



“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 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 3:30 p.m. (May - October)

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

Amy Esposito-Brown, Seniors Program Manager (239) 472-5743

Email: Amelia.Brown@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 #)

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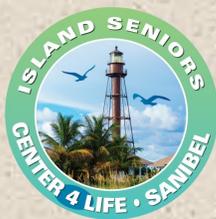
Dear Island Seniors Members,

Greeting from the Center 4 Life, hope everyone has enjoyed their summer. The Center has been busy with many activities including attending the theatre, going on trips, 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. We are very excited to have Amy Esposito-Brown as our new Seniors Program Manager, and Dana Raco as our new Seniors Program Assistant. Come be a part of our family 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



Dear Island Seniors,

Where has Summer gone? Time flies when your having fun! Sunset Socials on the causeway were enjoyed by many with great company and conversations as the sun winked us goodnight. We enjoyed grilled hot dogs all summer long as its an all time favorite. We've attended several theatre shows from Murder Mysteries, to comedies for great laughs. Our kayakers were able to dodge the summer weather for paddling adventures on the water. Groups have gathered at some of our local favorites for lunch and dinner. Fitness buffs have continued to strengthen their bodies, and minds while having fun with their pals. Our Page Turners have had their noses buried in books followed by interesting discussions. Our competitive spirits have been fulfilled with card games, and even enjoyed art classes held at the Center. Trash & Treasures is invading the Center with generous donations from the community and the dollars are adding up!

Dana and I are very excited to welcome everyone back for another wonderful season, and cannot wait for everyone to enjoy the fun activities planned. Stop by and see us soon!

Best,
Amy Esposito-Brown
Seniors Program Manager

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 Amy an email at - amelia.brown@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 view this newsletter online today.



Arts and Crafts Fair

Saturday,
February 8, 2020
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



Sanibel's got Talent

hosted by

Island Seniors

Thursday, February 20, 2020

5:30 p.m.



Performers Wanted

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.

Damaris Peters Pike's *Women of Note Series* Presents



“Que Sera, Sera -
Remembering Doris
Day”

Friday, January 31,
2020
1:30 p.m.

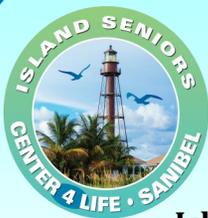
Ninth Annual Justine Smith Charity Bridge Tournament

Friday, February 14, 2020
1 - 5 p.m.

Proceeds benefit P.A.W.S.

For more details contact the Center.





Annual Meeting

Friday, December 6th at 11:30 a.m.

Island Seniors annual meeting and luncheon will be held at the Sanibel Recreation Center 11:30 a.m., Friday, December 6th. 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

Hallo-weenie Luncheon

Wednesday, October 30

11:30am-1pm

Bring a side dish to share
Sign up in advance
Members are encouraged to dress in
Halloween attire for our
Costume contest.

Members free to attend
Non Members \$5



*Sunset Social
on the Causeway*
Thursday, November 7th
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.

This event is Sponsored by



Holiday Lunch Pot Luck

Wednesday, December 18
11:30—1pm

**Bring side dish to share. Members encouraged to
dress up in Holiday Attire. Sign up in advance.**

Holiday Sweater contest. Prizes awarded!

Members free to attend
Non Members \$5



Hot Dog Grill Wednesday at our Center!

Island Seniors, Inc. volunteers will serve you a hotdog, chips and lemonade from 11:30 -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, bring your own lunch and join us.

Classes

Check with the staff / volunteers for any last minute activities and classes requested by members.



LINE DANCING CLASSES

TUESDAYS AT 1:30 P.M.
OCTOBER 1, 8, 15, 22, 29
NOVEMBER 5 & 26

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

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

Advanced registration is not required.

\$2.50 MEMBER PER CLASS
\$5 NON-MEMBER PER CLASS



"Let's Write"

with Vicky Lettmann



Monday, November 18

10 a.m.—12 p.m.

\$15 Member

\$20 Non-Member

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.



AARP DRIVER SAFETY



Tuesdays, November 12 & 19

1:00 p.m. to 4:00 p.m.

The Island Seniors, Inc. is sponsoring the newly revised **AARP Smart Driver Course**. This is a fast-paced interactive 6 hour class for drivers 50 and older to learn proven safety strategies, rules of the road, how to deal with aggressive drivers, and lots more to help you maintain joy and confidence in your driving. In addition to making our roads a safer place you may be eligible for a discount on your auto insurance.

Classes are held at the Center 4 Life on Library Way. Cost is \$20 with a \$5 discount for AARP members. Register by calling **Ed Vander Hey** at **(239) 292-4012**. You need not be a member of the Island Seniors to attend.



AARP Real Possibilities

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

Leisure Trips

Be sure to join us for our leisure trips! This is a great way to try some of Sanibel's new dining locations with a few of your friends for breakfast, lunch and dinner options, and some events include the theatre! **Advanced 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, September 18

Broadway Palms Dinner Theatre—*Once*

\$63 Member / \$73 Non-Member

From the very first note, *Once* pulls you in and doesn't let you go. Featuring magical songs from the critically acclaimed film, including the Oscar-winning *Falling Slowly*, this gorgeous and uplifting show strikes an unforgettable chord. Set in Dublin, an Irish musician ready to give up on his career is drawn to a Czech immigrant that helps encourage him to keep writing and performing. Through their shared love of music, an unexpected friendship and collaboration quickly evolves into a powerful, but complicated, love story. *Once* won eight Tony Awards and the 2013 Grammy Award for Best Musical Theater Album. Price includes meal and the show! Carpool arrangements for transportation. Depart from Sanibel location: 10:50 a.m.



