



ISLAND SENIORS PROGRAM

Enriching the Lives of Adults

January, February, March 2010

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.

Sandi McDougall, Island Seniors Program Administrator (239) 472-5743 Fax 472-1413

email - sandi.mcdougall@mysanibel.com

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

Eileen Kehoe, Vice President
Maryanne Daly
Clivie Goodwin

Katie Reid, Secretary
Glenda Campbell
Gary Taibbi



Recreation Department / Seniors

800 Dunlop Road

Sanibel, Florida 33957

A HAPPY NEW YEAR

Songs from Sandi

Holiday Greetings Everyone!

'Tis the season again and it's hard to believe how quickly it sneaks up on us. Many of you are probably thinking, "so much to do in such a short time." But I have just one request. Grab a cup of coffee or tea and sit down in your most comfortable chair to leisurely read our newsletter. Can you do that for me?

Take a few minutes to dream of all of the activities that our Center offers that will enrich your life in 2010. Then, call us up or come by and sign up for them. Remember, with over 700 members, if you wait too long, many activities are waiting list only. So don't wait, come in, bring your checkbook and sign up.

My goal for 2010 is to enrich your life by continuing to create programs that give you a healthier lifestyle and a social environment that promotes physical and mental well-being. I hope your goal will be to make 2010 the year you put your energy into staying healthy and join us in our activities at the Center.

I want to add that this is the time of year I try to reflect upon everyone who has made a difference in my life. Many of you have told me what the Center has meant to you: a healthier body, a more peaceful mind, new friendships, a place to come for a cup of coffee and someone with whom to share your joys and concerns. I can only say, "ditto". I always tell people, "I could ask a favor of any member and I would have 700 people respond to my request." Please know how grateful I am to know all of you and how much you have enriched my life.

To your good health,
Sandi

The Dues are Due! A reminder that Island Seniors, Inc. yearly dues of **\$20.00 per person** are due January 1st. Support the wonderful organization that underwrites most of the activities offered by the Island Seniors Program. Your membership is free if you are 90 or better. (Please remind us if you qualify.)



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From the President by Deborah Butler

Anytime I get worried about my age, I just look at the 93 year-old next to me in aerobics class or think of my 66 year old friend who is a figure skater and I get inspired. The Center isn't a place for rocking chairs and crocheting doilies. Our members are always looking for new adventures. Most of us love to travel, work out, go kayaking, enjoy theater and music, and want to learn new things. That is why we offer so many courses and lectures, travel opportunities and healthy activities at the Center. I think maybe I'll

Join Family & Friends in a Night to Remember DECEMBER 31, 2009 "4" Our Island Workers

SANIBEL RECREATION CENTER, 3880 Sanibel-Captiva Road

Doors Open at 8:00 p.m. and Close at 12:30 a.m.

\$10 per person in advance; \$15 at the door; Children four and under are FREE; Children 15 and under must be accompanied by an adult. PURCHASE TICKETS AT THE SANIBEL RECREATION CENTER.

FOOD: Admission includes chicken fingers, pizza, hot dogs, cold cut platters, veggie trays, fruit, sushi, chips, pretzels, popcorn, soda, water, juices, root beer floats, ice cream, cake, coffee, and tea.

DOOR PRIZES: Each admission receives a chance to win a Door Prize

ACTIVITIES: Games "4" children and "4" adults including many surprises!

PROFESSIONAL MAGICIAN: Showtime 10:25 p.m.

VIEW ART WORK: By Sanibel Students

DRAWING: 50/50 Raffle – 50% to winner; 50% to Recreation Financial Assistance

Party Favors: Party Hats and Noisemakers Included

BINGO – "4" - ADULTS: Must be 18 or older, 100 seats, fabulous prizes include gift certificates at restaurants, hotel stays, golf outings, boat rides, and more. Prizes valued in excess of \$4000. Cost in advance is \$50 per chair, \$60 at the door, and includes admission and two Bingo cards.

All proceeds from this event are donated to the City of Sanibel Recreation Center Financial Assistance Program to assist workers who financially qualify for their children to attend the after school program, summer day camp and fun days at the Sanibel Recreation Center. This is a family-friendly, alcohol and tobacco-free event.

Major co-sponsors: City of Sanibel and Sanibel Captiva Kiwanis Foundation. For more information please call the City of Sanibel Recreation Center at (239) 472-0345.

AARP Driver Safety Program

Thursday, January 21 & 28 or March 18 & 25



Learn how to compensate for age-related changes, reduce your chances for traffic violations and injuries and update your knowledge of the rules of the road by taking the Driver Safety class.

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

Drawing Class by Award winning Artist Carol Berman



Carol has been teaching pastels for many years and was featured in **Elan Magazine** recently. We are honored that she is teaching again at our Center. The **four-week session** will begin **Tuesday, January 12, 2010** and run through **February 2, 2010** from **1:00 - 3:00 PM** in the **Kraft Room**.

Learn to use the exciting medium of pastels while improving your drawing skills. Fee for the class is \$60.00 for members and \$75.00 for non-members. There is a \$10.00 materials fee. If you have your own pastels, please bring them; otherwise, you may borrow some of Carol's. Class is limited to 15 students with a minimum of five to hold the class. Payment is requested upon sign-up at the Center.

Leisure Lunchers and Thrift & Consignment Shop-

Join us to explore new restaurants. 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. You may join others to carpool.

