



“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 2019

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, Acting Recreation Director (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

Shirley Schulz, Vice President

Katie Reid, Secretary

Carl “Bud” Reinhold, Treasurer

Mary Ann Gilhooley

Anita Force Marshall

Ron Millard

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

New Year's number 1 resolution ... Join Center 4 Life! You will have fun and keep fit. There will be card games, trips, Arts & Crafts Fair, and talent show to name a few. We have so many wonderful activities to enjoy - there are many for your interest too!

Meet new people and connect with others you know from the past.

*We are here - so come and have some fun!
All are welcome.*

Thank you,

*Lynn Quigley, President
Island Seniors, Inc.*



*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 \$8500 to underwrite events,
purchase kayaking equipment, and assist in maintaining
quality programs.*

Sincerely,

Carole Fallon and Dorothy Sawyer, Chairpersons

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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.

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 8 for steps to see 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!



got talent?

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

Damaris Peters Pike's Women of Note Series

Presents

"The Forgotten Prodigy -
Nannerl Mozart"

February 8, 2019

1:30 p.m.

The story of Mozart's talented older sister, who because of her gender, was not given a chance for the fame he enjoyed. As children they sometimes played harpsichord duets for the nobility—but not after she matured.



Ninth Annual Justine Smith Charity Bridge Tournament

Friday, February 15, 2019

1 - 5 p.m.

Proceeds benefit P.A.W.S.

For details on how to register for
this event contact the Center.





Volunteer Appreciation Luncheon **Tuesday, March 26th 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 28, 2019

Talent scouts went in search of Sanibel talent to perform at this year's pot luck event scheduled Thursday, February 28, 2019. 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 entree, drinks and desserts will be provided by Island Seniors. Come and enjoy the evening.

Line Dancing Classes **Tuesdays at 1:30 p.m.**

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

Anyone interested in line dancing? Join us on Tuesday afternoon for an hour of fun. Instructor will review dance steps then turn up the music and get ready to dance. Bring a friend and have a fun filled morning.

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



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 18th Shell Point Train Exhibit & Garden Tour

\$17 Member / \$22 Non-Member

Join us on a tour of the Model Train Display at Shell Point. It was started by Ted Richards who retired here in 1971 and brought his love of model railroads with him. The exhibit is in the shape of Florida with trains moving about notable landmarks. It is maintained by volunteers to this day. We will also visit the butterfly garden and orchid house. We will begin our visit with lunch at the Clubhouse at 11:30 a.m. and at 1 p.m. we will board a bus to be transported to the train display. Carpool arrangements for transportation. Depart from Sanibel location: 10:45 a.m.



Monday, January 28th True Tours Flavors of Matlacha Island Tour & Lunch at Blue Dog Cafe

\$23 Member / \$28 Non-Member

90 Minute walking tour at 10:00 am followed by 11:30 lunch then browsing the galleries/shops. Transportation Provided. Leaving Sanibel C4L at 8:30 am; return 3:00 pm. Minimum 10, max 14, guide has microphone. Registration deadline Jan. 23. Lunch is separate checks per your selection. This delightful history, public art, eco and taste adventure combines Matlacha's salty history with the signature tastes of this fishing village that transformed itself into an artist colony. This flavorful tour will be the best 90 minutes of your day in Matlacha. Blue Dog Café, is an upbeat watering hole featuring American cuisine, seafood plus a back patio on the water. Tour is not ADA compliant. Tour is outside and walking on uneven surfaces. Wear comfortable shoes and clothing. Bring/wear sunblock, bug spray, hat and sunglasses. Parking at Leoma Lovegrove's garden.



Thursday, February 14th Naples Botanical Garden

\$22 Member / \$32 Non-Member

Beautiful Naples Botanical Gardens continues connecting people with plants by conserving and researching the biological diversity of their collections and ecosystems. Our private tour will be engaging and educational about plants, gardens and ecosystems; and inspiring us to value plants, gardens and natural habitats. Lunch (on own) follows at the very popular Fogg Café and then stroll the gardens on your own. Carpool arrangements for transportation. Depart from Sanibel location: 8:30 a.m.



