



*"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 2017

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](mailto: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

Lynn Quigley, Vice President

Sally Ennis, Secretary

Carl "Bud" Reinhold, Treasurer

Anita Force Marshall

Ann Moeder

Katie Reid

Shirley Schulz

Judie Sharbaugh

### 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:

Happy Holidays to all of our members.

It is always nice to return to the Island for the holidays and the winter season. I enjoy seeing old friends and picking up where I left off last spring. However, we do want to mention that this experience is pleasant due to the work of the staff and volunteers who worked throughout the summer to ensure that the center runs smoothly, and all is ready for that "winter gathering".

We plan to continue with your favorite activities this winter, with some class enlargements/additions to accommodate the extra participants. You may note that this has already begun.

The board is always interested in serving our members, and we are looking for new areas of interest that our members may have. We realize that people may develop a desire for new activities, and we would like to embrace that.

To that end we have come up with a list of some new ideas that may be attractive to some of our members. A proposed list is:

- Bocce Ball, Croquet
- Recreational Card Games- Canasta, Euchre, Trivia Challenge
- Golf
- Men's Coffee Gathering
- Other Suggestions

If you have an interest in any one of these activities, please call the center and add your name to the list. When we receive enough calls, we will schedule an organizational meeting to flesh out the activity according to the wishes of those participating, and make modifications, as needed, as we go.

The center has wonderful resources and a very willing and competent staff. People are willing to volunteer and participate. There really isn't any reason why we cannot add additional items if there is sufficient interest to do so. It is your center and we can respond to the wishes of the members.

I am looking forward to another winter in Paradise, and meeting you all at the center.

Tom Ledgerwood  
President



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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 another successful sale. Island Seniors, Inc. raised over \$11,000 to underwrite events, purchase kayaking equipment, and help pay for staff and instructors.  
***Carole Fallon, Mary Ann Gilhooley and Dorothy Sawyer, Chairpersons***



# Arts & Crafts Fair

Saturday, February 4, 2017  
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, woodwork 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.



## Seventh Annual Justine Smith Charity Bridge Tournament

Friday, February 10, 2017  
1 p.m.



Let's celebrate Justine and help the stray animals on Sanibel. This is our seventh tournament to honor former volunteer Bridge Director, **Justine Smith**. All proceeds go to **PAWS** on Sanibel. In just six years we have raised over \$6500 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.



### TRIVIA CHALLENGE?

Susan Rosenberg is looking for two volunteers to assist her in running a trivia challenge activity. Anyone interested, please contact the center at 472-5743. Help us get this fun activity scheduled.

### Island Seniors has a new logo!



Tee shirts are now available  
in both men and women sizes  
\$20 ea.

Stop by the front desk to get  
yours today!



# KEEPING UP WITH TECHNOLOGY

Gerard Damiano, Instructor

**Three hour session per class**  
**You must bring your own device.**  
**Please be prepared to use your**  
**Apple ID and Password.**  
**Minimum 4 students/Maximum 10 students**

## iPhone

### Lesson 1: Basics

*Unlock the potential of this powerful pocket device!*



This class covers **Basic Operations, Hardware, and Settings**. Learn the **Full Functionality of the Phone App**, including **Visual Voicemail, Conference Calling and FaceTime**. **Back Up your phone** and keep it updated using **iCloud**. Whether you have an iPhone, or are considering purchasing one, there is something for everyone in this 3 hour "Brain Dump".

Friday, January 20<sup>th</sup>, 1-4 p.m. \$50 M / \$75 NM

### Lesson 2: Intermediate

*Discover the Amazing Built-in Apps that come with your phone!*



The iPhone comes fully equipped with many useful tools such as a **Calculator, Notes, Voice Memos**, even a customizable **Stock Ticker**. Learn **Typing Techniques** that give you the functionality of a full keyboard! **Cut, Copy and Paste! Spell Check** and look-up words as you go. Get organized with the **Contacts and Calendar Apps**, then **Sync** your data instantly with your computer, & all of your Apple devices, with **iCloud! Protect your identity and your data with Privacy Settings**.

Wednesday, March 1<sup>st</sup>, 1-4 p.m. \$50 M / \$75 NM

## iPad

### Lesson 1: Basics

*The World at a flick of your finger!*



Navigate the Multi-Touch Screen Interface and learn about the iPad's **Hardware and Settings**. Discover **Typing Techniques and Tricks** that will give you the functionality of a Full Keyboard! **Cut, Copy and Paste! Spell Check and Look-Up Words** as you go. **Maintain Your Battery**, and **Back Up** your data using **iCloud**.

Tuesday, February 7<sup>th</sup>, 9 a.m.-12 p.m. \$50 M / \$75 NM

### Lesson 2: Intermediate

*The Future of Personal Computing... Today!*



Discover the powerful built-in apps that come on your iPad. Get organized with the **Contacts and Calendar Apps**, then **Sync** with all of your Apple devices instantly using **iCloud!** Connect with friends, family and business associates using **Text and Multi-Media Messaging** or **Video Conference** with **FaceTime**.

Tuesday, February 28<sup>th</sup>, 1-4 p.m. \$50 M / \$75 NM

## Connecting with Facebook

*Understand the world's most popular Social Media Website*



Facebook can be an excellent way to connect with friends and family, around the block or around the world. Despite its popularity, some still find Facebook incomprehensible, and have very real concerns about privacy and security. This class demystifies Facebook with a simple, no-nonsense approach. Learn **Privacy Settings to Protect Your Page**, by controlling who has access to your content.

★ Sign up for your free Facebook account prior to class and be prepared to login from your portable computer or device.

Wednesday, March 15<sup>th</sup>, 1-4 p.m. \$50 M / \$75 NM

## Lesson 2: Travel

*Your smart device can be an invaluable tool while traveling. Tips & tricks for the tourist and seasoned traveller alike!*



**Locate yourself on a map, estimate travel times, get turn-by-turn directions**, and even **beat traffic**. Use apps to **find the cheapest gas**, or the nearest public restroom. **Translate Languages, Convert Currency. Call a Car, or Book a Flight. Get reviews on Restaurants and Hotels. Beat Long Distance Roaming Charges** and stay connected while abroad!

This class offers tips, tricks and techniques to benefit the tourist and seasoned traveller alike.

Wednesday, March 22<sup>th</sup>, 1-4 p.m. \$50 M / \$75 NM

## Healing and Harmonizing Apps

*Useful Tools for a Conscious Lifestyle*



There is a wealth of information, from **yoga postures**, to knowing **what's in your food**, available instantly, at the touch of a virtual button! **Soothing Sounds, Lunar Cycles, Star Charts** and more. **Shop consciously** and select products that reflect your values. **Harmonize with your devices** and learn tools that help to **promote a healthy lifestyle**.

This collection of apps has been hand picked for students, practitioners, teachers and masters of The Health and Harmony Center for Yoga and Massage.

Wednesday, March 29<sup>th</sup>, 1-4 p.m. \$50 M / \$75 NM

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

Louise Fitzgerald & Ann Hartman, Volunteer Coordinators, and the group have enjoyed great year round attendance. For any questions, please contact Ann at email [ocean@comcast.net](mailto:ocean@comcast.net) or contact the Center 4 Life.



