



ISLAND SENIORS PROGRAM

Enriching the lives of adults over 50

October, November, December 2008

Physical Exercise ❖ Special Events ❖ Travel ❖ Health Programs ❖ Social Gatherings ❖ Seminars

The Island Seniors 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.

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ISLAND SENIORS INC. serves as a support organization and advisory board to the City of Sanibel Island Seniors 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 \$15 for the calendar year. Members enjoy reduced participation fees. The Board of Directors meets monthly.

Barbara Mascari, President

Christl Smith, Treasurer

Clivie Goodwin

Yolande Welch, Vice President

JoAnn McKelvey

Evelyn Spencer

Ann Moeder, Secretary

Carol Fallon

Deborah Butler



Recreation Department / Seniors

800 Dunlop Road

Sanibel, Florida 33957

Songs from Sandi

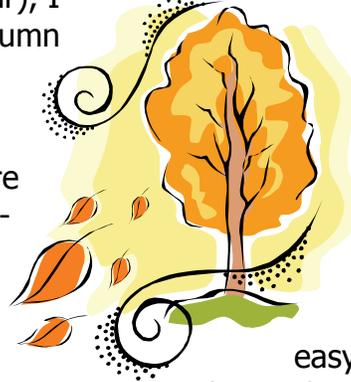
Now that I know I have an "autumn landscape" to my skin, eyes and hair color (from the Color us Beautiful Seminar), I am sure missing the fall foliage that autumn offers and the crunch of the leaves under foot.

I envy all of you that live part time where you can enjoy a bit of fall before returning to Sanibel. Happily, the temperature on Island will soon began to fall (no pun intended) and we will again enjoy the breeze from open windows. And, we will be greeted by the smiling faces of our "snowbirds". Just the word "snowbird" brings the body temperature down a few degrees if we close our eyes and visualize the word "snow".

Can you tell that I've been extremely warm this summer along with our twenty plus

dedicated fitness enthusiasts? What a fabulous group of people they are. We have had aerobics with every theme you can think of: country, swing, Latin, etc.

It's been a fun summer at the Center. With all of the laughter echoing from the Wii players in the Kraft room, it has been difficult to get the newsletter written. All the Wii classes have waiting lists for our next sessions! People who have never bowled were amazed at how easy and fun it is. I can't wait to hear the happy voices that the Wii bowling leagues will bring to the Center. Won't you plan to be part of a foursome? I know I will be joining one of the 4 teams scheduled.



To your good health,

Sandi

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Real joy comes not from ease or riches or from the praise of men, but from doing something worthwhile.

**Sir Wilfred Grenfell
(1865 - 1940)**

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UPDATE

Notes from the Board

Some of you might think Sanibel is quiet in the summer, but it's not.

We started the summer with a great trip to **Mount Dora, Cirque du Soleil, Bok Tower and Gardens** and the famously delicious, **Chalet Suzanne**.

Later, we enjoyed an introduction to the "**Color Me Beautiful**" system by **Christine Sherlock** and associates. Ms. Sherlock wrote the latest book on personal colors and has over 30 years of experience. We are so fortunate to have her in our area. She did small group follow up sessions for individual color analysis. I found out that as my hair turned "salt and pepper" my colors changed. The colors we wear determine whether or not we look approachable, likable and friendly to others. Guys, it's just not a girlie thing.

The Wii is great! The Board purchased a Wii, pronounced "we", game console and big screen TV. They reside in a beautiful room

decorated by Gordon Kraft. We have had three introductory sessions so far and all have been filled.

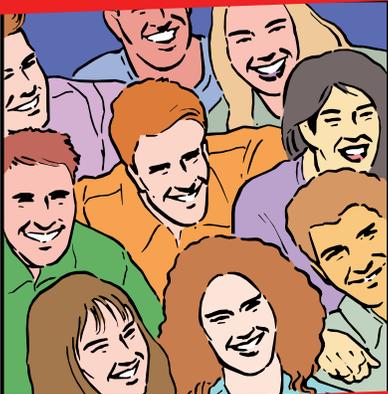
At the "Christmas in July" pot luck dinner, "Wii" were all "bowled" over with laughter. Plans have been made for more introductory sessions and Wii bowling leagues. There will be prizes and a team trophy. Next, could be Wii tennis, golf, pool, baseball or boxing. If you have read this paragraph and still are asking, "What is a Wii?", ask your grandchild or, better yet, join us!

The board also purchased a reconditioned computer, printer and monitor for the front desk staff. Now all staff will have access to a computer and data.

Thank you all who have purchased memory bricks for our garden path. They are a lasting memory of friends and family and also, your donation supports programs that enrich our body, mind and spirit.

Barbara Mascari,

President of the Island Seniors, Inc.



Annual Membership Meeting of the Island Seniors, Inc.

**Tuesday, December 16 at 11:30 AM
in the Aerobic Room**

Please plan to attend.
The Board of Directors will host refreshments.

S S S
meet

The Sanibel (and Captiva, too) Single Seniors continue to

Wednesday evenings at 5:00 PM.

Call the Center **Wednesday** and ask **Anne** where they are meeting that evening. The group is a great way to meet new single people and enjoy wonderful



The Island Seniors, Inc. has purchased a

The first thing many of you are asking is what the heck a Wii is. The first person I'd ask is your grandchildren and if you don't have any (some of us don't), I'll try to explain it. The Wii (pronounced as the [English](#) pronoun [we](#),) is the fifth home [video game console](#) released by [Nintendo](#). This video game program contains bowling, tennis, golf, baseball and boxing which can be performed either sitting or standing. It can be personalized to each player so they can choose their hair, eyes, lips, color of clothing and more. All you have to do is hold a remote with a strap that goes around your wrist and move your arm in the direction you want it to go. The Wii game simulates eye/hand coordination, increases your activity level and promotes camaraderie with all the fun that will be had. It is great for men and women of all ages.

We have taken Sandi's old office and removed the wall that divided the two offices that were in the space, repainted, had new carpet laid and hung a 50" flat screen television on the wall. This project was made available with money from the Island Seniors, Inc. budget.

