



"Let us be the best part of your day and first choice for Health, Fitness and Fun!"

THE CENTER 4 LIFE PROGRAM

September, October, November, December 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 3:30 p.m. (May - October)

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

Trish Phillips, Seniors Program Manager (239) 472-5743

Email: Trish.Phillips@mysanibel.com

ISLAND SENIORS, INC. serves as a support organization and advisory board to the City of Sanibel Center 4 Life Program. It was established as a separate not for profit entity. Island Seniors Inc. raises funds to provide staff and help defray the cost of program activities. The Board established a membership fee of \$20 for the calendar year. Members enjoy reduced participation fees. The Board of Directors meet monthly.

Lynn Quigley, President

Carl "Bud" Reinhold, Treasurer

Ron Millard

Shirley Schulz, Vice President

Mary Ann Gilhooley

Ann Moeder

Katie Reid, Secretary

Anita Force Marshall

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 #)

Dear Island Seniors Members,

Yes, there is life on Sanibel in the summer especially at the Center 4 Life. Island Seniors are attending the theatre, playing card games, exercising, painting, eating hot dogs, watching movies along with book discussions and many other activities as well.

Come join in the fun. If you are away for the summer, be sure to join us in the Fall. Everyone is welcome. You will make new friends and see your pals from last season. Look inside to find new activities as well as old favorites. We look forward to seeing you at the center.

Sincerely,

Lynn Quigley
President
Island Seniors



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Get your next newsletter faster and in color! You can have it with the calendar on your desktop, iPad or tablet!

The easiest way is to send Trish an email at - Trish.Phillips@mysanibel.com. You can type "NEWSLETTER" in the subject area. As soon as 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 9 for steps to view this newsletter online today.



MARK YOUR CALENDAR!

Arts and Crafts Fair

Saturday,
February 2, 2019
9 a.m. to 2 p.m.

Back-by-popular-demand the annual Arts & Crafts Fair at the Center 4 Life. You'll see a variety of handcrafted items, including paintings, photography, fabric art, shell designs, tropical plant arrangements and much more. Plan to be there and support our local artists!



Damaris Peters Pike's Women of Note Series Presents

"The Forgotten Prodigy -
Nannerl Mozart"

February 8, 2019
1:30 p.m.



Performers Wanted

Thursday, February 28, 2019

Know someone that wants to be in the spotlight, or maybe even yourself?! We are currently seeking local talent to perform in this event. Please sign up and be a part of this fun activity. Performance will take place at the Sanibel Recreation Center following our pot luck dinner. Contact the Center 4 Life for more information.

Sanibel's
got Talent
hosted by
Island Seniors

Ninth Annual Justine Smith Charity Bridge Tournament

Friday, February 15, 2019
1 - 5 p.m.

Proceeds benefit P.A.W.S.

For more details contact the Center.





Island Seniors, Inc. Annual Meeting

Friday, December 7th at 11:30 a.m.

Our annual meeting and luncheon will be held at the Sanibel Recreation Center 11:30 a.m., Friday, December 7th. All Island Seniors members are invited and encouraged to attend this informative event. At the meeting, you will learn about the Center's many activities throughout the year, our financial standing and our representatives will provide an update regarding the Center 4 Life building. Lunch is provided at this event so please sign up in advance to let us know you are attending.

FOOD & FUN



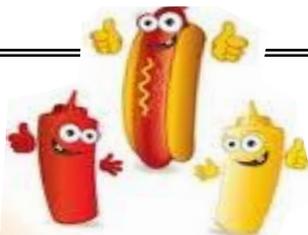
Sunset Social
on the Causeway
Thursday, November 8th
at 4:30 p.m.
A special Veterans tribute
scheduled at sunset.

Contact the Center to sign up and for more details on selected location.

Goblins Luncheon
Wednesday
October 31st
Meet us at the Center
12 - 1 p.m.
Please sign up in advance.
Bring a side dish to share. Members are encouraged to dress in Halloween attire.
Free for Members and \$5 for Non-Members
Happy Halloween

Hot Dog Grill Wednesday at our Center!

Island Seniors, Inc. volunteers will serve you a hotdog, chips and lemonade from 12:00 -1:00 p.m. The cost is \$2.00 for members and \$3.00 for non-members. Call ahead on Wednesday morning so we can plan enough food. If you don't want a hot dog, just bring your own lunch and join us.



“Let’s Write” with Vicky Lettmann

Mondays, 10 a.m.-Noon
October 29,
November 5 & 19
\$15 Member per class
\$20 Non-Member per class



Do you have a story you’ve always wanted to write?
Does your “inner poet” seek expression?
Are you considered “the writer” in your family?

Here’s your chance to put words on paper.

This class is for anyone who wants to write.

During class, we will look at short examples of effective, engaging writing and then plunge into our own writing using exercises, prompts, and various jumpstarts.

Bring a notebook and good pen, and let’s write!

Space is limited so sign up early! Contact the center for more information.

Vicky Lettmann is a retired college English teacher who enjoys sharing her love of writing. Her work has appeared in *Twenty-six Minnesota Writers*, *Beloved on the Earth: 150 Poems of Grief and Gratitude*, *Forge* and other publications. She was co-editor with Carol Roan of *When Last on the Mountain: The View from Writers over 50*. Her poetry chapbook, *What Can Be Saved*, was published by Red Bird Chapbooks. She received an MFA in fiction writing from Warren Wilson College and is a recipient of a Loft-McKnight Fellowship.

Line Dancing Classes

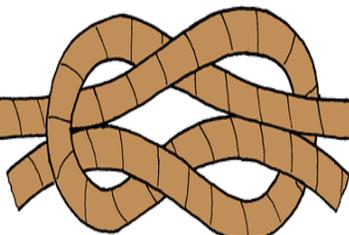
Tuesdays at 1:30 p.m.