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, February 18 Outback Steakhouse

12995 S. Cleveland Avenue
Ft. Myers, FL 33907
(239) 936-1021

&

Elite Repeat

12995 S. Cleveland Avenue



Thursday, January 21

Pizza Fusion

Fresh, Organic & Earth Friendly
Saving the Earth One Pizza at a Time

12901 McGregor Blvd
Fort Myers, FL 33919-4587
(239) 337-7979

&

Once Again

12721 McGregor Blvd

Thursday, March 25

The Blarney Stone

12791 Kenwood Lane
Fort Myers, FL 33907
(239) 728-5400

&

Classy Exchange

12791 Kenwood Lane



POTLUCK

A huge thank you to members Susan and John Brown for their help creating fun activities at our Potlucks.

Wednesday, January 27 - 5:30 PM "National Soup Month" and Chocolate Cake Day



Did you know that January is National Soup Month? Yum! With the weather cooling it will be a wonderful evening to try all the different soups brought to potluck. And, **January 27 is Chocolate Cake Day**. There are three objectives of Chocolate Cake Day: to bake a chocolate cake, to decorate a chocolate cake, and to eat a chocolate cake! If you are too busy to bake or decorate a cake, then just eating a chocolate cake will do! We want anything made with chocolate for dessert: Cakes, cookies and trifles, too.



On this day, a white or yellow cake will not do. It must have some chocolate in it or on top of it. You can make something with milk chocolate, dark chocolate, fudge, white chocolate or any other type of chocolate. The Center will supply the beverage (even glasses of milk) and rolls and crackers to accompany the soup. You will have to save your soup spoon for the egg relay challenge. We will split up into teams and have an old fashioned spoon relay race. Real eggs will be used, so watch your step and be steady! The losing team has to clean up the broken eggs! The winning team will have gone from soup to nuts, so enjoy your chocolate covered nuts as the reward.

Sign up at the Center. Non-members and guests may join in but need to bring a dish to share and \$5.00.



Wednesday, February 24 - 5:30 PM "National Cherry Month" and National Tortilla Chip Day

February 24 is a holiday with a crunch. That's okay because it is **National Tortilla Chip Day**. A few decades ago, Americans seldom ate Corn Chips and Salsa. Today is a tribute to the rising popularity of one of America's favorite munchies. So, we are looking for appetizers and foods with Mexican flair. And for dessert, anything to do with the cherry. Let's see how creative we can be. The Center will provide taco shells, ground beef filling, bean filling (for our vegetarians) and a beverage. Since February is President's month with the birthdays of George Washington and Abraham Lincoln, each table will see how many words they can make out of these two Presidents' names. The winning table will share a box of chocolate covered cherries!



Wednesday, March 24, 2010 - 5:30 PM Celebrate "National Noodle Month" and Chocolate Covered Raisin Day

Everyone loves noodles. We will have lots of dishes made with pasta (whole grain & regular) so come and see the delicious choices. We will have chocolate covered raisins for dessert but you are welcome to make any wonderful dessert of your choice. The Center will provide the beverage and Italian music to accompany the pasta.



After dessert will be time to "use your noodle" in a game of trivial pursuit. Guests will divide into two teams to see who has the most information stored in their noodles. Guess what the winning team members get? Boxes of Raisinettes.

Barbara B. Mann Theater 2010 Season

Tickets for which you signed up have been purchased. Island Seniors, Inc. and you are now responsible for the payment. If you later need to sell your ticket, we will provide a waiting list of members for you to call. If you missed the sign-up, please be sure to call us to get on the waiting list for our discounted tickets.



SPRING AWAKENING

Saturday, January 30 at 2:00 PM

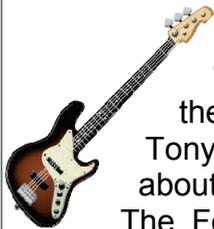
\$60.00 members, \$65.00 non-members

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 Ground-breaking Jolt Of Genius!" -Clive Barnes NY Post.

JERSEY BOYS

Saturday, February 27 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 DeVito 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 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.

Thanks for donating books & magazines to the Center! Bring computer & mens'

Florida Repertory Theater 2010 Performances

Island Seniors, Inc. has purchased 10 tickets to these performances. 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 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, January 9 at 2:00 PM 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.



Beethoven

The rehearsal room becomes a pressure cooker as passions rise, personalities clash and the players confront their greatest fears, darkest secrets and even their own mortality. This elegant, provocative play is as rich and powerful as the music that weaves this story together. Southwest Florida Premiere!

Saturday, February 13 at 2:00 PM You Can't Take It With You

by George S. Kaufman and Moss Hart

This is a light-hearted and uniquely American story that resonates with each 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 at 2:00 PM RELATIVELY SPEAKING by Alan Ayckbourn

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 at 2:00 PM TRYING by Joanna McClelland Glass

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 at 2:00 PM 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!



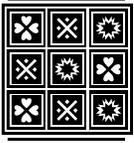
It is more fun to talk with someone who doesn't use long, difficult words but rather short, easy words like, "What about lunch?" *Pooh's Little Instruction Book, inspired by A. A. Milne*

Discovering Florida Day Trips

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

Quilting- the Original Green Florida Celebrates Quilts 2010

Lee Civic Center - 11831 Bayshore Road
Friday, January 8



Join us to car pool to support **Nancy Jones**, member and chair of this event. We will view the quilts in the morning and stop for lunch on the return to Sanibel. Entrance fee is \$7.00 and viewing is from 9:00 AM - 5:00 PM. Over 250 quilts will be judged in an open show. On-site quilt appraisals will also be available. The merchants mall will have over 40 vendors with special exhibits, art quilts, demonstrations, and door prizes.