## Lab Girl by Hope Jahren

**Wednesday, January 11** "Lab Girl is the story of a girl who becomes a scientist. It's also the story of a career and the endless struggles over funding, recognition and politics that get in the way. It's the story of the plants and soil she studies. But — and this is the weirdest, coolest part about this book — it is really the story of two lab partners and their uncommon bond. Hope and Bill meet on a soil taxonomy field trip, where students are told to dig holes and document what they find. Bill moves away from the group to dig his own series of holes. When Hope asks him if he's off by himself looking for gold, he answers: "No. I just like to dig. I used to live in a hole." - Washington Post

## Cry, the Beloved Country by Alan Paton

**Wednesday, February 8** "Cry, the Beloved Country, the most famous and important novel in South Africa's history, was an immediate worldwide bestseller in 1948. Alan Paton's impassioned novel about a black man's country under white man's law is a work of searing beauty. Cry, the Beloved Country is the deeply moving story of the Zulu pastor Stephen Kumalo and his son, Absalom, set against the background of a land and a people riven by racial injustice. Remarkable for its lyricism, unforgettable for character and incident, Cry, the Beloved Country is a classic work of love and hope, courage and endurance, born of the dignity of man." - Goodreads

## The Nest by Cynthia D'Aprix Sweeney

**Wednesday, March 8** "The Nest is a novel in the Squabbling Sibling genre. Unless someone of the caliber of Chekhov or Dostoyevsky tells such stories, they tend to be domestic comedies padded with lucky coincidences and studded with old grudges. And they need to be set in motion by some convenient family crisis and venue. That trigger can be a vacation in Majorca, Spain (Emma Straub's *The Vacationers*), or sitting shiva in suburbia (Jonathan Tropper's *This Is Where I Leave You*), or a wedding at the family's soon-to-be despoiled summer palace. Or, like Cynthia D'Aprix

Sweeney's debut novel, *The Nest*, it can be the bare-bones version. *The Nest* doesn't need much in the way of set dressing. It just has the author's excellent antennas for describing the New York area and that evergreen fuel for food fights: an inheritance meant to be divided among adult children." - NY Times

## The Warmth of Other Suns by Isabel Wilkerson

**Wednesday, April 12** "Pulitzer Prize-winning author Isabel Wilkerson chronicles one of the great untold stories of American history: the decades-long migration of black citizens who fled the South for northern and western cities, in search of a better life. With stunning historical detail, Wilkerson tells this story through the lives of three unique individuals: Ida Mae Gladney, who in 1937 left sharecropping and prejudice in Mississippi for Chicago, where she achieved quiet blue-collar success and, in old age, voted for Barack Obama when he ran for an Illinois Senate seat; sharp and quick-tempered George Starling, who in 1945 fled Florida for Harlem, where he endangered his job fighting for civil rights, saw his family fall, and finally found peace in God; and Robert Foster, who left Louisiana in 1953 to pursue a medical career, the personal physician to Ray Charles as part of a glitteringly successful medical career, which allowed him to purchase a grand home where he often threw exuberant parties." - Amazon

## Our Souls at Night by Kent Haruf

**Wednesday, May 10** "Our Souls at Night, published posthumously, is the story of two acquaintances, both of them widowed and older, who decide to spend their lonesome nights together. "I wonder if you would come and sleep in the night with me. And talk," Addie Moore says, right up front, to her near neighbor Louis Waters. Louis isn't altogether certain he has heard her right, but Addie makes herself clear. She's not looking for sex. She's looking for a companion. Better than sleeping pills. Better than the condemnation of solitary quiet. Right?" - Chicago Tribune



## AARP DRIVER SAFETY

Thursdays, February 23rd & March 2nd

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.



**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.



## Volunteer Appreciation Luncheon

Friday, March 31st at 1:00 p.m.



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!



## Island Seniors got Talent season two



Thursday, January 19, 2017

Season one was so much fun that Island Seniors is looking forward to season two. Talent scouts went in search of members to perform at this year's event scheduled on January 19, 2017. A fun filled evening is planned for all. You will be thoroughly entertained by your friends. 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 never realized how many talented seniors we have on one island. You don't want to miss this event.

Sign up now!! As always, please bring a side dish to share with other attendees. The main entree, drinks and desserts will be provided by Island Seniors. Come and enjoy the evening.

### Line Dancing Classes

Tuesdays at 12:30 p.m.

January 10 - March 28

Anyone interested in line dancing? Join us on Tuesday afternoon for an hour of fun.

Instructor will review dance steps then turn up the music and get ready to dance. Bring a friend and have a fun filled afternoon.

Member \$5 per class

Non-Member \$8 per class



### Plein Air Painting Group

Thursday, March 9th, 9am-12 noon

Island Seniors members are invited to join our "Plein Air" Painters Group as we paint in the Center 4 Life garden. We paint out every Thursday throughout the season starting at 9AM – lunch at different locations on the island. Come paint (bring your own supplies) with us and stay for your brown bag lunch. We share our painting efforts and enjoy an informal and friendly critique. Visitors are welcome.

Come join us and happy painting!





## Love Your Heart Friday, January 20th 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 29th



February 17th at 1:30 p.m.

## Damaris Peters Pike

Women of Note Series

Presents "Women Who Dared to Compose in a Man's World"

Suppose someone asked you to name three well known composers from history who were women, could you do it? Could you name even one? Most people could not. In this presentation you will meet six fascinating women—beginning with a 12th century nun. We'll have a gifted woman whose father would not permit her to present her compositions to people, but allowed her brother to use her songs as though they were his! We will hear her music and give her credit! You'll learn some surprising facts about women composers and have fun doing it.

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.



Damaris Peters Pike  
Professor of Music Emerita  
Hiram College

**We ask for a \$5 donation , proceeds benefit Island Seniors program.**



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

## SANIBEL HEALTH FAIR

Center 4 Life

Friday, March 3, 2017

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.

# Games

**\$2.50 Member and \$5 Non-Member**  
Prizes are awarded.

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

**MAHJONGG**  
 12:30 p.m.  
**Monday & Thursday**

**HAND & FOOT**  
 12:30 p.m.  
**Thursday**

**Hearts**  
 12:30 p.m.  
**Friday**



**BINGO**  
 1:00—3:00 p.m.  
 Friday, January 27  
 Friday, February 24  
 Friday, March 24

# Lessons

*Beginner Bridge Basics*  
*Learn to Play Bridge*  
*with Christl & Bruce Smith*  
 9 a.m. – 11:30 a.m.  
**February Session:**  
 January 30, February 1, 6 & 8  
 &  
**March Session: 6, 8, 13, 15**  
**\$20 Member / \$35 Non-Member**

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

**Session 1:** The Basics (Players, Trick taking, choosing a trump suit and the bidding ladder.)  
**Session 2:** No Trump Opening Bids and Responses  
**Session 3:** Major Suits Opening Bids and Responses  
**Session 4:** Major Suit Opening Bids and Responses

You must register in advance to participate. Please contact the Center 4 Life to for more information 239-472-5743 or stop by 2401 Library Way.

*Learn to Play Mahjongg*  
*with Katie Reid*  
 9:30 a.m. – 12:30 a.m.  
**January 23 - 27**  
**\$15.00 Member / \$30 Non-Member**

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.

You must register in advance to participate. Please contact the Center 4 Life to for more information 239-472-5743 or stop by 2401 Library Way.

Check / Register for upcoming classes at the Center 4 Life Front Desk.



## Fit4Life 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.

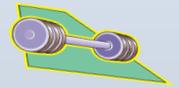
Class begins with a joke from one of the members to put you in the right frame of mind and ends with a positive thought for the day. The format is 40 minutes of cardio, 20 minutes of balance exercises, core strength and flexibility exercises.