November 13, 20 & 27

December 4, 11 & 18

Anyone interested in line dancing? Join us on Monday morning 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 morning.

Member \$2.50 per class
Non-Member \$5 per class



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



Lions Eyeglass Recycle for Sight Program

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



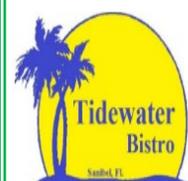
Leisure Lunchers

Be sure to join us for our leisure luncher trips! This is a great way to try some of Sanibel's new dining locations with a few of your friends! **Advance sign up is required.** Mark your calendar and check the sign-up sheets located at the front desk for additional information regarding each activity.

Wednesday, August 22nd

The Jac Island Grille & Rum Bar

Join us for lunch at The Jac (renovated, new menu, new ownership) with "Farm to Table Fresh Food" focus. Chef Phillip Schroeder will speak briefly with us about his approach. Registration is required due to limited seating for this event. Separate checks will be provided and transportation is on your own.



Monday, September 17th

Tidewater Bistro

Meet at this new restaurant (formerly Rosie's) with new ownership and new menu. Chef John Rhodes & Owner David Mauldin will talk with us briefly about their approach. Registration is required due to limited seating for this event. Separate checks will be provided and transportation is on your own.

Tuesday, October 9th & Wednesday, December 5th

Sanibel Public Library Tour and Blue Giraffe

We are visiting Sanibel's "Reimagined" Library. Join us for a tour of the newly renovated library. Everyone is encouraged to bring your iPhone, iPad or other devices and staff will assist with download of apps for Library catalog, eShelf services (eBooks, streaming videos, online magazines, and more). The library will also issue cards to those that may need them. Afterwards we will drive on over to the Blue Giraffe located in the Periwinkle Shopping Center. Registration is required for this event. Separate checks will be provided and transportation is on your own.



Sanibel
PUBLIC LIBRARY



Tuesday, October 23rd

The Sanibel Sprout

Organic, Vegan, Gluten-free using the freshest locally sourced organic vegetables and ingredients as possible. Nikki Rood, Executive Chef and Co-Owner will talk with us about her approach. All orders are custom made with love so we need to order ahead for our large group. Registration is required for this event. Separate checks will be provided and transportation is on your own.



BAILEY-MATTHEWS

NATIONAL SHELL MUSEUM

Beach Walk

Friday, November 9th at 9 a.m.

Member \$20 / Non-Member \$30

Join us for this two part tour! We begin our tour at Bowman's Beach for an overview of beach ecosystem and a search for local shells. The second half of the trip will take place at the Shell Museum for a guided tour. Participants will watch an introductory video and explore shells from across the globe in the exhibit hall. Once the tour is complete we will have lunch at Doc Ford's. Trip cost includes beach walk and admission into Shell Museum. Separate checks provided at lunch. Contact the Center for more details.

Advance registration is required. Carpool arrangements for transportation.



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.

Monday, September 10th

IKEA Shopping Day at Plantation

\$5 Member / \$10 Non-Member

Includes: R/T transportation. Join Island Seniors for an all-day shopping spree at IKEA at Plantation. If you have never experienced IKEA and all it's delights this is your chance. Lunch (on your own) at the IKEA Café. We had so much fun last year this is an encore trip. Register in advance. Limited seating available. Depart from Sanibel at 8:00 a.m.



Sunday, October 14th

Chicago Bears at the Miami Dolphins

\$179 Member / \$189 Non-Member

Includes: R/T transportation, reserved upper level end zone seat, pre-game lunch & beverage. The "Hard Rock" stadium recently went through a \$500 million renovation including sunshade that covers many of the seats. **Note:** This is a "FUN" trip. Excessive drinking and use of profanity will not be tolerated. Limited seats available. Depart from Fort Myers location: 7:30 a.m.



Thursday, November 1st

The Revs Institute and Rumba Café

\$30 Member / \$40 Non-Member

The Revs Institute provides an unprecedented window in the rapid culture shift that the auto sparked over the course of the 20th century. 115 automobiles (many rare) from 1895-1995. The cars are routinely driven; all in excellent operating condition. This is a beautiful facility (art gallery for autos) with incredibly knowledgeable guides passionate about the industry and its history. Definitely for auto enthusiasts but also thoroughly enjoyable even if you are not in that category. Afterwards we will enjoy a late lunch (on own) at the Rumba Café. Transportation provided limited seating available. Depart from Sanibel location: 8:30 a.m.



Sunday, November 4th

New York Jets at the Miami Dolphins

\$159 Member / \$169 Non-Member

Includes: R/T transportation, reserved upper level end zone seat, pre-game lunch & beverage. The "Hard Rock" stadium recently went through a \$500 million renovation including sunshade that covers many of the seats. **Note:** This is a "FUN" trip. Excessive drinking and use of profanity will not be tolerated. Limited seats available. Depart from Fort Myers location: 7:30 a.m.



Monday, December 10th

Walking Guided Tour of ECHO and lunch at Farmers Market Restaurant

\$15 Member / \$25 Non-Member

ECHO's Global Farm Tour is a fascinating guided walking tour of the most creative working farm you have ever experienced. Along the way you will find unique demonstrations, plants, and techniques useful to farmers and urban gardeners in developing countries. Experience the seven settings of the Global Farm which feature crops, techniques, and animals from around the world. Goats, chickens, ducks, fish and rabbits are all found on our farm and ECHO is home to one of the largest collections of tropical food plants in the United States. You won't want to miss the demonstrations in our Urban Garden, a perennial favorite, which features some wacky, yet effective ways to grow crops where there is little or no soil. Lunch (on own) at Farmers Market Restaurant downtown Fort Myers. Carpool arrangements for transportation. Depart from Sanibel location: 8:30 a.m.