Monday, February 18th Museum of Fine Arts & Dali Museum

\$72 Member / \$82 Non-Member

Fee includes entry into both museums and transportation. Docent led tour of the MFA St Petersburg whose mission is to engage, educate and excite the community by collecting, exhibiting, and preserving works of art for the enjoyment of all. They are St. Petersburg's cultural leader for their community, whose comprehensive collection, exhibitions, and programs celebrate art and engage the diverse cultures who visit. Lunch (on your own) in the MFA Café. Then at 1:30 discover on your own with a headset tour the Salvador Dali Museum. It is an art museum in St. Petersburg, dedicated to the works of Salvador Dalí and houses the largest collection of Dalí's works outside Europe. Depart from Sanibel location: 7:00am / Return: 5:30pm



Date - To Be Determined Six Mile Slough

We are visiting The Six Mile Cypress Slough Preserve that is over 3,500 acres of wetland ecosystem with a Boardwalk trail and Interpretive Center. The cypress slough catches and slowly filters rainwater on its way towards Estero Bay. A myriad of animals like otters, alligators, turtles, wading birds, and more live at the Slough year-round. Others, like migrating birds and butterflies, use the Slough as a feeding



Discover Florida Trips continued ...

Tuesday, March 12th

Morikami Museum and Japanese Gardens Private Tour



\$48 Member / \$ 58 Non-Member

You will be surprised to discover a century-old connection between Japan and South Florida. It is here that a group of young Japanese farmers created a community intended to revolutionize agriculture in Florida. In 1904, Jo Sakai, a recent graduate of New York University, returned to his homeland of Miyazu, Japan, to organize a group of pioneering farmers and lead them to what is now northern Boca Raton. With the help of the Model Land Company, a subsidiary of Henry Flagler's East Coast Railroad, they formed a farming colony they named Yamato, an ancient name for Japan. Enjoy an in-depth look at the current exhibits in the museum galleries, the Seishin-an Tea House, the Donald B. Gordon Memorial Library, as well as a brief introduction of the gardens. After the private tour enjoy lunch (on own) at the Morikami's Cornell Café. After lunch tour on your own Roji-en: The Garden of the Drops of Dew. Depart Sanibel by bus at 7:00am / Returning: 6:00pm (minimum: 35).

Monday, March 18th

ECHO Tour



\$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.

Monday, April 1st

True Tours Downtown Historical Walk & Lunch

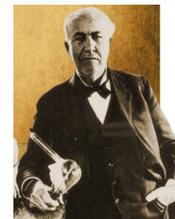


\$16 Member / \$26 Non-Member

River District History Tour of Downtown Fort Myers- 90 Minute walking tour at 10:00 am. Meet at Franklin Shops (2200 1st St); bathrooms available at 10 am so we will probably start tour at 10:15. Lunch at Izzy's Fish & Oyster (2282 1st St - 2 block walk). Leaving Sanibel C4L at 9:00 am; return 2:30 pm. Minimum 10, max 30, guide has microphone. \$16.00 includes gratuity member, \$26.00 nonmember. This 90 minute walking tour will educate & entertain with narratives of local history & acquaint you with colorful personalities of the founders of Fort Myers. The ambitions & rivalries of the famous and infamous who were the early builders of Fort Myers make an engaging story. Sometimes unruly, often stubborn but always visionary, these founders grew from a frontier fort a city that has become an international destination for sunseekers. There is a whole lot more to this town than you think. Plan for browsing in the Franklin Shops after lunch before you depart. Advance registration required. Registration and payment by March 27. Check to True Tours at that time confirming number. Walk is outdoors; bring/wear sunblock, bug spray, hat, and sunglasses. Separate checks at lunch. Tour is ADA compliant; wheelchair/scooter accessible. Transportation: Car pool. Recommended parking at City of Palms garage (\$1.00/hr; \$5.00 max); do not park on street with 2 hour meters as you will be ticketed.

Monday, April 8th

Edison Ford Garden Tour & Lunch



**EDISON
and
FORD
winter
ESTATES**

\$32 Member / \$42 Non-Member

Edison Ford Horticulturists lead a 90 minute behind-the-scenes garden tour of the 20 acres of historic gardens and propagating nursery. Wear comfortable walking shoes. After the tour we will visit the Marina at Edison Ford to enjoy lunch at Pinchers (on own) located on West First Street. Carpool arrangements for transportation. Depart from Sanibel location: 8:45 a.m.

Thursday, April 11th

Ringling Museums with Lunch, Sarasota



\$109 Member / \$119 Non-Member

Trip Includes: R/T transportation, admission to Ringling Museums and its grounds including the famous Art Museum, Ca d'Zan (Ringling's own home), the Circus Museum, and more. Lunch voucher at the Banyan Café. Depart from Ft. Myers location: 9:00 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! Limited availability!
Bus departs from Ft. Myers location at 7:30 a.m.



Member \$574 ppdo; \$844 single
Non-Member \$599 ppdo; \$869 single



October 5th–13th 9 Day Fall Getaway to Branson and More

Reserve Early! Last year's tour SOLD OUT and this one will too!

