boxer to the heavyweight music mogul who launched the careers of Diana Ross, Michael Jackson, Smokey Robinson and many more. Motown shattered barriers, shaped our lives and made us all move to the same beat. Featuring classic songs such as *My Girl* and *Ain't No Mountain High Enough*, experience the story behind the music in the record-breaking smash hit *Motown The Musical!*



KINKY BOOTS

2 p.m., Saturday, March 26, 2016

Kinky Boots is Broadway's huge-hearted hit! With songs by Grammy and Tony winning pop icon Cyndi Lauper, this joyous musical celebration is about the friendships we discover and the belief that you can change the world when you change your mind. Inspired by true events, *Kinky Boots* is about Charlie Price, a man struggling to live up to his father's expectations and continue the family business. With the factory's future hanging in the balance, help arrives in the unlikely but spectacular form of Lola, a fabulous performer in need of some sturdy new stilettos. With direction and choreography by Tony Award-winner Jerry Mitchell and a book by Broadway legend and Tony Award-winner Harvey Fierstein, *Kinky Boots* is the winner of six Broadway Tony Awards including Best Musical. Take a step in the right direction and discover that sometimes the best way to fit in is to stand out.

DIRTY DANCING

2 p.m., Saturday April 9, 2016

Dirty Dancing—The Classic Story on Stage is an unprecedented live experience, exploding with heart-pounding music, passionate romance and sensational dancing. Seen by millions across the globe, this worldwide smash hit tells the classic story of Baby and Johnny, two fiercely independent young spirits from different worlds who come together in what will be the most challenging and triumphant summer of their lives. Featuring the hit songs, *Hungry Eyes*, *Hey Baby*, *Do You Love Me?* and the heart-stopping *(I've Had) The Time of My Life*. London's *Sunday Express* says, "This crowd-pleasing stage adaptation hits the jackpot!" Don't miss your chance to see this record-breaking live theatre sensation. You'll have the time of your life!

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.





Barbara B. Mann Theater 2016

Tickets to the 2016 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. All performances are on Sat-

The Sound of Music

2 p.m., Saturday, January 16, 2016

THE HILLS ARE ALIVE! A brand new production of *THE SOUND OF MUSIC*, directed by three-time Tony Award® winning Director Jack O'Brien, is coming to Fort Myers. The spirited, romantic and beloved musical story of Maria and the Von Trapp Family will once again thrill audiences with its Tony®, Grammy® and Academy Award® winning Best Score, including "My Favorite Things," "Do-Re-Mi, Climb Ev'ry Mountain," "Edelweiss" and the title song.

42nd Street

2 p.m., Saturday, January 30, 2016

The quintessential backstage musical comedy classic, *42nd Street* is the song and dance fable of Broadway with an American Dream story and includes some of the greatest songs ever written, such as "We're In The Money," "Lullaby of Broadway," "Shuffle Off To Buffalo," "Dames," "I Only Have Eyes For You" and of course "42nd Street."

Matilda the Musical

2 p.m., Saturday, February 20, 2016

TIME Magazine's #1 Show of the Year! Winner of 50 international awards, including four Tony Awards®, *MATILDA THE MUSICAL* is the story of an extraordinary girl who, armed with a vivid imagination and a sharp mind, dares to take a stand and change her own destiny. Based on the beloved novel by Roald Dahl, *MATILDA* continues to thrill sold out audiences of all ages on Broadway and in London's West End. The *Wall Street Journal* says, "The makers of *MATILDA* have done the impossible – triumphantly! It is smart, sweet, zany and stupendous fun."

Love Letters

2 p.m., Saturday, February 27, 2016

Love Letters, starring Ali MacGraw and Ryan O'Neil is a funny and emotional portrait about the powerful connection of love. Two friends, rebellious Melissa Gardner and straight-arrow Andrew Makepeace Ladd III have exchanged notes, cards and letters with each other for over 50 years. From second grade, through summer vacations, to college and well into adulthood,

Love Letters (continued)

they have spent a lifetime discussing their hopes and ambitions, dreams and disappointments, and victories and defeats. But long after the letters are done, the real Question remains: have they made the right choices or is the love of their life only a letter away?