Holiday Tours

December 2nd - 8th, 2018 (Sunday-Saturday) 7 Day Christmas Trip to New Orleans

Includes: R/T transportation, 6 nights accommodations including 4 nights in the Heart of New Orleans, Oak Alley Plantation, New Orleans Cooking School, Mardi Gras Museum, World War 2 Museum, Mississippi Jazz Brunch Cruise, Much More!

Bus departs from Ft. Myers location at 7:30 a.m.

Member \$1364 ppdo; \$ 1774 single

Non-Member \$1389 ppdo; \$ 1799 single

\$250.00 deposit secures your spot,
remaining balance due by November 1st.



December 11th - 14th, 2018 (Tuesday-Friday)

A Southern Christmas – Savannah & St Simon’s Island

Includes: R/T transportation, 3 nights accommodations (1 in St Simons Island & 2 at our favorite Holiday Inn Express in Savannah), 5 meals (3 breakfasts, 2 dinners), the Live Savannah Theater Christmas Show, tours, much more!

Bus departs from Ft. Myers location at 7:30 a.m.

Member \$574 ppdo; \$ 774 single

Non-Member \$599 ppdo; \$ 799 single

\$200.00 deposit secures your spot,
remaining balance due by November 6th.



Sunday, December 9th Fort Lauderdale Christmas Pageant Member \$169 / Non-Member \$179



Includes: R/T transportation, reserved orchestra seats to the Fort Lauderdale Christmas Pageant, picnic lunch (sandwiches, sodas & water, chips, & cookies) en route, and delicious sit-down dinner at Chuck’s Steakhouse. Our deluxe Christmas Pageant packages sellout quickly – please reserve early!
Bus departs from Ft. Myers location at 9:30 a.m.

Multi-Day Tour



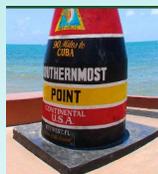
January 22nd–24th, 2019 (Tuesday-Thursday) 3 Day Tour of “The Keys”

Includes: R/T transportation, 2 nights at the Hyatt Place in Marathon, 5 meals (2 breakfasts, 2 lunches, 1 dinner), Schnebly Winery Tour & Tasting, & lunch, ALL Day Key West w/private tram tour and all-day hop-on/hop-off privileges, tour Dolphin Research Center, more! Bus departs from Ft. Myers location at 7:30 a.m.

Member \$574ppdo; \$844 single

Non-Member \$599 ppdo; \$869 single

\$100.00 deposit secures your spot.
Final balance due by November 16th.





Trash & Treasure Sale

Hosted by Island Seniors, Inc.

at the Center 4 Life

Find us at the corner of
Palm Ridge & Library Way



Thank You for
Donations!

Island Seniors is currently looking for donations of your clean "gently used" items. The sale is a huge event for the Island Seniors/Center 4 Life and all the proceeds help support their programs such as kayaking, fitness equipment, games, pot lucks, arts and so much more.



Drop off is available Monday through Friday between
8:00 a.m.- 3:00 p.m.



- ◆ Household items
- ◆ Kitchen Gadgets
- ◆ Furniture
- ◆ Linens
- ◆ Sporting Goods
- ◆ Hardware/Tools
- ◆ Jewelry
- ◆ Purses
- ◆ Art Work
- ◆ Collectibles
- ◆ Glassware
- ◆ Toys



Donations are Tax Deductible

We kindly ask that no books, clothes, shoes, bed pillows, mattresses, computers, or old TV's be dropped off.

Trash & Treasure Sale

Saturday, November 3, 2018

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



View Your Newsletter and Community News Online at
WWW.MYSANIBEL.COM



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



New!



Printing with Bea Pappas

\$20 Member/\$25 Non-Member per class

Fridays 12:30 - 3:30 p.m.

August 24 & 31 September 7 & 14

"Printing with Gelli pad"

You can do mono type or make papers for collage use.

Beginners are welcome!

Supplies: Paper towels, acrylic paints, water container, 1 inch brush. Instructor will have all other supplies.

The San Cap Art League

will be painting at the Center 4 Life gardens
Thursday, December 6
9 a.m. - 12 p.m.

They welcome you to their "Plein Air" Painters Group. 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.

PAGE TURNERS

Book Discussion 2:30 pm

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

Killers of the Flower Moon by David Grann, Wednesday, September 12



In 1804, President Thomas Jefferson hosted a delegation of Osage chiefs who had traveled from their ancestral land, which Jefferson had recently acquired — from the French, not the Osage — in the Louisiana Purchase. The Osage representatives were tall, many of them over six feet, and they towered over most of their White House hosts. Jefferson was impressed, calling them the "finest men we have ever seen." He promised to treat their tribe fairly, telling them that from then on, "they shall know our nation only as friends and benefactors." Over the next 20 years, the Osage were stripped of their land, ceding almost 100 million acres, and were forced onto a parcel in southeastern Kansas that measured about 50 by 125 miles (four million acres). This land would be theirs forever, the United States government told them. This promise, too, was broken. — New York Times

The Light Between Oceans by M L Stedman, Wednesday, October 10



In *The Light Between Oceans*, a stoic, fiercely principled, rather solitary man, recently returned from serving in World War I, meets an effervescent young woman who desperately wants to be a mother. After marrying and settling on a remote island off Western Australia, Tom and Isabel suffer through two miscarriages and a stillbirth. She has just buried their dead child when another baby literally washes up on their shore, accompanied by her lifeless father. — USA TODAY

Before You Were Ours by Lisa Wingate, Wednesday, November 14



For readers of *Orphan Train* and *The Nightingale* comes a "thought-provoking [and] complex tale about two families, two generations apart . . . based on a notorious true-life scandal." Memphis, 1939. Twelve-year-old Rill Foss and her four younger siblings live a magical life aboard their family's Mississippi River shanty boat. But when their father must rush their mother to the hospital one stormy night, Rill is left in charge—until strangers arrive in force. Wrenched from all that is familiar and thrown into a Tennessee Children's Home Society orphanage, the Foss children are assured that they will soon be returned to their parents—but they quickly realize the dark truth. At the mercy of the facility's cruel director, Rill fights to keep her sisters and brother together in a world of danger and uncertainty. — Penguin Random House

The Widow by Fiona Barton, Wednesday, December 12



The Widow is a nonlinear psychological thriller that takes place in various neighborhoods of London spanning the years 2006-2010. The novel begins with first-person, present-tense narration from Jean Taylor as she describes answering the door to a reporter from the Daily Post named Kate Waters. It is June 9, 2010, and Kate has come to speak with Jean about the recent death of her husband Glen, and Glen's involvement in a kidnapping that took place on October 2, 2006. — Book Rags

GAMES

\$2.50 Member / \$5 Non-Member - Prizes are awarded.