Introduction to Wii Training Seminars

Thursday, October 16 - 12:00 Noon

Thursday, November 6 - 12:00 Noon

Thursday, December 4 - 12:00 Noon

Barbara Mascari will continue to host **Wii** training for members. All seminars will be held in our newly refurbished "Kraft" room. Please sign up for the free classes at the Center. There is a limit of six per class.

Wii Fall Bowling Leagues at the Center

The October session will run October 6 - 31

\$8.00 for members and \$16.00 for non-members

Yes, we will be having bowling leagues at the Center and yes, you can bowl **seated** in an arm-less chair. **We will have a second Fall session in November.** Four leagues will be offered with four people per team. Each team will pick a Captain of their Wii team. Leagues will run four weeks.

Wii Team #1 will meet Mondays at 12:30 PM

Wii Team #2 will meet Wednesdays at 12:30 PM

Wii Team #3 will meet Thursdays at 10:00 AM

Wii Team #4 will meet Fridays at 10:30 AM

Prizes will be awarded in Senior Bucks each day you bowl. The traveling trophy will be awarded on November 3 to the team captain whose team accumulates the most points. **The second fall session will run November 3 - December 5** with the traveling trophy to be awarded to the team Captain on December 10. Days and times will be the same for the November session.

HOTDOG GRILL WEDNESDAYS

Chef Doris Southerton will be preparing hotdogs in the kitchen area at the Center on **Wednesdays at 11:30 AM**. **Cost is \$1.50 for members and \$3.00 for non-members** for a hotdog, potato chips and lemonade. Call us Wednesday morning to let us know you are coming. Otherwise, you may be disappointed when you arrive and all the hotdogs have been eaten.



Bridge for Fun

Played in the Aerobic Room
Monday & Wednesday at 1:00 PM

Please note: no longer two different times



Mahjongg

Played in the Aerobic Room
Tuesday & Thursday 1:00 PM



The fee is \$2.00 for members and \$4.00 for non-members.

OUT TO LUNCH BUNCH

Tuesday, October 14, 2008 - 11:30 AM

Sweet Tomatoes

Tuesday, November 4, 2008 - 11:30 AM

Sandy Butler

Tuesday, December 2, 2008 - 11:30 AM

Bahama Breeze

We will meet at the restaurant at 11:30 AM. Call or come by the Center to sign up. Sample menus are attached to the sign up sheets. If you want to carpool, please indicate that when signing up. Sandi usually has room for three more in her car.

annual Dues Reminder

A gentle reminder that Island Seniors, Inc. yearly dues of **\$20.00 per person** are **due January 1st, 2009**. Help support the wonderful organization that underwrites most of the activities offered by the Island Senior Program. We appreciate the participation.



Potluck Dinners at the Center

Members bring a dish to share - Non-members bring a dish to share & \$5.00



“Oktoberfest Polka Party” Potluck

Sunday, October 19, 2008 at 5:30 PM

Roll out the barrel; we'll have a barrel of fun! Roll out the barrel; we've got the blues on the run! You betcha, we do! Join us as we polka the night away! The Center will provide the bratwurst, faux beer and punch. Come over or call the Center to sign up. We will need some sauerkraut and German potato salad for sure!

“Tis the Season” Holiday Potluck

Sunday, December 7, 2008 at 5:30 PM

We ask that everyone bring canned goods to share with Sanibel residents needing a bit of help this holiday season. The Center will provide the traditional ham, turkey, stuffing, gravy and punch and hoping you all will fill in the extras. It's our chance to get together and wish everyone a Merry Christmas



GREETING CARDS IN SANDI'S OFFICE



If you know of a member who needs encouragement, get well wishes, or our condolences, please feel free to come by Sandi's office. You can select a card to pass around the Center to be signed by those who know them. We will provide the stamp.



Color or black and white?

E-mail or “Snail Mail”?

A huge “thank you” to everyone who has signed up for their newsletter by e-mail. You help us save money and the frustration of returned newsletters from the Post Office. Also, you get a friendly note from Sandi immediately when the newsletter is placed on the City of Sanibel website. Most of our events have limited enrollment, so you get first crack to be signed up. And, you view the newsletter in color and can print it out in color. Due to the cost of colored printing, mailed newsletters are black and white.

So, to receive the newsletter via e-mail instead of U.S. mail, please call the Center and let Donna Ruhe know. Also, if you have a cell phone number to share with us or have a change in seasonal residence dates, Donna needs to know for our membership database.

Island Seniors, Inc. presents the Annual

Holiday Bazaar

Saturday, November 22, 2008 9:00 AM - 1:00 PM

Corner of Palm Ridge Road and Library Way



Please help out by de-cluttering drawers and closets to donate to the **Trash & Treasure Boutique**. Books, paperbacks, movie and CD's are appreciated. It's a great time to donate the "it's just not me" perfume, jewelry or painting! Houseplants, toys and small appliances are great sellers too. No clothes or shoes, please.

Craft vendors to rent tables are needed. Vendors can contact Board Member **Carole Ann Fallon at 395-2115** to secure a table. They sell out fast!



Your talent is needed as a volunteer to help in all areas! Make this your year to pitch in for a special day full of fun. **Helpers** can sign up at the Center. Men who volunteer for just a few hours are adored and sometimes fed!



Island Seniors Book Group

October 14 **The Audacity of Hope** by Barack Obama at 2:30 pm

November 18 **Water for Elephants** by Sara Gruen at 2:30 pm

December 9 **Emma** by Jane Austen at 2:30 pm

The Book Club meets the **second Tuesday** for book discussion in the Center **Kraft** Room. (The Center is closed November 11) Books are chosen by suggestions from any one attending the group. Stop by the Center or call to sign up to attend the discussion.

If you have any suggestions or questions regarding the book club, please call member Francesca Joyce at 239-472-1254 or e-mail at her at thelark@comcast.net.