Kinky Boots

2 p.m., Saturday, March 19, 2016

KINKY BOOTS is Broadway's huge-hearted, high-heeled hit! With songs by Grammy® and Tony® winning pop icon Cyndi Lauper, this joyous musical celebration is about the friendships we discover, and the belief that you can change the world when you change your mind. Inspired by true events, *KINKY BOOTS* takes you from a gentlemen's shoe factory in North Hampton to the glamorous catwalks of Milan. Charlie Price is struggling to live up to his father's expectations and continue the family business of Price & Sons. With the factory's future hanging in the balance, help arrives in the unlikely but spectacular form of Lola, a fabulous performer in need of some sturdy new stilettos.

The Illusionists

2 p.m., Saturday, April 9, 2016

Direct from Broadway, the world's best-selling magic show is coming to Fort Myers. This mind blowing spectacular showcases the jaw dropping talents of the most incredible Illusionists on earth. *THE ILLUSIONISTS™ – Witness the Impossible™* has shattered box office records across the globe and dazzles audiences of all ages with a powerful mix of the most outrageous and astonishing acts ever to be seen on stage. This non-stop show is packed with thrilling and sophisticated magic of unprecedented proportions.

Dirty Dancing

2 p.m., Saturday, April 30, 2016

DIRTY DANCING - THE CLASSIC STORY ON STAGE is a record-breaking live theatre sensation, exploding with heart-pounding music, passionate romance and sensational dancing. London's Sunday Express says "This crowd-pleasing stage adaptation hits the jackpot!" Featuring the hit songs, "Hungry Eyes," "Hey Baby," "Do You Love Me?" and the heart-stopping "(I've Had) The Time of My Life." You'll have the time of your life!



Birthdays of the Month

JANUARY

Deborah Flint1
 Sandra Greco1
 Peter Gnish2
 Jeanine Allen3
 Ann Deignan3
 Leslie Fields3
 Carole Holbrook4
 Anne Scott4
 Dorothy Cinti6
 Debi Stock6
 Natalie Manning7
 Mary Rice7
 Judy Arbuckle8
 Walley French8
 Antoinette Powell8
 Brooke Simon8
 Carole Fallon9
 Carol Krebs9
 Maggie Butcher10
 Nancy DeBenedictis10
 Anne Carter11
 Rudy Chiti12
 John MacLennon12
 Marie Dubie13
 Jim Masterson13
 Mary Ryan13
 Barbara McGarry14
 Linnea Sadd14
 Jean Whittaker14
 Susan Schmidt15
 Gary Taibbi15
 Sue Harpham16
 Terry McDermott16
 Ed Sessa17
 Mary Remele17
 Eileen Breen18
 Theresa Schwolsky18
 Nancy Bishop19
 Kathleen Jones19

Betty McDermott19
 Hope Rold19
 Leonora Thurow19
 Lesley Heffron20
 Beatrice Alexander20
 Beverly Heidorn22
 Lynn Weitz22
 Dorothy Panepinto23
 Jo Clinton24
 Goldie Cohen24
 Joni Duncan24
 Michael Fliegler24
 Diane Olsson24
 Judith McEntyre25
 Damaris Peters-Pike26
 Jane Ramseth26
 James Lotstein27
 Phyllis Cook28
 Ed Sammons28
 Tom Batcheller29
 Suzanne Dubuc29
 Sue McDermott29
 Howard Rom29
 Penny Sessa30

FEBRUARY

Kay Croak 1
 Vida Zubkus 1
 Kenneth Gerson 2
 Thomas Berger3
 Tom Ledgerwood 3
 Margaret Curtin4
 Tom Winkler4
 Cathy Kebbekus5
 Barbara VanderHey5
 Nina Browning6
 Robert Kidder6
 Cathy Klaus7
 Maggie Davis 9
 Arline Ford 9
 Moni Arnowitz10
 Sheila Faeth10
 Ted Dorman11
 Mary Jo Eggers11
 Gilda Bostick12
 Pamela Ellis12
 Elinor Gregor12
 Donna Jones12
 Bev Kronisch12
 Anne Krueger12
 Caryn Smigiel12
 Bemon Dawes13