BRIDGE

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



MAHJONGG

Monday & Thursday
12:30 p.m.

HAND & FOOT

Thursday
12:00 p.m.



HEARTS

Friday
12:30 p.m.

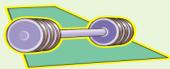
Fit 4 Life Fitness

Island Seniors, Inc. members can purchase coupon books to attend these classes at the Center 4 Life, 2401 Library Way. Book of 12 coupons are \$48 or 5 coupons for \$20. Paid members of the Sanibel Recreation Center need to just show their membership card to attend classes. *Visitor fee is \$7 per class (*Effective 10/1/18 Visitor fee \$10 per class). *Athletic footwear is required for fitness classes. **Fragrance free men and women.

Happy Hour Fitness

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

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



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



The Center supplies the kayaks, paddles and life jackets (which everyone must wear). It is useful to bring a towel (to roll and support your back), water, a snack, change of clothing (in case you get wet), sun lotion, bug spray, sunglasses and a hat. Island Seniors, Inc. members \$5 and \$20 for non-members per trip. Members have first priority. PAYMENT MUST BE MADE WHEN YOU SIGN UP to secure your spot . We provide a wait list in case there is a last minute cancellation.

NOTE: Personal kayak participants must register with Island Seniors 24 hours prior to the scheduled date, in order to join the group.

Upcoming Kayak Schedule

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

September 11 & 25

October 9 & 23

November 13, 20, & 27

December 4, 11, & 18



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. Everyone, including those with personal kayaks, must meet at the Center unless prior arrangements have been approved.

Kayaking program will continue to build on the same success as last season. January through March we will schedule exciting kayaking trips every Tuesday and two Thursday mornings per month.

Experienced trip leaders trained in CPR and first aid are looking forward to another great season. If you have any questions about the program please contact the Center.





Check out available Athletic Programs at the

Sanibel Recreation Center



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 12:00 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.



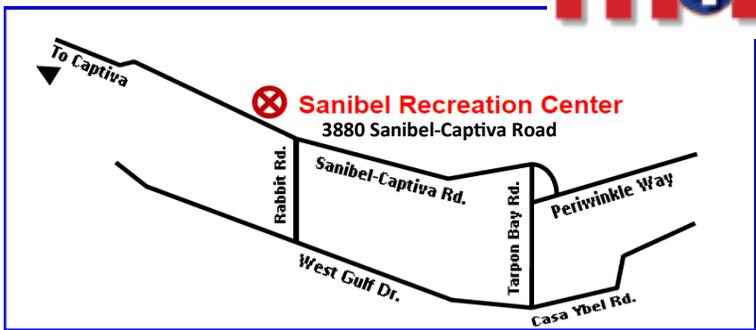
Adult Co-Ed Pick-up Softball Monday at 6:30 p.m. beginning October 15th
Played at the Sanibel ball fields. Membership not required.

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. beginning October 14th
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.



Daily, Weekly, Semi-Annual and Annual Recreation Center passes are available. Please call the Sanibel Recreation Center at (239) 472-0345 for membership details.
Visit our website at www.mysanibel.com to view additional activities and programs.

Reminder:



Always check the counter in the Center 4 Life kitchen for sign up sheets regarding last minute trips requested by members.
Don't miss a single exciting event!

Florida Repertory Theatre 2018-2019

All Matinees Begin At 2 p.m.

You must pay upon signing up. No additional tickets will be purchased *two weeks* before the show. Trish will pick up the tickets and distribute them a week in advance. If you are unable to pick up your ticket we can make arrangements to leave it at the "will call" window for you. (*All titles and dates subject to change.*)

HISTORIC ARCADE THEATRE

STEEL MAGNOLIAS

by Robert Harling

Saturday, October 20, 2018 Member \$35 / Non-Member \$40

See the play that Inspired the Classic 1980s Movie! "A skillfully crafted picture of eccentricity in the small-town South!"
- *Drama-Logue*

Charles Dickens' A CHRISTMAS CAROL

Saturday, December 1, 2018 Member \$35 / Non-Member \$40

A World-Premier Adaptation of the Beloved Dickens Classic! Join Ebenezer Scrooge on a thrilling journey of discovery and redemption that is perfect for the WHOLE FAMILY!

August Wilson's FENCES

Saturday, January 12, 2019 Member \$35 / Non-Member \$40

The Tony-Award and Pulitzer Prize-Winning Drama! A Modern American Classic! A gripping portrait of a family struggling to make their American Dream come true in the 1950's Pittsburgh. From one of the most influential playwrights of the 20th Century!

HAY FEVER

by Noel Coward

Saturday, March 2, 2019 Member \$44 / Non-Member \$49

A Delightfully Madcap Comedy of Bad Manners! Watch a weekend gateway spiral into mayhem as tempers flare and eccentricities reign supreme! "An evening of intoxicating escape!"

- *NY Times*

MILLION DOLLAR QUARTET

book by Colin Escott and Floyd Mutrux

Original Concept & Direction by Floyd Mutrux

Saturday, March 23, 2019 Member \$35 / Non-Member \$40

Celebrate Florida Rep's 3rd Decade with Broadway's Newest rock 'n' Roll SENSATION! Inspired by the famed recording session that brought together icons Elvis Presley, Johnny Cash, Jerry Lee Lewis, and Carl Perkins for the first and only time!

