ISLAND SENIORS PROGRAM

Enriching the lives of adults over 50

January, February, March 2009

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 $20 for the calendar year. Members enjoy reduced participation fees. The Board of Directors meets monthly.

Barbara Mascari, President
Yolande Welch, Vice President
Ann Moeder, Secretary
Christl Smith, Treasurer
JoAnn McKelvey
Carole Anne Fallon
Clivie Goodwin
Evelyn Spencer
Deborah Butler

Our heartfelt thanks to Barbara Mascari, Evelyn Spencer, and Yolande Welch who complete their service on our Board in December

SANIBEL FIT 4 LIFE

Recreation Department / Seniors

800 Dunlop Road

Sanibel, Florida 33957

Songs from Sandi

Happy Holidays Everyone,

It seems impossible that 2008 is drawing to a close. How quickly a year flies by. I hope yours was a year with some happy moments. Perhaps you greeted a new grandchild, renewed a friendship or discovered our Center for the first time.

New research tells us that life satisfaction and happiness should be at the top of our list to promote good health and prevent disease. That can be hard to do in these uncertain times. I truly believe, though, that if you read through our newsletter you will find an activity to take your mind off your worries.

The "Coping with Life" series has something to offer for everyone and most of the seminars are free. Take advantage of them. Join us for laughter, knowledge and good health. This could be your clear path to peace, joy and new found happiness.

To your good health,
Sandi

Annual Dues Reminder

Island Seniors, Inc. yearly dues of $20.00 per person are due January 1, 2009. Help to support the wonderful organization that underwrites most of the activities offered by the Island Seniors Program. We appreciate the support.

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Greeting Cards in Sandi's Office

If you know a member that needs cheering up, wishes to get well, or our condolences, please feel free to come to Sandi's office and get a card to pass around the Center to those who know them. We will provide the stamp.

Blood Pressure Cuff

The blood pressure cuff is set up in Sandi's office. It is extremely easy to use and Sandi and her staff are always available to help you with the machine.

Remember, it is a more accurate reading if you take your blood pressure prior to your fitness workout.

"Waist Management" is Back!

Fridays at 12:00 noon in the Kraft Room

Island Seniors, Inc. members $2.50, non-members $5.00 per session for the cost of trying new foods

Since November 7th the "Waist Management" group has been meeting at Noon on Friday to support each other in our endeavors to a healthier lifestyle. We have been "Welcomed Back to Better Food Choices" by trying healthier versions of the old standards and exploring vegetarian options.

The group invites you to join them for support in becoming healthier. Whether your goal is to shed extra pounds, decrease the measurement around your waistline or learn healthier food choices, we'd love for you to join up with us. **Eileen Kehoe** and **Sandi McDougall** will facilitate these sessions.

"Leisure Lunchers" & Consignment Store Shoppers Extraordinaire

(Formerly known as "Out to Lunch Bunch")

Come and join us each month as we explore a new restaurant. Some may be new to you and others old favorites. We will order off of the menu and you will pay for your own meal. This is a wonderful way to meet people, visit with old friends and enjoy a great lunch. We carpool and there is often space for three in the administrator's car. **Be at the restaurant at 11:30 AM. Pre-registration is a must.** Sign up at the Center and view the restaurant's menu.

Thursday, January 8 - European American Baking Company, 12450 Metro Parkway, 239-225-0450. After lunch we will be stopping at the **Elite Repeat** Consignment store.

Thursday, February 12 - **Icabod's**, 13851 S. Tamiami Trail, 239-267-1611. After lunch on the way back to Sanibel we will be stopping at the **Only Imagine** consignment store.

Thursday, March 12 - the **Blarney Stone**, 12791 Kenwood Lane, 239-728-5400. After lunch we will be checking out **The Classy Exchange** consignment store next door.

"Blessed are the flexible,
for they shall not be bent out of shape."