Cindy Bunker14
 William Burbank14
 Martin Kraninger15
 Debby Labadie15
 Katrin Phocas15
 Patricia Wilcox15
 Pat Poshek16
 Myrwin Anderson17
 Ann Russell17
 Joseph Sacco17
 Carol Strange18
 Ellen McLaughlin19
 Pamela Zapf19
 Katherine Reid19
 Bea Pappas20
 Mary Anne Chiti20
 Susan Bellevue21
 Charles Dunham21
 Don Ellenberger21
 Bernard Riley21
 CC Caldwell24
 Joan Dilaro24
 David Ouchterloy24
 Robert Schaeffer24
 Judie Sharbaugh25
 Nancy Williams25
 Pamela Easley26
 Marie Hickey26
 Michael Hnatow26
 Kerry Trapp26
 Gail Chaney26
 Guy Tober27
 Claire Mallon28
 Judy Richmond28
 Kathleen Veratti29

MARCH

Eileen Roberts1
 Susan Riley 1
 Tom Curtin 2
 Pete Dilaro2
 Joan Renner2
 Sally Ennis 3
 Dan Moeder3
 Dotty Mount 5
 Alice Walzer5
 Christine Godwin6
 Alex Kopper6
 Deborah MacKelcan6
 Allison Murdoch6
 Saralee Christ 7
 Robert Huppert 8

Jack Cohen11
 Marion Davis 12
 Michael Faeth12
 Sharon Purdy12
 Barbara Ward12
 Karen Zimmerman12
 Glenda Campbell13
 Annette Hendrick13
 Betty Sammons 13
 Dawn Boesen 14
 Linda Massey14
 Jeanne Tyrer14
 Linda Scott14
 Judith Bird15
 Vicki Bundschu 15
 George Gallia15
 Richard Howe15
 Eileen Kjonaas15
 Donna Ouchterloy15
 Nina Rieselbach 16
 Don Brigham18
 Richard Cottrell18
 Methel Gale18
 Sandra Gadomski19
 Jane Hopkins 19
 Maddy Mayor 19
 Norma Kohn 20
 Darlene Duvin21
 Carol Smith 21
 Barbara Renneke21
 Trudy Williams21
 Robert Chuback 22
 Judith Clark 23
 Phyllis Gresham 23
 Caren Schoen23
 Ed VanderHey 23
 Jan Burdick24
 Barbara McClure 24
 Barbara Paquette 24
 Joyce Kopper25
 Marie Kennerson 26
 Hazel Amon 28
 Mary Kelly28
 Libby Countryman 30
 Didi Mancheski30
 Sheila Morley 30
 Lynn Quigley 30
 Beverly Haberman31
 Pat Kilkenny31
 Anita Marshall 31

APRIL

Phil Olsson1
 Joan Bannister 2
 Ann Horbaczewski 2
 Helen Kalish2
 Bill Kelley2
 Anne Bresslau 3
 Nancy Green3

Ingeborg Langer3
 Sonda Dawes4
 Robert Glick 4
 Joan Gruver 4
 Jeannette Sauers4
 Neva Poole5
 Susan Stuart 5
 Nancy Cleare 7
 Jane Withers7
 Carl Hopkins8
 Deborah Butler 9
 Paul Caramico 9
 Laura Shaffer 9
 Lawrence Tambini10
 Sandra Donaldson11
 Diane McVety11
 Julie Appert12
 Roland Campbell 12
 JoAnne Fowler 12
 John Walley12
 Ellen Yospin12
 John Mason13
 Susan Elbers14
 Dana Mehlig15
 Frank Siegel15
 Mike McDermott16
 Monica Sprague18
 Yolande Welch17
 Kate Fizer18
 Emily Kletzien19
 Susan Rosenberg19
 Connie Hare20
 Patricia Armstrong21
 Nancy Godek21
 Ann Tennery21
 Louise Fitzgerald22
 Karen Pati 22
 Ann Moeder22
 Kathy Farley23
 Tommy Williams 23
 Alan Lessack24
 Mary Jane Bancroft25
 Mary Lou Krukar25
 Laurel Rosen26
 Barbara Craig 27
 Ronda Seifert 27
 Patti Sousa27
 Kevin Ruane28
 Ken Shibilski28
 Jim Eggers30
 Roberta McManus30
 Mike Terelle30



