



“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 2018

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.

**Monday - Friday**

**8:00 a.m. to 4:30 p.m. (November - April)**

**8:00 a.m. to 3:30 p.m. (May - October)**

**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.

Lynn Quigley, President

Shirley Schulz, Vice President

Katie Reid, Secretary

Carl “Bud” Reinhold, Treasurer

Mary Ann Gilhooley

Tom Ledgerwood

Anita Force Marshall

Ann Moeder

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 #)

## President's Note

*Wishing everyone a Happy, Healthy New Year from the Center 4 Life. We have been busy planning new exciting activities as well as keeping the favorites.*

*Trips for January, February, March brings the Talent Show, Arts & Crafts Fair, Bridge, Hearts, hot dogs and fitness too.*

*Everyone is welcome. Come over and meet friends and make new ones. We have fun!*

*Thank you,*

*Lynn Quigley, President  
Island Seniors, Inc.*

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*Thank you everyone who generously  
donated to the*

*Trash & Treasures Sale in November.*

*Thanks, too, to all the volunteers who helped  
advertise, price items, work the event and assisted in clean  
up. It was another successful sale.*

*Island Seniors, Inc. raised over \$9,000 to underwrite events,  
purchase kayaking equipment, and assist in maintaining  
quality programs.*

*Sincerely,*

*Carole Fallon and Dorothy Sawyer, Chairpersons*

### **Get your next newsletter faster, in color, and have it handy all the time!**

The easiest way is to send Trish an email at [TRISH.PHILLIPS@MYSANIBEL.COM](mailto:TRISH.PHILLIPS@MYSANIBEL.COM).

You can type "NEWSLETTER" in the subject area. As soon as the next newsletter is available, she will send you an email with a direct link to the newsletter on the City of Sanibel website. You can print out the calendars or birthdays or simply view them online. See page 10 for steps to see this newsletter online today.



# Arts & Crafts FAIR

**Saturday, February 3, 2018**

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

*Free Admission*



More than 30 local vendors will be selling their creative designs. Pottery, basket designs, paintings, fabric art, jewelry, glass work, books, tropical plants, photography, 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 and come support our local artists.



## 8th Annual Justine Smith Charity Bridge Tournament

**Friday, February 9, 2018**  
**1 p.m.**



Let's celebrate Justine and help the stray animals on Sanibel. This is our eighth tournament to honor former volunteer Bridge Director, **Justine Smith**. All proceeds go to **P.A.W.S.** on Sanibel. In just seven years we have raised over \$7500 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.

### KEEPING UP WITH TECHNOLOGY

Classes are currently  
being scheduled.

Check back with us  
for day & time.



### Plein Air Painting Group

Date To Be Determined  
**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. 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!





# Volunteer Appreciation Luncheon

Tuesday, April 10th 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 !

# Sanibel's got Talent Hosted by Island Seniors

Thursday, February 22, 2018

Talent scouts went in search of Sanibel talent to perform at this year's pot luck event scheduled Thursday, February 22, 2018. 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 people we have on one island. You don't want to miss this fun event. Sign up now!! As always, please bring a covered dish to share such as a vegetable, salad or casserole. The main entre', drinks and desserts will be provided by Island Seniors. Come and enjoy the evening.

Back By Popular  
Demand!

## ***B.I.G. ARTS COMMUNITY CHORUS***

***Performs at our March Potluck***

Thursday, March 15, 2018

Back By Popular  
Demand!

The Chorus is coming...The Chorus is coming. **The B.I.G. Arts Community Chorus** will be performing at the Sanibel Recreation Center after our potluck dinner. This year the Chorus will give us a little sample of their upcoming spring program. This performance is a highlight of our season and you don't want to miss it, so please sign up early. Drinks and dessert will be provided by Island Seniors.

Everyone should bring a **covered dish to share** such as a vegetable, salad or casserole.

Free for Members - \$5.00 per person for Non-Members

## 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



Monday, February 26 vs. St. Louis Cardinals at 1:05 p.m.  
Saturday, March 10 vs. Boston Red Sox at 1:05 p.m.  
Thursday, March 22 vs. \*New York Yankees at 1:05 p.m.  
Friday, March 23 vs. Houston Astros at 1:05 p.m.  
Sunday, March 25 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 5th. Payment is due upon sign up. Limited Seats Available. *First come, first reserved.*

Cost: Members \$24 per ticket /\* \$27 Yankee game  
Non-Members \$34 per ticket /\* \$37 Yankee game



## SUNSET SOCIAL ON THE CAUSEWAY at 6:30 p.m.

\* Tuesday, April 24th \* Tuesday, May 22nd

Join us for a fun and relaxing evening watching the beautiful island sunset. We ask that you let us know you plan on attending by calling the Center or stop by the front desk. We will give you directions to our viewing location. Remember to bring your beach chair and a side dish to share (weather permitting).





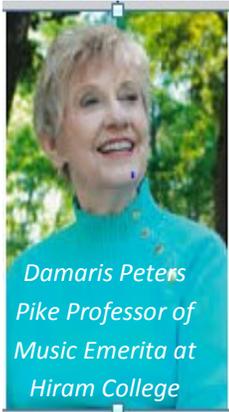
**Love Your Heart** Friday, January 12th at 1:30 p.m.

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

Join the Island Seniors team  
and don't forget to wear your  
Island Seniors tee shirt.  
See you at the Heart Walk.



*Damaris Peters  
Pike Professor of  
Music Emerita at  
Hiram College*

**Date to Be Announced  
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.***



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



**SANIBEL HEALTH FAIR**  
Center 4 Life

**Friday, February 16, 2018**  
**1:00p.m.- 4:00 p.m.**



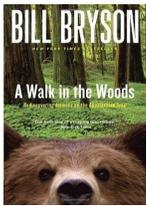
**List of Health Care Professionals participating will be  
available February 1st.**

Event Sponsored by: Parish Nurses of Sanibel



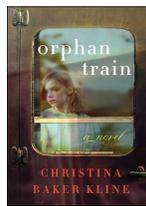
# PAGE TURNERS we meet at 2:30 p.m.