Friday, September 27th

Rosie's Café & Grill— Bar-B-Que Blast

Advanced registration required

Rosie's is back! Rosie's Café & Grill, award winning Sanibel Island restaurant offers a large selection of your Island breakfast, lunch, and dinner favorites. BBQ menu includes your choice of Ribs or Chicken with coleslaw and corn muffin.

Advanced registration is required due to limited seating for this event. Separate checks will be provided and transportation is on your own.



Sunday, October 6

ALLIANCE for the Arts—*Engagement Rules*

by Rich Orloff & directed by Bill Taylor

\$22 Member / \$27 Non-Member

We will begin our afternoon with brunch at Cristof's on McGregor (on own). Then venture across the street to Alliance for the Arts. Synopsis: A comedy with bite, *Engagement Rules* follows the intertwined lives of two couples who advise and support each other on challenges of love, sex and the soul. The younger couple (early 30s) is recently engaged, and the older (in their 70s) has been married over fifty years. *Engagement Rules* strives to avoid old arguments and pat answers as it explores with compassion and humor the challenge of love and commitment. Carpool arrangements for transportation.



Wednesday, October 9

OFF Broadway Palms Dinner Theatre—*Dames at Sea*

\$53 Member / \$63 Non-Member

A tap-happy musical parody of the golden era of Hollywood musicals! Ruby heads to New York to become the next Broadway star, but after landing a job in the chorus, her dreams are almost shattered when the theatre is set for demolition. With the help of two sailors, the show is moved to their ship and when the leading lady becomes sick, Ruby has the chance to jump in and save the day! Price includes meal and the show! Carpool arrangements for transportation. Depart from Sanibel location: 10:50 a.m.



Friday, October 25

Rosie's Café & Grill— Pancakes with Pals

Advanced registration required

Pancakes with Pals will be meeting for breakfast at different locations on the Island. Join us for breakfast at Rosie's at 9:30 a.m. Separate checks will be provided. Advanced registration required as seating is limited. 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 9th

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 its 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.



Monday, October 28th

Epcot International Food & Wine Festival

\$219 Member / Non-Member \$229

Epcot International Food & Wine Festival is an annual food festival held at Epcot. A spectacular Celebration of Global Cuisines, Music & More! Includes: R/T transportation, snack en route and park ticket, food and beverages at park on own. Bus departs from Ft. Myers location at 6:30 a.m.



Tuesday, November 5th

“Marina Jack’s” Lunch Cruise on Sarasota Bay PLUS St Armond’s Circle

\$99 Member / Non-Member \$109

A Trendy favorite! Includes: R/T transportation, sightseeing cruise on Sarasota Bay with delicious buffet lunch, shopping time on St Armond’s Circle, stop at Der Dutchman Amish Bakery. Bus departs from Ft. Myers location at 9:30 a.m.



Tuesday, December 3rd

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.



Saturday, December 14th

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.



Discover Florida Trips continued...

Tuesday, December 17th

Christmas Rail-Boat

\$100 Member / \$110 Non-Member



Set sail for a holiday light extravaganza! Join us on the Seminole Gulf Railway for soup and salad going north to Punta Gorda for a boat tour to view holiday lights through Punta Gorda Isles. Then enjoy your entree and dessert on the journey back to Fort Myers. Train departs promptly at 3:30 p.m. Ticket does not include gratuities, soft drinks or alcohol.

Multi-Day Tour

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.

November 13th–14th, 2019 (Wednesday-Thursday)

2 Day Tour to the Space Coast

Includes: R/T transportation, overnight accommodations & breakfast the next morning, picnic lunch, admission to Kennedy Space Center with special behind the scenes tour, dinner at famous Dixie Crossroads and the Warbird Museum tour. Bus departs from Ft. Myers location at 7:00 a.m.



Member \$329ppdo; \$399 single

Non-Member \$354 ppdo; \$424 single

October 5th -13th, 2019 (Saturday-Sunday)

9 Day Fall Getaway to Branson and More

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 \$1499 ppdo; \$ 1999 single

Non-Member \$1524 ppdo; \$ 2024 single



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.





Trash & Treasure Sale

Hosted by Island Seniors, Inc.

at the Center 4 Life.

Find us at the corner of

Palm Ridge & Library Way



Island Seniors are 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, technology, games, pot lucks, arts and so much more.

Drop off is available Monday through Friday

between 8:00 a.m.- 3:30 p.m.



- ◆ Household items
- ◆ Kitchen Gadgets
- ◆ Furniture
- ◆ Linens



- ◆ Sporting Goods
- ◆ Hardware/Tools
- ◆ Jewelry
- ◆ Purses



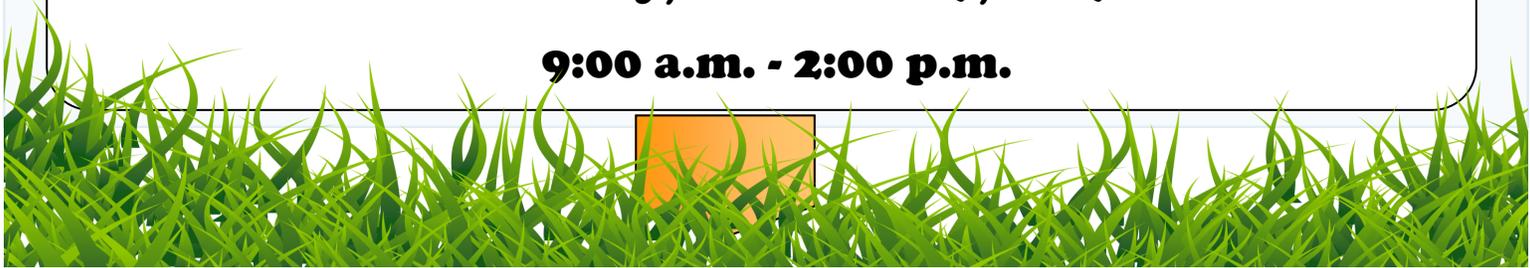
- ◆ Art Work
- ◆ Collectibles
- ◆ Glassware
- ◆ Toys



Trash & Treasure Sale

Saturday, November 9, 2019

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



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



Lions Eyeglass Recycle for Sight Program
 Donate glasses and change someone's life.
 Imagine if you could help a child read. An adult succeed in his job. A senior maintain their independence. And provide a community with more opportunities to grow and thrive.
Center 4 Life is a drop off location.