January 2016						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Closed Happy New Year	2
3	4 8 -Happy Hour 9:30 -ETF 11 -ETF 1 -Bridge	5 8 -Power Hour 8:30 -Kayaking 9:30 -Gentle Yoga 11 -Chair Yoga	6 8 -Happy Hour 9:30 -ETF 11 -ETF 11:30 -Grill 1 -Bridge	7 8 -Power Hour 9:30 -Gentle Yoga 11 -Chair Yoga 1 -Mahjongg 1 -Hand & Foot 1:30 -Kayak Leaders Meeting	8 8 -Happy Hour 9:30 -ETF 11 -ETF	9 2 pm- Florida Rep Arcade Theatre <i>The Cocktail Hour</i>
10	11 8 -Happy Hour 9:30 -ETF 11 -ETF 1 -Bridge	12 8 -Power Hour 8:30 -Kayaking 9:30 -Gentle Yoga 11 -Chair Yoga Dali Museum Trip	13 8 -Happy Hour 9:30 -ETF 11 -ETF 11:30 -Grill 1 -Bridge 2:30 -Page Turners	14 8 -Power Hour 8:30 -Kayaking 9:30 -Gentle Yoga 11 -Chair Yoga 1 -Mahjongg 1 -Hand & Foot 1 -AARP Driver Safety Class	15 8 -Happy Hour 9:30 -ETF 11 -ETF 1:30 -American Heart Association - Carol Fallon	16 2 pm - B B Mann <i>The Sound of Music</i>
17	18 Closed Martin Luther King, Jr. Day	19 8 -Power Hour 8:30 -Kayaking 9:30 -Gentle Yoga 11 -Chair Yoga Ostego Bay Trip- The Working Waterfront Tour	20 8 -Happy Hour 9:30 -ETF 9:30 -Board Meeting 11 -ETF 11:30 -Grill 1 -Bridge	21 8 -Power Hour 8:30 -Kayaking 9:30 -Gentle Yoga 11 -Chair Yoga 1 -Mahjongg 1 -Hand & Foot 1 -AARP Driver Safety Class 5:30 -Island Seniors Got Talent Potluck	22 8 -Happy Hour 9:30 -ETF 11 -ETF 1:30 -Open Members Meeting	23
24 2pm-Florida Rep ArtStageTheatre <i>Too Marvelous for Words</i>	25 8 -Happy Hour 9 -Intermediate Bridge Lesson 9:30 -ETF 11 -ETF 1 -Bridge	26 8 -Power Hour 8:30 -Kayaking 9:30 -Gentle Yoga 11 -Chair Yoga Tarpon Lodge & Indian Mounds Trip	27 8 -Happy Hour 9 -Intermediate Bridge Lesson 9:30 -ETF 11 -ETF 11:30 -Grill 1 -Bridge	28 8 -Power Hour 8:30 -Kayaking 9:30 -Gentle Yoga 11 -Chair Yoga 1 -Mahjongg 1 -Hand & Foot	29 8 -Happy Hour 9:30 -ETF 11 -ETF 1 -Health Fair	30 2 pm- B B Mann <i>42nd Street</i> 2 pm- Artis-Naples <i>Motown The Musical</i>
31	Notes: ETF - Essential Total Fitness Grill - Hot Dog Grill - Call the Center by 10:30 a.m. Kayaking - Weather Permitting P/U Softball held at the Sanibel Ball Fields *Athletic footwear required for fitness classes					