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.



**Walk in the Woods, Rediscovering America on the Appalachian Trail**  
by Bill Bryson  
Wednesday, January 10

"The Appalachian Trail stretches from Georgia to Maine and covers some of the most breathtaking terrain in America—majestic mountains, silent forests, sparking lakes. If you're going to take a hike, it's probably the place to go. And Bill Bryson is surely the most entertaining guide you'll find. He introduces us to the history and ecology of the trail and to some of the other hardy (or just foolhardy) folks he meets along the way—and a couple of bears. Already a classic, *A Walk in the Woods* will make you long for the great outdoors (or at least a comfortable chair to sit and read in)."  
- Amazon



**The Orphan Train**  
by Christina Baker Kline  
Wednesday, March 14

"A captivating story of two very different women who build an unexpected friendship: a 91-year-old woman with a hidden past as an orphan-train rider and the teenage girl whose own troubled adolescence leads her to seek answers to questions no one has ever thought to ask. — *Goodreads*



**The Muse**  
by Jessie Burton  
Wednesday, April 11

"From the #1 internationally bestselling author of *The Miniaturist* comes a captivating and brilliantly realized story of two young women—a Caribbean immigrant in 1960s London, and a bohemian woman in 1930s Spain—and the powerful mystery that England, 1967. Odelle Bastien is a Caribbean émigré trying to make her way in London. When she starts working at the prestigious Skelton Institute of Art, she discovers a painting rumored to be the work of Isaac Robles, a young artist of immense talent and vision whose mysterious death has confounded the art world for decades. The excitement over the painting is matched by the intrigue around the conflicting stories of its discovery.  
— *HarperCollins Publishers*



**The Second Mrs. Hockaday**  
by Susan Rivers  
Wednesday, February 14

"When Major Gryffth Hockaday is called to the front lines of the Civil War, his new bride is left to care for her husband's three-hundred-acre farm and infant son. Placidia, a mere teenager herself living far from her family and completely unprepared to run a farm or raise a child, must endure the darkest days of the war on her own. By the time Major Hockaday returns two years later, Placidia is bound for jail, accused of having borne a child in his absence and murdering it. What really transpired in the two years he was away?  
— *Goodreads*



## AARP DRIVER SAFETY

Thursdays, March 8 & 15  
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 Vander Hey** at (239) 292-4012. You need not be a member of the Island Seniors to attend.



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.

# 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**  
 12:00 p.m.  
 Thursday

**NEW RUMMIKUB**  
 1:00 p.m.  
 Tuesday

**CANASTA**  
 12:30 p.m.  
 Thursday

**NEW HEARTS**  
 12:30 p.m.  
 Friday

## Lessons

*Learn to Play Mahjongg with Katie Reid*  
 9:30 a.m. – 12:30 p.m.  
 January 8 - 12

**\$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.

## Wanted

Anyone interested in learning to play Siamese Mahjongg?

Contact the front desk. When we get enough students we will schedule a class.

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**Euchre Players**

We are looking for Euchre players. Contact the center and let us know you are interested. We will coordinate a day & time.

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





# 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.

**Friday, January 19th**

**Sanibel Historical Museum and Village**

**\$10 Member / \$15 Non-Member**

Walk through a guided tour back in time through old Sanibel. The Sanibel Historical Museum and Village was founded in 1984 with a mission to preserve and share Sanibel history. The story of Sanibel is told from the Calusa and Spanish eras to the early pioneer families who settled on the island in the 1800s. It tells of warriors, adventures, fishermen, farmers and proprietors. Lunch will be on own at *Sanibel Deli*. Advanced registration is required. First come, first served. Sign up deadline is January 17th.



**Tuesday, January 23rd**

**Museum of Fine Arts & Mural Tour - St. Petersburg**

**\$80 Member / \$95 Non-Member**

The day starts with Audio Guided tours of the very special visiting exhibit "Rebel, Jedi, Princess, Queen: Star Wars and the Power of Costume" as the only Florida venue of the nationally traveling show. Sixty-one handcrafted costumes and additional concept drawings by top professionals in the film industry are included in the show. They have been culled from the archives of the Lucas Museum of Narrative Art, founded by filmmaker George Lucas, who created and directed the first Star Wars film in 1977 and developed it into a mega-franchise. Many of the characters in the saga of good-versus-evil have become iconic, closely identified with their attire. ([www.mfastpete.org](http://www.mfastpete.org)) then Lunch on own café in the MFA Café offers indoor and outdoor dining where guests can overlook the waterfront. The afternoon is filled with a fun 1 ½ hour of the St Pete Walking tour that takes you on a four-block tour with over 30 murals painted on the outside of all different sized buildings. You will hear the inside stories of the murals making that were commissioned to benefit the local St Pete Community. Advanced registration is required. Limited to 30 participants, first come, first serve. Depart from Sanibel location at 7 a.m.