Island Seniors, Inc. & Friends In Service Here (FISH) Collaboration



Sandi McDougall, Administrator of the Island Seniors Program and Island Seniors, Inc. Board member, **Christl Smith**, met with FISH Board President, **Gloria Baker** and volunteer **Maggie Finer**. The meeting was initiated by Sandi to explore ideas that would assure that all residents on Sanibel are getting their socialization needs met.

Our goal is that any Sanibel resident who is interested can attend events held at the Center. If you are willing to transport someone the next time you attend an event at the Center, please call us at 472-5743.

We need volunteers

Cardio, Muscle Strengthening and Flexibility

Monday, Wednesday & Friday
9:00 AM from October 1 - October 10

Beginning Monday, October 13
Classes are 8:00 AM & 9:30 AM

Just Step

Tuesday and Thursday at 8:45 AM

To attend either the Step or Cardio classes, members of the Island Seniors, Inc. can purchase coupon books at the Senior Center, 2401 Library Way. Books of 10 coupons cost \$35.00 or 3 coupons for \$10.50. **Sanibel Recreation Center members** just need to show their photo ID membership card. **Sandi McDougall and Mahnaz Basseri** are the instructors.

Floor Stretch

Member **Joan Lennox** will be back teaching on **Monday, November 17 at 9:00 AM**. Her classes will meet **Monday, Wednesday and Friday**. Fees of \$15.00 for members and \$30.00 for non-members for the **November** session must be paid upon signing up. Fees for the **December** session are \$39.00 for members and \$78.00 for non-members also due upon signup. Class is limited to 9 students.

Yoga

Beginning **Thursday, September 25**, Dr. Susan will be back teaching at **10:00 AM** in the Aerobic Room. This is an "all-level" class, geared for *everyone*. Class content includes proper "basic alignment" principles, breathing techniques and relaxation. Adaptations for specific conditions will be addressed. Learn Yoga safely! This is a great refresher for already seasoned yogi's. **\$13.00 per class for Island Senior Inc. members, \$15.00 per class for non-members.**

Chair Yoga will be offered beginning **Wednesday, November 5 at 3:30 PM** in the **Kraft Room**. This class is geared for students who want to do light exercising or gentle stretching but have limitations, balance issues or are recovering from illness or surgery. Chairs are used for all poses. Every class is geared to participants' needs. The fee is **\$12.00 a class or you can purchase a monthly discount card from Susan**. Call Susan at 466-1558 if you plan to attend.

Tuesday, November 18 at 10:00 AM, the class geared for the "experienced student" (1 + years of continued practice) will begin in the **Aerobic Room**. Grow your practice with continued learning of variations of basic asanas as well as more vigorous and challenging sequencing of poses. **\$13.00 for Island Senior Inc. members and \$15.00 for non-members.**

Dr. Susan Pataky is the instructor.

ALL Ages are welcome at the Center.

Fitness Activities



***Sanibel
Fit for Life
is our
motto!***

Try a Heart Rate Monitor During Your Cardio Workout or Check Your Blood Pressure

Island Seniors, Inc. has purchased two **Heart Rate Monitors** for members use during fitness classes. Come early and Sandi or Mahnaz will show you how to operate them.

The **blood pressure cuff** is set up in Sandi's office. It is extremely easy to use and Sandi or her staff are always available to help you. Remember, it is a more accurate reading if taken **prior** to your workout.



Sanibel Recreation Center Fitness Opportunities

Phone 472-0345 for additional information on these activities

- ★ **3 Cybex ProPlus treadmills available for use in the Weight Room.**
- ★ **Shallow Water Aerobics - Monday, Wednesday, & Friday 9-10 AM**
- ★ **Deep Water Aerobics -Tuesday & Saturday from 9 - 10 AM**
- ★ **Aqua Jogging- Thursday from 9 - 10 AM**
- ★ **Chi-Yoga-Saturday at 9:00 AM**
- ★ **Power/Vinyasa Yoga- Saturday at 10:15 AM**
- ★ **Adult 5 week Karate Classes**
- ★ **Belly Dancing - Wednesday at 6:45 PM**
- ★ **Master Swim program - Monday, Wednesday, Friday at 5:00 PM**

Co-ed Year-Round Pickup Volleyball Games are offered Monday and Wednesday from 6-8 p.m. and Saturday from 3-5 PM.

Co-ed Year-Round Pickup Basketball Games are offered Tuesday and Thursday from 6-8 p.m. and Sunday from 1-3 PM.

Co-ed Year-Round Pickup Softball Games are offered at the Sanibel Ball Fields on Monday evenings at 6:30 PM.

Remember the words we aspire to - Sanibel FIT 4 LIFE!

Kayak Launchings

October 7

November 4

December 2

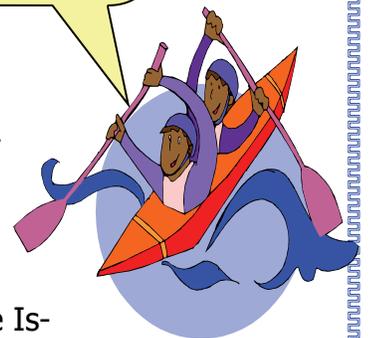
October 21

November 18

December 16

**Tuesdays
8:30 am!**

- ◆ Kayak leaders determine the location, pay no fee and reserve the right to change the start time.
- ◆ Everyone is encouraged to bring water and a small snack, change of clothing (in case you get wet and don't like it), sun & bug lotion, sunglasses and a hat.
- ◆ Come by the Center or call to sign up.
- ◆ We have space for 16 people on our eight 2-person kayaks and unlimited space for those who own their own kayaks. Members of the Island Seniors, Inc. are given first priority.
- ◆ Fees are \$2.00 for members and \$4.00 for non-members.
- ◆ All participants including those with personal kayaks must meet at the Center and be ready to leave at 8:30.
- ◆ Everyone is encouraged to take their turn leading the group.



Barbara B Mann Theater - 2008/2009 Season

It's going to be an exciting season at the Barbara B Mann. We needed at least 20 people to sign up to get the discounted group fees in the orchestra mezzanine. The performances we will be attending are listed below. **The Pajama Game** was postponed until Easter week. We have opted out as many of you will be on your way home for Easter.