IN THE ArtStage STUDIO THEATRE

BECOMING DOCTOR RUTH

by Mark St. Germain

Based on the Life of Dr. Ruth K. Westheimer

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

The Heartfelt, Hilarious, and Triumphant Story of the girl who becomes Dr. Ruth! A One-Woman Tour-de-Force from the Author of *George Washington's Teeth* and *Best of Enemies!*

DAMASCUS

A World Premier by Bennett Fisher

Saturday, November 10, 2018 Member \$48 / Non-Member \$53

A Gripping & Electrifying NEW PLAY! Chosen from the 2017 PlayLab! When terror rocks a Midwestern airport, two young men find themselves locked in a dangerous psychological thriller! Nothing is what it seems in this important new play!

TENDERLY: THE ROSEMARY CLOONEY MUSICAL

Based on the Life of Rosemary Clooney

by Janet Yates Vogt & Mark Friedman

Saturday, January 5, 2019 Member \$48 / Non-Member \$53

A NEW MUSICAL Salute to the Beloved Jazz Icon! A fresh, personal, and poignant picture of the woman whose unparalleled talent and unbridled personality made her a legend!

NATIVE GARDENS

by Karen Zacarias

Saturday, April 6, 2019 Member \$48 / Non-Member \$53

Good Fences Don't Really Make Good Neighbors in the Hilarious NEW Hot-Button Comedy! Cultures and gardens clash as well –intentioned neighbors become arch-enemies over backyard turf-war!

* **Special group menu for lunch or dinner is available from select downtown restaurants. Contact the staff for more details.**

Artis—Naples 2019

Home of The Baker Museum
and the Naples Philharmonic



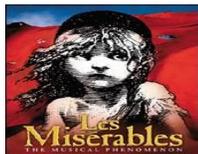
Sign up for group tickets is now over. As with all tickets, if you signed up, you are responsible for paying for that ticket. An invoice for these tickets will be mailed out to you with payment due by September 15th. Bus transportation will be limited to each performance. If you need to sell your ticket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

Les Misérables

Sunday, February 3, 2019 - 2 p.m.

\$125 Member / \$135 Non-Member - Premium

\$95 Member / \$105 Non-Member - Section A



Cameron Mackintosh presents the new production of Alain Boublil and Claude-Michel Schönberg's Tony Award-winning musical phenomenon, *Les Misérables*, direct from an acclaimed two-and-a-half-year return to Broadway. Set against the backdrop of 19th-century France, *Les Misérables* tells an unforgettable story of heartbreak, passion, and the resilience of the human spirit. Featuring the beloved songs "I Dreamed A Dream," "On My Own," "Stars," "Bring Him Home," "One Day More," and many more, this epic and uplifting story has become one of the most celebrated musicals in theatrical history. With its glorious new staging and dazzlingly reimagined scenery inspired by the paintings of Victor Hugo, this breathtaking new production has left both audiences and critics awestruck. "*Les Miz* is born again!"



Waitress

Saturday, February 23, 2019 - 2 p.m.

\$105 Member / \$115 Non-Member - Premium

\$85 Member / \$95 Non-Member - Section A

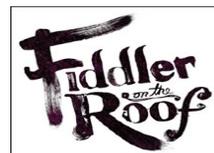
Brought to life by a groundbreaking all-female creative team, this irresistible new hit features original music and lyrics by six-time Grammy nominee Sara Bareilles ("Brave," "Love Song"), a book by acclaimed screenwriter Jessie Nelson (*I Am Sam*), choreography by Lorin Latarro (*Les Liaisons Dangereuses*, *Waiting for Godot*) and direction by Tony Award-winner Diane Paulus (*Hair*, *Pippin*, *Finding Neverland*). Inspired by Adrienne Shelly's beloved film, *Waitress* tells the story of Jenna - a waitress and expert pie maker. Jenna dreams of a way out of her small town and loveless marriage. A baking contest in a nearby county and the town's new doctor may offer her a chance at a fresh start, while her fellow waitresses offer their own recipes for happiness. But Jenna must summon the strength and courage to rebuild her own life.

Fiddler on the Roof

Saturday, March 16, 2019 - 2 p.m.

\$125 Member / \$135 Non-Member - Premium

\$95 Member / \$105 Non-Member - Section A



Audiences across North America are toasting a new production of *Fiddler on the Roof*! Rich with musical hits you know and love, including "Tradition," "Sunrise, Sunset," "If I Were a Rich Man," "Matchmaker, Matchmaker," and "To Life (L'Chaim)," *Fiddler on the Roof* is the heartwarming story of fathers and daughters, husbands and wives and life, love and laughter. Tony® Award-winning director Bartlett Shick and the team behind *South Pacific*, *The King and I* and *1776*, Tony® Award-winning Best Play *Oslo*, bring a fresh and authentic vision to this beloved theatrical masterpiece from Tony® Award-winner Joseph Stein and Pulitzer Prize-winners Jerry Bock and Sheldon Harnick. Featuring a talented cast, lavish orchestra and stunning movement and dance from Israeli choreographer Hofesh Shechter based on the original staging by Jerome Robbins, *Fiddler on the Roof* will introduce a new generation to the uplifting celebration that raises its cup to joy! To love! To life!

No Group tickets for this performance.

School of Rock

Saturday, April 6, 2019 - 2 p.m.

\$125 Member / \$135 Non-Member - Premium

\$95 Member / \$105 Non-Member - Section A



School of Rock is a *New York Times* Critics' Pick and "an inspiring jolt of energy, joy and mad skillz!" (*Entertainment Weekly*). Based on the hit film, this hilarious new musical follows Dewey Finn, a wannabe rock star posing as a substitute teacher who turns a class of straight-A students into a guitar-shredding, bass-slapping, mind-blowing rock band. This high-octane smash features 14 new songs from Andrew Lloyd Webber, all the original songs from the movie and musical theater's first-ever kids rock band playing their instruments live on stage. *Vanity Fair* raves, "Fists of all ages shall be pumping!"