Morikami Museum and Japanese Gardens Delray Beach, Florida Thursday, January 28

We leave the Center at 6:30 AM and make one comfort stop on our way to Delray Beach. Our tour is at 10:00 AM and last about 1 1/2 hours. We will have lunch and tour the Japanese Gardens and visit the Morikami Museum store. We will leave the museum at 3:00 and expect to be on Sanibel by 6:30 PM. Cost of the trip is \$50.00 for members, \$65.00 for non-members. The fee includes the bus and driver's gratuity, entrance fee & guided tour of the museum, entrance to the Japanese Gardens and Bento Box lunch to include: Vegetable or pork egg roll, chicken teriyaki/rice, fried shrimp/fried tofu, eggplant with garlic sauce, green beans, cellophane noodles, vegetable or pork dumpling, California sushi, sweet cake and hot or iced tea.



Miami History Tour - Thursday, February 25

Join us along with **Suzanne** from CI Travel. The day includes a guided tour of the **Vizcaya Museum & Gardens**. Vizcaya was the winter home of industrialist **James Deering** from Christmas 1916 until his death in 1925. Deering was Vice President of the International Harvester Company, which produced agricultural equipment for a worldwide market. Lunch will be at the historic **La Palma Restaurant**, originally the Merrick Hotel in Coral Gables. We will also tour the **Biltmore** in **Coral Gables**. The fee for this trip is \$89 and includes lunch, round trip transportation and an all day Miami guide.



Note: Always check the counter in the kitchen for sign up sheets for last minute trips requested by members. Don't miss a single exciting event!

Naples Museum of Art - Friday, March 19

The unforgettable **Dale Chihuly** show christened the Naples Museum of Art in 2000 as it first opened its doors. A spectacular new show is part of the museum's tenth anniversary. For four decades, Chihuly's work is helping to revolutionize the American studio glass movement. See the beautiful, unique new pieces he has chosen to share! There is a store offering books, Studio Edition glass and prints by Dale Chihuly. The trip is limited to 25 people. Cost is \$12.00 for members and \$17.00 for non-members. We will lunch at the **Waterside Shops** and on the way home we will stop at **Whole Foods**.

Other artists presented include French-born sculptor **Gas-ton Lachaise** (1882-1935), famous for his amply proportioned female nudes. Lachaise left Paris for Boston in 1905 in pursuit of his love, Isabel, and a career as a sculptor. In 1917 he married Isabel, his "primary inspiration." Lachaise became an American citizen and one of the most important sculptors in modernist art. In 1935, the Museum of Modern Art honored him as "the greatest living sculptor." Lachaise died suddenly that year, at the top of his creative powers. The Lachaise Foundation in Boston brings the artist's monumental achievements through this traveling exhibition. It features about 75 sculptures and 20 drawings.

Also exhibiting are **Ben Aronson**, **Joel Babb** and **Alec Soth - People, Places and Things**. These contemporary artists talents enable us to see through "new eyes" people, places and things that may be perceived as ordinary. **Ben Aronson's** oils of cityscapes and the denizens who inhabit them are described as impressionistic photorealism. He conveys the movement, luminosity and space that define the urban environment. Joel Babb's woodland paintings of Western Maine and Florida are distinguished by a classic realism. His large, meticulously rendered landscapes evoke a silence, grandeur and spirituality like great landscapists Albert Bierstadt and Asher B. Durand. **Alec Soth's** photographs include landscapes, interiors and portraits taken along the Mississippi River from Minnesota to Louisiana, and images from such incongruous sites as Niagara Falls and Bogota. Soth portrays ordinary moments with humor, pathos, uncompromising truth and sensitivity.

Looking forward to Spring

The Gulf Coast Model Railroad at the Shell Point Retirement Community

The "Train Room" offers a unique look at Florida. The 40' X 40" model train display is in the shape of the state of Florida and features hundreds of recognizable geographic landmarks. Six to eight trains run around the nearly 750 feet of track and on about 100 switches. The switches and trains are operated electronically from four console panels.



The Naples Botanical Gardens & Naples Zoo

Sanibel Fit for Life is our motto!

Essential Total Fitness

Monday through Friday at 9:30 AM

This class includes cardio, muscle strengthening and flexibility training with hand weights, stretch cords, chairs and stability balls. No floor mat work is involved. Mahnaz Basseri is your instructor.

HAPPY Hour Fitness

Join us Monday, Wednesday and Friday at 8:00 AM for H.A.P.P.Y. Hour Fitness.

This class is the way to start your day. Happy Hour stands for an Hour of Aerobics and Positions of Pilates & Yoga. 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. Sandi McDougall is your instructor.

Power Hour Fitness

Join us **Tuesday and Thursday at 8:00 AM** to gain strength in all of your muscles with this power hour. 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. Mahnaz Basseri is your instructor.

To attend fitness classes, members of Island Seniors may purchase coupon booklets from the City of Sanibel at the Senior Center at 2401 Library Way or at the Sanibel Recreation Center. Books 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.

Gentle Yoga

With Chris Brown

Monday and Wednesday at 11:00 A.M. in the Aerobic Room join us for Gentle Yoga with Chris. This class is designed to stretch, tone and strengthen while improving flexibility, proper alignment and circulation. Class exercises make use of chairs and mats to meet the needs of varying experience levels. Participants are encouraged to bring a towel.



Meditation

**With member Karl Rodman
Join Karl and his wife, Ann**

Monday, Wednesday & Friday morning at 8:30 AM for a half hour of meditation. The group will meet in the **Kraft Room and 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 questions, please email Karl at karlrod@aol.com.

Fragrance-Free Consideration - Please refrain from using women's or men's products containing fragrance while in our fitness programs. Some participants are chemically sensitive.

Heart Rate Monitor During Your Workout

The Island Seniors, Inc has 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.