GELLI ARTS Printing with Bea Pappas

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

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

September 6, 13 & 27 ♦ October 4, 11, 18 & 25

"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 5
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.



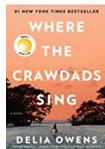
***It Can't Happen Here* by Sinclair Lewis**
Wednesday, September 11

It Can't Happen Here is a semi-satirical 1935 novel published during the rise of fascism in Europe. The novel describes the rise of Berzelius "Buzz" Windrip, a politician who defeats Franklin Delano Roosevelt (FDR) and is elected President of the United States, after fomenting fear and promising drastic economic and social reforms while promoting a return to patriotism and "traditional" values. After his election, Windrip takes complete control of the government and imposes a plutocratic/totalitarian rule with the help of a ruthless paramilitary force, in the manner of Adolf Hitler and the SS. The novel's plot centers on journalist Doremus Jessup's opposition to the new regime and his subsequent struggle against it as part of a liberal rebellion. — **Goodreads**



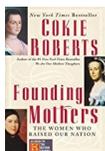
***The Secret Keeper* by Kate Morton**
Wednesday, October 9

During a summer party at the family farm in the English countryside, sixteen-year-old Laurel Nicolson has escaped to her childhood tree house and is happily dreaming of the future. She spies a stranger coming up the long road to the farm and watches as her mother speaks to him. Before the afternoon is over, Laurel will witness a shocking crime. A crime that challenges everything she knows about her family and especially her mother, Dorothy—her vivacious, loving, nearly perfect mother. — **Goodreads**



***Where the Crawdads Sing* by Delia Owens**
Wednesday, November 13

The novel's main narrative opens in the marshland near the as well, leaving only Kya and Pa. Pa spends increasingly more time away from the shack over the years, and when Kya is about ten years old, Pa leaves forever. Kya has become thoroughly self-sufficient by this time, living on the land and occasionally trading in town for necessary supplies. — BookRags.com



***Founding Mothers* by Cokie Roberts**
Wednesday, December 11

ABC News political commentator and NPR news analyst Roberts didn't intend this as a general history of women's lives in early America—she just wanted to collect some great "stories of the women who influenced the Founding Fathers." For while we know the names of at least some of these women (Martha Washington, Abigail Adams, Eliza Pinckney), we know little about their roles in the Revolutionary War, the writing of the Constitution, or the politics of our early republic. In rough chronological order, Roberts introduces a variety of women, mostly wives, sisters or mothers of key men, exploring how they used their wit, wealth or connections to influence the men who made policy. — **Publishers Weekly**

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.



Fit4Life Fitness

Fitness classes are available to everyone. **Effective October 1, 2019** fitness classes are \$4.10 per class for Island Seniors, Inc. members and \$10.25 for non-members. Classes are included with Sanibel Recreation Center Memberships. Members must show their Sanibel Recreation Center membership card to attend fitness classes at the Center 4 Life. 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 \$49.20 or Book of 5 coupons for \$20.50.

*Athletic footwear is required for fitness classes.

**Fragrance free men and women.



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 10 & 24

October 8 & 22

November 5, 12, 19, & 26

December 3, 10, & 17



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.

Cardio Combo

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

Keep your brain fit, and your heart, lungs and muscles strong. Hand weights, stretch cords, stability balls, and your body weight will be used. The format is 30 minutes of cardio dance and 30 minutes of balance exercises, core strength, flexibility exercises and mat work.

Instructor: Connie DeCicco



50/50 Cardio Sculpt

Monday, Wednesday & Friday at 9:30 a.m. & Effective Monday, November 18, 11 a.m. class resumes

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



Check out available *Athletic Programs at the* **Sanibel Recreation Center**



Private Tennis Instructions

Call the Sanibel Recreation Center for pricing and availability

Learn to improve stroke technique, footwork and overall strategy through professional instruction! Lessons are open to all ages. Sign up with your doubles partner, spouse, a friend or two, split the cost and increase the fun! Up to four individuals can be registered for a single lesson. Visit the Recreation Center or call (239) 472-0345 to find out about other possible lesson times and to register.



Pick-up Pickleball

Mondays & Wednesdays at 5:15 p.m. (6 courts) Saturdays at 12:00 p.m. (6 courts)

Included with 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.

Private Water Fitness Lessons

Call the Sanibel Recreation Center for pricing and availability. Instruction is tailored to the participant's goals and needs: from basic to advanced shallow water aerobics, deep water aerobics and aqua jogging. Private Water Fitness Lessons are available to all ages and are scheduled on an individual basis by the Recreation Department's Aquatics Staff.



NEW! Personal Training Sessions

Call the Sanibel Recreation Center for pricing and availability. Are you looking to take your overall health and wellness to the next level? Sign up today for a personal training session with an experienced and certified trainer. Please visit the Sanibel Recreation Center or call our front desk at (239) 472-0345 to schedule your personal training session.



The Sanibel Recreation Center is located at 3880
Sanibel-Captiva Road
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.

Don't Miss this!



Bring Your Skills to the Island Seniors Board of Directors

Island Seniors, Inc. is looking for active and enthusiastic members to fill **one** vacancy on our Board **beginning in January 2020**. Board members are elected by the membership at the December annual meeting. The Board of Directors carries out the mission of Island Seniors: to provide its members entertainment, pleasure, companionship, education, recreation, and participation in health activities and further to manage and conduct for its members entertainment, excursions, social meetings, and engage in such activities that will raise the standards of civic welfare through educational, recreational and social means.