Please remember, if you signed up, you are responsible for paying for that ticket. An invoice for these tickets have been mailed out to you and payment is due by September 15th. If you need to sell your ticket we will provide a waiting list of members to call. This works well as many members join the Center 4 Life after Island Seniors, Inc. has ordered the tickets. (*All titles and dates subject to change.)

**On Your Feet!
The Emilio & Gloria Estefan
Broadway Musical**



Saturday, January 5, 2019 2 p.m.
Member - \$76 Orchestra / \$76 Mezzanine Level
Non-Member - \$86 Orchestra / \$86 Mezzanine Level

From their humble beginnings in Cuba, Emilio and Gloria Estefan came to America and broke through all barriers to become a crossover sensation at the very top of the pop music world. But just when they thought they had it all, they almost lost everything.

ON YOUR FEET! takes you behind the music and inside the real story of this record-making and groundbreaking couple who, in the face of adversity, found a way to end up on their feet.

Directed by two-time Tony Award® winner Jerry Mitchell (Kinky Boots), with choreography by Olivier Award winner Sergio Trujillo (Jersey Boys) and an original book by Academy Award® winner Alexander Dinelaris (Birdman), ON YOUR FEET! features some of the most iconic songs of the past quarter-century — and one of the most inspiring stories in music history.

A Bronx Tale



Saturday, January 26, 2019 2 p.m.
Member - \$77 Orchestra / \$77 Mezzanine Level
Non-Member - \$87 Orchestra / \$87 Mezzanine Level

Broadway's hit crowd-pleaser takes you to the stoops of the Bronx in the 1960s- where a young man is caught between the father he loves and the mob boss he'd love to be. Bursting with high-energy dance numbers and original doo-wop tunes from the songwriter of Beauty and the Beast, A BRONX TALE is an unforgettable story of loyalty and family.

Academy Award® winner Robert De Niro and Tony® winner Jerry Zaks direct this streetwise musical- based on Academy Award nominee Chazz Palminteri's story- that The New York Times hails as "A Critics' Pick! The kind of tale that makes you laugh and cry.

Monty Python's Spamalat



Saturday, February 9, 2019 2 p.m.
Member - \$71 Orchestra / \$71 Mezzanine Level
Non-Member - \$81 Orchestra / \$81 Mezzanine Level

The Tony Award winning Best Musical, Monty Python's Spamalat, begins its search for the Holy Grail in the Fall of 2018. This outrageous musical comedy is lovingly ripped off from the film classic "Monty Python and the Holy Grail" with a book by Eric Idle and music and lyrics by the Grammy Award winning team of Mr. Idle and John Du Prez, Spamalat

Monty Python's Spamalat continued ...

tells the tale of King Arthur and his Knights of the Round Table as they embark on their quest for the Holy Grail. Flying cows, killer rabbits, taunting Frenchmen, and show-stopping musical numbers are just a few of the reasons audiences worldwide are eating up SPAMALOT!

Dein Perry's Tap Dogs



Saturday, March 9, 2019 2 p.m.
Member - \$61 Orchestra / \$61 Mezzanine Level
Non-Member - \$71 Orchestra / \$71 Mezzanine Level

TAP DOGS is now approaching 20 years of global success. Having appeared in over 370 cities on 6 continents, it has been seen by over 12 million people! Dein Perry's TAP DOGS continues to take the world by storm. Part theatre, part rock concert, part construction site, the TAP DOGS adrenalin-pumped cast injects raw power and passion into the ultimate visual dance spectacular. Upside-down or even on water, they perform world class routines in this most original and revitalized tap.

The winner of over 15 international awards including:

- Olivier Award (UK)
- Obie Award (New York)
- Pegasus Award (Spoleto Festival in Italy)

Disney Presents The Lion King



Sunday, April 14, 2019 6:30 p.m.
Member - \$99 Orchestra / \$99 Mezzanine Level
Non-Member - \$109 Orchestra / \$109 Mezzanine Level

Giraffes strut. Birds swoop. Gazelles leap. The entire Serengeti comes to life as never before. And as the music soars, Pride Rock slowly emerges from the mist. This is Disney's THE LION KING, making its triumphant return to the Barbara B. Mann Performing Arts Hall at FSW! More than 95 million people around the world have experienced the awe-inspiring visual artistry, the unforgettable music, and the uniquely theatrical storytelling of this Broadway spectacular – one of the most breathtaking and beloved productions ever to grace the stage.

Winner of six Tony Awards®, including Best Musical, THE LION KING brings together one of the most imaginative creative teams on Broadway. Tony Award®-winning director Julie Taymor brings to life a story filled with hope and adventure set against an amazing backdrop of stunning visuals. THE LION KING also features the extraordinary work of Tony Award®-winning choreographer Garth Fagan and some of Broadway's most recognizable music, crafted by Tony Award®-winning artists Elton John and Tim Rice.

There is simply nothing else like THE LION KING.