Includes: R/T transportation, 8 nights' accommodations (including 4 nights in the Heart of Branson), 7 Top Shows including the Showboat Branson Belle, 16+ meals, Dogwood Canyon, Graceland, and much more!
Depart from Ft. Myers location at 7:30 a.m.

Member \$1449 ppdo; \$1949 single
Non-Member \$1499 ppdo; \$1999 single
\$200.00 deposit secures your spot,
remaining balance due by August 23rd.



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.

Now accepting recycled hearing aids.
Center 4 Life is a drop off location.

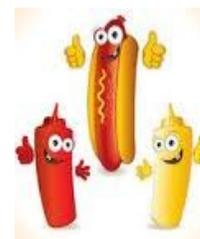


Hot Dog Grill Wednesday

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, March 18 vs. Boston Red Sox at 1:05 p.m.

Sunday, March 24 vs. New York Yankees 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 11th. Payment is due upon sign up. **Limited Seats Available. First come, first reserved.**

Fee per ticket: Member \$24 Red Sox / \$27 Yankees

Non-Member \$29 Red Sox / \$32 Yankees



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.



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



SANIBEL HEALTH FAIR
Center 4 Life

Friday, February 22, 2019
1:00p.m.- 4:00 p.m.

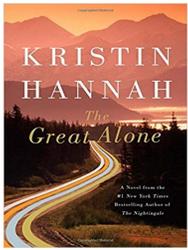


List of Health Care Professionals participating will be available February 8th.

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 oceann@comcast.net or contact the Center 4 Life.

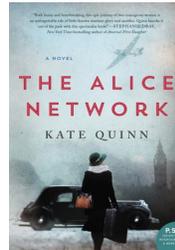


The Great Alone by Kristin Hannah

Wednesday, January 9

“Alaska, 1974. Unpredictable. Unforgiving. Untamed.

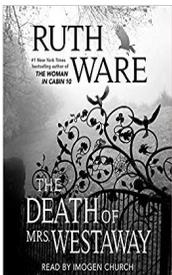
For a family in crisis, the ultimate test of survival. Ernt Allbright, a former POW, comes home from the Vietnam War a changed and volatile man. When he loses yet another job, he makes an impulsive decision: he will move his family north, to Alaska, where they will live off the grid in America’s last true frontier. Thirteen-year-old Leni, a girl coming of age in a tumultuous time, caught in the riptide of her parents’ passionate, stormy relationship, dares to hope that a new land will lead to a better future for her family. She is desperate for a place to belong. Her mother, Cora, will do anything and go anywhere for the man she loves, even if it means following him into the unknown. - *Goodreads*



The Alice Network by Kate Quinn

Wednesday, March 13

In an enthralling new historical novel from national bestselling author Kate Quinn, two women—a female spy recruited to the real-life Alice Network in France during World War I and an unconventional American socialite searching for her cousin in 1947—are brought together in a mesmerizing story of courage and redemption. 1947. In the chaotic aftermath of World War II, American college girl Charlie St. Clair is pregnant, unmarried, and on the verge of being thrown out of her very proper family. She's also nursing a desperate hope that her beloved cousin Rose, who disappeared in Nazi-occupied France during the war, might still be alive. So when Charlie's parents banish her to Europe to have her 'little problem' taken care of, Charlie breaks free and heads to London, determined to find out what happened to the cousin she loves like a sister. - *Guardianbookshop*

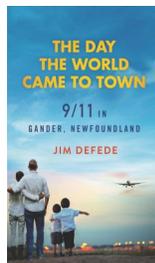


The Death of Mrs. Westaway by Ruth Ware

Wednesday, February 13

On a day that begins like any other, Hal receives a mysterious letter bequeathing her a substantial inheritance. She realizes very quickly that the letter was sent to the wrong person—but also that the cold-reading skills she’s honed as a tarot card reader might help her claim the money. Soon, Hal finds herself at the funeral of the deceased ... where it dawns on her that there is something very, very wrong about this strange situation and the inheritance at the center of it.