The Board meets monthly October through May. Term of service is 3 years. There are nine members on the Board, including the President, Vice President, Secretary and Treasurer. Candidates must be current active members for a minimum of two years and willing to devote the time required for Board duties but not limited to attendance at meetings.

If you are active in Island Seniors, we encourage you to consider contributing as a Board member. For more information please contact board member Shirley Schulz (schulzshirley@hotmail.com, 239.312.4178) or call the Center.

Deadline is November 1, 2019



We are asking you!

Our Activities Committee is currently seeking requests/ideas for programs, trips, and classes you would like for us to offer.

All requests can be emailed to:

Seniors Program Manager—Amelia.Brown@mysanibel.com

Insert **Activity request** in the subject line.



Island Senior Tee Shirts

For Sale in men & women sizes for \$20.
Pick one up at the Center today!

Friendship Fund

If you need financial assistance to participate in the activities at the Center 4 Life, funds are available to help you.

Contact Amy at the Center at 472-5743.

FLORIDA REPERTORY THEATRE 2019-2020

You must pay upon signing up. No additional tickets will be purchased fourteen days before the show. Amy will pick up the tickets and distribute them the week of the performance. If you are unable to pick up your ticket we can make arrangements to leave it at the “will call” window for you.

- No exchanges can be made on individual group tickets. (*All dates and titles are subject to change.*)

**Historic Arcade Theatre
Saturday 2 p.m. Matinee**

Ken Ludwig's THE FOX ON THE FAIRWAY

by Robert Harling

November 2, 2019 Member \$35 / Non-Member \$40

Marx Brothers' hilarity meets country club politics in this signature Ken Ludwig farce about love, life, and man's eternal love affair with golf! One thousand laughs in this madcap farce from the author of “Lend Me a Tenor” and “Moon Over Buffalo!” “Phenomenally funny!” - *Star Ledger*

AN INSPECTOR CALLS

by J.B. Priestley

December 7, 2019 Member \$35 / Non-Member \$40

A wealthy British family is forced to examine their morality in this chilling, Oliver and Tony-winning masterpiece! An electrifying and suspenseful thriller filled with twists and turns! “Superbly tense! Breathtaking!” - *Daily Telegraph*

BAREFOOT IN THE PARK

by Neil Simon

January 11, 2020 Member \$35 / Non-Member \$40

A hilarious romantic comedy from the author of *Rumors* and *Lost in Yonkers!* Newlyweds decide to play matchmaker, and everything that could go wrong does in this multiple Tony-nominated play! “A bubbling, rib-tickling comedy!” - *The New York Times*

A GENTLEMANS GUIDE TO LOVE AND MURDER

Book & Lyrics by Robert L. Freedman Music & Lyrics by Steven Lutvak

February 22, 2020 Member \$40 / Non-Member \$45

Can young Monty Navarro juggle his fiancé, his mistress, and knock off all of the heirs ahead of him in the line of nobility without being caught? Find out in this fresh, irreverent, and multiple Tony-winning BEST MUSICAL!

A DOLL'S HOUSE, PART 2

by Lucas Hnath

March 21, 2020 Member \$35 / Non-Member \$40

This smart sophisticated new comedy raises fascinating questions about marriage and the ways the roles of women have—and have not—changed since 1879. One of the hottest plays in America! “Smart, funny, and utterly engrossing!” - *New York Times*

RIPCORD

by David Lindsay-Abaire

April 25, 2020 Member \$35 / Non-Member \$40

From the twisted and brilliant mind of the Pulitzer Prize & Tony-winning author of “Rabbit Hole” and “Good People” comes a high-stakes comedy about two women of a certain age locked in a no-holds-barred battle to the death! “Deeply satisfying and vastly entertaining!” - *Deadline Hollywood*

**In The ArtStage Studio Theatre
Saturday 2 p.m. Matinee**

ALWAYS...PATSY CLINE

by Ted Swindley

October 5, 2019 Member \$48 / Non-Member \$53

A heartfelt and powerful celebration of the most popular female country singer in recording history! Hear all of Patsy's biggest hits, including “Crazy,” “Walkin' After Midnight,” “I Fall to Pieces,” and more!

ALABASTER

By Audrey Cefaly

December 21, 2019 Member \$35 / Non-Member \$40

A National New Play Network Rolling World Premiere. Funny, heartbreaking, and earth-shattering, this powerful new play about healing and survival beings a record-breaking 9-theatre Rolling World Premiere at Florida Rep—before taking the country by storm! Chosen from the 2018 PlayLab Festival! A beautiful and hopeful NEW PLAY!

EVERY BRILLIANT THING

by Jonny Donahoe

February 29, 2020 Member \$35 / Non-Member \$40

A touching, funny, and intimate one-person tour-de-force! “Every Brilliant Thing” is an exhilarating and inventive NEW PLAY that takes audiences on an unexpected, humorous, and emotional journey of “Charming! Captivating!” - *The New York Times*

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

Please remember, if you signed up, you are responsible for paying for that ticket. An invoice for these tickets will be mailed out to you and payment is due by September 16th. 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.)