Please be reminded, if you signed up for a ticket and the Island Seniors, Inc. purchased the ticket, you are responsible for payment. If you need to sell a ticket you bought, we will create a waiting list of members that you can call. This procedure works well as many members join later in the year and are unable to purchase discounted tickets or, members decide they want to go but forgot to sign up.

Rain - the Beatles Experience

Sat., Jan. 17 at 2:00 PM \$50.00

Experience what Beatlemania was all about...from Ed Sullivan to Abbey Road! They look like them and they sound just like them! All the music and vocals are performed totally live! RAIN covers the Fab Four from the earliest beginnings through the psychedelic late 60s and their long-haired hippie, hard-rocking rooftop days. RAIN is a multi-media, multi-dimensional experience...a fusion of historical television commercials from the 1960s light up video screens and live cameras zoom in for close-ups. Sing along with your family and friends to such Beatlemania favorites as "Let It Be," "Hey Jude", "My Guitar Gently Weeps", "Come Together" and "Can't Buy Me Love".

Sweeney Todd

Sat., Jan. 31 at 2:00 PM \$55.00

Experience live on stage, the musical that inspired the Tim Burton and Johnny Depp movie. When the

infamous demon barber takes up with his crafty neighbor, Mrs. Lovett, the two embark on a delicious plot to slice their way through London's upper crust. Justice is served-along with lush melody, audacious humor and hair-raising excitement. Don't miss this phenomenal production with full music and lyrics by multiple Tony-Award winner Stephen Sondheim.

Wicked

Sat., Mar. 21 at 2:00 PM \$93.00

Long before that girl from Kansas arrives in Munchkinland, two girls meet in the Land of Oz. One is born with emerald green skin, is smart, fiery and misunderstood. The other is beautiful, ambitious and very popular. How these two grow to become the Wicked Witch of the West and Glinda the Good Witch makes for the most spellbinding new musical in years. When WICKED opened on Broadway, it worked its magic on critics and audiences alike. Winner of 15 major awards including the Grammy and 3 Tony Awards. Today, WICKED is Broadway's biggest "blockbuster" (The New York Times).

Fiddler on the Roof

Sat., Apr. 25 at 2:00 PM \$68.00

The Tony Award-winning musical embarks on its National Tour and, in what is a huge theatrical feat, audiences will have a once in a lifetime opportunity to see the original Tevye, CHAIM TOPOL, perform the role that made him legendary with his award winning portrayal. Based on the stories of Sholom Aleichem, it has been lauded by critics again and again, and won the hearts of people all around the world. Filled with a rousing, heartwarming score, which includes "Tradition," "Matchmaker, Matchmaker," "If I Were a Rich Man" and "Sunrise, Sunset", Fiddler on the Roof is a timeless classic. Relive a glorious tradition of the musical theatre with TOPOL in Fiddler on the Roof.



"Waist" Management is Back!

Join us November 7 at 12:00 noon for our first "Welcome Back to Better Food Choices" informative meeting. The group will meet every Friday at noon. Eileen Kehoe and Sandi McDougall will facilitate.

We Let People Walk All Over Us

We are the only place in town where we let everyone walk all over us and still feel good about it! Our memory path is growing thanks to all who have purchased a brick. Bricks etched by Luc Century can be purchased for \$100. You can remember a loved one, record a birth, honor or recognize someone special, record your family name or participate as a group as the Kayakers have done. By buying a brick you will support the center and "pave" the way for fun future activities. Soon, our attractive garden and patio will provide some interesting reading. After all, we are the old Sanibel library.

Come to or contact the Center for the form that has all of the necessary information on number of lines and spaces that can be held on the brick.

PC SAVVY - Ten Things Savvy Computer Users Know **Tuesday, Oct 28 - 1:00 -3:00 pm**

A two-hour hands-on workshop full of tips to help you master Windows and keep

OOPS!

track of documents. Great refresher class for PC users who haven't had a class in a while! Materials to take home, too! \$25 members, \$35 non-members.

Coffee

FIRST STEPS: DIGITAL PHOTOS **You've Taken Great Photos....Now What?**

There are still a few steps between having filled memory cards and organizing, viewing, printing, storing and sharing your photographs!

Thursday, OCTOBER 23 1:00 - 3:00 PM

This "first look" seminar will get you started on a way to get those photos out of the camera and into an album or sent to your family and friends. *The interest level will determine if further, more detailed seminars or hands-on workshops are offered.*

\$25 members, \$35 non-members.

Email Patty at sanibelpatty@comcast.net with photo topics you would like to know about.

Personal Computer Classes with Patty
NEW! NEW! NEW!

Hello ebay!

Thursday, Dec. 11 - 1:00 - 3:00 pm

A seminar for the "true novice" who is curious about ebay. A shopping trip to the world-wide mall for those who have never been there! Maybe you wanted to buy something but backed out because of the unknown. Learn the risks and rewards, about sellers, shipping, and the possible savings!

\$25 members, \$35 non-members.

INTRODUCING PC'S & WINDOWS XP or Vista **for the Novice User**

Five Session Class 1:00 - 3:00 pm

- 1 - Monday, Sept 29 3 - Monday, Oct 6
2 - Wednesday, Oct 1 4 - Wednesday, Oct 8
5 - Friday, Oct 10

Turn on the PC and discover how to click, create, save and print a document! A friendly overview that will get you writing and feeling more confident about the computer! You will be able to create documents, save them (and get them back!), and understand the basic components... without a lot of jargon! **Members \$95, non-members \$125**

Discovering the Value of the Internet

THURSDAY, DEC. 18 - 1:00 - 3:00 pm

This seminar is for you if you are new to internet or haven't used it much. Discover how to find information that is useful and fun such as booking travel plans, ordering tickets, tracking your stocks or ball teams, accessing government information, finding recipes, gardening tips, movies and music, and of course, online shopping! Easy? Safe? Find what you need to know. **\$25 members, \$35 non-members.**



11TH Anniversary Season
Florida Repertory Theater

Tickets are \$26.00 if purchased 8 days before each performance. After the deadline, tickets can be purchased for \$33.00. Depending on our group's size, we may get together for brunch before the play or for a light dinner before returning to the Island afterwards. If you need a ride, many attendees are happy to pick you up at their designated location before leaving the Island.