**Wednesday, January 31st**

**Seminole AH-TAH-THI-KI Museum & Billie Swamp Safari**

**\$65 Member / \$75 Non-Member**

Nestled in the heart of the Everglades on the Big Cypress Seminole Indian Reservation, the Ah-Tah-Thi-Ki Museum is home to more than 180,000 unique artifacts, archival items and experiences. Take a docent led tour through both the museum gallery and out onto the mile long boardwalk through the Everglades. Then off to Swamp Water Café for lunch (on own) at Billie Swamp Safari. After lunch we finish our day with an exciting air boat ride. Advanced registration is required. Registration deadline is Friday, January 19th



**Wednesday, February 7th**

**Bailey Homestead Walking Tour**

**\$5 Member / \$10 Non-Member**

Includes: 1 1/2 hour guided walking tour of its newest preserve, Bailey Homestead. SCCF is providing this tour and will focus on the restoration of the 28-acre habitat for wildlife, and how the land has been used over time by the Bailey Family. The walking program includes a look at the newly planted demonstration gardens at the Native Landscapes & Garden Center, the Windmill, the Pavilion, the Devitt Pond Overlook, and entrance to the Bailey family home. Carpool arrangements for transportation is available on a first come, first serve basis. Lunch will be on own at *Traders 2*. Advanced registration is required. First come, first served. Sign up deadline is January 29th.



**Tuesday, February 13th**

**Tarpon Lodge & Indian Mounds on Pine Island - Captiva Cruises**

**\$70 Member / \$80 Non-Member**

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 enjoy 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. Advanced registration is required. Registration deadline is Monday, January 22nd.



# Discover Florida Trips continued ...

**Tuesday, February 27th**  
**Naples Botanical Garden**  
**\$22 Member, \$32 Non-Member**



**Naples Botanical Garden**

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: 8:30 a.m.

**Friday, March 9th**  
**World Famous Arcadia Rodeo in the NEW Mosaic Stadium**  
**\$69 Member / \$79 Non-Member**



Includes: R/T transportation, reserved ticket to see Florida's Cowboys perform in the rodeo. Depart from Ft. Myers location.

**Tuesday, March 27th**  
**"Shark Valley PLUS Big Cypress" with Fran Mainella - \*New Tour for 2018\***  
**\$99 Member / \$109 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, Big Cypress Park Stop & Tour, Picnic Lunch, Shark Valley Tram Tour, all-day guide Fran Mainella. Depart from Ft. Myers location.

**Wednesday, April 11th**  
**Ostego Bay Working Waterfront Walking Tour**  
**\$15 Members / \$20 Non-Members**



Trip Includes: 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. Advanced registration is required. Carpool arrangements for transportation. The registration deadline is Friday, April 6.

## Multi-Day Tour

April 22<sup>nd</sup> - 28<sup>th</sup>, 2018

### Smoky Mountain Springtime w/ The Biltmore



One-of-a-Kind Tour!

Includes: R/T transportation from S.W. Florida, 6 nights' accommodations, 12 meals (6 breakfasts, 2 lunches, 4 dinners), at The Biltmore: Biltmore Blooms —The Festival of Flowers, guided house tour, winery tour & tasting, lunch at the Biltmore. Guided Smoky Mountain tour with stops, much more!

Bus departs from Ft. Myers location.



**Member \$1199 ppdo; \$1649 single**  
**Non-Member \$1259 ppdo; \$1709 single**  
**\$200.00 deposit secures your spot,**  
**remaining balance due by February 23th.**

## 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.



## Fit 4 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.

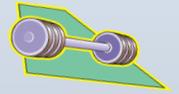
\*\* Fragrance free men and women.

### Happy Hour Fitness

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

Keep your brain fit, and your heart, lungs and muscles strong. Hand weights, stretch cords, and your body weight will be used. The format is 40 minutes of cardio, 20 minutes of balance exercises, core strength, flexibility exercises and mat work. Athletic footwear is required.

Instructor: 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 is now available on Tuesdays and select 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 for experienced kayakers on the Monday, two weeks prior to the launch date at 8 a.m. The fee is \$5 for Island Seniors, Inc. members and \$20 for non-members per trip.

### Tuesdays

January 9, 16, 23, 30  
February 6, 13, 20, 27  
March 6, 13, 27  
April 3 & 17

### Thursdays

January 11 & 25  
February 1 & 15  
March 1 & 15

The two leaders for each outing determine the location. Leaders pay no fee 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 for all members. Members may sign up on the wait list the other weeks. The center supplies the kayaks, paddles and life jackets (which all participants must wear.) We suggest wearing comfortable clothing and shoes that can get wet. 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 \$20 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 for details. 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.**

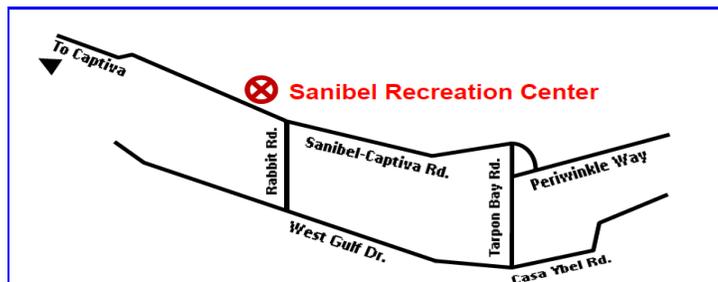
Join your friends and neighbors in the seasonal Sanibel Adult Co-ed Pick-up Softball! Participants must be at least 18 years old. Pick-up games are weather permitting. For more information contact the Recreation Center at (239) 472-0345.



## 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.

## Florida Repertory Theatre 2018

### 2 p.m. Matinees

Tickets are available up to two weeks before the show. **You must pay upon signing up.** 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

##### **NIGHT & DAY: A COLE PORTER REVUE**

*Conceived, Written and Directed By Robert Cacioppo*  
\* Music and Lyrics of Cole Porter

**Saturday, January 6, 2018**  
**Member \$48 / Non-Member \$53**

Anything Goes in the glamorous and thrilling journey into the music of one of America’s most beloved songwriters! From the creative team that brought you *Fascinatin’ Gershwin* and *Too Marvelous for Words!*

##### **GEORGE WASHINGTON’S TEETH**

*by Mark St. Germain*

**Saturday, April 28, 2018**  
**Members \$35 / Non-Members \$40**

**A World Premiere!** A hilarious comedy that follows the exploits of the women of the beleaguered New Bunion Historical Society as they battle the male city council to keep the doors open. With time running out to renew their lease, the ladies must find creative ways to snare new members and lure visitors to their sleepy, New England town. When a set of George Washington’s dentures turns up in the hands of an unexpected rival, the ladies of the Society brace themselves for all-out war. Heartfelt and historic, this new farce proves that our differences don’t divide us, they make us strong.