Cardio, Muscle Strengthening and Flexibility

"Total Fitness" class offered
Monday, Wednesday, Friday - 8:00 & 9:30 AM
Beginning January 5 also at 11:00 AM

Members of Island Seniors, Inc. can purchase coupon booklets from the Island Seniors, Inc. at the Senior Center at 2401 Library Way or, at the Sanibel Recreation Center. **Coupon booklets are sold with 10 coupons for $35.00 or 3 coupons for $10.50.** Members of the Sanibel Recreation Center need to show their photo ID membership card to attend and no additional fee is required. Sandi McDougall and Mahnaz Basseri are the instructors.

Fitness Activities

SANIBEL FIT 4 LIFE

is our motto!

Just Step

This 45 minute cardio only class offered Tuesday and Thursday at 8:45 AM.

If you are not yet signed up for Just Step, call the Center at 472-5743 to check on the availability of a step. To attend, members of the Island Seniors, Inc. can purchase coupon booklets from the Island Seniors, Inc. at the Senior Center at 2401 Library Way or at the Sanibel Recreation Center. **Coupon books are sold with 10 coupons for $35.00 or 3 coupons for $10.50.** Members of the Sanibel Recreation Center need to show their photo ID membership card to attend, and no additional fee is required. **Sandi McDougall** is the instructor.

Try a Heart Rate Monitor During Your Cardio Workout

Island Seniors, Inc has purchased 2 Heart Rate Monitors for use by Island Seniors, Inc. members during fitness classes. Come early and Sandi or Mahnaz will instruct you on how easy they are to use.

Floor Stretch

Instructor Joan Lennox

Member Joan Lennox is back teaching Floor Stretch classes on **Monday, Wednesday & Friday at 8:30 AM.** Fees for the January session are $33.00 for members of the Island Seniors, Inc., $66.00 for non-members. Fees must be paid upon registration. Class limit is 9 students.

Yoga with Dr. Susan Pataky

Thursday classes are an "all-level" class, geared for *everyone* and are held at **10:00 AM** in the **Aerobic Room.** Class includes proper 'basic alignment' principles, breathing techniques and relaxation. Adaptations for specific conditions will be addressed. Learn Yoga safely! Great refresher for already seasoned yogi's. The fee is $13.00 per class for Island Senior Inc. members, $15.00 per class for non-members. Class limit is 35 participants.

Chair Yoga will be offered on **Wednesday at 3:30 PM** throughout the season in the **Kraft Room**. Only chairs are used for this class - we do not go onto the floor. This class is geared for anyone who wants to do light exercising or gentle stretching. Those with limitations, posture or balance issues, or those needing to build strength due to illness or surgery, this class is for you. Wheelchairs, walkers, canes and oxygen are always welcome. Every class is geared to participants needs. The fee is $12.00 a class. Call Susan at 738-3856 if you plan to attend.

Tuesday classes are geared for the **"experienced student"** (1 + years of continued practice) and are held at **10:00 AM** in the **Aerobic Room.** Grow your practice with continued learning of variations of basic asanas as well as more vigorous and challenging sequences and poses. The fee is $13.00 for Island Senior Inc. members and $15.00 for non-members. Class is limited to 35 participants.

ALL AGES are welcomed at the Center.

★ Sanibel Recreation Center ★
Fitness Opportunities

Phone **472-0345** or go to ***www.mysanibel.com***
and check under the Recreation Department for additional information.

Shallow Water Aerobics	**Monday, Wednesday & Friday at 9 AM** **Tuesday & Thursday at 10:30 AM** **Saturday at 11 AM**
Deep Water Aerobics	**Monday, Wednesday & Friday at 10:30 AM** **Tuesday at 9 AM and Saturday at 9:30 AM**
Aqua Jogging	**Thursday at 9 AM**
Lap Swimming	**Monday – Friday 7 AM -2 PM and 5 PM - 7 PM** **Saturday 9 AM - 5 PM** **Sunday Noon - 5 PM**
Master Swim Program	**Monday, Wednesday & Friday 10:30 AM -12:30 PM** **Sunday Noon - 5 PM**
Chi-Yoga	**Tuesday at 1 PM** **Saturday at 9 AM**
Sun Flow Yoga	**Wednesday at 5:30 PM**
Power Vinyasa Yoga	**Saturday at 10:15 AM**
Adult Karate	**Saturday at 9 AM**