The Glass Menagerie by Tennessee Williams
Saturday, October 4, 2008 at 2:00 PM

The master playwright's classic tale is one of the most beloved and moving stories of the twentieth century. This year's World Classic Initiative is the story of fading southern gentility in the wake of Depression-era realities. Set in a humble St. Louis apartment, a mother, her daughter and son face troubling times and illuminating challenges in this gripping memory play. Our production of this Great American Drama is perfect for children and audiences of all ages.

Born Yesterday by Garson Kanin
Saturday, November 1, 2008 at 2:00 PM

Uncouth and corrupt, tycoon Harry Brock shows up in Washington, DC with his showgirl mistress, Billie Dawn, in tow. Billie's naiveté threatens to undermine Harry's shady business dealings, and he hires journalist Paul Verrall to show her the ropes. Not only are eyes opened, but Billie learns far more than Harry bargained for. This is the stage adaptation of Judy Holliday's Oscar-winning performance.

Indian Blood by A. R. Gurney
Saturday, December 6, 2008 at 2:00 PM

From the same playwright who charmed Florida Rep audiences with the Middle Ages, this off-Broadway hit from 2005 finds young Eddie creatively channeling his Indian forebears to the chagrin and torment of his staid waspy world at Christmas 1946 in upstate New York when Truman was president and milk cost fifty cents. This is a holiday treat for the entire family.

Dancing at Lughnasa by Brian Friel
Saturday, January 10, 2009 at 2:00 PM

This captivating Irish drama is peppered with humor, heartbreak and hope as Michael Evans remembers his summer spent with his mom and her sisters in the countryside outside of Ballybeg. The cast of characters weave an eccentric tapestry in the mind of an impressionable seven-year-old. This is the Tony Award Best Play of 1992.

Alone Together by Lawrence Roman
Saturday, Feb 14, 2009 at 2:00 PM

You know the feeling. You've raised the kids. Thirty years have flown past. You and your lovely are finally, rapturously alone. Heaven can wait. You look forward to the peace, the quiet, the privacy that an empty nest can provide...but not for long. What would you do when the house again fills with the pitter patter of many feet? Cleverly comic, witty and wise.

The Art of Murder by Joe DiPietro
Saturday, April 4, 2009 at 2:00 PM

An accomplished painter and eccentric, Jack, plans devilishly to dispose of his double dealing art dealer. But, the tables may be turned. Will wife Annie play along? The evening unfolds at their Connecticut estate in a thrilling suspenseful and seductive danse macabre. You'll gasp for air until the last shocking moments. A Tantalizing Whodunit!

The Last Romance by Joe DiPietro
Saturday, May 2, 2009 at 2:00 PM

Eighty-year-old Ralph unexpectedly finds love again in the local dog park. This play is a true, old-fashioned romance about unlikely senior citizens meeting, connecting and living out their dreams. The Last Romance is a touching comedy that proves it is never too late to have a little fun or to follow your heart. World Premiere.

Shirley Valentine by Willy Russell
Saturday, June 6, 2009 at 2:00 PM

Our heroine is a rather ordinary middle-class English housewife. As Shirley prepares dinner, she ruminates on her life, on her husband, on her children and an attractive offer from a girlfriend. This was a tour de force moment of the British stage. This play received the 1988 Olivier Award for Best New Comedy.

Discovering Florida Day Trips

No refunds for trips unless cancelled by the Center due to low enrollment. Itineraries are subject to change.

Ave Maria, Florida

Tuesday, September 30

9:00 AM departure from the Center and return by 5:00 PM

\$20.00 includes transportation and driver's gratuity. Lunch is at your own expense.

The registration deadline is the first 36 paid reservations. No refunds.

In 2002, the intersection of two remarkable visions created a groundbreaking opportunity for a new approach to education and land planning. **Tom Monaghan, founder of Domino's Pizza** and chairman of the Ave Maria Foundation, dreamed of creating the first major Catholic university in the United States in more than 40 years.

At the same time, the **Barron Collier Companies**, a diversified Southwest Florida company carrying forward the legacy of the County's founding family, was poised to usher in a revolutionary program in rural land planning. The partners have invested hundreds of millions of dollars to create the first phase of the project. Included are the University, which ultimately will offer not only a full curriculum of traditional liberal arts, sciences and engineering programs, but also a comprehensive graduate program offering master's and doctoral degrees to an estimated 5,000 students. The accompanying town provides single and multi-family housing in a wide range of styles and prices, along with commercial and office facilities to accommodate the businesses and organizations needed to support this major academic institution. The first phase is now open to more than 600 students, with all necessary campus and town facilities.

We will have a tour of the city and the University to include the Oratory. Then we will head to the new **Big Cypress Flea Market** in Naples.

We have been promised that it will be open but it's always a good idea to have a Plan B. So, if they are not open, we will head to the Design Center and Miromar Mall to get a head start on our Holiday gift giving. Lunch will be on your own at either locations with many restaurants to choose from at the Mall or Flea Market.

Florida Everblades Hockey

Friday, October 24

4:00 PM departure carpool from the Center

\$15.00 includes admission

Deadline to Register: October 17 or first 20 paid reservations. No refunds

Let's cheer on the **Florida Everblades** when they play the **South Carolina Stingrays**. First, we will meet at the Miromar Mall for dinner at 5:30 PM. Then, off to the game at Germaine Arena next to the Mall.

Nutcracker at the Philharmonic

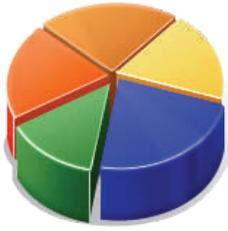
Saturday, November 29 in Naples at the Philharmonic

12:00 Noon departure from the Center and return by 8:30 PM

\$79.00 includes transportation, driver's gratuity and admission. Dinner at Noodles Restaurant will be at your own expense.