Instructor: Grace Elston & Connie DeCicco

### 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 3, 10, 17, 24

February 7, 14, 21, 28

March 7, 14, 21, 28

April 4, 11, 18, 25

## Thursdays

January 5, 12, 19, 26

February 2, 9, 16, 23

March 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 8:15 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 go two times 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 Monday 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 Tuesday and Thursday at 6:00 p.m. and Sunday 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 Monday and Wednesday at 5:30 p.m. and Saturday 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 Monday at 6:30 p.m.

**Played at the Sanibel ball fields. Membership not required.**

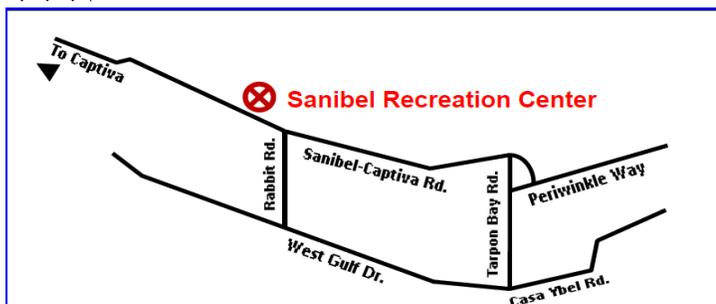
Join your friends and neighbors in the seasonal Sanibel Adult Co-ed Pick-up Softball! Participants must be at least 18 years old. Pick-up games are weather permitting. For more information contact the Recreation Center at (239) 472-0345.



### Pick-up Soccer Sunday 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](http://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



Friday, February 24	vs. Tampa Bay Rays at 7:05 p.m.
Wednesday, March 8	vs. Team USA (WBC) at 7:05 p.m.
Wednesday, March 15	vs. St. Louis Cardinals at 1:05 p.m.
Tuesday, March 21	vs. Philadelphia Phillies at 1:05 p.m.
Sunday, March 26	vs. Boston Red Sox at 1:05 p.m.

Island Seniors, Inc. purchased tickets to each game listed above. Members may sign up to reserve your tickets beginning Monday, February 6th. Payment is due upon sign up. Limited Seats Available. *First come, first reserved.*

Cost: \$22 per ticket for Members  
\$27 per ticket for Non-Members



## SUNSET SOCIAL ON THE CAUSEWAY at 6:00 p.m.

\* Tuesday, April 25th \* Tuesday, May 23rd

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 10th**

**Morikami Museum and Japanese Gardens in Delray Beach**

**\$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 Seish-in-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 January 4th. Departure from Sanibel location at 7 a.m.



**Wednesday, January 25th**

**Rosy Tomorrows Heritage Farms Tour with Lunch**

**\$25 Member / \$35 Non-Member**

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. Carpool arrangements for transportation. Limited space available.



**Monday, January 30th**

**Edison & Ford Winter Estates "Inside the Homes" tour & River Cruise**

**\$67 Members, \$72 Non-Members**

Begin the adventure with a scenic river cruise, narrated by a knowledgeable Captain and docent. Lunch (on own) at Pinchers Restaurant located on the Caloosahatchee River. After lunch an in depth inside the homes tour where you will step back in time and imagine Fort Myers as it was for Thomas Edison. Discover how Edison lived, studied, dined and entertained in this behind the scenes tour. Limited to 20 participants, first come, first serve. Depart from Sanibel location: 8:30 a.m.



**Friday, February 3rd**

**CROW Education Center Walking Tour**

**\$20 Member / \$25 Non-Member**

Tour starts with a one-half hour overview of the state-of-the-art Education Center provided by Executive Director Linda Estep. This is followed by a tour of the grounds of CROW with Rachel Rainbolt, Education Coordinator, who will provide an in-depth look at the inner workings of the hospital and the treatment process. A tour of the rehabilitation grounds and an introduction to an animal ambassador (a permanent resident of CROW which can't be released back into the wild because of an injury). Carpool arrangements for transportation. Limited to 20 participants. First come, first served.



**Tuesday, February 7th**

**The Dali Museum & Museum of Fine Arts**

**\$72 Member / \$77 Non-Member**

Travel with us to St. Petersburg, Florida's leading art destination throughout the country. First stop, the Dali Museum for a docent lead tour. We move next door to the Museum of Fine Arts to enjoy lunch (on own) in their café'. After lunch a docent will provide a tour to wrap up our day in St. Petersburg. Advanced registration is required limited to 30 participants. First come, first served. Sign up deadline is January 4th. Departure from Sanibel location at 7 a.m.



**Tuesday, February 14th**

**Naples Botanical Garden**

**\$22 Member, \$32 Non-Member**

Beautiful Naples Botanical Gardens continues connecting people with plants *by conserving* and researching the biological diversity of their collections and ecosystems. Our private tour will be *engaging and educational* about plants, gardens and ecosystems; and *inspiring* us to value plants, gardens and natural habitats. Lunch (on own) follows at the very popular Fogg Café and then stroll the gardens on your own. Carpool arrangements for transportation. Depart from Sanibel location: 8:45 a.m.



**Naples Botanical Garden**

## Discover Florida Trips continued ...

**Tuesday, February 21<sup>st</sup>**

**Lake Placid Mural Tour PLUS Special Lunch at Melvil Dewey's Home**

**\$79 Member / \$89 Non-Member**

What an experience! Includes: R/T transportation, guided tour of Lake Placid's murals, lunch at the Lake Placid Conference Center (Melvil Dewey's winter residence), and a surprise!



**Wednesday, March 8<sup>th</sup>**

**"Into the Everglades" Tour with Fran Mainella**

**\$89 Member / \$99 Non-Member**

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.



## Multi-Day Tours

**Tuesday-Thursday, February 28<sup>th</sup> – March 2<sup>nd</sup>**

**3 Day Tour to "The Oldest U.S. City - to St Augustine**

**Member \$464 ppdo; \$674 single**

**Non-Member \$489 ppdo; \$699. single**

Includes: R/T transportation, 2 nights at the Hilton Doubletree in Historic St Augustine, 4 meals (2 breakfasts, 1 lunch, 1 dinner at Columbia Restaurant), private guided tram tour plus all-day hop-on, hop-off privileges, private Lighner Museum tour & more!

Note: Our hotel is located across the street from Mission Nombre de Dios, the site of the 1<sup>st</sup> Catholic Mass in the U.S.

**Limited availability!**

**Tuesday-Wednesday, March 28<sup>th</sup> – 29<sup>th</sup>**

**Overnight Tour to Mt. Dora**

**Member \$224 ppdo; \$274 single**

**Non-Member \$249 ppdo; \$299 single**

Includes: R/T transportation, overnight accommodations, dinner, and breakfast at Lakeside Inn in Mt Dora, Lake Dora nature cruise, more! Historic Mt Dora is a charming village located North of Orlando.



**April 7<sup>th</sup> – 13<sup>th</sup>, 2017**

**Cherry Blossom Time in Our Nation's Capital w/ Mayflower Tours**

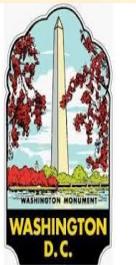
This is the quintessential Washington, DC tour! Highlights include: Cherry Blossom parade, Arlington National Cemetery, the nighttime Illumination Tour, Mount Vernon, Colonial Williamstown, Jamestown, and Much More! Price includes air from Ft Myers, 6 nights' accommodations (4 in Washington, DC, 2 in Williamsburg), 10 meals, and more.