Stability Ball Strength Training – **Tuesday at 4:15 PM**
Thursday at 5:30 PM

Aerobics	**Monday, Wednesday & Friday 10:15 AM and 5:30 PM**
Body Sculpting	**Tuesday & Thursday at 10:15 AM and 5:30 PM**
Pick-up Volleyball	**Monday & Wednesday 6 PM and Saturday at 3 PM**
Pick-up Basketball	**Tuesday & Thursday at 6 PM and Sunday at 1 PM**

Weight Room **with 3 Cybex ProPlus treadmills available for use**

The Recreation Center is looking for volunteers in many areas.
Contact Jai Earl at 472-0345 if you can donate your time.

Life is not about waiting for the storms to pass…

Kayaking

This non-competitive outing is perfect for people who enjoy the world around them. Kayaking adventures are held **every Tuesday in January, February & March.** There is space for 16 people on our eight 2-person kayaks and unlimited space for those who own their own kayaks.

Each outing is lead by two leaders who determine the location. Leaders pay no fees and reserve the right to change the **8:30 AM** meeting time. All participants including those with personal kayaks must meet at the Center. Everyone is encouraged to take their turn leading the group.

It is useful to bring water, a small snack, change of clothing (in case you get wet and don't like it), sun and bug lotion, sunglasses and a hat. Fees for each trip are $2.50 for Island Seniors, Inc. members and $5.00 for non-members. Members of the Island Seniors, Inc. are given first priority. Come by the Center or call to sign up.

Captiva Kayak Company

& Wildside Adventures Seminar

January 13 at 9:00 AM .

Join your fellow kayakers for an informational seminar on kayaking with **Barb Renneke** from **Captiva Kayaking.**

Whether you are a seasoned kayaker or a novice, you'll surely pick up some new tips on proper technique and handling. Muffins, coffee & juice provided.

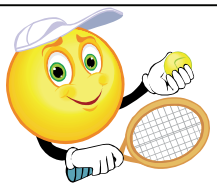
Call the Center to register as seating is limited.

Hiking the Beaches of Sanibel

5th Annual Hiking the Beaches of Sanibel will have an orientation meeting at the Center **January 15 at 8:15 AM** to enlist volunteer leaders and determine interest in this walking program. Anyone interested in joining the walkers please come to the meeting. The program runs for 5 consecutive Thursdays. The group meets at the Center at 8:15. Last year, The Sanibel Sea School volunteered their bus and drove the group to and from their locations.

Donations of Books Welcomed!

*The Island Seniors, Inc. will be hosting a **Book Sale in April** as a fund raiser for the Island Senior Program. They are hoping that before you head back to your other residence this Spring, you will clean out your library and bring books to the Center. Just drop them off in Sandi's office and we will unpack and store them until the sale.*

Wii Tennis  Leagues

Tennis leagues will begin in **February**. We will offer 2 teams with 4 people per team.

- ⇨ Tennis Team #1 will play **Monday at 10:30 AM**
- ⇨ Tennis Team #2 will play **Thursday at 2:00 PM**.

Leagues will run for 4 consecutive weeks. Additional days can be added. The cost is $10.00 for members and $20.00 for non-members for the 4 week session. *Prizes will be awarded in Wii Bucks each day you play tennis.* Wii bucks can be used for any activity sponsored by the Island Seniors Program. Sign up sheets are at the Center on the counter or call 472-5743 and join a team.

Want to Listen to a Good Book or Read One?

Begins Wednesday, January 7 from 2:00 - 3:00 PM

Board Member **Carole Anne Fallon** is starting a new program on **Wednesdays in the Kraft Room**. She, along with other volunteers, will be reading books aloud. This is per request from a community member who can no longer enjoy even the largest print of a book. We will welcome anyone who has sight difficulties such as macular degeneration. Room size will limit the experience to 10 participants maximum. Please call the Center to sign up or let us know if you would like to be a reader with Carole Ann.