Deadline to Register: First 36 paid reservations. No refunds.

Remember; always check the counter in the kitchen for sign up sheets for last minute additional trips requested by our members. We don't want you to miss a single



COLOR US MORE BEAUTIFUL!

Friday, November 14 at 11:00 AM

\$5.00 for Island Seniors, Inc. members. \$10.00 non-members

Payment is due on signup

Many conversations at the Center concern feeling and looking great. Some of us had our “colors” done in the 80’s. Times have changed and so have we. Most of us are finding our skin and hair are losing their color. Did you know when you wear the right colors you appear younger, healthier and more confident? Once you learn what colors are “your” colors, shopping is easier and less time-consuming. You’ll end up with fewer clothes hanging in your closet, but you’ll have more to wear, and you’ll look great in everything you wear!

DISCOVER YOUR STYLE PERSONALITY



Tuesday, October 7 at 11:30 am

\$5.00 for Island Seniors, Inc. members

\$10.00 for non-members

Payment is due on signup

(Feel free to bring a sack lunch if you are on a lunch schedule)

Is your favorite accessory a string of pearls? If so, your Style Personality may be **Classic**. Do you prefer dresses to pants? You may be a **Romantic**. Is comfort and practicality your utmost concern when shopping for clothes and accessories? Your style is **Natural**.

“Style” is about being your self – on purpose. Join us to discover your own unique Style Personality. In this one hour workshop, you’ll learn about different styles and how to ensure you always look your best and express the unique person that you are.

We are excited to have guest lecturer, **Christine Sherlock**, back to teach us

about our style personalities and to offer an additional seminar on color.

Christine is the founding member of **IMAGE MATTERS**, a southwest Florida-based image management consulting firm. Christine was formerly the International Trainer for the renowned image and cosmetic company, **Color Me Beautiful**, and is author of *Color Me Beautiful: Looking Your Best*. She has traveled extensively training image consultants around the world and has appeared on over 100 TV and radio programs promoting the benefits of an improved personal image.



Female Heart Attacks

Many more women than men die of heart attacks because their symptoms are less dramatic. Men usually have a sudden stabbing pain in the chest, cold sweats, grabbing in the chest and dropping to the floor as we see in the movies. Here is one woman's experience that may save your life.

She was sitting in her cushy Lazy Boy, her feet propped up and her cat purring in her lap. A moment later, she had an awful sensation of indigestion. It reminded her of when she had hurriedly eaten a bite of sandwich and quickly washed it down with a dash of water, and that hurried bite seemed to feel like she'd swallowed a golf ball. It felt like she needed to chew it more thoroughly and wished she had washed it down with a whole glass of water. These were her initial sensations even though she hadn't eaten a bite of food for five hours.

After that feeling subsided, the next sensation was like little squeezing motions that seemed to be racing up her spine, gaining speed as they continued racing up and under her breast bone. This process continued into her throat and branched out into both jaws. It was at this time that she remembered that pain in the jaw is a symptom of Myocardial infarction – heart attack!

She lowered her footrest and dumped the cat on the floor. She started to take a step and fell on the floor. She pulled herself up with the arms of the chair and then walked very slowly into the next room to dial the Paramedics. She told them she thought she was having a heart attack due to the pressure building under the sternum and radiating into her jaws. They asked her to go to the front door, unlock it and lay down on the floor. There, she lost consciousness.

She does not remember the medics coming into her house, examining her or lifting her onto the gurney. She only awakened briefly when they arrived at St. Jude and she saw the cardiologist help the medics pull her stretcher out of the ambulance. Then she nodded off again and did not awaken until the cardiologist and his partner had already threaded the teeny angiogram balloon up her femoral artery into the aorta and into her heart where they installed side by side stints to hold open her right coronary artery.

She believes that between the time she felt the pain, called 911, the paramedics arrived and the doctors begin working on her was only about 15 minutes. Imagine what would have happened if she had waited or taken some anti-heartburn medication and gone to bed? Remember; it is always better to call 911 than to drive to the hospital and call 911 instead of your doctor.

If we save one life with this information, it will have been worth describing.

Looking forward.....

The Coping with Life series will be back in January, February & March and Sandi is looking for suggestions. Please contact her at sandi.mcdougall@mysanibel.com or phone if you have a topic you want to learn more about. Members have suggested: fibromyalgia, knee replacements, simple pack for travel (now that airlines are charging for bags), and alcohol abuse.

Norman Rockwell and Fernando Botero art exhibits.



October, November, December Birthdays



OCTOBER

Michael Cuscaden	1
Vera Fedorov	1
Eileen Metz	1
Barbara Toll	1
Barbara Coccagnia	2
Mary Ann Gilhooley	2
Jean Reed	2
Lamar Williamson	2
Cynthia Rotella	5
Daphne Hammond	6
Linda Hooper	6
Mary Jane Warzinski	6
Becky Batcheller	7
Elizabeth Carr	7
Jane Gieryic	8
Nancy LeFever	8
Lois Greenberg	9
John Reid	9
Marie Rizzo	9
Jo Ann McKelvey	10
Henry Shelton	10
Gillian Bath	11
Joy McKee	11
Maureen Wright	11
Sally LaBombard	12
Carroll Connor	13
Don Herman	13
Lenora Hoffmann	13
Julie O'Neill	13
Joyce Perkins	13
Elaine Mundt	14
Carolyn Dix	15
Audrey Holman	15
Eleanor Horowitz	15
Peggy Lovett	15
Phyllis Pachman	15
Jim Scott	15
Elston Van Steenburgh/ Rebhorn	15
Martha Dilger	16
Penny Lord	16
Norman Miller	17
Nancy C. Smith	17
Berdenna Thompson	17
James Wellman	17
Pamela Yeckel	17
Sharon Miller	18
Darlene Rizzo	18
Millie Ford	19
Alice Palmer	19