**Member \$2,449 ppdo; \$3328 single**

**Non-Member \$2499. ppdo / \$3378 single**

**\$200.00 deposit secures your spot.**

**Final balance due by March 3rd.**



**View Your Newsletter and Community News Online at [WWW.MYSANIBEL.COM](http://WWW.MYSANIBEL.COM)**

1. Go to [WWW.MYSANIBEL.COM](http://WWW.MYSANIBEL.COM) to access the City of Sanibel website.
2. Click on DEPARTMENTS near the top.
3. Scroll down the blue list of departments along the left side to find Recreation.
4. Click on Recreation to select it.
5. Scroll down the blue list of Recreation topics and select Center 4 Life Program.
6. Select the current issue 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.



# Florida Repertory Theatre 2017

## 2 p.m. Matinees

Tickets are available up to two weeks 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.)*

### IN THE ArtStage STUDIO THEATRE

#### **SHEAR MADNESS**

*by Paul Pörtner*

**Saturday, January 21, 2017**

**Members \$44 / Non-Members \$49**

Madness erupts at a not-so-typical hair salon when the old lady upstairs gets mysteriously murdered and everyone's dying to know WHODUNIT? Unlike any other murder mystery, in *Shear Madness* the audience combs through the clues and questions the suspects! And with up-to-the-minute improvisation, the show is different every time you see it!

#### **Doublewide**

*by Stephen Spotswood*

**Saturday, April 22, 20**

**Members \$44 / Non-Members \$49**

Jim Starkey's version of the American Dream is a modest one: to build a home on his one-acre plot of land and replace his doublewide trailer with something his daughter, Lorelai, can inherit. When a highway expansion project and a freak hunting accident shatter their dreams, Jim must decide how far he can be pushed and Lorelai is left to build her own future.

Be the first audiences in America to see this amazing NEW PLAY!

### HISTORIC ARCADE THEATRE

#### **THE HOUSE OF BLUE LEAVES**

*by John Guare*

**Saturday, January 7, 2017**

**Members \$32 / Non-Members \$37**

This smart and outrageous black comedy follows the strangest day in the life of a New York zookeeper with big dreams! Artie Shaughnessy has aspirations of being a famous songwriter, but what his downstairs mistress, Bunny, won't tell him, and his wife, Bananas (who is), tries to impart is that Artie's songs stink. But today, October 4, 1964, is different because the Pope is coming to town and miracles are in the air and anything is possible—or so they all think.

*Harper Lee's*

#### **TO KILL A MOCKINGBIRD**

*Adapted by Christopher Sergel*

**Saturday, February 25, 2017**

**Members \$38 / Non-Members \$43**

This compelling and timeless story of racial injustice and loss of innocence is told through the eyes of six year old Scout, the tomboyish daughter of small-town lawyer Atticus Finch. As a tense tug of war between justice and bigotry heats up in their small town of Maycomb, Alabama, Atticus and his family must learn to temper violence and hatred with courage and compassion. Adapted from the Pulitzer Prize-winning novel, *To Kill a Mockingbird* continues to inspire hope in the face of inequality.

#### **THE 25th ANNUAL**

#### **PUTNAM COUNTY SPELLING BEE**

*music & lyrics by William Finn*

*book by Rachel Sheinkin*

*conceived by Rebecca Feldman*

**Saturday, March 25, 2017**

**Members \$32 / Non-Members \$37**

Six spellers enter the bee, but only one will walk away a winner in this Tony Award & Drama Desk-winning musical that has charmed audiences nationwide with its effortless wit and edgy humor! Hilarious and warm-hearted, this riotous musical comedy follows six adolescent misfits vying for the spelling championship of a lifetime. As these tweens—and even the audience—spell their way through a series of outrageous words, they learn winning isn't everything—but the loser gets a juice box!

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



# ARTIS NAPLES 2017

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.

## *A Gentleman's Guide to Love & Murder*



**Saturday, January 21, 2017 - 2 p.m.**

Getting away with murder can be so much fun ... and there's no better proof than the hilarious hit show that won the 2014 Tony for Best Musical —

*A Gentleman's Guide to Love & Murder!* As one most gentlemanly NPR critic put it, "I've never laughed so hard at a Broadway musical!" *Gentleman's Guide* tells the uproarious story of Monty Navarro, an heir to a family fortune who sets out to jump the line of succession by—you guessed it—eliminating the eight pesky relatives who stand in his way. All the while, Monty has to juggle his mistress (she's after more than just love), his fiancée (she's his cousin, but who's keeping track?) and the constant threat of landing behind bars! Of course, it will all be worth it if he can slay his way to his inheritance...and be done in time for tea. *The Hollywood Reporter* raves, "*Gentleman's Guide* restores our faith in musical comedy."

## *Something Rotten!*



**Saturday, March 18, 2017 - 2 p.m.**

From the director of *Aladdin* and the co-director of *The Book of Mormon*, *Something Rotten!* is "Broadway's big, fat hit!" (*New York Post*). Set in 1595, this hilarious smash tells the story of Nick and Nigel Bottom, two brothers who are desperate to write a hit play. When a local soothsayer foretells that the future of theatre involves singing, dancing and acting at the same time, Nick and Nigel set out to write the world's very first musical! With its heart on its ruffled sleeve and sequins in its soul, *Something Rotten!* is "*The Producers* + *The Book of Mormon* x *The Drowsy Chaperone*. Squared!" (*New York Magazine*).

## *Beautiful – The Carole King Musical*



**Saturday, February 11, 2017- 2 p.m.**

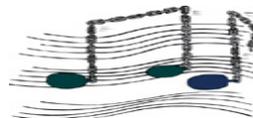
*Beautiful—The Carole King Musical* tells the Tony-and Grammy award-winning inspiring true story of King's remarkable rise to stardom, from being part of a hit songwriting team with her husband, Gerry Goffin, to her relationship with fellow writers and best friends, Cynthia Weil and Barry Mann, to becoming one of the most successful solo acts in popular music history. Along the way, she made more than beautiful music: she wrote the soundtrack to a generation.

## *Cabaret*



**Saturday, April 15, 2017 - 2 p.m.**

Direct from Broadway, the acclaimed masterpiece returns to Artis-Naples! As part of their 50th anniversary season, the critically acclaimed and award-winning Roundabout Theatre Company is proud to present Sam Mendes (*Skyfall*, *American Beauty*) and Rob Marshall's (*Into the Woods* and *Chicago*, the films) Tony-winning production of *Cabaret*. Come hear some of the most memorable songs in theatre history, including *Cabaret*, *Willkommen* and *Maybe This Time*. Leave your troubles outside — life is beautiful at *Cabaret*, John Kander, Fred Ebb and Joe Masteroff's Tony-winning musical about following your heart while the world loses its way.



## 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.

**Now accepting recycled hearing aids.**

**Center 4 Life is a drop off location.**



# Barbara B. Mann Performing Arts Hall 2017

Tickets to the 2017 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 in the waitlist book located on the kitchen counter top. If members find that they need to sell their tickets, we provide them with the names and phone numbers of those on the waitlist. Staff will contact ticket holders a week prior to the performance regarding where to pick up their tickets.

## Rodgers & Hammerstein's CINDERELLA

Saturday, January 7, 2017 - 2 P.M.



Rodgers + Hammerstein's CINDERELLA is the Tony Award®-winning Broadway musical from the creators of The Sound of Music and South Pacific that's delighting audiences with its contemporary take on the classic tale. This lush production features an incredible orchestra, jaw-dropping transformations and all the moments you love — the pumpkin, the glass slipper, the masked ball and more — plus some surprising new twists! Be transported back to your childhood as you rediscover some of Rodgers + Hammerstein's most beloved songs, including "In My Own Little Corner," "Impossible/It's Possible" and "Ten Minutes Ago," in this hilarious and romantic Broadway experience for anyone who's ever had a wish, a dream... or a really great pair of shoes.

