



ISLAND SENIORS PROGRAM

Enriching the lives of adults over 50

October, November, December 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.

Deborah Butler, President
Christl Smith, Treasurer
Ann Moeder

Carole Anne Fallon, Vice President
JoAnn McKelvey
Clivie Goodwin

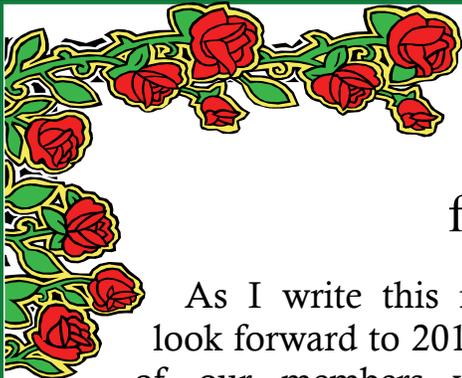
Katie Reid, Secretary
Eileen Kehoe
Gary Taibbi



Recreation Department / Seniors

800 Dunlop Road

Sanibel, Florida 33957



Songs from Sandi

As I write this newsletter and look forward to 2010, I am in awe of our members who volunteer their time, talent and energy to making our Center the best it can be. You continue to help me with innovative ideas and share your creativity with the membership. You say “yes!” when we ask for your help. You are the people that keep our Center filled with new classes and new members.

Because of you, I am so very grateful to be the administrator of your Center. I know the Center would not be the success it is, without each and every one of you.

Having said that, I hope all of you will be as excited as I am when you read this newsletter. Not only have we planned some very exciting new adventures for the next three months, but we've noted activities to look forward to in 2010.

So, read on about:

- ✓ new & additional fitness classes
- ✓ inexpensive ideas to recycle & spruce up your home & wardrobe
- ✓ sharing the holidays with a trip to Savannah
- ✓ learning to play a new card game
- ✓ learning about organic farming

The list just goes on and on. And remember, stay active, be involved and join us at our Center.

To your good health,
Sandi

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From the President by Deborah Butler

I hope you are all having a great summer wherever you are. Here on Sanibel we are enjoying the quiet and the beauty of the foliage, the waters and the sunsets. No hurricanes so far. Island seniors keep active even during the summer. We are happily anticipating the return of many of you soon. The plans being made for activities this Fall are very exciting, including trips, the annual Bazaar, classes, Bridge, Mahjonn, Kayaking, Aerobics, Book Club, concerts, theater and more. Come back safely and stay well.

Save the Date for Our ANNUAL HOLIDAY BAZAAR, SATURDAY, NOVEMBER 21!

Unclutter the cabinets and save your pre-loved treasures to donate!



Annual Holiday Bazaar! November 21 - 9:00 - 1:00

We are already preparing for a wonderful event. We will have our popular "Trash and Treasures" but we need your donations of household items, jewelry, toys, small appliances and decorative items. The only thing we cannot sell are clothing and shoes.

Tuesday, October 6 at 10 AM

Help us put together "**Homemade Products for Cleaning**". We will sell them at the bazaar. If you are signed up to help make them, you will be able to take a sample home to try for free. Supplies will be furnished. Come and learn how to clean your home and your clothes with homemade products.



Cinema Therapy Fridays @ 1:30



Continues through October

- September 4 - The Contender
- September 11-The Long Long Trailer
- September 18 - Great Debaters
- September 25 - Rear Window

- October 2 - Jane Austen's Book Club
- October 9 - Harvey
- October 16- 1st Wives Club
- October 23 - Quiz Show
- October 30 - Mrs. Brown

Time to come in out of the heat and humidity for some fun. **Every Friday at 1:30 pm** we will be popping up some popcorn and putting in a DVD for anyone that would like to come over to the Center and watch a movie with us. We will be renting some of the ones Big Arts have used (no subtitled ones) and also recommendations from AARP's Movies for Grownups list. We want to hear your requests and we will post a list of movies and dates in the binders on the counter in the kitchen area. Please join us for these free and fun filled afternoons.

Leisure Lunchers and Thrift & Consignment Store Shoppers Extrordinaire!

Join us to explore a new restaurant. We will order from the menu and pay for our own meal. What a fun way to meet people, visit with friends and enjoy lunch. We carpool and there is usually space for three to ride with Sandi.

Be at the restaurant at 11:30 AM. Sign up at the Center and view the restaurant's menu. Pre-registration is a must.

Thursday, October 15, 2009

Bahama Breeze Restaurant

14701 Tamiami Trail
454-9234

&

Blessed Pope John Thrift Store

15200 S. Tamiami Trail #110

&

Super Goodwill Store

16523 Island Park Road
482-6102

**Tuesday, November 17, 2009
Lighthouse Waterfront Restaurant**

14301 Port Comfort Road
489-0770

&

Kiwanis Club of Ft. Myers Beach Thrift Store

11050 Summerlin Square Dr
454-8090

&

Hodgepodge & Hot Flashes Consignment

11637 Kelly Road
489-1772



***No Leisure Lunchers in December.
Everyone please sign up for the Holiday
Potluck instead***

**Salute to the 1950's & "American Bandstand's 39th Birthday" Potluck
Wednesday, October 7 at 5:30 PM**



Join us with your below the knee circular skirts, bobby socks, loafers, blue jeans rolled up, black leather jackets and creative 50's attire! Prizes will be awarded for the best dressed "greaser" and "chick". We will play 50's and American Bandstandt rivia games.

The center will supply Cokes and other drinks. (We would have punch but we are afraid some "greaser" might try to spike it.) We will try a new food called pizza. When signing up for appetizers and desserts, please be inspired by popular food from the 50's.