Marguerite Jordan	20
Paula Raboy	20
Sarah Thompson	20
Bob Conroy	21
John Decker	21
Marcy Forman	22
Patty Molnar	22
Fred Wightman	22
Nancy Jones	23
Yvonne Rhoads	23
Robert Smetana	23
Jean Wittman	24
Gloria Lazor	25
Judy Cheney	26
Dorothy Lichtenstein	26
Betty Reynolds	26
Fred Gerasin	27
Jane Hale	27
Chris Henson/Boesen	27
Irene Raber	27
Diana Smith	27
Dorothy Hirschfeld	28
Cyndy Lorry	28
Nancy Smith	28
Josie Basso	29
Nancy Maupin	29
Arline Mercer	29
Janet Schneider	29
Lillian Stone	29
Doris Harvot	30
Nancy Black	31
Jane Chanan	31
Elise Hall	31
James Monroe	31

NOVEMBER

Gladys Gribble	1
Edith Rood	1
Jane McKinzie	2
Pat Beckett	3
Robert Fesq/Daneman	3
Sylvia Fox	3
Ed Neitzke	3
John Stevenson	3
Barbara Johnson	4
Beverly Lubetkin	4
Ann Pulver	4
Christl Smith	4
Jean Black	5
Elfriede Smith	5
Mimi Green	6
Carol Awender	7

Linda Drasnin	7
Carol Allen	8
Barbara Baumecker	8
Jane Hogg	8
Lou Rapp	8
Julia Lombardi	9
Ann Rodman	9
A. Lee Staley	10
Maureen McCarty	11
Holly Davies	13
Ilse De La Puente	13
Ann Heymann	13
Barbara Mascari	14
Moon Price	15
Bonnie Watt	16
Karen Pagel	17
Lee Dunne	18
Joseph Fishkin	18
Sharon Gill	18
Robert Chaney	19
Frank Fallert	19
Richard Welch	19
Francine Dale	20
Margaret Lee	20
Joseph Walzer	20
Philip Johnson	21
Anita McKean	21
Martin Pokedoff	21
Mary Kaiser	22
Lois Allen	23
Lyn Kern	25
Shirley Schiffman	25
Carol Gertsen	26
Norma Hagan	27
Elizabeth Thompson	27
Shirley Masuka	28
Adele Anish	29
Ann Morgan	29
Peter Pyatak	29
Dorothy Sawyer	29
Pat Sharp	29
Veronica Gallo	30
Jane Hudson	30
Elaine Knightly	30
Annmarie Pittman	30

DECEMBER

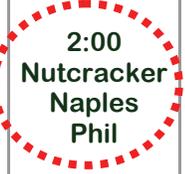
Phil Gainer	1
Francesca Joyce	1
Angie McLaughlin	1
Helen Jacobs	2
Noranette Lear	2

Maureen Izard	3
Fran Morris	3
Martha Emery	4
Shirlene Grasgreen	4
William Emery	5
Marianne Masterson	5
Robert Thompson	5
Helen Gaina	6
Cathy Maxwell	6
Leanne Trout	6
Norma Walley	6
Violet Dhimos	7
Maureen Hnatow	7
Frances Perou	7
Paul Schierberl, Jr.	7
Marilyn Michel	8
Nancy Seaward	8
Evelyn Spencer	8
Ronalee De Noble	9
Mary Ann Lutzen	9
Ginny Bowen	11
John Dunn	11
Barbara Kelly	11
Marianne Jardine	12
Janet Cherrix	15
Esther Pokedoff	15
Nancy Riley	15
Deb Bruner	16
Ruth Stone	16
Toni Bracco	17
Ray Keeney	17
Hilda Bould	18
Pete Walbridge	18
Irene Kaplan	19
Karl Rodman	19
Laura Hansen	20
Carl Mante	20
Jean Pilon	20
Bill Morgan	21
Joan Davey	23
Connie Hays	23
Phyllis Bogen	24
Kathy Zimpfer	24
Nell Hutchins	26
Donna Caruso	27
Helen Williamson	27
Ruth Guess	28
Bill Holleran	28
Jan Anderson	29
Aura Duke	29
Annabelle Patton	31

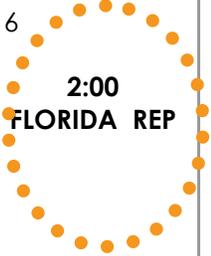
October 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9:00 – Aerobics 11:30 GRILL 1:00 Bridge 1:00 PC INTRO	2 8:45 STEP 10:00 Yoga 1:00 Mahjongg	3 9:00 - Aerobics	4  2:00 FLORIDA REP
5	6 9:00 – Aerobics 12:30 Wii Team 1 1:00 Bridge 1:00 PC INTRO	7 8:30 KAYAK 8:45 STEP 11:30 STYLE Seminar 1:00 Mahjongg	8 9:00 – Aerobics 11:30 GRILL 12:30 Team Wii #2 1:00 Bridge 1:00 PC INTRO	9 8:45 STEP 10:00 Yoga 10:00 Wii Team #3 1:00 Mahjongg	10 9:00 – Aerobics 10:30 Wii Team 4 1:00 PC INTRO	11
12	13 8:00 & 9:30 Aerobics 12:30 Wii Team 1 1:00 Bridge	14 8:45 STEP 11:30 OTL 1:00 Mahjongg 2:30 BOOK Club	15 8:00 & 9:30 Aerobics 9:30 I SRS BOARD 11:30 GRILL 12:30 Team Wii #2 1:00 Bridge	16 8:45 STEP 10:00 Yoga 10:00 Wii Team #3 12:00 INTRO Wii 1:00 Mahjongg	17 8:00 & 9:30 Aerobics 10:30 Wii Team 4	18
19  5:30 October- fest Polka Party Pot- luck	20 8:00 & 9:30 Aerobics 12:30 Wii Team 1 1:00 Bridge	21 8:30 KAYAK 8:45 STEP 1:00 Mahjongg	22 8:00 & 9:30 Aerobics 11:30 GRILL 12:30 Team Wii #2 1:00 Bridge	23 8:45 STEP 10:00 Yoga 10:00 Wii Team #3 1:00 Mahjongg 1:00 Digital Photo	24 8:00 & 9:30 Aerobics 10:30 Wii Team 4 DINNER & HOCKEY GAME	25
26	27 8:00 & 9:30 Aerobics 12:30 Wii Team 1 1:00 Bridge	28 8:45 STEP 1:00 Mahjongg 1:00 PC SAVVY	29 8:00 & 9:30 Aerobics 11:30 GRILL 12:30 Team Wii #2 1:00 Bridge	30 8:45 STEP 10:00 Yoga 10:00 Wii Team #3 1:00 Mahjongg	31 8:00 & 9:30 Aerobics 10:30 Wii Team 4	