## Riverdance: The 20th Anniversary World Tour

Saturday, January 14, 2017 - 2 P.M.



The international Irish dance phenomenon is back by popular demand in Riverdance - The 20th Anniversary World Tour. Drawing on Irish traditions, the combined talents of the performers propel Irish dancing and music into the present day, capturing the imagination of audiences across all ages and cultures in an innovative and exciting blend of dance, music and song. Of all the performances to emerge from Ireland - in rock, music, theatre and film - nothing has carried the energy, the sensuality and the spectacle of Riverdance.

## THE BOOK OF MORMON

Saturday, January 28, 2017 - 2 P.M.



THE BOOK OF MORMON features book, music and lyrics by Trey Parker, Robert Lopez and Matt Stone. Parker and Stone are the four-time Emmy Award-winning creators of the landmark animated series, "South Park." Tony Award-winner Lopez is co-creator of the long-running hit musical comedy, Avenue Q. The musical is choreographed by Tony Award-winner Casey Nicholaw (Monty Python's Spamalot, The Drowsy Chaperone) and is directed by Nicholaw and Parker. THE BOOK OF MORMON is the winner of nine Tony Awards, including Best Musical, Best Score (Trey Parker, Robert Lopez, Matt Stone), Best Book (Trey Parker, Robert Lopez, Matt Stone), Best Direction (Casey Nicholaw, Trey Parker), Best Featured Actress (Nikki M. James), Best Scenic Design (Scott Pask), Best Lighting Design (Brian MacDevitt), Best Sound Design (Brian Ronan) and Best Orchestrations (Larry Hochman, Stephen Oremus); the New York Drama Critics Circle Award for Best Musical; five Drama Desk Awards including Best Musical, the 2011 Grammy Award for Best Musical Theater Album; four Outer Critics Circle Awards, including Best Musical, and the Drama League Award for Best Musical.

## CHICAGO The Musical

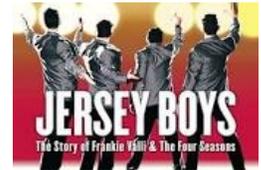
Saturday, February 11, 2017 - 2 P.M.



A true New York City institution, 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 6 Tony Awards®, 2 Olivier Awards®, a Grammy® and thousands of standing ovations. Whether you're looking for your first Broadway musical, whether you've seen the Academy Award®-winning film and want to experience the show live on stage or whether you've seen it before and want to recapture the magic, CHICAGO always delivers.

## Jersey Boys: The Story of Frankie Valli & The Four Seasons

Saturday, April 1, 2017 - 2 P.M.



JERSEY BOYS, the Tony®, Grammy® and Olivier Award-winning Best Musical about Rock and Roll Hall of Famers The Four Seasons: Frankie Valli, Bob Gaudio, Tommy DeVito and Nick Massi returns to Fort Myers by popular demand. This is the true story of how four blue-collar kids became one of the greatest successes in pop music history. They wrote their own songs, invented their own sounds and sold 175 million records worldwide — all before they were 30! JERSEY BOYS features their hit songs "Sherry," "Big Girls Don't Cry," "Rag Doll," "Oh What a Night" and "Can't Take My Eyes Off You." (JERSEY BOYS contains authentic, "profane Jersey language" and is recommended for ages 12+)

## The Lincoln Center Production of Rogers & Hammerstein's The King & I

Saturday, April 29, 2017 - 2 P.M.



Lincoln Center Theater's critically acclaimed production of Rodgers & Hammerstein's THE KING AND I directed by Tony Award® Winner Bartlett Sher won four 2015 Tony Awards® including Best Revival of a Musical. One of Rodgers & Hammerstein's finest works, THE KING AND I boasts a score which features such beloved classics as "Getting To Know You," "I Whistle a Happy Tune," "Hello Young Lovers," "Shall We Dance" and "Something Wonderful." Set in 1860's Bangkok, the musical tells the story of the unconventional and tempestuous relationship that develops between the King of Siam and Anna Leonowens, a British schoolteacher whom the modernist King, in an imperialistic world, brings to Siam to teach his many wives and children.

# HAPPY BIRTHDAY WISHES!

## JANUARY

Sandra Greco ..... 1  
 Donna Holden ..... 1  
 Rosemary Egan ..... 2  
 Peter Gnish ..... 2  
 Betty Rebhorn ..... 2  
 Jeanine Allen ..... 3  
 Ann Deignan ..... 3  
 Leslie Fields ..... 3  
 Barbara Epstein ..... 4  
 Carole Holbrook ..... 4  
 Anne Scott ..... 4  
 Dorothy Cinti ..... 6  
 Linda Newsome ..... 6  
 Barbara Stewart ..... 6  
 Natalie Manning ..... 7  
 Mary Rice ..... 7  
 Judy Arbuckle ..... 8  
 Walley French ..... 8  
 Antoinette Powell ..... 8  
 Carole Fallon ..... 9  
 Maggie Butcher ..... 10  
 Barb Cline ..... 10  
 Nancy DeBenedictis ..... 10  
 Jim Graham ..... 10  
 Rudy Chiti ..... 12  
 Carol Good ..... 12  
 John MacLennon ..... 12  
 Marie Dubie ..... 13  
 Joanna Lande ..... 13  
 Jim Masterson ..... 13  
 Mary Ryan ..... 13  
 Barbara McGarry ..... 14  
 Linnea Sadd ..... 14  
 Jean Whittaker ..... 14  
 Joan Manobianco ..... 15  
 Gary Taibbi ..... 15  
 Sue Harpham ..... 16  
 Terry McDermott ..... 16  
 Joan Martyn ..... 17  
 Ed Sessa ..... 17  
 Mary Remele ..... 17  
 Theresa Schwolsky ..... 18  
 Richard Welch ..... 18  
 Nancy Bishop ..... 19

Andrea Dankenbrink 17  
 David Galt .....19  
 Kathleen Jones .....19  
 Betty McDermott .....19  
 Hope Rold ..... 19  
 Leonora Thurow..... 19  
 Lesley Heffron..... 20  
 Beverly Heidorn ..... 22  
 Lynn Weitz ..... 22  
 Dorothy Panepinto . 23  
 Jo Clinton ..... 24  
 Goldie Cohen ..... 24  
 Joni Duncan ..... 24  
 Diane Olsson ..... 24  
 Judith McEntyre .... 25  
 Damaris Peters-Pike 26  
 Jane Ramseth ..... 26  
 James Lotstein ..... 27  
 Phyllis Cook ..... 28  
 Ed Sammons ..... 28  
 Tom Batcheller ..... 29  
 Sue McDermott .... 29  
 Herbert Clark ..... 30  
 Penny Sessa ..... 30

## FEBRUARY

Carolyn Connors ....1  
 Kay Croak ..... 1  
 Vida Zubkus..... 1  
 Thomas Berger .....3  
 Tom Ledgerwood ...3  
 Tom Winkler..... 4  
 Barbara VanderHey 5  
 Nina Browning .....6  
 Gina Boyd .....7  
 Gretchen Scott .....7  
 Gloria Castellitto .....9  
 Maggie Davis ..... 9  
 Arline Ford..... 9  
 George Veillette .....11  
 Gilda Bostick .....12  
 Pamela Ellis .....12  
 Elinor Gregor .....12  
 Anne Krueger .....12  
 Caryn Smigiel .....12  
 Bemon Dawes .....13  
 Bonnie Powell .....13  
 Thomas Tiesner .....14  
 Martin Kraninger .....15  
 Katrin Phocas ..... 15  
 Pat Poshek ..... 16  
 Diane Fugit .....17  
 Ann Russell .....17  
 Joseph Sacco .....17  
 Mary B. Greenplate .18