Bridge & Mah Jongg

Bridge for Fun

Monday & Wednesday at 1:00 PM in the Aerobic Room
Prizes are awarded!
$2.50 for members, $5.00 for non-members

Bridge Instruction

Justine Smith will be offering lessons from **9:30-12:30, Tuesday, January 6, 13, 20 & 27 in the Computer room.**
8 students limit & must attend all 4 classes

Island Seniors Inc members $10 and non-members $20

Mah Jongg

Tuesday and Thursday at 1:00 PM in the Aerobic Room
Prizes are awarded!
$2.50 for members, $5.00 for non-members

Mah Jongg Instruction

Katie Reid will be offering lessons from **9:00-12:00 on Wednesday, January 7, 14, 21 & 28 in the Computer room.**
8 students limit & must attend all 4 classes

Island Seniors Inc members $10 and non-members $20

The Island Seniors, Inc. has a purchased a and a 50" flat screen television!

Many of you are asking: *"What the heck is a Wii ?"* The first person I'd ask is your grandchild 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 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 stimulates eye/hand coordination, increases your activity level and will promote camaraderie among peers with all the fun that will be had. It is great for men and women of all ages.

Introduction to Wii Training Seminars

Barbara Mascari will host "Intro to Wii" training seminars for Island Seniors, Inc. members. She will teach you how to bowl, play tennis, golf, and baseball. She has 2 dates scheduled: **Thursday, January 15 at 11:30 AM** and **Monday, January 26 at 10:00 AM**. All training seminars will be held in our newly refurbished "Kraft" room. Please sign up at the Center to attend as there is a limit of 6 per class. Classes are free. Additional sessions will be offered if the waiting list is filled.

Wii Bowling Leagues

We have Wii bowling leagues at the Center. You can even bowl seated in an armless chair. Winter leagues begin January with four teams with 4 people on a team.

- ☺ Wii Bowling Team #1 will meet Mondays at 12:30 PM
- ☺ Wii Bowling #2 will meet Wednesdays at 12:30 PM
- ☺ Wii Bowling Team #3 will meet Thursdays at 10:00 AM
- ☺ Wii Bowling Team #4 will meet Fridays at 10:30 AM

Each team will pick a Captain. **Leagues will run 4 consecutive weeks.**
$10.00 for members and $20.00 for non-members for the 4 week session. Prizes will be awarded in Wii Bucks each time you bowl to 1st, 2nd & last place bowlers. Wii bucks can be used for any activity sponsored by the Island Seniors Program. The traveling trophy will be awarded to the team captain whose team accumulated the most points after each 4 week league. Sign up sheets at the Center on the counter or call 472-5743 and join a team.

Discovering Florida to Day Trips

No refunds for trips unless canceled by the Center due to low enrollment. All itineraries are subject to change.

Norton Museum of Art/IKEA Furnishings
Thursday, January 29, 2009
7:15 AM leave the Center - Return by 7:30 PM

The **Norton Museum of Art** is a major Florida cultural attraction. It is known internationally for its distinguished permanent collection featuring 19th and 20th century European and American art, Chinese, contemporary art and photography. January 24 – May 3, 2009 they will be exhibiting 40 the Georgia O'Keefe paintings and 54 Ansel Adams photographs. Their work celebrates the deep commitment to the American landscape these two iconic artist share.

Our 50 minute docent tour of the museum is planned for 10:30 am. After the tour we will have lunch at **Café 1451** at the **Norton**. We will leave West Palm Beach for **IKEA Sunrise** an hour away. IKEA Sunrise is a 293,000 square foot store. Their "natural path" leads to display areas, 50 room settings and three model homes. Their vision is to create well-designed, functional home furnishings that are affordable. There is also a restaurant with many Swedish delights.

$48.00 for Island Seniors, Inc. members, $63.00 for non-members. Fee includes transportation, driver gratuity, museum and lunch. Limited to 55 reservations. Payment required on registration. No refunds.