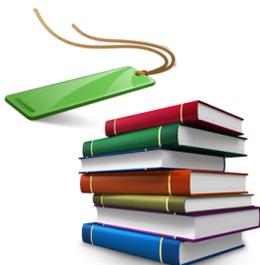
- *LitLovers*



The Day The World Came To Town 9/11 in Gander, Newfoundland by Jim Defede

Wednesday, April 10

When 38 jetliners bound for the United States were forced to land at Gander International Airport in Canada by the closing of U.S. airspace on September 11, the population of this small town on Newfoundland Island swelled from 10,300 to nearly 17,000. The citizens of Gander met the stranded passengers with an overwhelming display of friendship and goodwill. As the passengers stepped from the airplanes, exhausted, hungry and distraught after being held on board for nearly 24 hours while security checked all of the baggage, they were greeted with a feast prepared by the townspeople. Local bus drivers who had been on strike came off the picket lines to transport the passengers to the various shelters set up in local schools and churches. Linens and toiletries were bought and donated. A middle school provided showers, as well as access to computers, email, and televisions, allowing the passengers to stay in touch with family and follow the news. - *Harpercollins*



Games

\$2.50 Member and \$5 Non-Member

Prizes are awarded.

BRIDGE

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

MAHJONGG

12:30 p.m.
Monday & Thursday

HEARTS

12:30 p.m.
Friday

HAND & FOOT

12:00 p.m.
Thursday

Lessons

*Learn to Play Mahjongg
with Katie Reid*

9:00 a.m. – 12:00 p.m.

January 7 - 11

\$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 for more information 239-472-5743 or stop by 2401 Library Way.

Wanted

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.

Reminder:



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

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 5 coupons for \$20.00. Paid members of the Sanibel Recreation Center need to just show their membership card to attend classes. Guest fee is \$10.00 per class.

* Athletic footwear is required for fitness classes.

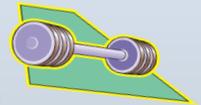
** Fragrance free men and women.

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 8, 15, 22, 29
February 5, 12, 19, 26
March 12, 19
April 9 & 23

Thursdays

January 17 & 31
February 14 & 28
March 14 & 28

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 Basketball Tuesday at 6:00 p.m., Thursday at 6:30 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 Volleyball on Thursday at 6pm.

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 Pickleball Monday and Wednesday at 5:15 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.

Played at the Sanibel ball fields. Membership not required.

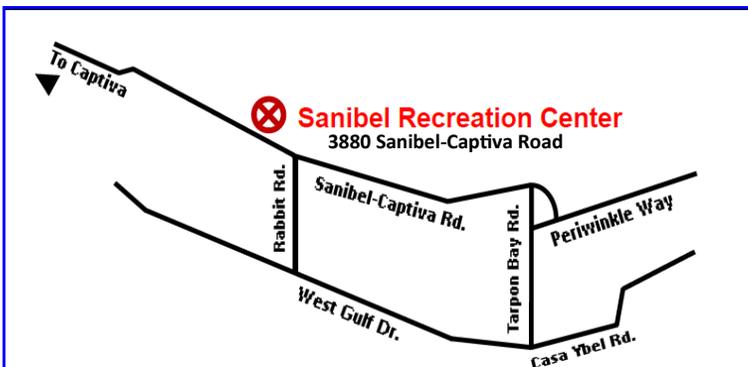
Join your friends and neighbors in the seasonal Sanibel Adult Co-ed Pick-up Softball! Participants must be at least 18 years old. Pick-up games are weather permitting. For more information contact the Recreation Center at (239) 472-0345.



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.



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.

Florida Repertory Theatre 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

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

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



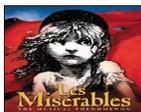
Sign up for group tickets is now over. As with all tickets, if you signed up, you are responsible for paying for that ticket. An invoice for these tickets will be mailed out to you with payment due by September 15th. Bus transportation will be limited to each performance. If you need to sell your ticket 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



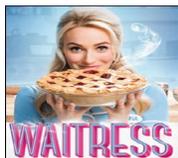
Cameron Mackintosh presents the new production of Alain Boublil and Claude-Michel Schönberg's Tony Award-winning musical phenomenon, *Les Misérables*, direct from an acclaimed two-and-a-half-year return to Broadway. Set against the backdrop of 19th-century France, *Les Misérables* tells an unforgettable 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 Lattaro (*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 Sher and his team, behind *South Pacific*, *The King and I* and 2017 Tony® Award-winning Best Play *Oslo*, bring a fresh and riveting new vision to this beloved theatrical masterpiece. 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!

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!"



FLORIDA SOUTHWESTERN STATE COLLEGE BARBARA B. MANN PERFORMING ARTS HALL

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 Spamalot

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 Spamalot, 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, Spamalot

Monty Python's Spamalot 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

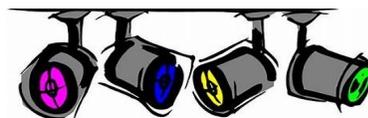
Non-Member - \$109 Orchestra / \$109 Mezzanine Level



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.



HAPPY BIRTHDAY WISHES!