Frankette Rinaldi ....18  
 Carol Strange .....18  
 Ellen McLaughlin ...19  
 Pamela Zapf .....19  
 Katherine Reid .....19  
 Bea Pappas .....20  
 Mary Anne Chiti .....20  
 Susan Bellevue .....21  
 Carolyn Bergen ..... 21  
 Charles Dunham .....21  
 Libby Smith .....21  
 CC Caldwell .....24  
 David Ouchterloy ....24  
 Bess Joynen .....25  
 Judie Sharbaugh .....25  
 Nancy Williams .....25  
 Pamela Easley .....26  
 Michael Hnatow .....26  
 Kerry Trapp .....26  
 Guy Tober ..... 27  
 Kathleen Veratti ..... 29

## MARCH

Eileen Roberts..... 1  
 Susan Riley ..... 1  
 Joan Rener ..... 2  
 Sally Ennis ..... 3  
 Dan Moeder.....3  
 Bill Moore .....4  
 Mary Rennebohm .. 4  
 Pat Haggerty ..... 5  
 Dotty Mount ..... 5  
 Alice Walzer ..... 5  
 Christine Godwin .... 6  
 Deborah MacKelcan 6  
 Allison Murdoch..... 6  
 Saralee Christ..... 7  
 Robert Huppert ..... 8  
 JoAnn Katz .....10  
 Tom McCully .....10  
 Georgia Andrews ...11  
 Jack Cohen ..... 11  
 Hohn Kinney .....11  
 Charlotte Lattof ..... 11  
 Marion Davis ..... 12  
 Linda Roeper ..... 12  
 Barbara Ward .....12  
 Glenda Campbell...13  
 Betty Sammons .....13  
 Stuart Savage .....13  
 Dawn Boesen..... 14  
 Julia Hennings .....14  
 Jeanne Tyrer .....14  
 Linda Scott..... 14

George Gallia ..... 15  
 Richard Howe ..... 15  
 Eileen Kjonaas ..... 15  
 Donna Ouchterloy .. 15  
 Nina Rieselbach .. 16  
 Ellen Rudd ..... 16  
 Mimie DiRico ..... 17  
 Don Brigham..... 18  
 Richard Cottrell .... 18  
 Methel Gale..... 18  
 James Maxwell ..... 18  
 Sandra Gadomski . 19  
 Jane Hopkins ..... 19  
 Maddy Mayor ..... 19  
 Mike Polites ..... 19  
 Norma Kohn ..... 20  
 Carol Smith ..... 21  
 Trudy Williams... 21  
 Robert Chuback . 22  
 Judith Clark ..... 23  
 Joanne Durst ..... 23  
 Caren Schoen ..... 23  
 Ed VanderHey .... 23  
 Jan Burdick ... 24  
 Barbara McClure . 24  
 Barbara Paquette . 24  
 Melinda Kopp ..... 25  
 Marie Kennerson .. 26  
 Rosalba Sogamogo . 27  
 Barbara Patigalia ... 28  
 Libby Countryman... 30  
 Sheila Morley ..... 30  
 Lynn Quigley ..... 30  
 Ann Smith ..... 30  
 Ann Hartman ..... 30  
 Anita Marshall ... 31

## APRIL

Phil Olsson ..... 1  
 Joan Bannister ..... 2  
 Ann Horbaczewski. . 2  
 Helen Kalish ..... 2  
 Robert Andrews ..... 3  
 Anne Bresslau ..... 3  
 Nancy Green ..... 3  
 Ingeborg Langer .... 3  
 Joan Gruver ..... 4  
 Peggy Raney ..... 4  
 Neva Poole ..... 5  
 Susan Stuart..... 5  
 Carl Calo ..... 7  
 Nancy Cleare..... 7  
 Roberta Jacobson ... 7

Jane Withers.. ..... 7  
 Carl Hopkins ..... 8  
 Deborah Butler ..... 9  
 Laura Shaffer ..... 9  
 Terry Terrance ..... 10  
 Sonda Dawes ..... 11  
 Roland Campbell .. 12  
 JoAnne Fowler ..... 12  
 John Walley ..... 12  
 John Mason ..... 13  
 Carmen DeTommaso14  
 Kathryn Felsenthal . 14  
 Frank Siegel ..... 15  
 Myra Klahr ..... 16  
 Kathy Knoblauch ... 16  
 Mike McDermott ... 16  
 Pamela Paparone .. 16  
 Elizabeth Francher . 17  
 Elaine Hofer ..... 17  
 Yolande Welch ..... 17  
 Beth Edmondson ... 18  
 Kate Fizer ..... 18  
 Shirley Poteat ..... 18  
 Susan Rosenberg .. 19  
 Connie Hare ..... 20  
 Patricia Armstrong . 21  
 Nancy Godek ..... 21  
 Helen Lambiase ..... 21  
 Louise Fitzgerald... 22  
 Karen Pati ..... 22  
 Ann Moeder ..... 22  
 Dick Raney ..... 22  
 Tommy Williams ... 23  
 Alan Lessack ..... 24  
 Alice Kopsky ..... 24  
 Mary Jane Bancroft 25  
 Caryn Hodes ..... 25  
 Laurel Rosen ..... 26  
 Patti Sousa ..... 27  
 Arnold Most ..... 28  
 Ken Shibilski ..... 28  
 Jewelyn Sims ..... 28  
 Pat Baker ..... 30