★ Sanibel Recreation Center Fitness Opportunities ★

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

and check under the Recreation Department for additional information.

Kayaking

We will be kayaking every Tuesday in January, February and March.

This non-competitive outing is perfect for people who enjoy the world around them. 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). It is wise to bring water, a small snack, change of clothing (in case you get wet), sun and bug lotion, sunglasses and a hat.

Fees are \$5.00 for members and \$10.00 for non-members per trip. Island Seniors, Inc. members are given first priority. Come by the Center or call to sign up.



Kayaking Leaders Training Seminar Wednesday, January 13 at 1:00 PM

Presented by **U.S. Coast Guard Auxiliary** in the **Kraft Room**, the class is free but limited to 20 participants. Kayak leaders are urged to attend but anyone interested in learning more about kayak and boating safety may sign up and join us.

Hiking the Beaches of Sanibel

Members **Ginger McKay & Jane Hogg** will co-chair our **6th Annual Hiking the Beaches of Sanibel.**

Orientation meeting at the Center
January 14 - 8:15 AM

We will hike every Thursday
from January 21 - February 18.

As in previous years, Sanibel Sea School is being contacted for volunteer bussing. This is a great way to see your Island, meet new friends and get some exercise. We hope you can join us.

Waist Management

continues "For the Health of It!"



Fridays, 11:00 AM 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 help introduce you to new and healthy food choices every **Friday, from January through April.** They will have hand-outs and new food samples to try at each meeting.

Sign up is a **must** for each meeting to plan the purchasing of supplies.
\$2.50 for members; \$5.00 for non-members.

- January 1 - **Closed** for the holidays
- January 8 - South of the Border
- January 15 - Diabetic Diet; good for everyone
- January 22 - Great Finds at the Farmers Market
- January 29 - Comfort Foods; satisfy the craving

- February 5 - Lo Calorie Appetizers
- February 12 - Fish & Seafood - truths & myths
- February 19 - Guilt-free Desserts
- February 26 - Let's go Organic

- March 5 - Thrive on Five a Day
- March 12 - Start your Day with a Smoothie
- March 19 - Healthy wraps
- March 26 - Let's go Vegetarian/Vegan

Bridge for Fun

Mondays & Wednesdays

1:00 PM beginning in January

Aerobic Room

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



Bridge Stayman Convention over No trump Lessons

Tuesday & Thursday, January 26 & 28 10:00 AM - 12 noon - Computer Room

Members **Bruce** and **Christl Smith** will offer this two-day class which is limited to 12 participants. You must be able to attend both days to sign up. The Stayman convention may be used by responder after partner's no trump opening bid. This assists in the determination of whether the opener holds a four-card major suit. This course covers the essential requirements for responder to use the Stayman convention and provides the common NT opener replies to partner's Stayman inquiry. Also discussed are responder's re-bid after using Stayman. Cost is \$5.00 for members and \$10.00 for non-members. Attendees should have knowledge of and have played the game of Bridge.

Introductory Bridge Lessons

**With Board Member Christl Smith
Mondays & Wednesdays
starting January 25**

1:00 - 3:00 PM in the Kraft Room

Class is limited to eight students and you must be able to attend all four classes January 25, 27 and February 1, 3. Cost is \$10.00 for members and \$20.00 for non-members.



Mah Jongg Thursdays

**1:00 PM beginning January 4
in the Aerobic Room**

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

Mahjongg Lessons

Board member **Katie Reid** will offer Mahjongg lessons on **Thursdays from 9:00 AM - 12:00 PM beginning January 21 and ending February 11**. Cost is \$10.00 for members and \$20.00 for non-members. Class is limited to eight students and you must be able to attend all four sessions. A second session will run on **Thursdays from 9:00-12:00 beginning March 25 and ending April 15**. Same rules & fees apply.



Bridge Jacoby Transfers over No Trump Lessons

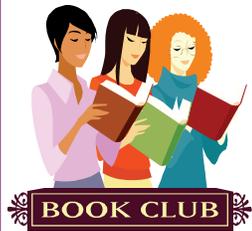
**Tuesday & Thursday, February 2 & 4
10:00 AM - 12 noon - Computer Room**

Members **Bruce** and **Christl Smith** will offer lessons this two day class which is limited to 12 participants. You must be able to attend both days to sign up. The Jacoby transfer bids may be used by responder after partner's no trump opening bid. These are artificial bids that allow the weaker hand to become the dummy with the stronger NT hand to remain hidden. This course covers the essential Jacoby transfer bid requirements to respond to partner's NT bid and provides the common NT opener rebids to partner's Jacoby transfer bid. Also discussed are responder's re-bid options. Cost is \$5.00 for members and \$10.00 for non-members. Attendees should have knowledge of and have played the game of Bridge.

Hand & Foot

Played at 1:00 PM on Tuesdays





"Dessert & Discussion" Book Group

Second Tuesday at 2:00 PM in the Kraft Room

The kick-off session in November went very well. Member **Emily Douglas** graciously agreed to facilitate the first discussion of **Nineteen Minutes** by **Jodi Picoult**. She also agreed to chair the book group by organizing books and facilitators for the next five months. **Thank you, Emily**. The Island Seniors, Inc. purchased the delicious lemon meringue pie for the kick-off meeting.

In December, member **Ann Rodman** facilitated the review of **Old School** by **Tobias Wolff**. As in other book groups, you do **not** need to read the book to attend. If you are interested in hearing what the book is about, please join us on the following dates and listen to the discussion:

January 12, 2010 - Boy in the Striped Pajamas by John Boyne, facilitated by Susan Riley.