Clewiston Sugarland Tour
Thursday, February 26, 2009
7:30 AM leave the Center - Return by 5:00 PM

Join us for an exciting, informative four and a half hour heritage and agriculture tour. Step back in time with an interesting historical orientation of Clewiston and Lake Okeechobee. You'll get an up-close look at a sugar cane farm where we'll chop and chew some sugar cane and see the latest in farming techniques. We'll visit the Clewiston sugar mill, the state-of-the-art sugar refinery and citrus juice plant. *Note: Sandals, heels and open-heeled shoes or clothing with sequins, glitter and embellishments are prohibited for safety*. A tour of the renovated **Clewiston Museum** is included, too. Buffet lunch with three or four entrees will be at the historic **Clewiston Inn**.
$40 for Island Seniors, Inc. members, $55 for non-members. Fee includes transportation, tour and buffet lunch. Limited reservations. Payment required on registration. No refunds.

Naples Museum of Art/Waterside Shops
Thursday, March 26, 2009
8:30 AM leave the Center - Return by 5 PM

Join us for a docent lead tour at 10:00 AM for
NORMAN ROCKWELL: AMERICAN IMAGIST.
For years, the cover of the Saturday Evening Post was the great show window in America for illustrators. Norman Rockwell (1894-1978), among the most enduring artists of the 20th century, became synonymous with the magazine. His beloved illustrations seemed to capture the optimism of the American spirit. They are filled with the nuances of ordinary people in everyday life, evoking a time and place that existed mostly in our hopes and aspirations. His legendary association with the Post spanned 47 years, from 1916 to 1963. This exhibition includes original tear sheets showing Rockwell's 321 Saturday Evening Post covers as well as five original Rockwell oil paintings and other works.

Also, **THE BAROQUE WORLD OF FERNANDO BOTERO**. A hundred artworks are featured in this retrospective of the Colombian neo-figurative artist – a major Botero exhibition in the U.S. in nearly 30 years. A beloved artist of the Americas, Botero (b. 1932) is a painter, sculptor and draftsman who captured the comedy and tragedy of human life for over 50 years. He is known for exaggerated rounded figures and a rich palette combining the excesses of Spanish colonial baroque with the social realism of Mexican muralists. The humorous surfaces of Botero's art may belie a more serious message – a commentary on colonialism, political instability in Latin America and the vernacular artistic traditions of Europe and Latin America. The exhibit draws on Botero's own collection of paintings, sculpture, pastels, drawings and watercolors.

$20 for members, $35 for non-members includes transportation and museum access. Lunch at your expense at the Museum or restaurant at the Waterside Shops. Limited to 28 reservations. Payment required on registration. No refunds.

Tip: Always check the Center's kitchen counter for sign up sheets for last minute trips requested by members.

Barbara B. Mann Theater

Island Seniors, Inc. purchased the tickets members signed up for last spring. Below are the performances we will attend. If you missed signing up, let the Center know you are interested in a ticket and we will put your name on a waiting list.

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 Beatlemaniac favorites a "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, 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 production with full music and lyrics by 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-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 spell-binding 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 block-buster" (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, is has been lauded by critics again and again, and won the hearts of people all around the world. Filled with a rousing, heart-warming 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.

11TH Anniversary Season

2008/2009 Florida Repertory Theater

Tickets are $26.00 for Island Seniors, Inc. members and $30.00 for non-members. We need to verify number of tickets needed with the theater 8 days before each performance. After the deadline, tickets can be purchased for $33.00. Depending on the size of the group, we may meet before the play for brunch or after for a light dinner before returning to the Island. If you need a ride, many attendees are happy to pick you up at their designated location before leaving the Island.

Dancing at Lughnasa by Brian Friel Saturday, January 10, 2008 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 Winner-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 dance macabre. You'll be gasping for air until the last shocking moments. A Tantalizing Whodunit!

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

80-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 girl-friend. This was a tour de force moment of the British stage. This play received the 1988 Olivier Award for Best New Comedy.

The 6th Annual Coping with Life Series

Join us starting this series in **January** and end in March with a large dose of laughter and fun. All programs are **Fridays at 2:00 PM.** Space is limited so registration is a must. Call the Center or come by to ensure there is space available.