January

Evelyn Gagnon	1	Patricia Johnston	22	Kathleen Pereles	18	Vicki Bundschu	15	Jim Fallon	15
Rosemary Egan	2	Dorothy Panepinto	23	Carol Strange	18	Donna Oucherloy	15	Rita Molleur	15
Betty Rebhorn	2	Nancy Turner	23	Elaine Kiriakoutsos	19	Ellen Rudd	16	Myra Klahr	16
Jeanine Allen	3	Jo Clinton	24	Ellen McLaughlin	19	Mimi DiRico	17	Kathy Knoblauch	16
Ann Deignan	3	Golden Cohen	24	Pam Zapf	19	Claudia Johnson	17	Pamela Paparaone	16
Pam Feldhoff	3	Michael Fliegler	24	Katie Reid	19	Richard Cottrell	18	Elizabeth Francher	17
Leslie Fields	3	D. Peters-Pike	26	Mary Anne Chiti	20	Methel Gale	18	Terry Gilchrist	17
Sandra Baker	4	Jane Ramseth	26	Bea Pappas	20	Charles Gray	18	Elaine Hofer	17
Barbara Epstein	4	Robin Christian	27	Edward Pereles	20	Jane Hopkins	19	Yolande Welch	17
Mary Carla Grube	4	David Dyke	27	Charles Dunham	21	John McLaughlin	19	Kate Fizer	18
Anne Scott	4	Johanna Williams	27	Libby Smith	21	Norma Kohn	20	Shirley Poteat	18
Melissa Rice	5	Phyllis Cook	28	David Oucherloy	24	Renee Kelley	21	Joan Bajik	19
Nanette Lehr	6	Becky Batcheller	29	Dow Hudspeth	25	Trudy Williams	21	Susan Rosenberg	19
Bob Marshall	6	Donna Mallet	29	Bess Joyner	25	Robert Chuback	22	Mary Aufderhide	20
Debi Stock	6	Sue McDermott	29	Judie Sharbaugh	25	Ed VanderHey	23	Ann Tennery	21
Natalie Manning	7	Howard Rom	29	Virginia Ternes	25	Barb Paquette	24	Louise Fitzgerald	22
Sophia Kuharich	7	Cindy Young	29	Michael Hnatow	26	Robin Krivanek	25	Karen Pati	22
William McWhirter	7	Penny Sessa	30	Kay Shepard	26	Donna Petersen	25	Ann Moeder	22
Walley French	8	Josephine Urbelis	30	Dick Squitieri	27	Carolyn Gorby	28	Paul Collins	23
Nancy Odette	8			Guy Tober	27	Libby Countryman	30	Tommy Williams	23
Trish O'Neill	8			Joesph Wagg	27	Sheila Morley	30	Alan Lessack	24

February

Antionette Powell	8	Carolyn Connors	1
Eileen Secrist	8	Kay Croak	1
Carole Fallon	9	Kenneth Gerson	2
Maggie Butcher	10	Norm Jones	2
Nancy DeBenedictis	10	Joe Balboni	3
Jim Graham	10	Thomas Berger	3
Lynn Jones	10	Tom Ledgerwood	3
Cornlia Reina	10	Mark Lappin	2
Rudy Chiti	12	Colleen Duffy	4
Mary Holden	12	Donna Caruso	4
John MacLennon	12	Cathy Kebbekus	5
Jim Masterson	13	Barb VanderHey	5
Mary Ryan	13	Nina Browning	6
Linnea Sadd	14	Char Hockensmith	6
Jean Whittaker	14	Mahnaz Bassiri	7
Peggy Baker	15	Cathy Klaus	7
Joan Manobianco	15	Hugh Verry	8
Gary Taibbi	15	Maggie Davis	9
Pat Fallon	16	Eva Early	9
Sue Harpham	16	Arlene Ford	9
Terry McDermott	16	James Senkeleski	10
Anne Balboni	17	Jane Boehly	11
Joan Martyn	17	Marlene Danziger	11
Ed Sessa	17	Gilda Bostick	12
Nancy Bishop	19	Elinor Gregor	12
Andrea Dankenbrink	19	Caryn Smigiel	12
Betty McDermott	19	Marilyn Christensen	14
Lesley Heffron	20	Martin Kraninger	15
Mary McLaughlin	20	Pat Poshek	16
Elaine Robar	21	Jan Anderson	17
Peter Wilkens	21	Diane Fugit	17
Beverly Heidorn	22	Kristen Ritts	17
		Ann Russell	17