February 9, 2010 - Olive Kittredge by Elizabeth Strout, facilitated by Francesca Joyce

March 9, 2010 - Loving Frank by Nancy Horan, facilitated by Mary Kelly

April 13, 2010 - The Lemon Tree by Sandy Tolan, facilitated by Alice Walzer

Please remember to call the Center or stop by and sign up. If you don't, you may not get any dessert!



People will forget what you said. People will forget what you did.
But people will never forget how you made them feel. Maya Angelou



Members Only Benefit!

Support, Assistance, Help, Aid, Inspiration and Encouragement for your issues with Personal Computers!

Member Ronda Seifer Walis has volunteered to offer you an hour of one-on-one help with computer projects like making calendars and cards and learning how to solve problems such as how to send a group email.



You will be able to sign up for an appointment during her scheduled time two days each week at the Center's Computer Room. (She has some experience with Mac's too!) Bring your laptop!

Call or come by the Center for more information on meeting with Ronda.



Island Seniors, Inc. 2nd Annual Used Book Sale Saturday, March 13 from 9:00 AM -1:00 PM

Board members **Ann Moeder** and **Katie Reid** have volunteered to co-chair the Island Seniors, Inc. **Book Sale** at our Center. Please bring in your books anytime you "get the urge to purge". We will store them until the sale. And thank you ahead of time for your generosity.



WHAT'S A SPREADSHEET?

Concepts and Uses

Two Sessions: 1:00 - 3:00 pm

Mon. January 11 and Wed. January 13

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! Spreadsheets can be useful and FUN (really!) These two sessions introduce working with rows and columns to keep track of everything from your checkbook,

PC Classes

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

PC SAVVY - Ten Things Savvy Computer Users Know

Monday, March 1 1:00 - 3:00 PM



A two-hour hands-on workshop with **Patty** 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

Introduction to PC's

Christl and Bruce Smith are back teaching **Introduction to Computers**. *The five sessions are Monday, Feb. 8, Wednesday, Feb. 10, Friday, Feb. 12, Monday, Feb. 15 and Wednesday, Feb. 17 from 1:00 - 3:00 PM.*

This class is 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. We will explain the basic components without a lot of jargon. You must be able to attend all five sessions. Cost is \$115 for member and \$150 for non-



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 with **Patty**.

**Mon. Jan. 25 or Mon. March 15
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

Discovering the Value of the Internet

Monday, February 1 - 1:00 - 3:00 PM



This seminar by **Patty** 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



Hands On with Facebook!

The class you asked for!

Friday, Jan. 15th or 22 - 1:00 - 3:00 pm

Facebook is about sharing. This December it crossed the 350 million worldwide active user milestone. If Facebook were a country, it would now have the third largest population in the world! Join **Susan Hanna** to learn about Social Networks with a focus on Facebook. Learn to create your profile, find and chat with friends, share pictures and links and find popular

The Seventh Annual Coping with Life Series

It seems like yesterday when we began our seasonal Friday Coping Series. Knowledge is power.

Friday, January 22 at 1:30 PM - Gudrin & Peter Seffert Easy Hiking in the Alps

They have completed a major hike, with backpacks, the length of the Alps from Nice, France all the way to Vienna, Austria. Step by step, 1300 miles, over several years, one month at a time, in summer. No car, but when the trail led over water, they took a boat. It was a wonderful retirement project. "In fact, we liked it so much", they said, "that we have started to hike back – on a little different route." Come and join them for slides & memorabilia and tales of their hike.



Friday, January 29 at 1:30 PM - John Strickling, Community Relations Director of Hope Hospice will present Hope Hospice: What Services Do We Offer? Sandi, our Administrator has asked John to share the clinical and non-clinical services Hope Hospice offers. Too many times when people hear that Hospice has been called they immediately imagine impending death. Let's change that as a community and educate everyone about the services patients and their loved ones can expect to receive.

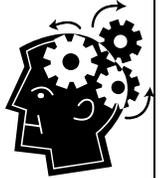
Friday, February 5 at 1:30 PM - Demaris Peters-Pike presents one performance only of Alias George Sand-Mistress of Chopin.

2010 is the 200th birthday of Chopin and to celebrate, Damaris has created 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 George Sand's life. As before, Demaris designates this event as a fund-raiser for equipment for aerobics classes at our Center that she so dearly loves. A \$5.00 donation of is requested on sign-up and guarantees you a seat at this limited seating event.



Friday, February 12 at 1:30 PM - Dotty St. Amand, Executive Director of the Alvin A. Dubin Alzheimer's Resource Center will present Alzheimer's Disease ~ How Can I Prevent It?

She will address normal aging and how memory is affected, managing your memory, strategies for healthy lifestyle choices, and resources for persons with memory loss and their caregivers. This presentation will offer insightful tips on using memory aids and strategies for healthy lifestyle choices. Information on how diet, exercise, and lifestyle choices influence overall health and memory will be provided. Ms. Armand will define normal aging and age-related changes that affect memory.



Information about local resources for persons concerned about memory or who are coping with memory impairment will also be presented. The **Alvin A. Dubin Alzheimer's Resource Center** is a United Way agency whose mission is to provide education, information, and support to individuals with Alzheimer's disease and related disorders and their caregivers in Lee County.

Friday, February 19 at 1:30 PM - Dr. Andy Oakes-Lottridge, MD of Personalized Health Care is the only physician exclusively making house and hospital calls in SW Florida with pediatric and adult hospital privileges. It is "Dr. Andy's" sole primary practice. He comes to the patient's home with everything you would find in a primary physicians office including being equipped to take blood. He writes "**House Calls with Dr. Andy**" for the **Fort Myers News-Press**. He will speak on what a concierge physician is and what to expect when you have an appointment with your physician.