<h1>January 2017</h1>						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b> New Year's Day	<b>2</b> New Year's Holiday  Facility Closed	<b>3</b> 8 -Power Hour 8:30 -Kayaking 9:30 -Gentle Yoga 11 -Chair Yoga	<b>4</b> 8 -Happy Hour 9:30 -ETF 11 -ETF 11:30 -Hot Dogs 12:30 -Bridge	<b>5</b> 8 -Power Hour 8:30 -Kayaking 9:30 -Gentle Yoga 11 -Chair Yoga 12:30 -Mahjongg 12:30 -Hand & Foot	<b>6</b> 8 -Happy Hour 9:30 -ETF 11 -ETF 12:30 -Hearts	<b>7</b> 2 pm - B B Mann Cinderella  2 pm - Florida Rep Arcade Theatre House of Blue Leaves
<b>8</b>	<b>9</b> 8 -Happy Hour 9:30 -ETF 11 -ETF 12:30 -Bridge 12:30 -Mahjongg	<b>10</b> 8 -Power Hour 8:30 -Kayaking 9:30 -Gentle Yoga 11 -Chair Yoga 12:30 -Line Dancing  Morikami Museum & Gardens Tour	<b>11</b> 8 -Happy Hour 9:30 -ETF 11 -ETF 11:30 -Hot Dogs 12:30 -Bridge 2:30 -Page Turners	<b>12</b> 8 -Power Hour 8:30 -Kayaking 9:30 -Gentle Yoga 11 -Chair Yoga 12:30 -Mahjongg 12:30 -Hand & Foot	<b>13</b> 8 -Happy Hour 9:30 -ETF 11 -ETF 12:30 -Hearts	<b>14</b> 2 pm - B B Mann Riverdance
<b>15</b>	<b>16</b> Martin Luther King, Jr. Day  Facility Closed	<b>17</b> 8 -Power Hour 8:30 -Kayaking 9:30 -Gentle Yoga 11 -Chair Yoga 12:30 -Line Dancing  The Keys Trip	<b>18</b> 8 -Happy Hour 9:30 -ETF 9:30 -Board Meeting 11 -ETF 11:30 -Hot Dogs 12:30 -Bridge	<b>19</b> 8 -Power Hour 8:30 -Kayaking 9:30 -Gentle Yoga 11 -Chair Yoga 12:30 -Mahjongg 12:30 -Hand & Foot 5:30 -Island Seniors Got Talent	<b>20</b> 8 -Happy Hour 9:30 -ETF 11 -ETF 12:30 -Hearts 1 -iPhone Basics 1:30 -Healthy Heart Presentation	<b>21</b> 2 pm - Artis-Naples A Gentleman's Guide to Love & Murder  2 pm - Florida Rep ArtStage Theatre Shear Madness
<b>22</b>	<b>23</b> 8 -Happy Hour 9:30 -ETF 9:30 -Beginner Mahjongg Class 11 -ETF 12:30 -Bridge 12:30 -Mahjongg	<b>24</b> 8 -Power Hour 8:30 -Kayaking 9:30 -Gentle Yoga 9:30 -Beginner Mahjongg Class 11 -Chair Yoga 12:30 -Line Dancing	<b>25</b> 8 -Happy Hour 9:30 -ETF 9:30 -Beginner Mahjongg Class 11 -ETF 11:30 -Hot Dogs 12:20 -Bridge  Rosy Tomorrow's Tour & Lunch	<b>26</b> 8 -Power Hour 8:30 -Kayaking 9:30 -Gentle Yoga 9:30 -Beginner Mahjongg Class 11 -Chair Yoga 12:30 -Mahjongg 12:30 -Hand & Foot	<b>27</b> 8 -Happy Hour 9:30 -ETF 9:30 -Beginner Mahjongg Class 11 -ETF 12:30 -Hearts 1 -Bingo	<b>28</b> 2 pm - B B Mann Book of Mormon
<b>29</b>  Sanibel Heart Walk 1 pm	<b>30</b> 8 -Happy Hour 9 -Beginner Bridge Class 9:30 -ETF 11 -ETF 12:30 -Bridge 12:30 -Mahjongg  Edison & Ford Winter Estates Tour	<b>31</b> 8 -Power Hour 8:30 -Kayaking 9:30 -Gentle Yoga 11 -Chair Yoga 12:30 -Line Dancing	<b>Notes:</b> ETF - Essential Total Fitness Hot Dog Grill - Call the Center by 10:30 a.m. Kayaking - Weather Permitting  *Athletic footwear required for fitness classes			

February 2017						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<b>1</b> 8 -Happy Hour 9 -Beginner Bridge 9:30 -ETF 11 -ETF 11:30 -Hot Dogs 12:30 -Bridge	<b>2</b> 8 -Power Hour 8:30 -Kayaking 9:30 -Gentle Yoga 11 -Chair Yoga 12:30 -Mahjongg 12:30 -Hand & Foot	<b>3</b> 8 -Happy Hour 9:30 -ETF 11 -ETF 12:30 -Hearts  Crow Tour	<b>4</b> Arts & Crafts Fair 9 a.m.-2 p.m.
<b>5</b> Super Bowl Sunday	<b>6</b> 8 -Happy Hour 9 -Beginner Bridge 9:30 -ETF 11 -ETF 12:30 -Bridge 12:30 Mahjongg	<b>7</b> 8 -Power Hour 8:30 -Kayaking 9 -iPad Basics 9:30 -Gentle Yoga 11 -Chair Yoga 12:30 -Line Dancing  The Dali & Museum of Fine Arts	<b>8</b> 8 -Happy Hour 9 -Beginner Bridge 9:30 -ETF 11 -ETF 11:30 -Hot Dogs 12:30 -Bridge 2:30 -Page Turners	<b>9</b> 8 -Power Hour 8:30 -Kayaking 9:30 -Gentle Yoga 11 -Chair Yoga 12:30 -Mahjongg 12:30 -Hand & Foot	<b>10</b> 8 -Happy Hour 9:30 -ETF 11 -ETF 12:30 -Hearts 1 -Bridge Tournament	<b>11</b> 2 pm - B B Mann Chicago  2 pm - Artis-Naples Beautiful
<b>12</b>	<b>13</b> 8 -Happy Hour 9:30 -ETF 11 -ETF 12:30 -Bridge 12:30 - Mahjongg	<b>14</b> 8 -Power Hour 8:30 -Kayaking 9:30 -Gentle Yoga 11 -Chair Yoga 12:30 -Line Dancing  Naples Botanical Gardens	<b>15</b> 8 -Happy Hour 9:30 -ETF 9:30 -Board Meeting 11 -ETF 11:30 -Hot Dogs 12:30 -Bridge	<b>16</b> 8 -Power Hour 8:30 -Kayaking 9:30 -Gentle Yoga 11 -Chair Yoga 12:30 -Mahjongg 12:30 -Hand &Foot	<b>17</b> 8 -Happy Hour 9:30 -ETF 11 -ETF 12:30 -Hearts 1:30 -Damaris Peters Pike	<b>18</b>
<b>19</b>	<b>20</b> 8 -Happy Hour 9:30 -ETF 11 -ETF 12:30 -Bridge 12:30 - Mahjongg	<b>21</b> 8 -Power Hour 8:30 -Kayaking 9:30 -Gentle Yoga 11 -Chair Yoga 12:30 -Line Dancing  Lake Placid Mural Tour	<b>22</b> 8 -Happy Hour 9:30 -ETF 11 -ETF 11:30 -Hot Dogs 12:30 -Bridge	<b>23</b> 8 -Power Hour 8:30 -Kayaking 9:30 -Gentle Yoga 11 -Chair Yoga 12:30 -Mahjongg 12:30 -Hand & Foot 1 -AARP Safe Driver Course	<b>24</b> 8 -Happy Hour 9:30 -ETF 11 -ETF 12:30 -Hearts 1 -Bingo 7:05 Baseball Twins vs Rays	<b>25</b> 2 pm - Florida Rep Arcade Theatre To Kill a Mockingbird
<b>26</b>	<b>27</b> 8 -Happy Hour 9:30 -ETF 11 -ETF 12:30 -Bridge 12:30 -Mahjongg	<b>28</b> 8 -Power Hour 8:30 -Kayaking 9:30 -Gentle Yoga 11 -Chair Yoga 12:30 -Line Dancing 1 -iPad Intermediate  St. Augustine Trip	<b>Notes:</b> ETF - Essential Total Fitness Hot Dog Grill - Call the Center by 10:30 a.m. Kayaking - Weather Permitting  *Athletic footwear required for fitness classes			