**"Twas the Night Before Christmas" Potluck
Wednesday, December 16 at 5:30 PM**

Dress in PJ's, Bathrobe, Night Cap, or Bonnet and bring an unwrapped child's gift to place under our tree. The gifts will be presented to **Friends Who Care** and delivered to local children by the **Kiwanis Santas**. We'll ask you to share one experience from a memorable holiday that you hold dear. A visit from St. Nicholas will be the highlight of the evening. A holiday sing-a-long will follow dessert & coffee. The center will supply turkey and ham and those who attend are asked to bring a dish to compliment the entree. Sign up at the Center. Non-members and guests can join us but need to bring a dish to share and \$5.00.





Barbara B. Mann Theater
2009-2010 Season

Tickets to performances for which you signed up have been purchased. We will attend all five shows. If you signed-up, the Island Seniors, Inc. has paid for your ticket and you are responsible for the payment. In the event you later find that you need to sell your ticket, we will provide a waiting list of members for you to call. If you missed the sign-up and want to attend, please be sure to call us to get on the waiting list for our discounted tickets.

GREASE starring American Idol winner Taylor Hicks. **Saturday, November 7, 2009 - 2:00 PM \$69.00 members, \$74.00 non-members**

GREASE is rockin' across the country in this new production direct from Broadway. Take a trip to a simpler time of poodle skirts, drive-ins, and T-birds; "Bad Boy" Danny and "the girl next door" Sandy. Fall in love all over again with your favorite songs: "Summer Nights," "Greased Lightnin'" and "We Go Together". So throw your mittens around your kittens and Hand Jive the night away with the show that'll make you want to stand up and shout, "A-wop-bop-a-loo-bop a wam-bam-boom!"

SPRING AWAKENING
Saturday, January 30, 2010 at 2:00 PM \$60.00 members, \$65.00 non-members

Broadway's new musical is the biggest Tony Award Winner in years. SPRING AWAKENING is the groundbreaking fusion of morality, sexuality and rock & roll that has awakened Broadway like no other in years. SPRING AWAKENING celebrates the journey from youth to adulthood with power, poignancy and passion. We agree with the NY Times: "Broadway may never be the same again!" "Haunting and Electrifying! This new musical has a shivery sensual allure..." Charles Isherwood, The New York Times. "A Groundbreaking Jolt Of Genius!" -Clive Barnes NY Post

JERSEY BOYS
Saturday, February 27, 2010 at 2:00 PM \$92.00 members, \$97.00 non-members

"Too Good To be True!" raves the New York Post for the 2006 Tony Award winning Best Musical about Rock and Roll Hall of Famers The Four Seasons: Frankie Valli, Bob Gaudio, Tommy De

Vito and Nick Massi. This is the story of how four blue-collared kids became one of the greatest pop music successes. They wrote their own songs, invented their own sounds and sold 175 million records worldwide-all before they were 30! JERSEY BOYS was a 2006 Grammy Award winner for Best Musical Show Album. It features hits "Sherry," "Big Girls Don't Cry," "Rag Doll," "Oh What a Night" and "Can't Take My Eyes Off You". The creative team comprises Tony Award winning director Des McAnuff, book writers Marshall Brickman and Rick Elice, composer Bob Gaudio, lyricist Bob Crewe and choreographer Sergio Trujillo.

Cirque Dreams ILLUMINATION
Saturday, March 20, 2010 at 2:00 PM Members \$51.00, non-members \$56.00

In the spirit of the huge success of Cirque Dreams Jungle Fantasy, comes a new spectacle from Cirque Dreams, created and directed by Neil Goldberg. Cirque Dreams Illumination is a bustling city of incredible dreamers set in a landscape of towering buildings and infinite possibilities. Ablaze with light and activity, objects and shapes transform into windows and stairways that lead beyond imagination. This action packed Dream is enhanced with 100 inventive costumes and set in a fantastic cityscape of special effects. Cirque Dreams Illumination will surpass its "jaw dropping, family friendly spectacle" proclamation by the LA Times and exhilarate audiences of all ages.

Disney's BEAUTY AND THE BEAST
Saturday, April 17, 2010 at 2:00 PM Members \$65.00, non-members \$70.00

Broadway's Classic Musical, this classic tells of an enchanted prince in the shape of a hideous beast and the intelligent woman who enters his life and must learn to love him if the curse is ever to be broken. Music composed by Alan Menkin with lyrics by Howard Ashman and Tim Rice.

Florida Repertory Theater 2009 - 2010 Performances

Island Seniors, Inc. has purchased 10 tickets to the following performances at the Florida Repertory Theater. Members will pay \$26.00 per ticket and the non-members \$31.00 per ticket. We need to verify the number of tickets needed eight days prior to each performance. After that, tickets prices are \$33.00 and \$38.00.

Depending on the size of the group, we may get together 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. Just let us know!

Saturday, November 14, 2009 at 2:00 PM

Boeing-Boeing by Marc Camoletti

Adapted by Beverley Cross, *Boeing-Boeing* is fresh from Broadway. This multiple Tony Award-winning Best Play is sidesplitting comedy that soars in the stratosphere, and is first-class entertainment that will have audiences unbuckling their seatbelts and rolling in the aisles. The New York Post raves, "Better that sex!"

Saturday, December 5, 2009 at 2:00 PM

Dial "M" for Murder by Frederick Knot

Dial "M" for Murder is Broadway and London's quintessential murder mystery thriller, and classic whodunit in the style of Alfred Hitchcock, and will have you on the edge of your seat!