**From the Author of *Best of Enemies* and *Camping with Henry and Tom.***

#### HISTORIC ARCADE THEATRE

##### **HOW THE OTHER HALF LOVES**

*by Alan Ayckbourn*

**Saturday, January 13, 2018**  
**Members \$35 / Non-Members \$40**

One secret affair, two disastrous dinner parties, and three couples heading for matrimonial mayhem! Marital discord has never been funnier in this farce from the Tony and Olivier Award-winning author of past Florida Rep hits, *Bedroom Farce* and *Relatively Speaking!*

##### **THE MIRACLE WORKER**

*by William Gibson*

**Saturday, February 24, 2018**  
**Member \$44 / Non-Member \$49**

A timeless American classic and Tony award-winning BEST PLAY! Witness the captivating true story of how Annie Sullivan rescued a young Helen Keller from her dark and tortured silence.

##### **CABARET**

*by Joe Masteroff*

*Based on the play by John Van Druten and Stories by Christopher Isherwood*

*Music by John Kander • Lyrics by Fred Ebb*

**Saturday, March 24, 2018**  
**Member \$35 / Non-Member \$40**

Cabaret celebrated its 50th Anniversary last year with a third Broadway revival and subsequent national tour and has won Tony Awards for Best Musical, Best Revival, Best Score. The 1971 film adaptation starring Liza Minnelli and Joel Grey won a record 8 Academy Awards and was nominated for Best Picture.

**MATURE AUDIENCES ONLY!**

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



# ARTIS NAPLES 2018

Island Seniors, Inc. purchased tickets to these 2018 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 van is available but with limited seating.

## An American in Paris



**Saturday, January 20, 2018 - 2 p.m.**

**\$125 Member /\$135 Non-Member - Premium  
\$95 Member /\$105 Non-Member - Section A**

Making its Southwest Florida debut, *An American in Paris* is the new Tony-winning musical about an American soldier, a mysterious French girl and an indomitable European city, each yearning for a new beginning in the aftermath of war. Acclaimed director/choreographer and 2015 Tony-winner Christopher Wheeldon brings the magic and romance of Paris into the perfect harmony with unforgettable songs from George and Ira Gershwin in the show that earned more awards than any other musical in the 2014-2015 season! *The New York Times* raves, “*An American in Paris* is a triumph! Pure joy!” and *The Wall Street Journal* declares, “Once you’ve seen it, you’ll find it hard to settle for less ever again.” Don’t miss this stunning Broadway hit when it arrives in Naples on its first national tour!

## The King and I



**Saturday, February 10, 2018 - 2 p.m.**

**\$95 Member /\$105 Non-Member - Premium  
\$85 Member /\$95 Non-Member - Section A**

Two worlds collide in the Lincoln Center Theater production of this “breathtaking and exquisite” (*The New York Times*) musical, directed by Bartlett Sher. One of Rodgers & Hammerstein’s finest works, *The King and I* boasts a score that 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 1860s 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. Winner of the 2015 Tony Award for Best Musical Revival, *The King and I* is “too beautiful to miss” (*New York Magazine*).

## Jersey Boys



**Saturday, April 7, 2018 - 2 p.m.**

**\$125 Member /\$135 Non-Member - Premium  
\$95 Member /\$105 Non-Member - Section A**

*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 Naples 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*. “The crowd goes wild!” proclaims *The New York Times*. *Jersey Boys* contains authentic, “profane Jersey language” and is recommended for ages 12+.



## 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 2018

Tickets to the 2018 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.

## Finding Neverland

**Saturday, January 13, 2018 - 2 P.M.**

**\$83 Member / \$93 Non-Member - Orchestra/Mezzanine Level**



The winner of Broadway.com's Audience Choice Award for Best Musical, this breathtaking smash "captures the kid-at-heart," says TIME Magazine. Vogue cheers, "It's a must-see you'll remember for years to come!" Directed by visionary Tony®-winner Diane Paulus and based on the critically-acclaimed Academy Award® winning film, FINDING NEVERLAND tells the incredible story behind one of the world's most beloved characters: Peter Pan. Playwright J.M. Barrie struggles to find inspiration until he meets four young brothers and their beautiful widowed mother. Spellbound by the boys' enchanting make-believe adventures, he sets out to write a play that will astound London theatergoers. With a little bit of pixie dust and a lot of faith, Barrie takes this monumental leap, leaving his old world behind for Neverland, where nothing is impossible and the wonder of childhood lasts forever. The magic of Barrie's classic tale springs spectacularly to life in this heartwarming theatrical event. FINDING NEVERLAND is "far and away the best musical of the year!" (NPR).

## An American in Paris

**Saturday, January 27, 2018 - 2 P.M.**

**\$84 Member / \$94 Non-Member - Orchestra/Mezzanine Level**



AN AMERICAN IN PARIS is the new Tony Award®-winning musical about an American soldier, a mysterious French girl, and an indomitable European city, each yearning for a new beginning in the aftermath of war. Acclaimed director/choreographer and 2015 Tony Award®-winner Christopher Wheeldon brings the magic and romance of Paris into perfect harmony with unforgettable songs from George and Ira Gershwin in the show that earned more awards than any other musical in the 2015 season!