~ February 2016 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 8 -Happy Hour 9 –Bridge Basics Class 9:30 -ETF 11 -ETF 1 -Bridge	2 8 -Power Hour 8:30 -Kayaking 9 –Bridge Basics Class 9:30 -Gentle Yoga 11 -Chair Yoga Edison/Ford Estates & Boat Trip	3 8 -Happy Hour 9 –Bridge Basics Class 9:30 -ETF 11 -ETF 11:30 -Grill 1 -Bridge	4 8 -Power Hour 8:30 –Kayaking 9 –Bridge Basics Class 9:30 -Gentle Yoga 11 -Chair Yoga 1 -Mahjongg 1 -Hand & Foot	5 8 -Happy Hour 9:30 -ETF 11 -ETF	6 Arts & Crafts Fair 9 am-2 pm
7	8 8 -Happy Hour 9:30 –ETF 9:30 –Mahjongg Class 11 -ETF 1 -Bridge	9 8 -Power Hour 8:30 -Kayaking 9:30 -Gentle Yoga 9:30 –Mahjongg Class 11 -Chair Yoga	10 8 -Happy Hour 9:30 –ETF 9:30 –Mahjongg Class 11 -ETF 11:30 -Grill 1 -Bridge 2:30 -Pager Turners	11 8 -Power Hour 8:30 -Kayaking 9:30 -Gentle Yoga 9:30 –Mahjongg Class 11-Chair Yoga 1 -Mahjongg 1 -Hand & Foot	12 8 -Happy Hour 9:30 –ETF 9:30 –Mahjongg Class 11 -ETF 1 –Justin Smith Bridge Tournament	13 2 pm- Florida Rep Arcade Theatre <i>Twelve Angry Men</i>
14	15 8 -Happy Hour 9 –Intermediate Bridge Lesson 9:30 -ETF 11 -ETF 1 -Bridge	16 8 -Power Hour 8:30 -Kayaking 9:30 -Gentle Yoga 11 -Chair Yoga	17 8 -Happy Hour 9 –Intermediate Bridge Lesson 9:30 -ETF 9:30 -Board Meeting 11 -ETF 11:30 -Grill 1 -Bridge	18 8 -Power Hour 8:30 -Kayaking 9:30 -Gentle Yoga 11 -Chair Yoga 1 -Mahjongg 1 -Hand & Foot Vizcaya & Coconut Grove Trip	19 8 -Happy Hour 9:30 -ETF 11 -ETF 1:30 –Damaris Peters Pike	20 2 pm- B B Mann <i>Matilda the Musical</i>
21	22 8 -Happy Hour 9:30 -ETF 11-ETF 1 -Bridge	23 8 -Power Hour 8:30 -Kayaking 9:30 -Gentle Yoga 11 -Chair Yoga	24 8 -Happy Hour 9:30 -ETF 11 -ETF 11:30 -Grill 1 -Bridge	25 8 -Power Hour 8:30 -Kayaking 9:30 -Gentle Yoga 11 -Chair Yoga 1 -Mahjongg 1 -Hand & Foot	26 8 -Happy Hour 9:30 -ETF 11 -ETF	27 2 pm- B B Mann <i>Love Letters</i>
28	29 8 -Happy Hour 9:30 -ETF 11 -ETF 1 -Bridge	Notes: ETF - Essential Total Fitness Grill - Hot Dog Grill - Call the Center by 10:30 a.m. Kayaking - Weather Permitting P/U Softball held at the Sanibel Ball Fields *Athletic footwear required for fitness classes				

March 2016						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 8 -Power Hour 8:30 -Kayaking 9:30 -Gentle Yoga 11 -Chair Yoga	2 8 -Happy Hour 9:30 -ETF 11 -ETF 11:30 -Grill 1 -Bridge	3 8 -Power Hour 8:30 -Kayaking 9:30 -Gentle Yoga 11 -Chair Yoga 1 -Mahjongg 1 -Hand & Foot 7:05-Red Sox at Twins	4 8 -Happy Hour 9:30 -ETF 11 -ETF	5 1pm- Caloosahatchee Oxbow & Riverlore Cruise
6	7 8 -Happy Hour 9:30 -ETF 11 -ETF 1 -Bridge	8 8 -Power Hour 8:30 -Kayaking 9:30 -Gentle Yoga 11 -Chair Yoga 1 -Mindful Meditation	9 8 -Happy Hour 9:30 -ETF 11 -ETF 11:30 -Grill 1 -Bridge 2:30 -Page Turners	10 8 -Power Hour 8:30 -Kayaking 9:30 -Gentle Yoga 11 -Chair Yoga 1 -Mahjongg 1 -Hand & Foot 1 -AARP Driver Safety Class	11 8 -Happy Hour 9:30 -ETF 11 -ETF 1:05 -Marlins at Twins	12
13 	14 8 -Happy Hour 9:30 -ETF 11 -ETF 1 -Bridge	15 Election Day Kennedy Space Center Trip	16 8 -Happy Hour 9:30 -ETF 11 -ETF 11:30 -Grill 1 -Bridge	17 8 -Power Hour 8:30 -Kayaking 9:30 -Gentle Yoga 11 -Chair Yoga 1 -Mahjongg 1 -Hand & Foot 1 -AARP Driver Safety Class Morikami Museum & Japanese Gardens	18 8 -Happy Hour 9:30 -ETF 11 -ETF 1 -Hurricane Presentation	19 2 pm- B B Mann <i>Kinky Boots</i> 2 pm- Florida Rep Arcade Theatre <i>Becky's New Car</i>
20 1:05-Yankees at Twins	21 8 -Happy Hour 9:30 -ETF 11 -ETF 1 -Bridge	22 8 -Power Hour 8:30 -Kayaking 9:30 -Gentle Yoga 11 -Chair Yoga	23 8 -Happy Hour 9:30 -ETF 11 -ETF 11:30 -Grill 1 -Bridge	24 8 -Power Hour 8:30 -Kayaking 9:30 -Gentle Yoga 11 -Chair Yoga 1 -Mahjongg 1 -Hand & Foot	25 8 -Happy Hour 9:30 -ETF 11 -ETF	26 2 pm- Artis-Naples <i>Kinky Boots</i>
27 Easter	28 8 -Happy Hour 9:30 -ETF 11 -ETF 1 -Bridge	29 8 -Power Hour 8:30 -Kayaking 9:30 -Gentle Yoga 11 -Chair Yoga	30 8 -Happy Hour 9:30 -ETF 11 -ETF 11:30 -Grill 1 -Bridge Rosy Tomorrows Heritage Farm Tour	31 8 -Power Hour 8:30 -Kayaking 9:30 -Gentle Yoga 11 -Chair Yoga 1 -Mahjongg 1-Hand & Foot 1:05-Red Sox at Twins	Notes: ETF - Essential Total Fitness Grill -Hot Dog Grill - Call the Center by 10:30 a.m. Kayaking - Weather Permitting P/U Softball held at the Sanibel Ball Fields *Athletic footwear required for fitness classes	