Saturday, December 19, 2009 at 2:00 PM

The Santaland Diaries by David Sedaris and adapted for the stage by Joe Mantello

In a special holiday engagement, Florida Rep audiences will be treated to humorist David Sedaris' unique brand of thorny comedy that exposes the underside of Santa's workshop. Hilariously funny!

Saturday, January 9, 2010 at 2:00 PM

CHANGE from Talley's Folly to OPUS

In this gripping new drama by violinist turned playwright, Michael Hollinger, a world-renowned string quartet has only a few days to rehearse the greatest work for a quartet ever written, **Beethoven's**

Opus 131, for their most important performance ever. The rehearsal room becomes a pressure cooker as passions rise, personalities clash and the players are forced to confront their greatest fears, darkest secrets and even their own mortality. This elegant and provocative play is as rich and powerful as the music that weaves this story together. A Southwest Florida Premiere!

Saturday, February 13, 2010 at 2:00 PM

You Can't Take It With You by George S. Kaufman and Moss Hart

You Can't Take it With You is a light-hearted and uniquely American story that resonates with each and every one of us, embracing the message that each of us must "do what we want to before it is too late." A Pulitzer Prize winning comedy.

Saturday, March 13, 2009 at 2:00 PM

CHANGE from Trying to RELATIVELY SPEAKING

From the Tony-nominated playwright of *Absurd Person Singular* and *Bedroom Farce*, comes this uproarious comedy. In one of Ayckbourn's funniest plays, we see what happens when two couples find themselves in a very precarious situation. *Relatively Speaking* is a classic farce filled with hilarious misunderstandings. A sidesplitting farce!

Saturday, April 10, 2009 at 2:00 PM

CHANGE from Relatively Speaking to TRY-ING

In a play that the New York Daily News called "enormously bracing theatre," *Trying* is a beautiful story that sets out to reconcile two generations in the late 1960's; a time of great strife and political unrest in America. A compelling drama that is moving and gripping.

Saturday, May 8, 2010 at 2:00 PM

CHANGE from Shipwrecked! To THE BIG

BANG by Boyd Graham; Music by Jed Feuer Set in the elegant Park Avenue apartment of Sid & Sylvia Lipbalm, *The Big Bang* is a historically hysterical musical epic that tells the story of mankind. From the spark of creation to the sacking of Rome, from Adam & Eve to Eva & Adolf, audiences join two wannabe producers as they pitch the most lavish and most expensive Broadway musical ever written to their potential backers. As these two tear the stage apart, it becomes clear that neither Broadway nor the Lipbalm apartment will ever be the same!

Discovering Florida Trips

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

Friday, November 6 - Worden Organic Farm in Punta Gorda. This 55-acre certified organic family farm is operated by husband and wife team Chris and Eva Worden, PhD's in plant science and ecosystem management. Join us for an education in growing and eating organic. After the tour we will drive to Punta Gorda for lunch at **Fisherman's Village** on the Charlotte Harbor. Cost of the trip is \$10 for members; \$15 for non-members. We have room for only 25 so please pay upon registering. Members are given priority.

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 exciting event!

Looking forward to 2010

Friday, January 8 - Southwest Florida Quilters' Guild presents "**Quilting - the Original Green**" quilt show at the **Lee Civic Center**. Chairperson of the event is our own member, **Nancy Jones**.

Tuesday, January 28
Morikami Museum & Japanese Gardens

Thursday, February 25 - Miami History Tour to include a guided tour of the **Vizcaya Museum & Gardens**. Vizcaya was the winter residence of American industrialist **James Deering** from Christmas 1916 until his death in 1925. Deering was a Vice President of the **International Harvester Company**, which produced agricultural equipment for a worldwide market. Lunch will be at the historic **La Palma Restaurant** which was the Merrick Hotel in Coral Gables originally. We will also tour the **Biltmore in Coral Gables**. The fee for this trip is \$89 per person and includes lunch, transportation and an all day guide.

Christmas in Savannah



We are excited to announce a much requested trip to Savannah, Georgia. We think the price is fantastic and believe it is a wonderful way to spend time together during the holidays.

Tuesday-Friday, December 8-11

\$499 per person double occupancy and \$699 per person single occupancy

All the activities and meals are included:

- ★ Round trip motor coach
- ★ Three nights at the new Holiday Inn Express on Bay Street.
- ★ Seven meals (breakfasts, lunch at **Mrs. Wilkes Boarding House Restaurant**, two dinners (including **Paula Deen's "Lady & Sons"** and the **Chart House**).

Each Holiday Inn room has two queen beds and the hotel is in walking distance to everything imaginable.

★ We will attend "**A Christmas Tradition**" at the historic **Savannah Theater**.

★ Sightseeing tours include **St. John's the Baptist Cathedral**, the first parish in Savannah.

Don't hesitate to call Sandi if this interests you. We are joining another group and seating will be very limited. For many of us Paula Deen's "Lady & Sons" restaurant has been on our "to do list" for years but the early morning block long lines have kept us away.



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

FITNESS

Essential Total Fitness

Monday, Wednesday & Friday at 9:00 AM until October 19. Then, The class will begin at 9:30 AM Monday through Friday.

This "total fitness" class includes cardio, muscle strengthening and flexibility training.

Happy Hour Fitness

Monday, Wednesday and Friday beginning Monday, October 19 at 8 AM

This class will be the way to start your day. Happy Hour stands for an Hour of Aerobics and Positions of Pilates & Yoga and will be offered. The class begins with a joke from one of the participants to put you in the right frame of mind and ends with a positive thought for the day. Find your strength, balance and flexibility with simple yoga poses and a great core with the dynamics of pilates. Strengthen, lengthen and gain flexibility at the happy hour class.