## Motown The Musical

**Saturday, March 17, 2018 - 2 P.M.**

**\$81 Member / \$91 Non-Member - Orchestra/Mezzanine Level**



"MORE THAN A BROADWAY SHOW. A CELEBRATION OF MUSIC THAT TRANSFORMED AMERICA!" – CBS Sunday Morning 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!**

## The Bodyguard

**Saturday, March 31, 2018 - 2 P.M.**

**\$79 Member / \$89 Non-Member - Orchestra/Mezzanine Level**



Based on the smash hit film, the award-winning musical will star Grammy® Award-nominee and R&B superstar DEBORAH COX! Former Secret Service agent turned bodyguard, Frank Farmer, is hired to protect superstar Rachel Marron from an unknown stalker. Each expects to be in charge; what they don't expect is to fall in love. A breathtakingly romantic thriller, THE BODYGUARD features a host of irresistible classics including *Queen of the Night*, *So Emotional*, *One Moment in Time*, *Saving All My Love*, *Run to You*, *I Have Nothing*, *I Wanna Dance with Somebody* and one of the biggest selling songs of all time – *I Will Always Love You*.

## \*CHANGE

### Beautiful -

## The Carole King Musical

**Saturday, April 7, 2018 - 2 P.M.**

**Thursday, April 5, 2018 - 7:30 P.M.**

**\$69 Member / \$79 Non-Member - Orchestra/Mezzanine Level**



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.



**Island Seniors tee shirts are now available in both men and women sizes \$20 ea. Stop by the front desk to get yours today!**

# HAPPY BIRTHDAY WISHES!

## JANUARY

Deborah Flint	1	Peter Wilkens	21	Carol Strange	18	Sheila Zuhusky	13	John Walley	12
Donna Holden	1	Beverly Heidorn	22	Ellen McLaughlin	19			Robert Wolf	12
Rosemary Egan	2	Patricia Johnston	22	Pamela Zapf	19	Linda Harvey	14	Marianne Rheaume	13
Betty Rebhorn	2	Ann Stephens	22	Katherine Reid	19	Julia Hennings	14	Carmen DeTommaso	14
Phyllis Russell	2	Brenda Hunt	23	Bea Pappas	20	Linda Scott	14	Kathryn Felsenthal	14
Jeanine Allen	3	Dorothy Panepinto	23	Mary Anne Chiti	20	Richard Howe	15	Kathy Wenngutz	14
Ann Deignan	3	Jo Clinton	24	Susan Bellevue	21	Donna Ouchterloy	15	Rita Molleur	15
Pam Feldhoff	3	Goldie Cohen	24	Carolyn Bergen	21	Jean Royal	15	Myra Klahr	16
Barbara Epstein	4	Damaris Peters-Pike	26	Charles Dunham	21	Mimie DiRico	17	Kathy Knoblauch	16
Anne Scott	4	Jane Ramseth	26	Brenda Hunt	23	Richard Cottrell	18	Mike McDermott	16
Melissa Rice	5	James Lotstein	27			Methel Gale	18	Pamela Paparone	16
Bob Marshall	6	Phyllis Cook	28	Jo Clinton	24	Jane Hopkins	19	Elizabeth Francher	17
Debi Stock	6	Howard Rom	29	Goldie Cohen	24	Maddy Mayor	19	Elaine Hofer	17
Natalie Manning	7	Sue McDermott	29	CC Caldwell	24	Norma Kohn	20	Liz McDermott	17
Sophia Kuharich	7	Marie Hultin	30	David Ouchterloy	24	Barbara Renneke	21	Yolande Welch	17
Judy Arbuckle	8	Penny Sessa	30	Dow Hudspeth	25	Trudy Williams	21	Kate Fizer	18
Walley French	8	Josephine Urbelis	31	Bess Joynen	25	Robert Chuback	22	Shirley Poteat	18
Trish O'Neill	8	<b>FEBRUARY</b>		Judie Sharbaugh	25	Judith Clark	23	Jan Blank	19
Antionette Powell	8	Carolyn Connors	1	Virginia Tornes	25	Caren Schoen	23	Tom Pfeifer	19
Eileen Secrist	8	Kay Croak	1	Pamela Easley	26	Ed VanderHey	23	Susan Rosenberg	19
Brooke Simon	8	Kenneth Gerson	2	Michael Hnatow	26	Susan Lang	24	Mary Aufderheide	20
Carole Fallon	9	Drika Purvis	2	Kerry Trapp	26	Barbara Paquette	24	Helen Lambiase	21
Carol Krebs	9	Thomas Berger	3	Guy Tober	27	Marie Kennerson	26	Louise Fitzgerald	22
Judy Brown	10	Tom Ledgerwood	3	<b>MARCH</b>		Rosalba Sogamogo	27	Karen Pati	22
Maggie Butcher	10	Colleen Duffy	4	Eileen Roberts	1	Libby Countryman	20	Ann Moeder	22
Nancy DeBenedictis	10	Tom Winkler	4	Susan Riley	1	Sheila Morley	30	Dick Raney	22
Evelyn Gagnon	10	Cathy Kebbekus	5	John Prewett	2	Lynn Quigley	30	Tommy Williams	23
Jim Graham	10	Barbara VanderHey	5	Sally Ennis	3	Ann Hartman	30	Alan Lessack	24
Lynn Jones	10	Charlotte Hockensmith	6	Dan Moeder	3	Anita Marshall	31	Caryn Hodes	25
Cornelia Reina	10	Mahnaz Bassiri	7	Anne Wallace	3	Alan Smith	31	Joan Kelly	25
Rudy Chiti	12	Cathy Klous	7	Bill Moore	4	<b>APRIL</b>		Claudia Sorgi	25
Carol Good	12	Gretchen Scott	7	Addie Gumdlach	4	Jim Kuharich	1	Laurel Rosen	26
John MacLennon	12	Jane Spencer	7	Mary Rennbohm	4	Joan Bannister	2	Barbara Craig	27
Joanna Lande	13	Charles Young	8	Pat Haggerty	5	Ann Horbaczewski	2	Arnold Most	28
Mary Ryan	13	Hugh Verry	8	Judy Wagner	5	Helen Kalish	2	Ken Shibilski	28
Barbara McGarry	14	Maggie Davis	9	Alice Walzer	5	Diane Kavalauskas	2	Jewleyn Sims	28
Georgeann Peters	14	Eva Early	9	Christine Godwin	6	Patricia Mowbray	2	Joan Eschert	30
Linnea Sadd	14	Arline Ford	9	Deborah Mackelcan	6	Anne Bresslau	3		
Jean Whittaker	14	Diana Staley	10	Allison Murdoch	6	Nancy Green	3		
Mary Alice Scanlan	14	Mary Jo Eggers	11	Helene Smith	6	Ingeborg Langer	3		
Gary Taibbi	15	George Veillette	11	Thomas Viall	6	Joan Gruver	4		
Sue Harpham	15	Gilda Bostick	12	Saralee Christ	7	Miriam Pepper	4		
Terry McDermott	16	Pamela Ellis	12	Carolyn Clark	8	Peggy Raney	4		
Joan Martyn	16	Elinor Gregor	12	Robert Huppert	8	Rick Feldhoff	5		
Ed Sessa	17	Caryn Smigiel	12	JoAnn Katz	10	Jay Gerken	5		
Theresa Schwolsky	17	Robert Dickinson	13	Nancy Cooper	11	Carl Calo	7		
Richard Welch	18	Marilyn Christensen	14	John Kinney	11	Nancy Cleare	7		
Nancy Bishop	18	Martin Kraninger	15	Charlotte Lattof	11	Roberta Jacobson	7		
Andrea Dankenbrink	19	Pat Poshek	16	Deborah Wlaz	11	Jane Withers	7		
Betty McDermott	19	Diane Fugit	17	Marion Davis	12	Deborah Butler	9		
Hope Rold	19	Ann Russell	17	Judy Palaia	12	Laura Shaffer	9		
Leonora Thurow	19	Joseph Sacco	17	Barbara Ward	12	Terry Terrance	10		
Lesley Heffron	20	Sandra Gustafson	18	Glenda Campbell	13	Roland Campbell	12		
		Frankette Rinaldi	18	Stuart Savage	13	JoAnne Fowler	12		