Friday, February 26 at 1:30 PM - Dr. Mabel Lopez is currently Director for Mental Health Services at Florida Spine and Brain and Chief of Psychiatry and Psychology for Lee Memorial Health Systems.



She will speak to us on How to Keep our Brains Healthy.



Vision & Hearing Screening by the Sanibel Captiva Lions club



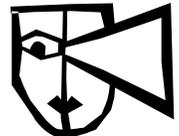
Monday, February 5 from 12:00 PM - 3:00 PM

A complimentary vision and hearing screening at our Center. Results and recommendations will be presented right after testing so individuals may follow up with health care providers if necessary. To sign up, please call the Center or stop by.

Diabetes Screening by Sanibel Captiva Lions Club

Monday, January 11 from 12:00 PM - 3:00 PM - Complimentary screening for diabetes at our Center. The screening uses a tiny drop of blood extracted with an almost painless prick of the finger, which is then read by a blood glucose meter in 10 seconds. The Lion screeners are trained and certified by a doctor and use all appropriate methods to ensure antiseptic conditions and privacy. The test is appropriate for both children and adults.

Finding and treating diabetic eye disease early, before it causes vision loss, is the best way to control diabetic eye disease. Diabetic eye disease is a group of problems that people with diabetes may face. All can cause severe vision loss or even blindness. Diseases include diabetic retinopathy, cataracts, and glaucoma. Diabetic retinopathy is a leading cause of blindness in adults. Cataracts develop at a younger age in people with diabetes. A person with diabetes is nearly twice as likely to get glaucoma as other adults. Often there are no symptoms until the disease becomes severe. To sign up, please call the Center or stop by.



A Perfect Holiday Gift for Friends and Family

Who wants one more thing to clutter up their home? For your friends and family that have everything, why not buy them a **Celebration Brick** so their memory will always be on Sanibel Island? We have 33 bricks on our memory path already and we are known as *"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 may remember a loved one, honor or recognize someone special, record your family name or participate as a group as the Kayak group has done. You will be a patron of the center and "pave" the way for fun future activities. Our attractive garden and patio will soon provide some interesting reading. After all, we are in the old Sanibel library building! Contact the Center at 472-5743 or stop by for the form containing the information on number of lines and spaces that may be placed on your brick.

Hotdog Grill Wednesdays

Join Chef **Doris Southerton** and her assistant **Bob Halverson** 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 hotdog, 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

**JANUARY
BIRTHDAYS**

Sandra Greco..... 1
 James Powell..... 1
 Betty Van Steenburgh/
 Reborn 2
 Ann Deignan 3
 Anne Scott 4
 Chris Hughes 6
 Sophia Kuharich..... 7
 Carole Fallon..... 9
 Raymond Rizzo..... 9
 Mollie Avery 10
 Maggie Butcher..... 10
 Nancy DeBenedictis 10
 Renee Keller 10
 Brian Mishell 10
 Ann Packman..... 10
 Eugene Fortunato ... 11
 Jeanne Mallon..... 11
 Paul Derridinger 12
 John MacLennan ... 12
 Gayle Ponce 12
 Jim Masterson..... 13
 Lynn Ridlehoover ... 13
 Mary Ryan..... 13
 Barbara McGarry ... 14
 Joan Manobianco.... 15
 Gary Taibbi 15
 Sue Harpham..... 16
 Susan Schmidt..... 16
 Mary Remele..... 17
 Jean Stanton..... 17
 Alice Anderson-Richard 18
 Nancy Bishop..... 19
 Leonora Thurow 19
 Pamela Rambo 20
 Beverly Heidorn 22
 Lynn Weitz 22
 Dorothy Panepinto .. 23
 Joni Duncan 24
 Judith McEntyre 25
 Helen Richmond 25
 Damaris Peters-Pike. 26
 Jane Ramseth..... 26

Michael Grady 27
 Renate Kostka..... 28
 Michele Lamarche... 28
 Mary Anne Schmitz . 28
 Betty Gamble 29
 Marcelle Kouser 29
 Howard Rom 29
 Ruth Wimsatt..... 29
 Suzanne MacLennan 29

**FEBRUARY
BIRTHDAYS**

Kay Croak 1
 Sharon Smith 1
 Vida Zubkus 1
 Pat Martin..... 2
 Donna Folsom..... 3
 Tom Ledgerwood 3
 Doris Davenport 4
 Margaret Curtin 4
 Barbara Vander Hey 5
 Nancy Albrecht..... 6
 Nina Browning..... 6
 Emilie MacNaughton . 6
 Bill Munro 7
 Donald Bluedorn 8
 Marjorie York..... 9
 Ed O'Neill 10
 Anne Wexler..... 10
 Jeanne Wolf 10
 Sheila Faeth 10
 Anna Cady 11
 Jean Cowper 12
 Lois Doyle 14
 Bob Chamberlin 15
 Elizabeth Colavito ... 15
 Bernard Spencer..... 15
 Patricia Wilcox..... 15
 Pat Poshek..... 16
 Myrwin Anderson ... 17
 Gordon Coughlin.... 17
 Joseph Sacco..... 17
 Marion Wright..... 17
 Connie Simmons..... 18
 Carol Strange 18