Power Hour Fitness

Beginning Tuesday, November 3 at 8:00 AM Gain strength in all of your muscles with this power hour every Tuesday and Thursday. Hand weights, stretch cords and stability balls along with mats will be used to strengthen and lengthen your muscles. Improve your core strength and balance by attending this class.

Sandi McDougall and Mahnaz Basseri

are the instructors

Sanibel Fit for Life is our motto!

To attend fitness classes members of Island Seniors can purchase coupon booklets from the City of Sanibel at the Senior Center at 2401 Library Way or at the Sanibel Recreation Center. Booklets with 12 coupons for \$42.00 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. Staying fit reduces the risk factors of heart disease. By exercising regularly, you can also control cholesterol, weight, blood pressure, and stress.

Meditation

with member Karl Rodman

Wednesday, Thursday & Friday

8:30-9:00 AM beginning Wednesday, Nov. 4

Join Karl for his Introduction to "Half Hour Meditation", Wednesday, November 4 at 8:30 AM in the Kraft Room. He will present some basic ideas of what meditation is about and how to do it. Participants may sit in chairs or on the floor. Meditation, with its power to relax the soul and relieve stress, has become a popular concept in America for all faiths and philosophical backgrounds. While this is primarily intended for those who are seeking a group with which to meditate, those with no experience are equally welcome. If you have any questions, please email Karl at karlrod@aol.com.

Try a Heart Rate Monitor During Your Cardio Workout

The Island Seniors, Inc has purchased two Heart Rate Monitors to be used by Island Seniors, Inc. members during fitness classes. Come early and Sandi or Mahnaz will show you how easy they are to use.

Fragrance-Free Consideration

Please refrain from using women's or men's personal care products containing fragrance while participating in our fitness programs. Your chemically sensitive co-participants will thank you!



★ Sanibel Recreation Center Fitness Opportunities ★

Phone 472-0345 or go to www.mysanibel.com

and check under the Recreation Department for additional information.

Kayaking

October 13
November 10
December 8



October 27
November 24
December 22

This non-competitive outing is perfect for people who enjoy the world around them. Kayaking adventures are held on **Tuesdays**. There is space for 16 people on our eight two-person kayaks and unlimited space for those with their own kayaks. Each outing has 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. The Center supplies the kayaks, paddles and life jackets (which you must wear). Also, it useful to bring water and a small snack, change of clothing (in case you get wet), sun and bug lotion, sunglasses and a hat.

The cost is \$2.50 for members and \$5.00 for non-members each trip. Island Seniors, Inc. members are given first priority. Come by the Center or call to sign up.



"Dessert & Discussion" Book Group

O K

Gang, we are again. We are looking for members interested in reading books and eating desserts. Member **Francesca Joyce** volunteered her time for over a year (thank you Francesca). Now we are giving the opportunity to someone else. Since we don't have a facilitator for the kick-off **Tuesday, November 10 at 2:00**, we have chosen the book **"Nineteen Minutes"** by **Jodi Picoult**. We are looking for someone to lead the discussion on this book on November 10.

Ms Picoult will be appearing at the Sanibel Library, December 7, as part of their Author Series 2009-2010.

We are also looking for a reader who would like to prepare a dessert to share at this meeting. (Otherwise, it will be boxed cookies.)

If you might interested in helping with this program or others, please contact our administrator. She has other ideas to make this a fun and rewarding book reading year. Please, come gather at our Center to discuss "Nineteen Minutes" and enjoy some dessert.

Bridge & Mah Jongg & Something New!

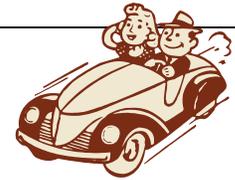
Bridge for Fun Monday & Wednesday at **12:30 PM** in the Aerobic Room
Mah Jongg Thursday at **12:30 PM** in the Aerobic Room

Prizes are awarded! The fee is \$2.50 for members, \$5.00 for non-members..

Learn to play "Hand & Foot"
Tuesday, November 3 - 12:30 PM



This popular North American variant of **Canasta** adds a number of interesting twists. Join member, **Evette Zurbriggen** on Tuesday in November to learn this fun game. There are no fees involved to learn. Ask your friends and neighbors to come join in the fun.



AARP Driver Safety Program Thursday, November 12 and 19

Member **Ed VanderHey** will be offering the AARP Safe Driving class from **12:30-4:30 in the Kraft room.** You must be able to attend both days to receive your certificate. There is a limit of 20 people. To register please call Ed at 472-3623 or on his cell phone at 239-292-4012. Most auto insurance companies will provide a multiyear discount to AARP Driver Safety Program graduates. The fee is \$12.00 for AARP members and \$14.00 for non-members.



Coping With Life Speaker - Friday, November 13th

The first speaker for the 2009-2010 Coping With Life program is **Lynn Wallen.** Dr. Wallen is a certified **Cognitive Fitness Facilitator** who develops and teaches classes on brain fitness. She is also an instructor at the Academy at Shell Point. Her talk will give an overview of the brain fitness programs offered on Sanibel through the **LEAF Ltd. Foundation** and the scientific basis for the claim that exercising the brain can delay or even prevent the onset of dementia.

“Waist” Management is Back!

Fridays at 11:00 AM
beginning **December 4th in the Kraft Room**



Our world is facing an obesity epidemic that has spread rapidly over the past two decades.

Member **Eileen Kehoe & Sandi McDougall** will be on hand to assist you with keeping the holiday pounds off while introducing you to new and healthy food choices.

They will present new delicacies to taste and new information to absorb.

Sign up is a must to plan the purchasing supplies.
\$2.50 for members and \$5.00 for non-members.