CATS

Saturday, February 22, 2020—2 p.m.
\$81 Member / \$91 Non-Member
Orchestra Level only



CATS, the record-breaking musical spectacular by Andrew Lloyd Webber that has captivated audiences in over 30 countries and 15 languages, is now on tour across North America! Audiences and critics alike are rediscovering this beloved musical with breathtaking music, including one of the most treasured songs in musical theater—"Memory". Winner of 7 Tony Awards® including BEST MUSICAL, CATS tells the story of one magical night when an extraordinary tribe of cats gathers for its annual ball to rejoice and decide which cat will be reborn. The original score by Andrew Lloyd Webber (The Phantom of the Opera, School of Rock, Sunset Boulevard), original scenic and costume design by John Napier (Les Misérables), all-new lighting design by Natasha Katz (Aladdin), all-new sound design by Mick Potter, new choreography by Andy Blankenbuehler (Hamilton) based on the original choreography by Gillian Lynne (Phantom) and direction by Trevor Nunn (Les Misérables) make this production a new CATS for a new generation!

ESCAPE TO MARGARITAVILLE

***Sunday, April 5, 2020—1:30 p.m.**
***Time change 1 p.m.**
\$79 Member / \$89 Non-Member
Orchestra Level only



Welcome to Margaretville, where people come to get away from it all - and stay to find something they never expected. With a book by Emmy Award® winner Greg Garcia ("My Name is Earl," "Raising Hope") and Emmy Award® nominee Mike O'Malley ("Survivors Remorse," "Shameless") ESCAPE TO MARGARITAVILLE is the musical comedy featuring both original songs and your most-loved Jimmy Buffett classics, including "Fins," "Volcano," "Cheeseburger in Paradise" and many more. USA Today calls it "A little slice of paradise!" and Entertainment Weekly raves, "It will knock your flip-flops off!" So don't let the party start without you.



Artis—Naples



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 16th. Bus transportation will be limited to each Artis –Naples 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.)

Come From Away

Saturday, March 28, 2020—2 p.m.
\$95 Member / \$105 Non-Member - Section A
~~**\$125 Member / \$135 Non-Member - Premium**~~



Broadway's **Come From Away** is a Best Musical winner all across North America! This *New York Times* Critics' Pick takes you into the heart of the remarkable true story of 7,000 stranded passengers and the small town in Newfoundland that welcomed them. Cultures clashed and nerves ran high but uneasiness turned into trust, music soared into the night, and gratitude grew into enduring friendships. Don't miss this breathtaking new musical written by Tony® nominees Irene Sankoff and David Hein, and helmed by this year's Tony®-winning Best Director, Christopher Ashley. *Newsweek* cheers, "It takes you to a place you never want to leave!"

A Bronx Tale

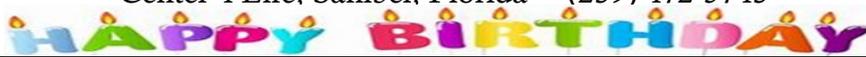
Saturday, April 18, 2020—2 p.m.
\$95 Member / \$105 Non-Member - Section A
~~**\$125 Member / \$135 Non-Member - Premium**~~



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."