~ April 2016 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
Notes: ETF - Essential Total Fitness Grill - Hot Dog Grill - Call the Center by 10:30 a.m. Kayaking - Weather Permitting P/U Softball held at the Sanibel Ball Fields *Athletic footwear required for fitness classes					1 8 -Happy Hour 9:30 - ETF 11-ETF 1 -Volunteer Appreciation Luncheon	2
3	4 8 -Happy Hour 9:30 - ETF 11-ETF 1 -Bridge	5 8 -Power Hour 8:30 -Kayaking 9:30 -Gentle Yoga 11-Chair Yoga	6 8 -Happy Hour 9:30 - ETF 11-ETF 11:30 -Grill 1 -Bridge	7 8 -Power Hour 9:30 -Gentle Yoga 11-Chair Yoga 1-Mahjongg 1-Hand & Foot	8 8 -Happy Hour 9:30 - ETF 11-ETF	9 2 pm – B B Mann <i>The Illusionists</i> 2 pm - Artis-Naples <i>Dirty Dancing</i>
10	11 8 -Happy Hour 9:30 - ETF 11-ETF 1 -Bridge	12 8 -Power Hour 8:30 -Kayaking 9:30 -Gentle Yoga 11-Chair Yoga	13 8 -Happy Hour 9:30 - ETF 11-ETF 11:30 -Grill 1 -Bridge 2:30 –Page Turners	14 8 -Power Hour 9:30 -Gentle Yoga 11-Chair Yoga 1-Mahjongg 1-Hand & Foot	15 8 -Happy Hour 9:30 - ETF 11-ETF	16
17	18 8 -Happy Hour 9:30 - ETF 11-ETF 1 -Bridge	19 8 -Power Hour 8:30 -Kayaking 9:30 -Gentle Yoga 11-Chair Yoga 6:30 –Sunset Social	20 8 -Happy Hour 9:30 - ETF 9:30 –Board Meeting 11-ETF 11:30 -Grill 1 -Bridge	21 8 -Power Hour 9:30 -Gentle Yoga 11-Chair Yoga 1-Mahjongg 1 -Hand & Foot	22 8 -Happy Hour 9:30 - ETF 11-ETF	23 2 pm - Florida Rep <i>The Ding Dong</i>
24	25 8 -Happy Hour 9:30 - ETF 11-ETF 1 -Bridge	26 8 -Power Hour 8:30 -Kayaking 9:30 -Gentle Yoga 11-Chair Yoga	27 8 -Happy Hour 9:30 - ETF 11-ETF 11:30 -Grill 1 -Bridge	28 8 -Power Hour 9:30 -Gentle Yoga 11-Chair Yoga 1-Mahjongg 1-Hand & Foot	29 8 -Happy Hour 9:30 - ETF 11-ETF	30 2 pm – B B Mann <i>Dirty Dancing</i>