December 4

Great grains: exploring quinoa

December 11

Asian flavors of lemongrass & ginger

December 18

The Great Pumpkin

December 25 & January 1

Closed for the holidays

January 8

South of the Border

HOTDOG GRILL WEDNESDAYS

Join Chef **Doris Southerton** and her assistant **Pam Zapf** in the kitchen area at the Center on **Wednesdays at 11:30.** They will be grilling hotdogs for lunch. Cost is \$1.50 for members and \$3.00 for non-members for a hot-dog, potato chips and lemonade. Call us Wednesday morning so we can plan for enough food.

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 at which location they are meeting. The group is a great way to meet new single people and enjoy wonderful fellowship.

This activity is not an Island Seniors, Inc. program

**PC SAVVY - Ten Things
Savvy Computer Users Know**
Monday, October 5 1:00 - 3:00 PM

A two-hour hands-on workshop full of tips to help you master Windows and keep track of documents. One of our most popular classes for those who use Windows but often say, "where's my file?", or "how do I get out of this?" Materials to take home, too!

PC Classes with Patty

Fees for 1 session classes: \$30 for members and \$45 for non-members of Island Seniors, Inc.

Discovering the Value of the Internet

Monday, October 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.



Using Picasa

Monday, Nov 23 - 1:00 - 3:00 pm

In the Digital Photo class we took a peek at Picasa, the free photo editing and sharing program from Google. It is easy to use but you can get going lots faster with some guidance. If you are frustrated trying to email photos and would like to crop, brighten or make a collage, this is for you. Easy ways to order prints too without a trip to the drug store.

WHAT'S A SPREADSHEET?

Concepts and Uses

Two Sessions: 1:00 - 3:00 pm

December 7 and 9

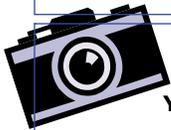
You have a spreadsheet program with Microsoft Works or Excel, but have you used it? Are you new to spreadsheets but not new to Windows? Find spreadsheets intimidating? It does not have to be! You will discover how useful and FUN (really!) spreadsheets can be. These two sessions introduce working with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



Hello ebay !

Monday, October 19 - 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



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.

Monday, Nov 2 or Nov 9 - 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.

Coming in 2010! What the Tech!

News you can use about technology in plain English! What's the bottom line about: Texting, Facebook, RSS Feeds, Twitter, Blogs, Netbooks, "Social Networking", Using Skype, MagicJack or other VOIP telephone techniques? What to care about; what to ignore.

Email Patty at sanibelpatty@Comcast.net about topics you care about.

Cypress Lake High School Auditorium & Blackbox Theater Performances

Many of our members enjoy the **Cypress Lake High School** theater performances.

"Beans & Scenes"

7:00 PM in the Blackbox Theater

Friday, Oct. 2

Saturday, Oct. 3

Friday, Dec. 11

Saturday, Dec. 12

The "**Beans and Scenes**" are really fun because the kids perform a variety of different acts and solo and duet songs. They are also the servers for the evening. The price includes the show, beverages (non-alcoholic of

course) and dessert. You cannot go anywhere for an evening of such quality entertainment for only \$10.00!

"Sweet Charity" - Thursday, November 19 through Sunday, November 22 at 7:00 PM

"Sweet Charity" is a spectacular Broadway musical based on Neil Simon's Broadway play. The show is a story about a lovelorn New York dance hall hostess, Charity Hope Valentine, who dream of an old-fashioned romance but gives her heart to one undeserving man after another. Cost of the performance is \$10.00.



Annual Membership Meeting of the Island Seniors, Inc. Tuesday, December 1 at 12:00 noon in the Aerobic Room

Your Board of Directors will host refreshments and the year in photos will be shown. You are all invited. Please plan on attending. Come vote in new board members and see the garden. This would be a great time to add a brick to your pathway.

A Perfect Gift for Friends and Family!

A beautiful memorial and honorary brick pathway is taking shape at your Center. Buy a brick and make a lasting tribute to a friend or family member or participate as a group as the Kayakers have done. Luc Century's etched bricks can be purchased for \$100. Your support will "pave" the way for fun future activities. Come to or contact the Center at 472-5743 for the form that has all of the necessary information on how to create your brick.

More in 2010! **Friday, February 5** - Member **Demaris Peters-Pike** will present one performance only of **Alias George Sand - Mistress of Chopin**. 2010 celebrates the 200th birthday of Chopin and in honor of his birth year, Damaris has put together an entertaining performance about the French novelist and her rather scandalous life, especially her nine-year relationship with Chopin.

Join us as Demaris performs some of Chopin's well-loved piano music and makes us laugh about the life this woman had. As in previous years, Demaris has designated this event a fundraiser toward equipment for the aerobics classes she so dearly loves at our Center. A good will donation of \$5.00 is requested. Payment on sign-up will guarantee you a seat at this limited seating event.

March 2010 - Island Seniors, Inc. **Second Annual Used Book Sale**. Please remember to bring in your books anytime you get the urge to purge. We will store them until the sale.

Annual Dues Reminder for 2010

A gentle reminder that Island Seniors, Inc. yearly dues of **\$20.00 per person** are due January 1, 2010. Help support the wonderful organization that underwrites most of the activities offered by the Island Seniors Program. Those who are 90 or better, your membership is free. (Please remind us if you qualify, as we may forget to ask when looking at your youthful face).



AARP's National Convention in Las Vegas - October 22-24, 2009

The Island Seniors Board of Directors invite members to join the ten already signed up for **Life @ 50+**. Registration fee for the three days is **\$30.00 for AARP members**. We will stay at the **Flamingo Las Vegas for \$97.00 a night for a double**. There will be three days and nights of concerts, celebrity speakers, educational forums, hundreds of interactive exhibitors, giveaways, and more. Join old friends and make new ones.