March

Donna Kraft	1
Susan Riley	1
Eileen Roberts	1
John Prewett	2
Sally Ennis	3
Dan Moeder	3
Anne Wallace	3
Pat Ickes	4
Bill Moore	4
Chris Godwin	6
Deborah Mackelcan	6
Allison Murdoch	6
Helane Smith	6
Thomas Viall	6
Beth Weiss	6
Joanne Collins	7
Saralee Christ	7
Linda Grzeszak	8
Robert Huppert	8
Margaret Leiblein	10
Nancy Cooper	11
John Kinney	11
Linda Scherer	11
Judy Palaia	12
Barbara Ward	12
Glenda Campbell	13
Vannie K. Hodges	13
Mark Baker	14
Julie Hennings	14
Susan Ramsey	14
Linda Scott	14

April

Lynn Collins	1
Jim Kuharich	1
Joan Bannister	2
Nancy Hester	2
Ann Horbaczewski	2
Helen Kalish	2
Diane Kavalauskas	2
Bill Kelley	2
Anne Bresslau	3
Joan Gruver	4
Rick Feldhoff	5
Jay Gerken	5
Nancy Cleare	7
Roberta Jacobson	7
Fran Kieling	8
Deborah Butler	9
Ron Moore	9
Laura Shaffer	9
Terry Terrana	10
Roland Campbell	12
JoAnne Fowler	12
John Walley	12
Robert Wolf	12
Marianne Rheume	13
Carmen DeTommaso	14
Kathryn Delsenthal	14
John Kennedy	14



JANUARY 2019

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 *Athletic footwear required for fitness classes		1 New Years Day Facility Closed	2 8 -Happy Hour 9:30 -ETF 11 -ETF 11:30 -Hot Dogs 1-Bridge	3 8 -Power Hour 9:30 -Gentle Yoga 11 -Chair Yoga 12 -Hand & Foot 12:30 -Mahjongg	4 8 -Happy Hour 9:30 -ETF 11 -ETF 12:30 -Hearts	5 2 pm - B B Mann On Your Feet! The Emilio & Gloria Estefan 2 pm - Florida Rep Artstage Theatre TENDERLY: The Rosemary Clooney Musical
6	7 8 -Happy Hour 9:30 -ETF 11 -ETF 12:30 -Mahjongg 1-Bridge	8 8 -Power Hour 8:30 -Kayaking 9:30 -Gentle Yoga 11 -Chair Yoga 1:30 -Line Dancing	9 8 -Happy Hour 9:30 -ETF 11 -ETF 11:30 -Hot Dogs 1-Bridge 2:30 -Page Turners	10 8 -Power Hour 9:30 -Gentle Yoga 11 -Chair Yoga 12 -Hand & Foot 12:30 -Mahjongg	11 8 -Happy Hour 9:30 -ETF 11 -ETF 12:30 -Hearts	12 2 pm - Florida Rep Arcade Theatre <i>August Wilson's</i> FENCES
13	14 8 -Happy Hour 9:30 -ETF 11 -ETF 12:30 -Mahjongg 1-Bridge	15 8 -Power Hour 8:30 -Kayaking 9:30 -Gentle Yoga 11 -Chair Yoga 1:30 -Line Dancing	16 8 -Happy Hour 9:30 -ETF 11 -ETF 11:30 -Hot Dogs 1 -Bridge Board Meeting	17 8 -Power Hour 8:30 - Kayaking 9:30 -Gentle Yoga 11 -Chair Yoga 12 -Hand & Foot 12:30 -Mahjongg	18 8 -Happy Hour 9:30 -ETF 11 -ETF 12:30 -Hearts Shell Point Train Exhibit & Garden Tour	19
20	21 Dr. Martin Luther King Jr. Day Facility Closed	22 8 -Power Hour 8:30 -Kayaking 9:30 -Gentle Yoga 11 -Chair Yoga 1:30 -Line Dancing The Keys Trip	23 8 -Happy Hour 9:30 -ETF 11 -ETF 11:30 -Hot Dogs 1-Bridge	24 8 -Power Hour 9:30 -Gentle Yoga 11 -Chair Yoga 12 -Hand & Foot 12:30 -Mahjongg	25 8 -Happy Hour 9:30 -ETF 11 -ETF 12:30 -Hearts	26 2 pm - B B Mann A Bronx Tale
27	28 8 -Happy Hour 9:30 -ETF 11 -ETF 12:30 -Mahjongg 1-Bridge Matlacha Trip	29 8 -Power Hour 8:30 -Kayaking 9:30 -Gentle Yoga 11 -Chair Yoga 1:30 -Line Dancing	30 8 -Happy Hour 9:30 -ETF 11 -ETF 11:30 -Hot Dogs 1-Bridge	31 8 -Power Hour 8:30 - Kayaking 9:30 -Gentle Yoga 11 -Chair Yoga 12 -Hand & Foot 12:30 -Mahjongg		