# January 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	<b>1</b> <b>New Year's Day</b>  Facility Closed	<b>2</b> 8 -Power Hour 9:30 –Gentle Yoga 11 –Chair Yoga 1 –Rummikub	<b>3</b> 8 -Happy Hour 9:30 -ETF 11 -ETF 11:30 -Hot Dogs 12:30 -Bridge	<b>4</b> 8 -Power Hour 9:30 –Gentle Yoga 11 –Chair Yoga 12 –Hand & Foot 12:30 –Mahjongg 12:30 Canasta	<b>5</b> 8 -Happy Hour 9:30 -ETF 11 -ETF 12:30 –Hearts	<b>6</b> 2 pm - Florida Rep ArtStage Theatre Night & Day: A Cole Porter Revue	
<b>7</b>	<b>8</b> 8 -Happy Hour 9:30 -ETF 9:30 –Mahjongg Class 11 -ETF 12:30 -Bridge 12:30 –Mahjongg	<b>9</b> 8 -Power Hour 8:30 –Kayaking 9:30 –Gentle Yoga 9:30 –Mahjongg Class 11 –Chair Yoga 1 –Rummikub	<b>10</b> 8 -Happy Hour 9:30 -ETF 9:30 –Mahjongg Class 11 -ETF 11:30 -Hot Dogs 12:30 -Bridge 2:30 –Page Turners	<b>11</b> 8 -Power Hour 8:30 –Kayaking 9:30 –Gentle Yoga 9:30 –Mahjongg Class 11 –Chair Yoga 12 –Hand & Foot 12:30 –Mahjongg 12:30 Canasta	<b>12</b> 8 -Happy Hour 9:30 -ETF 9:30 –Mahjongg Class 11 -ETF 12:30 –Hearts 1:30 –“Love Your Heart” Discussion	<b>13</b> 2 pm - Florida Rep Arcade Theatre How The Other Half Loves  2 pm - B B Mann Finding Neverland	
<b>14</b>	<b>15</b> <b>Martin Luther King, Jr. Day</b>  Facility Closed	<b>16</b> 8 -Power Hour 8:30 –Kayaking 9:30 –Gentle Yoga 11 –Chair Yoga 1 –Rummikub	<b>17</b> 8 -Happy Hour 9:30 -ETF 11 -ETF 11:30 -Hot Dogs 12:30 –Bridge  Board Meeting	<b>18</b> 8 -Power Hour 9:30 –Gentle Yoga 11 –Chair Yoga 12 –Hand & Foot 12:30 –Mahjongg 12:30 Canasta	<b>19</b> 8 -Happy Hour 9:30 -ETF 11 -ETF 12:30 –Hearts  Historical Village	<b>20</b> 2 pm - Artis-Naples An American in Paris	
<b>21</b>	<b>22</b> 8 -Happy Hour 9:30 -ETF 11 -ETF 12:30 -Bridge 12:30 –Mahjongg	<b>23</b> 8 -Power Hour 8:30 –Kayaking 9:30 –Gentle Yoga 11 –Chair Yoga 1 –Rummikub  St. Pete - MFA & Mural Tour	<b>24</b> 8 -Happy Hour 9:30 -ETF 11 -ETF 11:30 -Hot Dogs 12:30 –Bridge	<b>25</b> 8 -Power Hour 8:30 –Kayaking 9:30 –Gentle Yoga 11 –Chair Yoga 12 –Hand & Foot 12:30 –Mahjongg 12:30 Canasta	<b>26</b> 8 -Happy Hour 9:30 -ETF 11 -ETF 12:30 –Hearts	<b>27</b> 2 pm - B B Mann An American in Paris	
<b>28</b>	<b>29</b> 8 -Happy Hour 9:30 -ETF 11 -ETF 12:30 -Bridge 12:30 –Mahjongg	<b>30</b> 8 -Power Hour 8:30 –Kayaking 9:30 –Gentle Yoga 11 –Chair Yoga 1 –Rummikub	<b>31</b> 8 -Happy Hour 9:30 -ETF 11 -ETF 11:30 -Hot Dogs 12:30 –Bridge  Ah-Tah-Thi-Ki & Billie Swamp Safari	<b>Facility Hours:</b> <b>Monday-Friday 8 a.m.-4:30 p.m.</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			