AARP has custom-designed tours for Vegas @ 50+ attendees. See the **Hoover Dam and Red Rock Canyon**, take in the magical sites of **Madame Tussauds Gallery**, or stay in the city and see the **Las Vegas City Highlights Tour**. Speakers are too numerous to list but can be found at www.aarp.org/aarp/events/Life_at_50_Las_Vegas/Speakers/

Call us at 472-5743 if you are interested. Sandi is checking airlines for Fort Myers to Las Vegas.

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

Aspirin save lives ...

You may have read this but it is a good reminder. We had not heard the part about not lying down or the part about the pain in the CHIN.



It is important to always have ASPIRIN in the home!!

Why have Aspirin by your bedside ?

ABOUT HEART ATTACKS

There are other symptoms of a heart attack besides the pain on the left arm.

One must also be aware of an intense pain on the **chin**, as well as nausea and lots of sweating, however these symptoms may also occur less frequently.

NOTE : There may be no pain in the chest during an heart attack.

The majority of people (about 60%) who had a heart attack during their sleep, did not wake up. However, if it occurs, the chest pain may wake you up from your deep sleep.

If that happens: **IMMEDIATELY DISSOLVE TWO ASPIRINS IN YOUR MOUTH** and swallow them with a bit of water.

Afterwards, phone a neighbor or a family member who lives very close by and state **"HEART ATTACK!!!"** and that you have taken **2 ASPIRIN**.

Take a seat on a chair or sofa, sit upright and wait for their arrival. ... **DO NOT LIE DOWN !!!**

Share this message. It may save lives!

OCTOBER BIRTHDAYS

| | |
|-----------------------------------|----|
| Eileen Metz | 1 |
| Elsa Tragone | 1 |
| Rocco Cantalupo | 2 |
| Mary Ann Gilhooley | 2 |
| Carol Osterfeld | 2 |
| Jean Reed | 2 |
| Allison Titgemeier | 2 |
| Joan Sperry | 3 |
| Peg Royse | 4 |
| Daphne Hammond | 6 |
| Becky Batcheller | 7 |
| Jane Gieryic | 8 |
| Sally-Jane Heit | 8 |
| Nancy LeFever | 8 |
| Lois Greenberg | 9 |
| John Reid | 9 |
| Pamela Mascio | 10 |
| Donald Matlock | 10 |
| Jo Ann McKelvey | 10 |
| Henry Shelton | 10 |
| Gillian Bath | 11 |
| Betty Van Tassel | 11 |
| Elizabeth Grady | 12 |
| Don Herman | 13 |
| Lenora Hoffmann | 13 |
| Julie O'Neill | 13 |
| Joyce Perkins | 13 |
| Carolyn Dix | 15 |
| Audrey Holman | 15 |
| Peggy Lovett | 15 |
| Elston Van Steenburgh/ Rebhorn | 15 |
| Martha Dilger | 16 |
| Penny Lord | 16 |
| Norman Miller | 17 |
| Nancy C. Smith | 17 |
| Sharon Miller | 18 |
| Darlene Rizzo | 18 |
| Alice Palmer | 19 |
| Paula Raboy | 20 |
| Bob Conroy | 21 |
| John Decker | 21 |
| Patty Molnar | 22 |
| Marianne Ravenna | 22 |
| Nancy Jones | 23 |
| Yvonne Rhoads | 23 |
| Robert Smetana | 23 |
| Jean Wittman | 24 |
| Gloria Lazor | 25 |
| Chris Boesen | 27 |
| Brenda Zaltas | 27 |
| Dorothy Hirschfeld | 28 |

| | |
|-----------------|----|
| Cyndy Lorry | 28 |
| Nancy Maupin | 29 |
| Arline Mercer | 29 |
| Janet Schneider | 29 |
| Lillian Stone | 29 |
| M. Jean Gavin | 30 |
| Doris Harvot | 30 |
| Nancy Black | 31 |
| Elise Hall | 31 |
| James Monroe | 31 |

NOVEMBER BIRTHDAYS

| | |
|--------------------|----|
| Gladys Gribble | 1 |
| Edith Rood | 1 |
| Jane McKinzie | 2 |
| Angelo DiVenere | 3 |
| Sylvia Fox | 3 |
| John Stevenson | 3 |
| Barbara Johnson | 4 |
| Christl Smith | 4 |
| Jean Black | 5 |
| Elfriede Smith | 5 |
| Carol Awender | 7 |
| Linda Drasnin | 7 |
| Georgia Ledgerwood | 7 |
| Carol Allen | 8 |
| Barbara Baumecker | 8 |
| Jane Hogg | 8 |
| Susan Pataky | 8 |
| Lou Rapp | 8 |
| Julia Lombardi | 9 |
| Ann Rodman | 9 |
| Judy Harralson | 10 |
| Sally Lichtenstein | 11 |
| Holly Davies | 13 |
| Ilse DeLa Puente | 13 |
| Barbara Mascari | 14 |
| Judy Bemiller | 15 |
| Jane Hoden | 15 |
| Lucille Dickinson | 16 |
| K.J. Mascari | 16 |
| Lee Dunne | 18 |
| Sharon Gill | 18 |
| Robert Chaney | 19 |
| Richard Welch | 19 |
| Francine Dale | 20 |
| Margaret Lee | 20 |
| Joseph Walzer | 20 |
| Martin Pokedoff | 21 |
| James Beauchamp | 22 |
| Peter Scrivner | 22 |
| Lois Allen | 23 |
| Shirley Schiffman | 25 |

| | |
|------------------|----|
| Norma Hagan | 27 |
| Shirley Masuka | 28 |
| Dorothy Sawyer | 29 |
| Veronica Gallo | 30 |
| Jane Hudson | 30 |
| Elaine Knightly | 30 |
| Annmarie Pittman | 30 |