Kelly Stevenson 18
 Ellen McLaughlin.... 19
 Helen Wells 19
 Pamela Zapf..... 19
 Katherine Reid 19
 Mary Anne Chiti..... 20
 Donald McGregor... 20
 Bea Pappas..... 20
 Meg Matlock..... 20
 Carolyn Bergen 21
 Julie Smith..... 21
 Ruth Burgan 21
 Helen Kambin..... 21
 Marilynn Zupon 22
 CC Caldwell 24
 Bess Joyner 25
 Judie Sharbaugh 25
 Jack Bailey 26
 Mike Baldwin 26
 Kerry Trapp 26
 Gail Chaney 26
 Helen Deickmon..... 27
 Guy Tober 27
 Jackie Fetherston.... 28
 Judy Richmond 28

**MARCH
BIRTHDAYS**

Susan Riley 1
 Marianne Drogosz... 1
 Tom Curtin 2
 Joan Rener..... 2
 James Whall..... 2
 Sally Ennis 3
 Daniel Moeder..... 3
 Joyce Rikert 3
 Dotty Mount..... 5
 Peter Newton 5
 Alice Walzer 5
 Patricia Betz 6
 Deborah MacKelcan 6
 Allison Murdoch..... 6
 Helane Smith..... 6
 Gail Boyle 7
 Merle Rauscher..... 7

John McDaniel..... 8
 Phillip Marks 9
 Ed Patrick 9
 Sheila Sarver..... 9
 Frances Starkweather 9
 Parmelia Woodcock 9
 Michael Faeth..... 12
 Marian Pool 12
 Sandy Wolfe 12
 Sylvia Benner 13
 Glenda Campbell.... 13
 Judy Harding 13
 Dawn Boesen 14
 Linda Harvey 14
 Jeanne Tyrer 14
 Robert Hawley..... 15
 Rosalie Fairman 16
 Richard Cottrell..... 18
 Dick Drogosz 18
 Jim Maxwell..... 18
 Anne Yarnall..... 18
 Mary Gale..... 18
 M. Ronald Lipman ... 19
 Stephanie Payson ... 19
 Deborah Harris 20
 Norma Kohn 20
 Darlene Duvin..... 21
 Richard Schrier..... 21
 Robert Chuback 22
 Shirley Hoch 22
 Vernon Frankwich ... 23
 Ed Vander Hey 23
 Linda Estep 24
 Barbara McClure 24
 Mary Lynn Harris 25
 Marie Kenerson 26
 Beverly Murphy 26
 Hazel Amon 28
 Mary Kelly..... 28
 Nancy Niesel 28
 Olga Palmer 28
 Eleanor Rende 28
 Andy McKelvey..... 30
 Lynn Quigley 30
 Virginia Leigh..... 31
 Alan Smith 31

January 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
HH = Happy Hour PH = Power Hour ETF = Essential Total Fitness	MJ = MahJongg MED = Meditation LL = Leisure Lunchers			Party at the Rec Center!	1  Happy New Year!	2
3	4 8:00 HH 8:30 MED 9:30 ETF 11:00 Yoga 1:00 Bridge	5 8:00 PH 8:30 Kayak 9:30 ETF 1:00 Hand & Foot	6 8:00 HH 8:30 MED 9:30 ETF 11:00 Yoga 12:00 Grill 1:00 Bridge	7 8:00 PH 9:30 ETF 1:00 MJ	8 8:00 Quilt Day Trip 8:00 HH 8:30 MED 9:30 ETF 11:00 Waist Mgt	9 2:00 FI Rep Opus
10	11- 8:00 HH 8:30 MED 9:30 ETF 11:00 Yoga 12:00 Diabetes Screening 1:00 Bridge 1:00 Spreadsheet	12 8:00 PH 8:30 Kayak 9:30 ETF 1:00 Hand & Foot 1:00 Book Club 1:00 Drawing	13- 8:00 HH 8:30 MED 9:30 ETF 11:00 Yoga 12:00 Grill 1:00 Spreadsheet 1:00 Bridge 1:00 Kayak Train	14 8:00 PH 8:15 Hike Beaches 9:30 ETF 1:00 MJ	15- 8:00 HH 8:30 MED 9:30 ETF 11:00 Waist Mgt 1:00 Facebook	16
17	18 	19 8:00 PH 8:30 Kayak 9:30 ETF 1:00 Hand & Foot 1:00 Drawing	20- 8:00 HH 8:30 MED 9:30 ETF 9:30 IS Board 11:00 Yoga 12:00 Grill 1:00 Bridge	21-8:00 PH 8:15 BeachHike 9:00 MJ lessons 9:30 ETF 11:30 L. Luncher 12:30 Safe Drivin 1:00 MJ	22 8:00 HH 8:30 MED 9:30 ETF 11:00 Waist Mgt 1:00 Facebook 1:30 COPING	23
24	25- 8:00 HH 8:30 MED 9:30 ETF 11:00 Yoga 1:00 Bridge 1:00 Bridge Lessons 1:00 Digital Photo	26- 8:00 PH 8:30 Kayak 9:30 ETF 10:00 Bridge Stayman 1:00 Hand & Foot 1:00 Drawing	27- 8:00 HH 8:30 MED 9:30 ETF 11:00 Yoga 12:00 Grill 1:00 Bridge 1:00 Bridge Lessons	28- 6:30 Trip 8:00 PH 8:15 BeachHike 9:00 MJ Lessons 9:30 ETF 10:00 Bridge Stayman 12:30 Safe Drivin 1:00 MJ	29 8:00 HH 8:30 MED 9:30 ETF 11:00 Waist Mgt 1:30 COPING	30 2:00 BB Mann Awakening
31						