# February 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<b>1</b> 8 -Power Hour 8:30 -Kayaking 9:30 -Gentle Yoga 11 -Chair Yoga 12 -Hand & Foot 12:30 -Mahjongg 12:30 Canasta	<b>2</b> Groundhog Day 8 -Happy Hour 9:30 -ETF 11 -ETF 12:30 -Hearts	<b>3</b> Arts & Crafts Fair 9 a.m.-2 p.m.
<b>4</b> Super Bowl	<b>5</b> 8 -Happy Hour 9:30 -ETF 11 -ETF 12:30 -Bridge 12:30 -Mahjongg	<b>6</b> 8 -Power Hour 8:30 -Kayaking 9:30 -Gentle Yoga 11 -Chair Yoga 1 -Rummikub	<b>7</b> 8 -Happy Hour 9:30 -ETF 11 -ETF 11:30 -Hot Dogs 12:30 -Bridge  Bailey Homestead	<b>8</b> 8 -Power Hour 9:30 -Gentle Yoga 11 -Chair Yoga 12 -Hand & Foot 12:30 -Mahjongg 12:30 Canasta	<b>9</b> 8 -Happy Hour 9:30 -ETF 11 -ETF 12 -Charity Bridge Tournament	<b>10</b> 2 pm - Artis-Naples The King & I
<b>11</b>	<b>12</b> 8 -Happy Hour 9:30 -ETF 11 -ETF 12:30 -Bridge 12:30 -Mahjongg	<b>13</b> 8 -Power Hour 8:30 -Kayaking 9:30 -Gentle Yoga 11 -Chair Yoga 1 -Rummikub  Captiva Cruises	<b>14</b> Valentine's Day 8 -Happy Hour 9:30 -ETF 11 -ETF 11:30 -Hot Dogs 12:30 -Bridge 2:30 -Page Turners	<b>15</b> 8 -Power Hour 8:30 -Kayaking 9:30 -Gentle Yoga 11 -Chair Yoga 12 -Hand & Foot 12:30 -Mahjongg 12:30 Canasta	<b>16</b> 8 -Happy Hour 9:30 -ETF 11 -ETF 1 -Health Fair	<b>17</b>
<b>18</b>	<b>19</b> Presidents Day 8 -Happy Hour 9:30 -ETF 11 -ETF 12:30 -Bridge 12:30 -Mahjongg	<b>20</b> 8 -Power Hour 8:30 -Kayaking 9:30 -Gentle Yoga 11 -Chair Yoga 1 -Rummikub	<b>21</b> 8 -Happy Hour 9:30 -ETF 11 -ETF 11:30 -Hot Dogs 12:30 -Bridge  Board Meeting	<b>22</b> 8 -Power Hour 9:30 -Gentle Yoga 11 -Chair Yoga 12 -Hand & Foot 12:30 -Mahjongg 12:30 Canasta 5:30 -Pot Luck	<b>23</b> 8 -Happy Hour 9:30 -ETF 11 -ETF 12:30 -Hearts	<b>24</b> 2 pm - Florida Rep Arcade Theatre The Miracle Worker
<b>25</b>	<b>26</b> 8 -Happy Hour 9:30 -ETF 11 -ETF 12:30 -Bridge 12:30 -Mahjongg  1:05 -Twins/ St. Louis	<b>27</b> 8 -Power Hour 8:30 -Kayaking 9:30 -Gentle Yoga 11 -Chair Yoga 1-Rummikub  Naples Botanical Gardens	<b>28</b> 8 -Happy Hour 9:30 -ETF 11 -ETF 11:30 -Hot Dogs 12:30 -Bridge	<b>Facility Hours:</b> <b>Monday-Friday 8 a.m.-4:30 p.m.</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		