DECEMBER BIRTHDAYS

| | |
|----------------------|----|
| Phil Gainer | 1 |
| Francesca Joyce | 1 |
| Angie McLaughlin | 1 |
| Inge Santos III | 2 |
| Gloria Caramico | 3 |
| Shirlene Grasgreen | 4 |
| Richard Ponte | 4 |
| Laureen Braaten | 5 |
| Marianne Masterson | 5 |
| Douglas Cain | 6 |
| Helen Gaina | 6 |
| Norma Walley | 6 |
| Maureen Hnatow | 7 |
| Frances Perou | 7 |
| Paul Schierberl, Jr. | 7 |
| R. Jane Bodwell | 8 |
| Nancy Seaward | 8 |
| Evelyn Spencer | 8 |
| Frank Hagan | 9 |
| Linda Setescak | 9 |
| Susan Bluehs | 10 |
| Helen Baller | 11 |
| John Dunn | 11 |
| Rita Farmer | 11 |
| Barbara Kelly | 11 |
| Esther Pokedoff | 15 |
| Nancy Riley | 15 |
| Ruth Stone | 16 |
| Hilda Bould | 18 |
| Barbara Cain | 18 |
| Ann Levinsohn | 19 |
| Mary Beth O'Reilly | 19 |
| Karl Rodman | 19 |
| Carl Mante | 20 |
| James Isom | 22 |
| Joan Davey | 23 |
| Terry Baldwin | 24 |
| Paulette Robison | 25 |
| Edda Sehgal | 25 |
| Donna Caruso | 27 |
| Bill Holleran | 28 |
| Jan Anderson | 29 |
| Melvin Cady | 30 |
| Annabelle Patton | 31 |

| October 2009 | | | | | | |
|---------------------|---|--|---|--|--|-----------------|
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| | | | | 1 12:30 Mah Jongg | 2 9:00 Aerobics 1:30 Cinema Therapy | 3 |
| 4 | 5 9:00 Aerobics 12:30 Bridge 1:00 PC SAVVY | 6 10:00 Homemade Cleaners | 7 9:00 Aerobics 11:30 Hot Dog Grill 12:30 Bridge 5:30 <u>POTLUCK</u> | 8 12:30 Mah Jongg | 9 9:00 Aerobics 1:30 Cinema Therapy | 10 |
| 11 | 12 9:00 Aerobics 12:30 Bridge 1:00 DISCOVER the INTERNET | 13 8:30 KAYAK | 14 9:00 Aerobics 11:30 Hot Dog Grill 12:30 Bridge | 15 11:30 Lunch- ers 12:30 Mah Jongg | 16 9:00 Aerobics 1:30 Cinema Therapy | 17 |
| 18 | 19 *** 8:00 *** <u>Happy Hour</u> ** 9:30 ** ** <u>Essential Total Fitness</u> 12:30 Bridge 1:00 ebay | 20 9:30 <u>Essential Total Fitness</u> | 21 AARP Conv 8:00 Happy Hour 9:30 <u>Essential Total Fitness</u> 11:30 Hot Dog Grill 12:30 Bridge | 22 AARP Conv 9:30 <u>Essential Total Fitness</u> 12:30 Mah Jongg | 23 AARP Conv 8:00 <u>Happy Hour</u> 9:30 <u>Essential Total Fitness</u> 1:30 Cinema Therapy | 24 AARP Conv |
| 25 | 26 8:00 <u>Happy Hour</u> 9:30 <u>Essential Total Fitness</u> 12:30 Bridge | 27 8:30 KAYAK 9:30 <u>Essential Total Fitness</u> | 28 8:00 <u>Happy Hour</u> 9:30 <u>Essential Total Fitness</u> 9:30 Is Srs Board Meeting 11:30 Hot Dog Grill 12:30 Bridge | 29 9:30 <u>Essential Total Fitness</u> 12:30 Mah Jongg | 30 8:00 <u>Happy Hour</u> 9:30 <u>Essential Total Fitness</u> 1:30 Cinema Therapy | 31 |