January 9 - Damaris Peters Pike of Women of Note will be presenting ***"Frankie Gershwin: We Let George Do It!"*** at **2:00 PM and 3:30 PM**. $5.00 for Island Seniors, Inc members, $10.00 for non-members. Great musical fun.

January 16 - Susan Myers of CVS Pharmacy speaking on the interaction of prescription medicines, over the counter pharmaceuticals and alcohol. Bring your prescriptions if you have questions about what you can and can't take together.

January 23 - Rachel Tritaik, registered Physical Therapist, will present ***"Walking Tall: Strengthen Your Bones and Fight Gravity!"*** She will speak about what you can do to protect your bones from fractures and improve your posture--without drugs. Rachel has a genuine passion for ensuring that people do not needlessly lose their independence as a result of bone loss or a balance deficit.

January 30 - Deborah Butler, former Edison College professor and experienced traveler will give a short presentation on ***Traveling Light***; what to pack now that the airlines are charging per bag fees. Wouldn't you like to know what to take, how much and how to put it all together?

February 2 - Christine Sherlock, former International Trainer with ***Color Me Beautiful*** and founding member of **Image Matters** is presenting ***"Discover Your Color Identity".*** Discover how wearing the right colors can make you appear healthier, younger and more confident. $5.00 for Island Seniors, Inc. members, $10.00 for non-members.

February 13 - Christine Sherlock, Kelly Walsh and Lisa Kitner of Image Matters are presenting ***"Discover Your Style Personality".*** How "style" is being yourself…on purpose. Are you a Dramatic, Classic, Natural or a Romantic? This seminar will help you know the differences. $5.00 for Island Seniors, Inc. members, $10.00 for non-members.

February 27 - John Fifer Orthopedic

February 20 - The professionals from **Image Matters** are back to help you find your most flattering styles by presenting ***"Balancing Act".*** If you've ever copied a look from a fashion magazine and had less than ideal results, this seminar if for you. $5.00 for Island Seniors, Inc. members, $10.00 for non-members.

March 6 - John Strickling, Hope Hospice Community Relations Director at the request of our Senior Program Administrator will share what services; clinical and non-clinical Hope Hospice has to offer. Too many times when people hear that Hospice has been called it brings an immediate reaction of the word "death". Let's change that as a community and so we can tell others what services they can expect to receive from Hope Hospice.

March 13 - Glenda Campbell

March 20 - Saved for Suduko Wait-list

March 27 - Carole Anne Fallon

AARP Driver Safety Course

Thursdays, JANURARY 22 & 29 OR Thursdays, MARCH 12 & 19

The AARP Driver Safety Program is the nation's first and largest refresher course for drivers age 50 and older. It has helped millions of drivers remain safe on today's roads.

- Tune up your driving skills and update your knowledge of the rules of the road.
- Learn about normal age-related physical changes, and how to adjust your driving to allow for these changes.
- Reduce your traffic violations, crashes, and chances for injuries.
- Drive more safely.
- Get an insurance discount. Insurance companies in most states provide a multiyear discount to AARP graduates.

Ed VanderHey will be offering the course at the Center for $10.00. Whichever month you choose, you must be able to attend both Thursdays to receive your certificate. Sign up at the Center to secure your registration. Limit of 20 people per class.

Shingles Vaccine and Preventative Blood Tests

Per members requests, **First Link Medical** will be at the Center on **Thursday, January 22** from **9:00 AM to 1:00 PM** with the shingles vaccine provided by Merck Pharmaceutical. Shingles can be extremely painful, debilitating and have long-term health consequences. If you had childhood chicken pox you could be at risk. They will also have available preventative blood testing for Diabetes, Prostate and Thyroid.

Pre-reservation only. Call toll free: 1-866-302-5663

"Luck of the Irish" Potluck Dinner

Corned beef and beverage provided by the Island Seniors, Inc.

Sunday, March 15 at 5:00 PM

Join us for some green fun. Dress in green and bring a dish to share (appetizer, casserole or dessert). Free to members and $5.00 for non-members. Call the Center to sign up as space is limited. Also, Wii bowling tournament so come prepared to bowl. Numbers will be drawn for teams. See you leprechauns at the potluck.