September 2018

September 2018						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
Notes:						1
2	3 Labor Day Facility Closed	4 8 -Power Hour 9:30 -Gentle Yoga 11 -Chair Yoga	5 8 -Happy Hour 9:30 -ETF 11:30 -Hot Dogs 12:30 -Bridge	6 8 -Power Hour 9:30 -Gentle Yoga 11 -Chair Yoga 12 -Hand & Foot 12:30 -Mahjongg	7 8 -Happy Hour 9:30 -ETF 12:30 -Hearts 12:30 -Gelli Printing	8
9	10 8 -Happy Hour 9:30 -ETF 11 -Line Dancing 12:30 -Bridge 12:30 -Mahjongg IKEA Trip	11 8 -Power Hour 8:30 -Kayaking 9:30 -Gentle Yoga 11 -Chair Yoga	12 8 -Happy Hour 9:30 -ETF 11:30 -Hot Dogs 12:30 -Bridge 2:30 -Page Turners	13 8 -Power Hour 9:30 -Gentle Yoga 11 -Chair Yoga 12 -Hand & Foot 12:30 -Mahjongg	14 8 -Happy Hour 9:30 -ETF 12:30 -Hearts 12:30 -Gelli Printing	15 Reminder: Final balance due for theatre tickets
16	17 8 -Happy Hour 9:30 -ETF 11-Line Dancing 12:30 -Bridge 12:30 -Mahjongg Leisure Lunchers Tidewater Bistro	18 8 -Power Hour 9:30 -Gentle Yoga 11 -Chair Yoga	19 8 -Happy Hour 9:30 -ETF 11:30 -Hot Dogs 12:30 -Bridge	20 8 -Power Hour 9:30 -Gentle Yoga 11 -Chair Yoga 12 -Hand & Foot 12:30 -Mahjongg	21 8 -Happy Hour 9:30 -ETF 12:30 -Hearts	22 Fall begins
23	24 8 -Happy Hour 9:30 -ETF 12:30 -Bridge 12:30 -Mahjongg	25 8 -Power Hour 8:30 -Kayaking 9:30 -Gentle Yoga 11 -Chair Yoga	26 8 -Happy Hour 9:30 -ETF 11:30 -Hot Dogs 12:30 -Bridge	27 8 -Power Hour 9:30 -Gentle Yoga 11 -Chair Yoga 12 -Hand & Foot 12:30 -Mahjongg	28 8 -Happy Hour 9:30 -ETF 12:30 -Hearts	29
30	Notes: ETF - Essential Total Fitness Hot Dog Grill - Call the Center by 10:30 a.m. Kayaking - Weather Permitting *Athletic footwear required for fitness classes + Fitness class availability will be based on participation					

October 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	1 8 -Happy Hour 9:30 -ETF 12:30-Mahjongg 1 -Bridge	2 8 -Power Hour 9:30 -Gentle Yoga 11 -Chair Yoga	3 8 -Happy Hour 9:30 -ETF 12 -Hot Dog Grill 1 -Bridge	4 8 -Power Hour 9:30 -Gentle Yoga 11 -Chair Yoga 12 -Hand & Foot 12:30 -Mahjongg	5 8 -Happy Hour 9:30 -ETF 12:30 -Hearts	6 2pm-Florida Rep <u>ArtStage Theatre</u> Becoming Dr. Ruth	
7	8 Columbus Day Facility Closed	9 8 -Power Hour 8:30 -Kayaking 9:30 -Gentle Yoga 11 -Chair Yoga Library Tour & Blue Giraffe	10 8 -Happy Hour 9:30 -ETF 12 -Hot Dog Grill 1 -Bridge 2:30 -Page Turners	11 8 -Power Hour 9:30 -Gentle Yoga 11 -Chair Yoga 12 -Hand & Foot 12:30 -Mahjongg	12 8 -Happy Hour 9:30 -ETF 12:30 -Hearts	13	
14 Bears vs Dolphins Trip	15 8 -Happy Hour 9:30 -ETF 12:30-Mahjongg 1 -Bridge 6:15 -P/U Softball	16 8 -Power Hour 9:30 -Gentle Yoga 11 -Chair Yoga	17 8 -Happy Hour 9:30 -ETF 12 -Hot Dog Grill 1 -Bridge Board Meeting	18 8 -Power Hour 9:30 -Gentle Yoga 11 -Chair Yoga 12 -Hand & Foot 12:30 -Mahjongg	19 8 -Happy Hour 9:30 -ETF 12:30 -Hearts	20 2pm-Florida Rep <u>Arcade Theatre</u> Steel Magnolias	
21 Baileyfest 12 - 4 p.m.	22 8 -Happy Hour 9:30 -ETF 12:30-Mahjongg 1 -Bridge 6:15 -P/U Softball	23 8 -Power Hour 8:30 -Kayaking 9:30 -Gentle Yoga 11 -Chair Yoga Leisure Lunchers Sanibel Sprout	24 8 -Happy Hour 9:30 -ETF 12 -Hot Dog Grill 1 -Bridge	25 8 -Power Hour 9:30 -Gentle Yoga 11 -Chair Yoga 12 -Hand & Foot 12:30 -Mahjongg	26 8 -Happy Hour 9:30 -ETF 12:30 -Hearts	27 F.I.S.H. 10K Race Sanibel Community House	
28	29 8 -Happy Hour 9:30 -ETF 10 -Let's Write 12:30-Mahjongg 1 -Bridge 6:15 -P/U Softball	30 8 -Power Hour 9:30 -Gentle Yoga 11 -Chair Yoga	31 Halloween 8 -Happy Hour 9:30 -ETF 12 -Goblin's Luncheon Pot Luck 1 -Bridge	Facility Hours: Monday - Friday 8:00 a.m.-3:30 p.m. Notes: ETF - Essential Total Fitness Hot Dog Grill - Call the Center by 10:30 a.m. Kayaking - Weather Permitting *Athletic footwear required for fitness classes			