FEBRUARY 2019

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 *Athletic footwear required for fitness classes					1 8 -Happy Hour 9:30 -ETF 11 -ETF 12:30 -Hearts @ Rec Center 1:30 - Arts & Crafts Set-up	2 Arts & Crafts Fair 9 a.m.- 2 p.m.
3 2 pm - Artis-Naples Les Misérables	4 8 -Happy Hour 9:30 -ETF 11 -ETF 12:30 -Mahjongg 1 -Bridge	5 8 -Power Hour 8:30 -Kayaking 9:30 -Gentle Yoga 11 -Chair Yoga 1:30 -Line Dancing	6 8 -Happy Hour 9:30 -ETF 11 -ETF 11:30 -Hot Dogs 1 -Bridge	7 8 -Power Hour 9:30 -Gentle Yoga 11 -Chair Yoga 12 -Hand & Foot 12:30 -Mahjongg	8 8 -Happy Hour 9:30 -ETF 11 -ETF 12:30 -Heart 1:30 - Damaris Peters-Pike "The Forgotten Prodigy - Nannerl Mozart"	9 2 pm -B B Mann Spamalat
10	11 8 -Happy Hour 9:30 -ETF 11 -ETF 12:30 -Mahjongg 1 -Bridge Spring Training Tickets Available	12 8 -Power Hour 8:30 -Kayaking 9:30 -Gentle Yoga 11 -Chair Yoga 1:30 -Line Dancing	13 8 -Happy Hour 9:30 -ETF 11 -ETF 11:30 -Hot Dogs 1 -Bridge 2:30 -Page Turners	14 Valentine's Day 8 -Power Hour 8:30 -Kayaking 9:30 -Gentle Yoga 11 -Chair Yoga 12 -Hand & Foot 12:30 -Mahjongg Naples Botanical Gardens	15 8 -Happy Hour 9:30 -ETF 11 -ETF 12:30 -Hearts Ninth Annual Justine Smith Charity Bridge Tournament 1-5pm	16
17	18 President's Day 8 -Happy Hour 9:30 -ETF 11 -ETF 12:30 -Mahjongg 1 -Bridge Dali & MFA Museum	19 8 -Power Hour 8:30 -Kayaking 9:30 -Gentle Yoga 11 -Chair Yoga 1:30 -Line Dancing	20 8 -Happy Hour 9:30 -ETF 11 -ETF 11:30 -Hot Dogs 1 -Bridge Board Meeting	21 8 -Power Hour 9:30 -Gentle Yoga 11 -Chair Yoga 12 -Hand & Foot 12:30 -Mahjongg	22 8 -Happy Hour 9:30 -ETF 11 -ETF 12:30 -Hearts	23 2 pm - Artis-Naples Waitress
24	25 8 -Happy Hour 9:30 -ETF 11 -ETF 12:30 -Mahjongg 1 -Bridge	26 8 -Power Hour 8:30 -Kayaking 9:30 -Gentle Yoga 11 -Chair Yoga 1:30 -Line Dancing	27 8 -Happy Hour 9:30 -ETF 11 -ETF 11:30 -Hot Dogs 1 -Bridge	28 8 -Power Hour 8:30 -Kayaking 9:30 -Gentle Yoga 11 -Chair Yoga 12 -Hand & Foot 12:30 -Mahjongg Sanibel's Got Talent Pot Luck		