PC Classes Fees for 1 session classes: $30 for members and $45 for non-members of Island Seniors, Inc.
Fees for 2 session classes: (Spreadsheets) $60 for members and $80 for non-members.
Fees for 5 session classes: (PC Intro) $115 for members and $150 for non-members

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! One session seminar.

Tuesday January 6	**1:00 - 3:00 PM**
Thursday, February 19	**1:00 - 3:00 PM**
Tuesday, March 24	**1:00 - 3:00 PM**
Thursday, March 26	**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. Email Patty at sanibelpatty@comcast.net with photo topics you would like to know about.

I've Got Mail! One Session Email Workshop

Thursday, Jan. 15 from 1:00 - 3:00 pm

We will talk about basics, sending and opening documents and photos, creating groups and avoiding all those "messy" extra characters when forwarding a message.

PC SAVVY - Ten Things Savvy Computer Users Know

Wednesday, January 28

A two-hour hands-on workshop full of tips to help you master Windows and keep track of documents. Great refresher class for PC users who haven't had a class in a while! Materials to take home, too!

Hello ebay !

Thursday, February 12 - 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!

Introducing PC'S & Windows XP or Vista

With Christl Smith

Five Class Sessions 1:00 - 3:00 PM

1 - Monday, Feb. 9 **3 - Friday, Feb. 13**
2 - Wednesday, Feb. 11 **4 - Monday, Feb. 16**
5 - Wednesday, Feb. 18

Designed for the Novice User 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! Must be able to attend all 5 sessions to sign up.

WHAT'S A SPREADSHEET?

Concepts and Uses

Two Sessions: 1:00 - 3:00 pm

Wednesday & Thursday, February 25 & 26

You have a spreadsheet program with Microsoft Works or Excel, but have you used it? Are you new to spreadsheets but not new to Windows? Find spreadsheets intimidating? It does not have to be! You will discover how useful and FUN (really!) spreadsheets can be. These two sessions introduce working with rows and columns to keep track of everything from your checkbook, loan payments, household inventory and rentals.

Discovering the Value of the Internet

THURSDAY, MARCH 12 - 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, on-line shopping! Easy? Safe? Find what you need to know.

Hotdog Grill Wednesday at the Center

Join Chef **Doris Southerton** and **Bob Halverson** in the kitchen area at the Center on Wednesdays at 11:30 AM and beginning **January 7** at **12:00 NOON**. 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 to this fun social gathering. Otherwise, you may be disappointed when you arrive and all the hotdogs have been eaten.

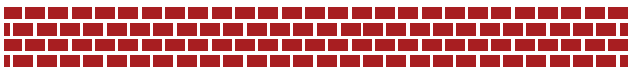
Sanibel Single Seniors - The Sanibel (and Captiva too) Single Seniors continue to meet Wednesday evenings at 5:00 PM. Call the Center on Wednesday and ask Anne which location they are meeting at that evening. The group is a great way to meet new single people and enjoy wonderful fellowship.

Which do you prefer: email of snail mail? Color or Black and White?

First, a huge thank you to everyone who has signed up to receive the newsletter by email. You are helping the Center save money and the frustration of returned newsletters from the USPS.

Also, you get a friendly note from Sandi immediately when the newsletter is placed on the City of Sanibel website (*www.mysanibel.com*). That means you get first crack at signing up for everything we offer. Almost everything has limited enrollment, so you get to be among the first to sign up. And, you get to view the newsletter in color and print it out in color if you wish. Due to the cost of colored printing, mailed newsletters are not in color. So, if you are interested in receiving the newsletter by email, call the Center and let Donna Ruhe know. Also, if you have a cell phone number you are willing to share with us or have a change in seasonal residence dates, we need to know this for our membership database.

We Let People "Walk All Over Us"



Our memory path is growing thanks to all of you that have purchased a brick. We are the only place in town where we let everyone walk all over us and still feel good about it! **Luc Century's** etched bricks can be purchased for $100. You can choose to remember a loved one, 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. **JoAnn McKelvey** is chairing this fund-raiser and can be reached at **395-2237** if you have additional questions.