November 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Facility Hours: Monday-Friday 8 a.m.-4:30 p.m. Notes: ETF - Essential Total Fitness Hot Dog Grill - Call the Center by 10:30 a.m. Kayaking - Weather Permitting P/U Softball held at the Sanibel Ball Fields *Athletic footwear required for fitness classes				1 8 -Power Hour 9:30 -Gentle Yoga 11 -Chair Yoga 12 -Hand & Foot 1 -Mahjongg The Revs Institute	2 8 -Happy Hour 9:30 -ETF 11 -Set up for Trash & Treasure Sale	3 Trash & Treasure Sale 9 am - 2 pm
4  Move your clocks back. Jets vs Dolphins Trip	5 8 -Happy Hour 9:30 -ETF 10 -Let's Write 11 -ETF 1 -Bridge 1 -Mahjongg 6:15 -P/U Softball	6 <u>Election Day</u> General Election 7 a.m.-7 p.m. Activities cancelled	7 8 -Happy Hour 9:30 -ETF 11 -ETF 12 -Hot Dog Grill 1 -Bridge Board Meeting	8 8 -Power Hour 9:30 -Gentle Yoga 11 -Chair Yoga 12 -Hand & Foot 12:30 -Mahjongg Sunset Social	9 8 -Happy Hour 9:30 -ETF 11 -ETF 12:30 -Hearts Beach Walk w/ Shell Museum	10 2pm-Florida Rep <u>ArtStage Theatre</u> Damascus
11 Veterans Day	12 In Observance of Veterans Day Facility Closed	13 8 -Power Hour 8:30 -Kayaking 9:30 -Gentle Yoga 11 -Chair Yoga 1:30 -Line Dancing	14 8 -Happy Hour 9:30 -ETF 11 -ETF 12 -Hot Dog Grill 1 -Bridge 2:30 -Page Turners	15 8 -Power Hour 9:30 -Gentle Yoga 11 -Chair Yoga 12 -Hand & Foot 12:30 -Mahjongg	16 8 -Happy Hour 9:30 -ETF 11 -ETF 12:30 -Hearts Reminder: Final balance due for Key West trip	17
18	19 8 -Happy Hour 9:30 -ETF 10 -Let's Write 11 -ETF 12:30 -Mahjongg 1 -Bridge 6:15 -P/U Softball	20 8 -Power Hour 8:30 -Kayaking 9:30 -Gentle Yoga 11 -Chair Yoga 1:30 -Line Dancing	21 8 -Happy Hour 9:30 -ETF 11 -ETF 12 -Hot Dog Grill 1 -Bridge	22 Thanksgiving Day Facility Closed 	23 Thanksgiving Holiday Facility Closed	24
25	26 8 -Happy Hour 9:30 -ETF 11 -ETF 12:30 -Mahjongg 1 -Bridge 6:15 -P/U Softball	27 8 -Power Hour 8:30 -Kayaking 9:30 -Gentle Yoga 11 -Chair Yoga 1:30 -Line Dancing	28 8 -Happy Hour 9:30 -ETF 12 -Hot Dog Grill 1 -Bridge	29 8 -Power Hour 9:30 -Gentle Yoga 11 -Chair Yoga 12 -Hand & Foot 12:30 -Mahjongg	30 8 -Happy Hour 9:30 -ETF 11 -ETF 12:30 -Hearts	

December 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Notes:						1 2pm-Florida Rep <u>Arcade Theatre</u> <i>A Christmas Carol</i>
2 New Orleans Trip	3 8 -Happy Hour 9:30 -ETF 11 -ETF 12:30 -Mahjongg 1 -Bridge 6:15 -P/U Softball	4 8 -Power Hour 8:30 -Kayaking 9:30 -Gentle Yoga 11 -Chair Yoga 1:30 -Line Dancing	5 8 -Happy Hour 9:30 -ETF 11 -ETF 12 -Hot Dog Grill 1 -Bridge Library Tour & Blue Giraffe	6 8 -Power Hour 9:30 -Gentle Yoga 11 -Chair Yoga 12 -Hand & Foot 12:30 -Mahjongg	7 8 -Happy Hour 9:30 -ETF 11 -No ETF Class 11:30 -Annual Members meeting held at Rec Center	8
9	10 8 -Happy Hour 9:30 -ETF 11 -ETF 12:30 -Mahjongg 1 -Bridge 6:15 -P/U Softball Echo Tour	11 8 -Power Hour 8:30 -Kayaking 9:30 -Gentle Yoga 11 -Chair Yoga 1:30 -Line Dancing Southern Christmas Trip	12 8 -Happy Hour 9:30 -ETF 11 -ETF 12 -Hot Dog Grill 1 -Bridge 2:30 -Page Turners	13 8 -Power Hour 9:30 -Gentle Yoga 11 -Chair Yoga 12 -Hand & Foot 12:30 -Mahjongg	14 8 -Happy Hour 9:30 -ETF 11 -ETF 12:30 -Hearts	15
16	17 8 -Happy Hour 9:30 -ETF 11 -ETF 12:30 -Mahjongg 1 -Bridge 6:15 -P/U Softball	18 8 -Power Hour 8:30 -Kayaking 9:30 -Gentle Yoga 11 -Chair Yoga 1:30 -Line Dancing	19 8 -Happy Hour 9:30 -ETF 11 -ETF 12 -Hot Dog Grill 1 -Bridge	20 8 -Power Hour 9:30 -Gentle Yoga 11 -Chair Yoga 12 -Hand & Foot 12:30 -Mahjongg	21 8 -Happy Hour 9:30 -ETF 11 -ETF 12:30 -Hearts	22
23	24 Christmas Eve Facility Closed	25 Christmas Day Facility Closed 	26 8 -Happy Hour 9:30 -ETF 11 -ETF 12 -Hot Dog Grill 1 -Bridge	27 8 -Power Hour 9:30 -Gentle Yoga 11 -Chair Yoga 12 -Hand & Foot 12:30 -Mahjongg	28 8 -Happy Hour 9:30 -ETF 11 -ETF 12:30 -Hearts	29
30	31 New Year's Eve Facility Closed	Facility Hours: Monday-Friday 8 a.m.-4:30 p.m. Notes: ETF - Essential Total Fitness Hot Dog Grill - Call the Center by 10:30 a.m. Kayaking - Weather Permitting P/U Softball held at the Sanibel Ball Fields *Athletic footwear required for fitness classes				