# March 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
<b>Notes:</b> ETF - Essential Total Fitness Hot Dog Grill - Call the Center by 10:30 a.m. Kayaking - Weather Permitting  *Athletic footwear required for fitness classes			<b>1</b> 8 -Happy Hour 9:30 -ETF 11 -ETF 12:30 -Hot Dogs 12:30 -Bridge 1 -iPhone Intermediate	<b>2</b> 8 -Power Hour 8:30 -Kayaking 9:30 -Gentle Yoga 11 -Chair Yoga 12:30 -Mahjongg 12:30 -Hand & Foot 1 -AARP Safe Driver Class (2 of 2)	<b>3</b> 8 -Happy Hour 9:30 -ETF 11 -ETF 12:30 -Hearts 1 -Health Fair	<b>4</b>	
<b>5</b>	<b>6</b> 8 -Happy Hour 9 -Beginner Bridge Class 9:30 -ETF 11 -ETF 12:30 -Bridge 12:30 -Mahjongg	<b>7</b> <b>Regular Election</b>  <b>Activities</b> <b>Cancelled</b>	<b>8</b> 8 -Happy Hour 9 -Beginner Bridge Class 9:30 -ETF 11 -ETF 11:30 -Hot Dogs 12:30 -Bridge 2:30 -Page Turners 7:05 -Baseball Twins vs Team USA	<b>9</b> 8 -Power Hour 8:30 -Kayaking 9 -Plein Air Painting 9:30 -Gentle Yoga 11 -Chair Yoga 12:30 -Mahjongg 12:30 -Hand & Foot	<b>10</b> 8 -Happy Hour 9:30 -ETF 11 -ETF 12:30 -Hearts	<b>11</b>	
<b>12</b> Daylight Savings Time  	<b>13</b> 8 -Happy Hour 9:30 -ETF 11 -ETF 12:30 -Bridge 12:30 -Mahjongg	<b>14</b> 8 -Power Hour 8:30 -Kayaking 9:30 -Gentle Yoga 11 -Chair Yoga 12:30 -Line Dancing	<b>15</b> 8 -Happy Hour 9:30 -ETF 9:30 -Board Meeting 11 -ETF 11:30 -Hot Dogs 12:30 -Bridge 1 -Connecting with Facebook 1:05 -Baseball Twins vs Cardinals	<b>16</b> 8 -Power Hour 8:30 -Kayaking 9:30 -Gentle Yoga 11 -Chair Yoga 12:30 -Mahjongg 12:30 -Hand & Foot	<b>17</b> 8 -Happy Hour 9:30 -ETF 11 -ETF 12:30 -Hearts	<b>18</b> 2 pm - Artis-Naples Something Rotten	
<b>19</b>	<b>20</b> 8 -Happy Hour 9:30 -ETF 11 -ETF 12:30 -Bridge 12:30 -Mahjongg	<b>21</b> 8 -Power Hour 8:30 -Kayaking 9:30 -Gentle Yoga 11 -Chair Yoga 12:30 -Line Dancing 1:05 -Baseball Twins vs Phillies	<b>22</b> 8 -Happy Hour 9:30 -ETF 11 -ETF 11:30 -Hot Dogs 12:30 -Bridge 1 -Travel Apps	<b>23</b> 8 -Power Hour 8:30 -Kayaking 9:30 -Gentle Yoga 11 -Chair Yoga 12:30 -Mahjongg 12:30 -Hand & Foot	<b>24</b> 8 -Happy Hour 9:30 -ETF 11 -ETF 12:30 -Hearts 1 -Bingo	<b>25</b> 2 pm - Florida Rep Arcade Theatre The 25th Annual Putnum County Spelling Bee	
<b>26</b> 1:05 -Baseball Twins vs Red Sox	<b>27</b> 8 -Happy Hour 9:30 -ETF 11 -ETF 12:30 -Bridge 12:30 -Mahjongg	<b>28</b> 8 -Power Hour 8:30 -Kayaking 9:30 -Gentle Yoga 11 -Chair Yoga 12:30 -Line Dancing	<b>29</b> 8 -Happy Hour 9:30 -ETF 11 -ETF 11:30 -Hot Dogs 12:30 -Bridge 1 -Healing & Harmonizing Apps	<b>30</b> 8 -Power Hour 8:30 -Kayaking 9:30 -Gentle Yoga 11 -Chair Yoga 12:30 -Mahjongg 12:30 -Hand & Foot	<b>31</b> 8 -Happy Hour 9:30 -ETF 11 -ETF 12:30 -Hearts 1 -Volunteer Luncheon		

April 2017						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<b>1</b> 2 pm - B B Mann Jersey Boys
<b>2</b>	<b>3</b> 8 -Happy Hour 9:30 -ETF 11 -ETF 12:30 -Bridge 12:30 -Mahjongg	<b>4</b> 8 -Power Hour 8:30 -Kayaking 9:30 -Gentle Yoga 11 -Chair Yoga 12:30 -Line Dancing	<b>5</b> 8 -Happy Hour 9:30 -ETF 11 -ETF 11:30 -Hot Dogs 12:30 -Bridge	<b>6</b> 8 -Power Hour 9:30 -Gentle Yoga 11 -Chair Yoga 12:30 -Mahjongg 12:30 -Hand & Foot	<b>7</b> 8 -Happy Hour 9:30 -ETF 11 -ETF 12:30 -Hearts	<b>8</b>
<b>9</b>	<b>10</b> 8 -Happy Hour 9:30 -ETF 11 -ETF 12:30 -Bridge 12:30 -Mahjongg	<b>11</b> 8 -Power Hour 8:30 -Kayaking 9:30 -Gentle Yoga 11 -Chair Yoga 12:30 -Line Dancing	<b>12</b> 8 -Happy Hour 9:30 -ETF 11 -ETF 11:30 - Hot Dogs 12:30 -Bridge 2:30 -Page Turners	<b>13</b> 8 -Power Hour 9:30 -Gentle Yoga 11 -Chair Yoga 12:30 -Mahjongg 12:30 -Hand & Foot	<b>14</b> 8 -Happy Hour 9:30 -ETF 11 -ETF 12:30 -Hearts	<b>15</b> 2 pm - Artis-Naples Cabaret
<b>16</b> Easter	<b>17</b> 8 -Happy Hour 9:30 -ETF 11 -ETF 12:30 -Bridge 12:30 -Mahjongg	<b>18</b> 8 -Power Hour 8:30 -Kayaking 9:30 -Gentle Yoga 11 -Chair Yoga 12:30 -Line Dancing  <b>6:00 p.m.</b> <b>Sunset Social</b>	<b>19</b> 8 -Happy Hour 9:30 -ETF 9:30 -Board Meeting 11 -ETF 11:30 -Hot Dogs 12:30 -Bridge	<b>20</b> 8 -Power Hour 9:30 -Gentle Yoga 11 -Chair Yoga 12:30 -Mahjongg 12:30 -Hand & Foot	<b>21</b> 8 -Happy Hour 9:30 -ETF 11 -ETF 12:30 -Hearts	<b>22</b> 2 pm - Florida Rep ArtStage Theatre Doublewide
<b>23</b>	<b>24</b> 8 -Happy Hour 9:30 -ETF 11 -ETF 12:30 -Bridge 12:30 -Mahjongg	<b>25</b> 8 -Power Hour 8:30 -Kayaking 9:30 -Gentle Yoga 11 -Chair Yoga 12:30 -Line Dancing	<b>26</b> 8 -Happy Hour 9:30 -ETF 11 -ETF 11:30 -Hot Dogs 12:30 -Bridge	<b>27</b> 8 -Power Hour 9:30 -Gentle Yoga 11 -Chair Yoga 12:30 -Mahjongg 12:30 -Hand & Foot	<b>28</b> 8 -Happy Hour 9:30 -ETF 11 -ETF 12:30 -Hearts 1 -Bingo	<b>29</b> 2 pm - B B Mann The King & I
<b>30</b>	<b>Notes:</b> ETF - Essential Total Fitness Hot Dog Grill - Call the Center by 10:30 a.m. Kayaking - Weather Permitting  *Athletic footwear required for fitness classes					