November 2008

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
						
2	3 8:00 & 9:30 Aerobics 12:30 Wii Team 1 1:00 Bridge	4 VOTING ALL DAY 8:30 KAYAK 11:30 OTL 1:00 Mahjongg <u>NO STEP</u>	5 8:00 & 9:30 Aerobics 11:30 GRILL 12:30 Wii Team 2 1:00 Bridge 3:30 CHAIR Yoga	6 8:45 STEP 10:00 Yoga 10:00 Wii Team 3 12:00 INTRO Wii 1:00 Mahjongg	7 8:00 & 9:30 Aerobics 10:30 Wii Team 4 12:00 WAIST MGT	8
9	10 8:00 & 9:30 Aerobics 12:30 Wii Team 1 1:00 Bridge	11 CLOSED	12 8:00 & 9:30 Aero- bics 11:30 GRILL 12:30 Wii Team 2 1:00 Bridge 3:30 CHAIR Yoga	13 8:45 STEP 10:00 Yoga 10:00 Wii Team 3 12:30 Safe Driving 1:00 Mahjongg	14 8:00 & 9:30 Aerobics 10:30 Wii Team 4 11:00 Color Seminar 12:00 WAIST MGT	15
16	17 8:00 & 9:30 Aerobics 9:00 FLOOR Stretch 12:30 Wii Team 1 1:00 Bridge	18 8:30 KAYAK 8:45 STEP 10:00 Yoga 1:00 Mahjongg 2:30 BOOK Club	19 <u>9:30 IS</u> <u>Board</u> 8:00 & 9:30 Aerobics 9:00 FLOOR Stretch 11:30 GRILL 12:30 Wii Team 2 1:00 Bridge 3:30 CHAIR Yoga	20 8:45 STEP 10:00 Yoga 10:00 Wii Team 3 12:30 Safe Driving 1:00 Mahjongg 1:00 <u>SPREADSHEET</u>	21 8:00 & 9:30 Aerobics 9:00 Floor Stretch 10:30 Wii Team 4 11:00 Color Seminar 12:00 WAIST MGT 1:00 <u>SPREADSHEET</u>	22 
23	24 8:00 & 9:30 Aerobics 9:00 FLOOR Stretch 12:30 Wii Team 1 1:00 Bridge	25 8:45 STEP 10:00 Yoga 1:00 Mahjongg	26 8:00 & 9:30 Aerobics 9:00 FLOOR Stretch 11:30 GRILL 12:30 Wii Team 2 1:00 Bridge 3:30 CHAIR Yoga	27 CLOSED Happy Thanksgiving	28 CLOSED	29 
30						

December 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 8:00 & 9:30 Aerobics 9:00 FLOOR Stretch 1:00 Bridge	2 8:30 KAYAK 11:30 OTL 8:45 STEP 10:00 Yoga 1:00 Mahjongg	3 8:00 & 9:30 Aerobics 9:00 FLOOR Stretch 11:30 GRILL 1:00 Bridge 3:30 CHAIR Yoga	4 8:45 STEP 10:00 Yoga 10:00 Wii Team 3 12:00 Intro to Wii 1:00 Mahjongg	5 8:00 & 9:30 Aerobics 9:00 FLOOR Stretch 10:30 Wii Team 4 12:00 WAIST MGT	6 
7 	8 8:00 & 9:30 Aerobics 9:00 FLOOR Stretch 1:00 Bridge	9 8:45 STEP 10:00 Yoga 1:00 Mahjongg 2:30 BOOK Club	10 8:00 & 9:30 Aerobics 9:00 FLOOR Stretch 11:30 GRILL 1:00 Bridge 3:30 CHAIR Yoga	11 NO STEP 10:00 Yoga 1:00 Mahjongg 1:00 eBay	12 8:00 & 9:30 Aerobics 9:00 FLOOR Stretch 12:00 WAIST MGT	13
14	15 8:00 & 9:30 Aerobics 9:00 FLOOR Stretch 1:00 Bridge	16 NO STEP 8:30 KAYAK 10:00 Yoga 11:30 Annual Meeting 1:00 Mahjongg (Kraft)	17 8:00 & 9:30 Aerobics 9:00 FLOOR Stretch 11:30 GRILL 1:00 Bridge 3:30 CHAIR Yoga	18 NO STEP 10:00 Yoga 1:00 Mahjongg 1:00 INTERNET	19 8:00 & 9:30 Aerobics 9:00 FLOOR Stretch 12:00 WAIST Mgt	20
21	22 8:00 & 9:30 Aerobics 9:00 FLOOR Stretch 1:00 Bridge	23 8:45 STEP 10:00 Yoga 1:00 Mahjongg	24 8:00 & 9:30 Aerobics 9:00 FLOOR Stretch 11:30 GRILL 1:00 Bridge 3:30 CHAIR Yoga	25 CLOSED Merry Christmas!	26 CLOSED	27
28	29 8:00 & 9:30 Aerobics 9:00 FLOOR Stretch 1:00 Bridge	30 8:45 STEP 10:00 Yoga 1:00 Mahjongg	31 8:00 & 9:30 Aerobics 9:00 FLOOR Stretch 11:30 GRILL 1:00 Bridge 3:30 CHAIR Yoga			