November 2009

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|---|---|--|---|--|--|
| 1 | <p>2 <u>8:00 Happy Hour</u> <u>9:30 Essential Total Fitness</u></p> <p>12:30 Bridge 1:00 Digital Photo</p> | <p>3 *** 8:00 *** <u>POWER HOUR</u> <u>9:30 Essential Total Fitness</u> 12:30 "HAND & FOOT" LESSON</p> | <p>4 <u>8:00 Happy Hour</u> 8:30 Meditation <u>9:30 Essential Total Fitness</u> 11:30 Hot Dog Grill 12:30 Bridge</p> | <p>5 8:00 POWER HOUR 8:30 Meditation <u>9:30 Essential Total Fitness</u> 12:30 Mah Jongg</p> | <p>6 <u>8:00 Happy Hour</u> <u>9:30 Essential Total Fitness</u> 8:30 Meditation 8:30-4:00 Day Trip Worden Farms</p> | <p>7 2:00 BBMann "Grease"</p> |
| 8 | <p>9 <u>8:00 Happy Hour</u> <u>9:30 Essential Total Fitness</u> 12:30 Bridge 9:30 Bazaar Meeting 1:00 Digital Photo</p> | <p>10 8:30 KAYAK 8:00 POWER HOUR <u>9:30 Essential Total Fitness</u> 12:30 "HAND & FOOT" 2:00 Book Club</p> | <p>11 </p> | <p>12 8:00 POWER HOUR 8:30 Meditation <u>9:30 Essential Total Fitness</u> 12:30 Mah Jongg <u>12:30 Safe Driving</u></p> | <p>13 <u>8:00 Happy Hour</u> 8:30 Meditation <u>9:30 Essential Total Fitness</u> <u>1:30 Coping Brain Fitness</u></p> | <p>14 2:00 FI Rep "Boeing Boeing"</p> |
| 15 | <p>16 <u>8:00 Happy Hour</u> <u>9:30 Essential Total Fitness</u> 12:30 Bridge</p> | <p>17 8:00 POWER HOUR <u>9:30 Essential Total Fitness</u> 11:30 LUNCHERS 12:30 "HAND & FOOT"</p> | <p>18 8:00 <u>Happy Hour</u> 8:30 Meditation <u>9:30 Essential Total Fitness</u> 9:30 Is Srs Board Meeting 11:30 Hot Dog Grill 12:30 Bridge</p> | <p>19 8:00 POWER HOUR 8:30 Meditation <u>9:30 Essential Total Fitness</u> 12:30 Mah Jongg <u>12:30 Safe Driving</u></p> | <p>20 <u>8:00 Happy Hour</u> 8:30 Meditation <u>9:30 Essential Total Fitness</u></p> | <p>21 9:00 – 1:00 <u>HOLIDAY BAZAAR</u></p> |
| 22 | <p>23 <u>8:00 Happy Hour</u> <u>9:30 Essential Total Fitness</u> 12:30 Bridge 1:00 Bazaar Meeting 1:00 Picasa for pictures</p> | <p>24 8:00 POWER HOUR 8:30 KAYAK <u>9:30 Essential Total Fitness</u> 12:30 "HAND & FOOT"</p> | <p>25 <u>8:00 Happy Hour</u> 8:30 Meditation <u>9:30 Essential Total Fitness</u> 11:30 Hot Dog Grill 12:30 Bridge</p> | <p>26  Happy</p> | <p>27  Thanksgiving</p> | <p>28</p> |
| 29 | <p>30 <u>8:00 Happy Hour</u> <u>9:30 Essential Total Fitness</u> 12:30 Bridge</p> | | | | | |

December 2009

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--|---|---|--|--|--|
| | | 1 8:00 Power Hour 9:30 <u>Essential Total Fitness</u> 12:00 <u>Annual Member Meeting</u> 12:30 "HAND & FOOT" | 2 8:00 <u>Happy Hour</u> 9:30 <u>Essential Total Fitness</u> 11:30 Hot Dog Grill 12:30 Bridge 8:30 Meditation | 3 8:00 POWER HOUR 8:30 Meditation 9:30 <u>Essential Total Fitness</u> 12:30 Mah Jongg | 4 8:00 <u>Happy Hour</u> 9:30 <u>Essential Total Fitness</u> 8:30 Meditation 11:00 WAIST Management | 5 2:00 FL Rep "Dial M for Murder" |
| 6 | 7 8:00 <u>Happy Hour</u> 9:30 <u>Essential Total Fitness</u> 12:30 Bridge 1:00 Spreadsheet | 8 Savannah 8:00 POWER HOUR 8:30 KAYAK 9:30 <u>Essential Total Fitness</u> 12:30 "HAND & FOOT" 2:00 Book | 9 Savannah 8:00 <u>Happy Hour</u> 9:30 <u>ET Fitness</u> 11:30 Hot Dog Grill 12:30 Bridge 8:30 Meditation 1:00 Spreadsheet | 10 Savannah 8:00 POWER HOUR 8:30 Meditation 9:30 <u>Essential Total Fitness</u> 12:30 Mah Jongg | 11 Savannah 8:00 <u>Happy Hour</u> 9:30 <u>Essential Total Fitness</u> 8:30 Meditation 11:00 WAIST Management | 12 |
| 13 | 14 8:00 <u>Happy Hour</u> 9:30 <u>Essential Total Fitness</u> 12:30 Bridge 1:00 PC Savvy | 15 8:00 POWER HOUR 9:30 <u>Essential Total Fitness</u> | 16 8:00 <u>Happy Hour</u> 8:30 Meditation 9:30 <u>Essential Total Fitness</u> 11:30 Hot Dog Grill 12:30 Bridge | 17 8:00 POWER HR 8:30 Meditation 9:30 <u>Essential Total Fitness</u> 12:30 Mah Jongg | 18 8:00 <u>Happy Hour</u> 8:30 Meditation 9:30 <u>Essential Total Fitness</u> 11:00 WAIST Management | 19 2:00 FL Rep Santaland Diaries |
| 20 | 21 8:00 <u>Happy Hour</u> 9:30 <u>Essential Total Fitness</u> 12:30 Bridge | 22 8:00 POWER HOUR 8:30 KAYAK 9:30 <u>Essential Total Fitness</u> | 23 8:00 <u>Happy Hour</u> 8:30 Meditation 9:30 <u>Essential Total Fitness</u> 11:30 Hot Dog Grill 12:30 Bridge | 24  | 25  Merry Christmas | 26 |
| 27 | 28 8:00 <u>Happy Hour</u> 9:30 <u>Essential Total Fitness</u> 12:30 Bridge | 29 8:00 POWER HOUR 9:30 <u>Essential Total Fitness</u> | 30 8:00 <u>Happy Hour</u> 8:30 Meditation 9:30 <u>Essential Total Fitness</u> 11:30 Hot Dog Grill | 31  | | |