**A Bronx Tale contains strong language and gunshot effects.*



SEPTEMBER													
Judith Cook	1	Lesley Moore	22	Sue Riemer	12	Jaap Burck	6	Jane Hudson	30	Judy Wright	22		
Annette Cantalupo	2	Jeanne Blackman	23	Joyce Perkins	13	Linda Drasnin	7	Annmarie Pittman	30	Peter Ettlinger	23		
Shirley Rigsby	2	Karen Turner	23	Dennis Savoca	13	Dan Hopta	7	Ellen Wersan	30	Jean Eaton	24		
Minnie Sanders	2	Debra Prewett	23	Clara Terrana	14	Bobbie Moore	7	DECEMBER		Rosemary Jackson	24		
Susan Sweetser	2	Theodore Gasteyer	24	Carolyn Dix	15	Carol Allen	8	Linda Hauschulz	1	Gail Leach	24		
Rich Demink	2	Mary Vollmer	24	Debbie jaeger	15	Judy Arbuckle	8	Gary Kebbekus	1	Allan Kennedy	25		
Nancy Daversa	3	Weezie Kennedy	24	Peggy Lovett	15	Dana Aymond	8	Donna Wilmot	1	Russ Crawford	26		
Helene Weyant	4	Jane Hampton	25	Alice Harkness	15	Barbara Baumecker	8	Carol Stoup	2	Cheri Herbert	26		
Marti Squitieri	4	Mary Lund	25	Jim Scott	15	Mary Lou Linnen	9	Barbara Heady	4	Bonnie McCurry	26		
Donna Bishop	5	Gerri Perkins	25	Martha Dilger	16	Martha Malone	10	Richard Ponte	4	Koni Schiller	26		
Michele Fisher	5	Jane Thompson	25	Michael McGill	16	Linda Naton	10	Diane Wien	4	Willie Winkler	26		
Kathy Helge	5	Merilyn Kirby	25	Cathy Rundle	16	Richard Newmark	10	Mahmood Hai	4	Marcia Appel	27		
Marilyn Klaren	5	Patricia Rockwell	26	Maryann Flynn	17	Gail Austin	11	Marianne Masterson	4	Michael Holloway	27		
Susan Nichols	5	Martin Packard	26	Darlene Rizzo	18	Andrea Gieryc	11	Helen Gaina	6	Patty Sprinkle	27		
Karen Searles	5	Carole Myer	26	Inwin Stein	18	Sally Lichtenstein	11	Janet McLaughlin	6	Candice St.Martin	27		
Maureen Ginipro	6	Chuck Hogg	27	Marcy Forman	22	Diane Miller	11	Norma Walley	6	Joseph Sacco	27		
Robyn Moran	6	Elaine Nantz	27	Annie Layman	22	Gzorgiano Bray	12	Wanda Warden	7	Marcia Walsh	29		
Rita Skoczen	6	Richard Siders	27	Susan Port	22	Andy Herz	12	Maureen Hnatow	7	Jan Coulson	30		
Barr Klaus	6	Joyce Frank	27	Missy Scoville	22	Mary Ann Hoffman	12	Jamie Senkeleski	7	Niels Pedersen	30		
Betty Cater	7	Lee Ley	28	Patricia Davidson	23	Barbara Bayley	13	Nancy Seaward	7	Linda Wulff	30		
Jane Holder	7	Mark Peppercorn	28	Vicky Lettmann	24	Cindy Jones	13	Bob Fawcett	8	Annabelle Patton	31		
Jerry Nichols	7	Delores Lobbato	28	Janet Lucree	24	Angela Gerken	14	Gail Cousins	10				
Nancy Jo Goulart	8	Nancy Shrull	29	Patricia Scott	24	Di Saggau	14	James Davis	10				
Gary Scheiwe	8	Marjorie Smith	29	Allan Rae	24	Barbara Lies	15	Martha Siders	10				
Henry Kamenecka	9	Violet Pickel	29	Bob Rippe	24	Judy Bemiller	15	Rita Farmer	11				
Margot Long	10	OCTOBER		Norma Emerson	25	Beckie Graham	15	Peter Holden	11				
Irene Nolan	10	Thomas Egan	1	John Lies	25	Terry Gustafson	15	David Jacob	11				
Carol Katterjohn	11	Nancy Goodrich	1	Waylon Snead	25	Barbara Hickey	15	Philip Klaren	11				
Sally McGowan	11	Mary Ann Keyser	1	Fran Wilson	25	Laurie Kinsella	15	Emily Muench	11				
Mona Ciine	12	Patrice Elias	2	Judy Cheney	26	Moon Price	15	George Witte	11				
Margaret Currie	12	Mary Ann Gilhooley	2	Shirley Schulz	26	William Vogler	15	Evelyn Doyle	12				
Chuck Ramseth	12	Sue Scheiwe	2	Chris Boesen	27	Arlen Westbrook	17	Philip Paparone	12				
Ann Brennan	13	Rocky Cantalupo	2	Anna Marie Borchardt	27	Gretchen Brand	18	Barbara Symes	12				
Toni Lewis	13	William Heyd	2	Gloria Krekel	28	Mary Hackett	18	Signe Diem	13				
Rob McKay	13	Lee Rabin	2	Kyle Winn	28	Kay Sadighi	18	Marilyn Sutton	13				
Al Rabin	13	Joan Sperry	3	Tom Schneider	28	Carol Gross	19	JoAnn Paul	14				
Georgia Wellman	13	Marye Tisch	3	Susan Beittel	29	Linda Huppert	19	Kevin Duffy	14				
Mary Woodward	13	Joyce White	3	Lorraine Rippe	29	Francine Dale	20	Carol Hepper	15				
Meryl Bisberg	14	Linda Davenport	3	Dave Harkness	31	Barbara Lindquist	20	Lorraine Hicks	15				
Kate Dietrich	14	Pamela Burrows	4	JoAnn McLaughlin	31	Leona MacDonald	20	John Katterjohn	15				
David Curry	14	James Cardle	4	Marge Moretzsohn	31	Albert Symes	21	Becky Kuhn	15				
Kathie Cutler	15	Virginia Gersack	5	NOVEMBER		Barbara Kusek	22	Patricia Nowotniak	15				
Don Kirby	15	Rosalie Lopopolo	6	Jim Cooper	1	Kathy Hopkins	22	Hank Sutherland	15				
Bill Sartoris	16	Richard Conyers	7	Phyllis Herz	1	Carolyn Berger	24	Frank Tonge	15				
Sally More	17	Mary Kamp	7	Janet Haliday	1	Cindy Dade	24	Jonathan Dean	16				
Merry Neil	17	Karen Lawrence	7	Peggy Nichols	1	Dorothy Donaldson	24	Nelia Sheridan Makovi	17				
Enid Packard	17	Amejo Amyot	8	Edith Rood	1	Lyn Kern	25	John Bottell	18				
Linda Tedeschi	17	Ellen Feingold	8	Kay Strayer	1	Shirley Schiffman	25	Arthur Wheeler	18				
Arlene MacDonald	18	Shannon Foster	8	Greg Zurek	1	Wendy Taibbi	25	Lily Kamenecka	18				
Nancy Cahaly	19	Jane Gieryc	8	Nancy Terelle	2	Charlotte Schroder	26	Elizabeth Tott	18				
Lori Chrisman	19	Ann Conlon	9	Donna Gould	2	Pat McKenzie	27	Angi McKay	19				
Sylvia Rubli	19	John Reid	9	Christl Smith	3	Gary Long	28	Christine Doyle	20				
Marge Schubart	19	Mary Johnston	10	Shirley Akins	4	Lyn Klos	29	Carl Smigiel	20				
Mary Snyder	19	JoAnn McKelvey	10	Lois Codair	4	Michele Matton	29	John Dembeck	21				
Edith Flagg	20	Arlene Curry	11	Polly Huntington	4	Dorothy Sawyer	29	Carole Owen	21				
Robert Gould	22	Linda Patterson	11	Jean Haffenreffer	5	Bill Pappas	30	Rick Perry	21				
		Pennie Marshall	12	Judy Wald	6	Susan Hecht	30	Abigail De Loache	22				