February 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1- 8:00 HH 8:30 MED 9:30 ETF 11:00 Yoga 1:00 Bridge 1:00 Bridge Lessons 1:00 INTERNET	2 8:00 PH 8:30 Kayak 9:30 ETF 10:00 Bridge Jacoby 1:00 Hand & Foot 1:00 Drawing	3- 8:00 HH 8:30 MED 9:30 ETF 11:00 Yoga 12:00 Grill 1:00 Bridge 1:00 Bridge Lessons	4 8:00 PH 8:15 BeachHike 9:00 MJ Lessons 9:30 ETF 10:00 Bridge Jacoby 1:00 MJ	5- 8:00 HH 8:30 MED 9:30 ETF 11:00 Waist Mgt 12:00 Vision/ Hearing 1:30 COPING	6
7	8 8:00 HH 8:30 MED 9:30 ETF 11:00 Yoga 1:00 Bridge 1:00 PC Intro	9 8:00 PH 8:30 Kayak 9:30 ETF 1:00 Hand & Foot 2:00 Book Group	10 8:00 HH 8:30 MED 9:30 ETF 11:00 Yoga 12:00 Grill 1:00 Bridge 1:00 PC Intro	11 8:00 PH 8:15 Beac hHike 9:00 MJ Lessons 9:30 ETF 1:00 MJ	12 8:00 HH 8:30 MED 9:30 ETF 11:00 Waist Mgt 1:00 PC Intro 1:30 COPING	13 2:00 FL Rep You Can't Take it With You
14	15- 8:00 HH 8:30 MED 9:30 ETF 11:00 Yoga 12:00 Vision/ Hearing 1:00 Bridge 1:00 PC Intro	16 8:00 PH 8:30 Kayak 9:30 ETF 1:00 Hand & Foot	17 - 8:00 HH 8:30 MED 9:30 ETF 9:30 IS Board 11:00 Yoga 12:00 Grill 1:00 Bridge 1:00 PC Intro	18 8:00 PH 8:15 Beach Hike 9:30 ETF 11:30 LLuncher 1:00 MJ	19 8:00 HH 8:30 MED 9:30 ETF 11:00 Waist Mgt 1:30 COPING	20
21	22 8:00 HH 8:30 MED 9:30 ETF 11:00 Yoga 1:00 Bridge	23 8:00 PH 8:30 Kayak 9:30 ETF 1:00 Hand & Foot	24 8:00 HH 8:30 MED 9:30 ETF 11:00 Yoga 12:00 Grill 1:00 Bridge	25 8:00 PH 9:30 ETF 1:00 MJ Miami Day Trip	26 8:00 HH 8:30 MED 9:30 ETF 11:00 Waist Mgt 1:30 COPING	27 2:00 BB Mann Jersey Boys
28 	HH = Happy Hour PH = Power Hour ETF = Essential Total Fitness	MJ = MahJongg MED = Meditation LL = Leisure Lunchers				

March 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 8:00 HH 8:30 MED 9:30 ETF 11:00 Yoga 1:00 Bridge 1:00 PC Savvy	2 8:00 PH 8:30 Kayak 9:30 ETF 1:00 Hand & Foot	3 8:00 HH 8:30 MED 9:30 ETF 11:00 Yoga 12:00 Grill 1:00 Bridge	4 8:00 PH 9:30 ETF 1:00 MJ	5 8:00 HH 8:30 MED 9:30 ETF 11:00 Waist Mgt	6
7 1:00 Twins vs Yankees	8 8:00 HH 8:30 MED 9:30 ETF 11:00 Yoga 1:00 Bridge	9 8:00 PH 8:30 Kayak 9:30 ETF 2:00 Book Group 1:00 Hand & Foot	10 8:00 HH 8:30 MED 9:30 ETF 11:00 Yoga 12:00 Grill 1:00 Bridge	11 8:00 PH 9:30 ETF 1:00 MJ	12 8:00 HH 8:30 MED 9:30 ETF 11:00 Waist Mgt	13 9:00- 1:00 Annual Book Sale 2:00 FI Rep Relatively Speaking
14	15 8:00 HH 8:30 MED 9:30 ETF 11:00 Yoga 1:00 Bridge 1:00 Digital Photo	16 8:00 PH 8:30 Kayak 9:30 ETF 1:00 Hand & Foot 9:00 Trains Day Trip	17- 8:00 HH 8:30 MED 9:30 ETF 9:30 ISrs Board 9:30 ETF 11:00 Yoga 12:00 Grill 1:00 Bridge	18 8:00 PH 9:30 ETF 12:30 Safe Driving 1:00 MJ	19 8:00 HH 8:30 MED 9:30 ETF 11:00 Waist Mgt Napes Day Trip	20 2:00 BB Mann Cirque Dreams
21	22 8:00 HH 8:30 MED 9:30 ETF 11:00 Yoga 1:00 Bridge	23 8:00 PH 8:30 Kayak 9:30 ETF 1:00 Hand & Foot	24 8:00 HH 8:30 MED 9:30 ETF 11:00 Yoga 12:00 Grill 1:00 Bridge 5:30 Potluck	25- 8:00 PH 9:00 MJ Lessons 9:30 ETF 11:30 LLuncher 12:30 Safe Driving 1:00 MJ	26 8:00 HH 8:30 MED 9:30 ETF 11:00 Waist Mgt	27
28	29 8:00 HH 8:30 MED 9:30 ETF 11:00 Yoga 1:00 Bridge 1:00 Using Picasa	30 8:00 PH 8:30 Kayak 9:30 ETF 1:00 Hand & Foot	31 8:00 HH 8:30 MED 9:30 ETF 11:00 Yoga 12:00 Grill 1:00 Bridge		HH = Happy Hour PH = Power Hour ETF = Essential Total Fitness	MJ = MahJongg MED = Meditation LL = Leisure Lunchers