# March 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Facility Hours:</b> <b>Monday-Friday 8 a.m.-4:30 p.m.</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				<b>1</b> 8 -Power Hour 8:30 -Kayaking 9:30 -Gentle Yoga 11 -Chair Yoga 12 -Hand & Foot 12:30 -Mahjongg 12:30 Canasta	<b>2</b> 8 -Happy Hour 9:30 -ETF 11 -ETF 12:30 -Hearts	<b>3</b>
<b>4</b>	<b>5</b> 8 -Happy Hour 9:30 -ETF 11 -ETF 12:30 -Bridge 12:30 -Mahjongg	<b>6</b> 8 -Power Hour 8:30 -Kayaking 9:30 -Gentle Yoga 11 -Chair Yoga 1 -Rummikub	<b>7</b> 8 -Happy Hour 9:30 -ETF 11 -ETF 11:30 -Hot Dogs 12:30 -Bridge	<b>8</b> 8 -Power Hour 9:30 -Gentle Yoga 11 -Chair Yoga 12 -Hand & Foot 12:30 -Mahjongg 12:30 Canasta 1 -AARP Driver Safety Class	<b>9</b> 8 -Happy Hour 9:30 -ETF 11 -ETF 12:30 -Hearts  Arcadia Rodeo	<b>10</b>  1:05 -Twins/ Red Sox
<b>11</b> Daylight Saving Begins 	<b>12</b> 8 -Happy Hour 9:30 -ETF 11 -ETF 12:30 -Bridge 12:30 -Mahjongg	<b>13</b> 8 -Power Hour 8:30 -Kayaking 9:30 -Gentle Yoga 11 -Chair Yoga 1 -Rummikub	<b>14</b> 8 -Happy Hour 9:30 -ETF 11 -ETF 11:30 -Hot Dogs 12:30 -Bridge 2:30 -Page Turners	<b>15</b> 8 -Power Hour 8:30 -Kayaking 9:30 -Gentle Yoga 11 -Chair Yoga 12 -Hand & Foot 12:30 -Mahjongg 12:30 Canasta 1 -AARP Driver Safety Class 5:30 -Pot Luck	<b>16</b> 8 -Happy Hour 9:30 -ETF 11 -ETF 12:30 -Hearts	<b>17</b> 2 pm - B B Mann Motown the Musical
<b>18</b>	<b>19</b> 8 -Happy Hour 9:30 -ETF 11 -ETF 12:30 -Bridge 12:30 -Mahjongg	<b>20</b> Spring Begins Special Election Activities Cancelled	<b>21</b> 8 -Happy Hour 9:30 -ETF 11 -ETF 11:30 -Hot Dogs 12:30 -Bridge  Board Meeting	<b>22</b> 8 -Power Hour 9:30 -Gentle Yoga 11 -Chair Yoga 12 -Hand & Foot 12:30 -Mahjongg 12:30 Canasta  1:05 -Twins/ Yankees	<b>23</b> 8 -Happy Hour 9:30 -ETF 11 -ETF 12:30 -Hearts  1:05 -Twins/ Astros	<b>24</b> 2 pm - Florida Rep Arcade Theatre Cabaret
<b>25</b>  1:05 -Twins/ Red Sox	<b>26</b> 8 -Happy Hour 9:30 -ETF 11 -ETF 12:30 -Bridge 12:30 -Mahjongg	<b>27</b> 8 -Power Hour 8:30 -Kayaking 9:30 -Gentle Yoga 11 -Chair Yoga 1 -Rummikub  Shark Valley	<b>28</b> 8 -Happy Hour 9:30 -ETF 11 -ETF 11:30 -Hot Dogs 12:30 -Bridge	<b>29</b> 8 -Power Hour 9:30 -Gentle Yoga 11 -Chair Yoga 12 -Hand & Foot 12:30 -Mahjongg 12:30 Canasta	<b>30</b> 8 -Happy Hour 9:30 -ETF 11 -ETF 12:30 -Hearts	<b>31</b> 2 pm - B B Mann The Bodyguard

# April 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b> Easter	<b>2</b> 8 -Happy Hour 9:30 -ETF 11 -ETF 12:30 -Bridge 12:30 -Mahjongg	<b>3</b> 8 -Power Hour 8:30 -Kayaking 9:30 -Gentle Yoga 11 -Chair Yoga 1 -Rummikub	<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 -Hand & Foot 12:30 -Mahjongg  7:30 -B B Mann Beautiful	<b>6</b> 8 -Happy Hour 9:30 -ETF 11 -ETF 12:30 -Hearts	<b>7</b>  2 pm - Artis-Naples Jersey Boys
<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 9:30 -Gentle Yoga 11 -Chair Yoga 1 -Rummikub	<b>11</b> 8 -Happy Hour 9:30 -ETF 11 -ETF 11:30 -Hot Dogs 12:30 -Bridge 2:30 -Page Turners  Ostego Bay	<b>12</b> 8 -Power Hour 8:30 -Kayaking 9:30 -Gentle Yoga 11 -Chair Yoga 12 -Hand & Foot 12:30 -Mahjongg	<b>13</b> 8 -Happy Hour 9:30 -ETF 11 -ETF 12:30 -Hearts	<b>14</b>
<b>15</b>	<b>16</b> 8 -Happy Hour 9:30 -ETF 11 -ETF 12:30 -Bridge 12:30 -Mahjongg	<b>17</b> 8 -Power Hour 8:30 -Kayaking 9:30 -Gentle Yoga 11 -Chair Yoga 1 -Rummikub	<b>18</b> 8 -Happy Hour 9:30 -ETF 11 -ETF 11:30 -Hot Dogs 12:30 -Bridge  Board Meeting	<b>19</b> 8 -Power Hour 8:30 -Kayaking 9:30 -Gentle Yoga 11 -Chair Yoga 12 -Hand & Foot 12:30 -Mahjongg	<b>20</b> 8 -Happy Hour 9:30 -ETF 11 -ETF 12:30 -Hearts	<b>21</b>
<b>22</b>  Smoky Mountain Trip	<b>23</b> 8 -Happy Hour 9:30 -ETF 11 -ETF 12:30 -Bridge 12:30 -Mahjongg	<b>24</b> 8 -Power Hour 9:30 -Gentle Yoga 11 -Chair Yoga 1 -Rummikub  6:30 -Sunset Social	<b>25</b> 8 -Happy Hour 9:30 -ETF 11 -ETF 11:30 -Hot Dogs 12:30 -Bridge	<b>26</b> 8 -Power Hour 8:30 -Kayaking 9:30 -Gentle Yoga 11 -Chair Yoga 12 -Hand & Foot 12:30 -Mahjongg	<b>27</b> 8 -Happy Hour 9:30 -ETF 11 -ETF 12:30 -Hearts	<b>28</b>  2 pm - Florida Rep Arcade Theatre George Washington's Teeth
<b>29</b>	<b>30</b> 8 -Happy Hour 9:30 -ETF 11 -ETF 12:30 -Bridge 12:30 -Mahjongg	<b>Facility Hours:</b> <b>Monday-Friday 8 a.m.-4:30 p.m.</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				