September 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Labor Day Facility Closed	3 8 -Power Hour 9:30 -Gentle Yoga 11 -Chair Yoga	4 8 -Cardio Combo 9:30 - 50/50 11:30 -Hot Dogs 1-Bridge	5 8 -Power Hour 9:30 -Gentle Yoga 11 -Chair Yoga 12 -Hand & Foot 12:30 -Mahjongg	6 8 -Cardio Combo 9:30 -50/50 12:30 -Hearts 12:30 -Gelli Printing	7
8	9 8 -Cardio Combo 9:30 -50/50 12:30 -Mahjongg 1-Bridge IKEA Trip	10 8 -Power Hour 8:30 -Kayaking 9:30 -Gentle Yoga 11 -Chair Yoga	11 8 -Cardio Combo 9:30 -50/50 11:30 -Hot Dogs 1:00 -Bridge 2:30 -Page Turners	12 8 -Power Hour 9:30 -Gentle Yoga 11 -Chair Yoga 12 -Hand & Foot 12:30 -Mahjongg	13 8 -Cardio Combo 9:30 -50/50 12:30 -Hearts 12:30 -Gelli Printing	14
15	16 8 -Cardio Combo 9:30 -50/50 12:30 -Mahjongg 1-Bridge	17 8 -Power Hour 9:30 -Gentle Yoga 11 -Chair Yoga	18 8 -Cardio Combo 9:30 -50/50 11:30 -Hot Dogs 1-Bridge Broadway Palms Once	19 8 -Power Hour 9:30 -Gentle Yoga 11 -Chair Yoga 12 -Hand & Foot 12:30 -Mahjongg	20 8 -Cardio Combo 9:30 -50/50 12:30 -Hearts	21
22 Fall Begins 	23 8 -Cardio Combo 9:30 -50/50 12:30 -Mahjongg 1-Bridge	24 8 -Power Hour 8:30 -Kayaking 9:30 -Gentle Yoga 11 -Chair Yoga	25 8 -Cardio Combo 9:30 -50/50 11:30 -Hot Dogs 1-Bridge	26 8 -Power Hour 9:30 -Gentle Yoga 11 -Chair Yoga 12 -Hand & Foot 12:30 -Mahjongg	27 8 -Cardio Combo 9:30 -50/50 12:30 -Hearts 12:30 Gelli Printing Rosie's BBQ Blast	28
29	30 8 -Cardio Combo 9:30 -50/50 12:30 -Mahjongg 1-Bridge	Facility Hours: Monday-Friday 8 a.m.-330 p.m. Notes: 50/50— 50/50 Cardio Sculpt 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 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Facility Hours: October—April Monday—Friday 8 a.m.—4:30 p.m.		1 8 -Power Hour 9:30 -Gentle Yoga 11 -Chair Yoga 1:30 -Line Dancing	2 8 -Cardio Combo 9:30 -50/50 11:30 -Hot Dog Grill 1 -Bridge	3 8 -Power Hour 9:30 -Gentle Yoga 11 -Chair Yoga 12 -Hand & Foot 12:30 -Mahjongg	4 8 -Cardio Combo 9:30 -50/50 12:30 -Hearts 12:30 Gelli Painting	5 2pm-Florida Rep Art Stage Always Patsy Cline
6 2 pm- Alliance of the Arts Engagement Rules Sanibel Farmers Market begins	7 8 -Cardio Combo 9:30 -50/50 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 -Cardio Combo 9:30 -50/50 11:30 -Hot Dog Grill 1 -Bridge 2:30 -Page Turners Broadway Palms Dames at Sea	10 8 -Power Hour 9:30 -Gentle Yoga 11 -Chair Yoga 12- Hand & Foot 12:30 -Mahjongg	11 8 -Cardio Combo 9:30 -50/50 12:30 -Hearts 12:30 Gelli Painting	12
13	14 Columbus Day Facility Closed	15 8 -Power Hour 9:30 -Gentle Yoga 11 -Chair Yoga 1:30 Line Dancing	16 8 -Cardio Combo 9:30 -50/50 12 -Hot Dog Grill 1 -Bridge	17 8 -Power Hour 9:30 -Gentle Yoga 11 -Chair Yoga 12 -Hand & Foot 12:30 -Mahjongg	18 8 -Cardio Combo 9:30 -50/50 12:30 -Hearts 12:30 Gelli Painting	19 Ding Darling Days
20 Ding Darling Days	21 8 -Cardio Combo 9:30 -50/50 12:30-Mahjongg 1 -Bridge	22 8 -Power Hour 8:30 -Kayaking 9:30 -Gentle Yoga 11 -Chair Yoga 1:30 Line Dancing	23 8 -Cardio Combo 9:30 -50/50 12 -Hot Dog Grill 1 -Bridge	24 8 - Power Hour 9:30 -Gentle Yoga 11 -Chair Yoga 12 -Hand & Foot 12:30 -Mahjongg	25 8 -Cardio Combo 9:30 -50/50 12:30 -Hearts 12:30 Gelli Painting Pancakes with Pals at Rosie's	26 F.I.S.H. 10K Race Sanibel Community
27 Bailey Fest	28 8 -Cardio Combo 9:30 -50/50 12:30-Mahjongg 1 -Bridge Epcot International Food & Wine Festival	29 8 -Power Hour 8:30 -Kayaking 9:30 -Gentle Yoga 11 -Chair Yoga 1:30 Line Dancing	30 8 -Cardio Combo 9:30 -50/50 11:30 -Hollo-Weenie Luncheon Pot Luck 1 -Bridge	31 8 -Cardio Combo 9:30 -Gentle Yoga 11 -Chair Yoga 12 -Hand & Foot 12:30 -Mahjongg 	Notes: 50/50 - 50/50 Cardio Sculpt 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	