MARCH 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Facility Hours: Monday - Friday 8 a.m. - 4:30 p.m.					1 8 -Happy Hour 9:30 -ETF 11 -ETF 12:30 -Hearts	2 2 pm - Florida Rep Arcade Theatre Hay Fever
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						
3	4 8 -Happy Hour 9:30 -ETF 11 -ETF 12:30 -Mahjongg 1 -Bridge	5 <u>Regular Elections</u> Activities Cancelled	6 8 -Happy Hour 9:30 -ETF 11 -ETF 11:30 -Hot Dogs 1 -Bridge	7 8 -Power Hour 9:30 -Gentle Yoga 11 -Chair Yoga 12 -Hand & Foot 12:30 -Mahjongg	8 8 -Happy Hour 9:30 -ETF 11 -ETF 12:30 -Hearts	9 2 pm - B B Mann Tap Dogs
10 Daylight Saving Time  Spring Forward	11 8 -Happy Hour 9:30 -ETF 11 -ETF 12:30 -Mahjongg 1 Bridge	12 8 -Power Hour 8:30 -Kayaking 9:30 -Gentle Yoga 11 -Chair Yoga 1:30 -Line Dancing Morikami Musuem	13 8 -Happy Hour 9:30 -ETF 11 -ETF 11:30 -Hot Dogs 1 -Bridge 2:30 -Page Turners Board Meeting	14 8 -Power Hour 8:30 - Kayaking 9:30 -Gentle Yoga 11 -Chair Yoga 12 -Hand & Foot 12:30 -Mahjongg	15 8 -Happy Hour 9:30 -ETF 11 -ETF 12:30 -Hearts	16
17 St. Patrick's Day	18 8 -Happy Hour 9:30 -ETF 11 -ETF 12:30 -Mahjongg 1 -Bridge Twins vs Yankees Echo Tour	19 8 -Power Hour 8:30 -Kayaking 9:30 -Gentle Yoga 11 -Chair Yoga 1:30 -Line Dancing	20 8 -Happy Hour 9:30 -ETF 11 -ETF 11:30 -Hot Dogs 1 -Bridge	21 8 -Power Hour 9:30 -Gentle Yoga 11 -Chair Yoga 12 -Hand & Foot 12:30 -Mahjongg	22 8 -Happy Hour 9:30 -ETF 11 -ETF 12:30 -Hearts	23 2 pm - Florida Rep Arcade Theatre Million Dollar Quartet
24 Twins vs Red Sox	25 8 -Happy Hour 9:30 -ETF 11 -ETF 12:30 -Mahjongg 1 -Bridge	26 8 -Power Hour 9:30 -Gentle Yoga 11 -Chair Yoga 1 -Volunteer Appreciation Luncheon	27 8 -Happy Hour 9:30 -ETF 11 -ETF 11:30 -Hot Dogs 1 -Bridge	28 8 -Power Hour 8:30 - Kayaking 9:30 -Gentle Yoga 11 -Chair Yoga 12 -Hand & Foot 12:30 -Mahjongg	29 8 -Happy Hour 9:30 -ETF 11 -ETF 12:30 -Hearts	30
31						

APRIL 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 8 -Happy Hour 9:30 -ETF 11 -ETF 12:30 -Mahjongg 1 -Bridge True Tours Historical Walking Tour	2 8 -Power Hour 9:30 -Gentle Yoga 11 -Chair Yoga 1:30 -Line Dancing	3 8 -Happy Hour 9:30 -ETF 11 -ETF 11:30 -Hot Dogs 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 11 -ETF 12:30 -Hearts	6 2 pm - Artis-Naples School of Rock 2 pm - Florida Rep Art Stage Studio Native Gardens
7	8 8 -Happy Hour 9:30 -ETF 11 -ETF 12:30 -Mahjongg 1 -Bridge Edison Ford Garden Tour	9 8 -Power Hour 8:30 -Kayaking 9:30 -Gentle Yoga 11 -Chair Yoga 1:30 -Line Dancing	10 8 -Happy Hour 9:30 -ETF 11 -ETF 11:30 -Hot Dogs 1 -Bridge 2:30 -Page Turners	11 8 -Power Hour 9:30 -Gentle Yoga 11 -Chair Yoga 12 -Hand & Foot 12:30 -Mahjongg Ringling Museum	12 8 -Happy Hour 9:30 -ETF 11 -ETF 12:30 -Hearts	13
14 6:30 pm - B B Mann The Lion King	15 8 -Happy Hour 9:30 -ETF 11 -ETF 12:30 -Mahjongg 1 -Bridge	16 8 -Power Hour 9:30 -Gentle Yoga 11 -Chair Yoga 1:30 -Line Dancing	17 8 -Happy Hour 9:30 -ETF 11 -ETF 11:30 -Hot Dogs 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 11 -ETF 12:30 -Hearts	20
21 Easter	22 8 -Happy Hour 9:30 -ETF 11 -ETF 12:30 -Mahjongg 1 -Bridge	23 8 -Power Hour 8:30 -Kayaking 9:30 -Gentle Yoga 11 -Chair Yoga 1:30 -Line Dancing	24 8 -Happy Hour 9:30 -ETF 11 -ETF 11:30 -Hot Dogs 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 11 -ETF 12:30 -Hearts	27
28	29 8 -Happy Hour 9:30 -ETF 11 -ETF 12:30 -Mahjongg 1 -Bridge	30 8 -Power Hour 9:30 -Gentle Yoga 11 -Chair Yoga 1:30 -Line Dancing	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 *Athletic footwear required for fitness classes			