November 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Notes: 50/50—50/50 Cardio Sculpt 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</p>				<p>Facility Hours: October—April Monday—Friday 8 a.m.—4:30 p.m.</p>	<p>1 8 -Cardio Combo 9:30 -50/50 12:30 -Hearts Deadline to apply for Board member position</p>	<p>2 2pm-Florida Rep Historic Arcade Fox on the Fairway</p>
<p>3 </p>	<p>4 8 -Cardio Combo 9:30 -50/50 10 -Let's Write 1 -Bridge 12:30 -Mahjongg</p>	<p>5 8 -Power Hour 8:30 -Kayaking 9:30 -Gentle Yoga 11 -Chair Yoga 1:30 -Line Dancing "Marina Jacks" Sarasota</p>	<p>6 8 -Cardio Combo 9:30 -50/50 11:30 -Hot Dog Grill 1 -Bridge</p>	<p>7 8 -Power Hour 9:30 -Gentle Yoga 11 -Chair Yoga 12 -Hand & Foot 12:30 -Mahjongg Sunset Social</p>	<p>8 8 -Cardio Combo 9:30 -50/50 12:30 -Hearts</p>	<p>9 Trash & Treasure Sale 9 am - 2 pm</p>
<p>10</p>	<p>11 In Observance of Veterans Day Facility Closed</p>	<p>12 8 -Power Hour 8:30 -Kayaking 9:30 -Gentle Yoga 11 -Chair Yoga 1-AARP Driver Course</p>	<p>13 8 -Cardio Combo 9:30 -50/50 11:30 -Hot Dog Grill 1 -Bridge 2:30 -Page Turners Kennedy Space Center</p>	<p>14 8 -Power Hour 9:30 -Gentle Yoga 11 -Chair Yoga 12 -Hand & Foot 12:30 -Mahjongg</p>	<p>15 8 -Cardio Combo 9:30 -50/50 12:30 -Hearts</p>	<p>16</p>
<p>17</p>	<p>18 8 -Cardio Combo 9:30 -50/50 10 -Let's Write *11 -50/50 12:30 -Mahjongg 1 -Bridge</p>	<p>19 8 -Power Hour 8:30 -Kayaking 9:30 -Gentle Yoga 11 -Chair Yoga 1-AARP Driver Course</p>	<p>20 8 -Cardio Combo 9:30 -50/50 11 -50/50 11:30 -Hot Dog Grill 1 -Bridge</p>	<p>21 8 -Power Hour 9:30 -Gentle Yoga 11 -Chair Yoga 12 -Hand & Foot 12:30 -Mahjongg</p>	<p>22 8 -Cardio Combo 9:30 -50/50 11 -50/50 12:30 -Hearts</p>	<p>23</p>
<p>24</p>	<p>25 8 -Cardio Combo 9:30 -50/50 11 -50/50 12:30 -Mahjongg 1 -Bridge</p>	<p>26 8 -Power Hour 8:30 -Kayaking 9:30 -Gentle Yoga 11 -Chair Yoga 1:30 -Line Dancing</p>	<p>27 8 -Cardio Combo 9:30 -50/50 11 -50/50 11:30 -Hot Dog Grill 1 -Bridge</p>	<p>28 Thanksgiving Day Facility Closed </p>	<p>29 Thanksgiving Holiday Facility Closed</p>	<p>30</p>

December 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 8 -Cardio Combo 9:30 -50/50 11 -50/50 12:30 -Mahjongg 1 -Bridge	3 8 -Power Hour 8:30 -Kayaking 9:30 -Gentle Yoga 11 -Chair Yoga The Revs Museum	4 8 -Cardio Combo 9:30 -50/50 11 -50/50 11:30 -Hot Dog Grill 1 -Bridge	5 8 -Power Hour 9:30 -Gentle Yoga 11 -Chair Yoga 12 -Hand & Foot 12:30 -Mahjongg San-Cap Art League	6 8 -Cardio Combo 9:30 -50/50 11 -No 50/50 Class 11:30 -Annual Members meeting held at Rec Center Luminary	7 2pm-Florida Rep <u>Historic Arcade</u> <i>An Inspector Calls</i>
8	9 8 -Cardio Combo 9:30 -50/50 11 -50/50 12:30 -Mahjongg 1 -Bridge	10 8 -Power Hour 8:30 -Kayaking 9:30 -Gentle Yoga 11 -Chair Yoga	11 8 -Cardio Combo 9:30 -50/50 11 -50/50 11:30 -Hot Dog Grill 1 -Bridge 2:30 -Page Turners	12 8 -Power Hour 9:30 -Gentle Yoga 11 -Chair Yoga 12 -Hand & Foot 12:30 -Mahjongg	13 8 -Cardio Combo 9:30 -50/50 11 -50/50 12:30 -Hearts	14 Ft. Lauderdale Christmas Pageant
15	16 8 -Cardio Combo 9:30 -50/50 11 -50/50 12:30 -Mahjongg 1 -Bridge	17 8 -Power Hour 8:30 -Kayaking 9:30 -Gentle Yoga 11 -Chair Yoga Christmas Rail-Boat	18 8 -Cardio Combo 9:30 -50/50 11 -50/50 11:30 -Holiday Lunch Pot Luck 1 -Bridge	19 8 -Power Hour 9:30 -Gentle Yoga 11 -Chair Yoga 12 -Hand & Foot 12:30 -Mahjongg	20 8 -Cardio Combo 9:30 -50/50 11 -50/50 12:30 -Hearts	21 2pm-Florida Rep <u>Art Stage</u> <i>Alabaster</i>
22	23 8 -Cardio Combo 9:30 -50/50 11 -50/50 12:30 -Mahjongg 1 -Bridge	24 <u>Christmas Eve</u> 8 -Power Hour 9:30 -Gentle Yoga 11 -Chair Yoga	25 Christmas Day Facility Closed 	26 8 -Power Hour 9:30 -Gentle Yoga 11 -Chair Yoga 12 -Hand & Foot 12:30 -Mahjongg	27 8 -Cardio Combo 9:30 -50/50 11 -50/50 12:30 -Hearts	28
29	30 8 -Cardio Combo 9:30 -50/50 11 -50/50 12:30 -Mahjongg 1 -Bridge	31 <u>New Years Eve</u> 8 -Power Hour 9:30 -Gentle Yoga 11 -Chair Yoga	Facility Hours: Monday-Friday 8 a.m.-4:30 p.m. Notes: 50/50—50/50 Cardio Sculpt 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			