

Sanibel Recreation Center Fit-4-Life Healthy Heart Month February 2010 Event Calendar

All screenings, presentations and yoga meets are complimentary. Register for certification courses at the Recreation Center. Please call the Recreation Center at (239) 472-0345 if you plan on attending any listed activity. Activity descriptions are listed on the reverse side.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>All activities are held at the Recreation Center unless specified otherwise. All listed activities are confirmed; more may be added.</i>	1 Blood Pressure Screenings 9 a.m. – Noon Aerobics to Motown 10 a.m. – 11 a.m. Aerobics to Motown 6:30 p.m. – 7:30 p.m.	2 Outdoor Yoga at Community Park 10 a.m. – 11 a.m.	3	4 Heart Walk with Ding Darling Wildlife Society at Indigo Trail 10 a.m. – 11:30 a.m.	5 Skin Cancer Screenings 8 a.m. – 11:30 a.m. Hearing and Vision Screenings 10 a.m. – 1 p.m.	6 Boot Camp at Bowman's Beach 9 a.m. – 11 a.m. CPR/AED Course Noon – 5 p.m.
7 Farmer's Market at Tahitian Gardens 8 a.m. – 1 p.m.	8 Aerobics to Broadway Hits 10 a.m. – 11 a.m.	9 Outdoor Yoga at Bowman's Beach 10 a.m. – 11 a.m.	10 Body Composition Analysis Noon – 2 p.m.	11 Diabetes Screenings 10 a.m. – 1 p.m.	12 Lee Memorial Heart Health Presentation Noon – 1 p.m.	13 Lee Memorial Blood Mobile 10 a.m. – 2 p.m. Boot Camp at Bowman's Beach 9 a.m. – 11 a.m.
14 Farmer's Market at Tahitian Gardens 8 a.m. – 1 p.m.	15 Blood Pressure Screenings 9 a.m. – Noon Aerobics to Elvis 10 a.m. – 11 a.m. Aerobics to Elvis 6:30 p.m. – 7:30 p.m.	16 Outdoor Yoga at Community Park 10 a.m. – 11 a.m. Organic Foods Presentation 11 a.m. – 12:30 p.m.	17 American Heart Association Heart Health Presentation 10 a.m. – 11 a.m.	18 Alzheimer's Screenings 9 a.m. – Noon Alzheimer's Presentation Noon – 1 p.m.	19	20 Blood Mobile 10 a.m. – 2 p.m. Boot Camp at Bowman's Beach 9 a.m. – 11 a.m. Pet First Aid Course Noon – 4 p.m.
21 Farmer's Market at Tahitian Gardens 8 a.m. – 1 p.m.	22 Aerobics to Sinatra 10 a.m. – 11 a.m.	23 Outdoor Yoga at Bowman's Beach 10 a.m. – 11 a.m.	24 Body Composition Analysis Noon – 2 p.m.	25 Heart Walk with Ding Darling Wildlife Society at Bailey Tract 8:30 a.m. – 10 a.m.	26	27 Boot Camp at Bowman's Beach 9 a.m. – 11 a.m.

Daily, Weekly, Semi-Annual and Annual passes are available.
Please call the Recreation Center at (239) 472-0345 for membership and event details.



Sanibel Recreation Center
3880 Sanibel-Captiva Road
Sanibel, FL 33957
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www.mysanibel.com

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Blood Pressure Screenings: February 1 & 15, from 9 a.m. – Noon

Find out if you're at risk of high blood pressure with a complimentary screening provided by the Sanibel Fire District. Screenings are offered as a first step in determining if professional health care is needed. No appointment necessary – walk-ins are welcome!

Aerobics to Music: February 1, 8, 15 & 22, from 10 a.m. – 11 a.m. & February 1 & 15, from 6:30 p.m. – 7:30 p.m.

Have fun to "upbeat oldies" as you exercise to Motown, Broadway hits, Elvis and Sinatra. Come ready to dance and sing along!

Outdoor Yoga: February 2, 9, 16 & 23, from 10 a.m. – 11 a.m.

Enjoy the great outdoors with yoga at Community Park on February 2nd and 16th, and at Bowman's Beach on February 9th and 23rd. You will need to pay for your own parking at Bowman's Beach. Preregistration is required by phone or in person.

Heart Walks: February 4 from 10 a.m. – 11:30 p.m. & February 25, from 8:30 a.m. – 10 a.m.

For the February 4 Indigo Trail walk, hikers are to park at Ding Darling and meet at the flagpole in front of the Education Center at 10:00 a.m. Hikers will then walk Indigo Trail through Ding Darling with Wildlife Society volunteers, as they explain the ecosystem, including plants, animals and birds along the way. The total Indigo Trail hiking distance is approximately two miles. Ding Darling requires a \$1 entrance fee per adult hiker for the Indigo walk. For the February 24 Bailey Tract walk, hikers are to meet at the Bailey Tract parking lot at 8:30 a.m. on Tarpon Bay Road. There are 12 parking spots available on first come, first served basis. An additional beach parking lot is available on Tarpon Bay Road with paid parking. City shuttle service will provide for transportation to and from the beach parking lot. The Tract distance is two miles, lead by Wildlife Society Volunteers, who will explain the freshwater vegetation along the way. Preregistration is required by phone or in person.

Skin Cancer Screenings: February 5, from 8 a.m. – 11:30 a.m.

Harris Dermatology's skin cancer screenings consist of a non-invasive, visual inspection of exposed areas of the body. No appointment necessary – walk-ins are welcome!

Hearing and Vision Screenings: February 5, from 10 a.m. – 1 p.m.

Hearing and vision screenings are administered by trained Lions Club members and volunteers. The resulting analysis will determine if professional care is needed.

Boot Camps at Bowman's Beach: February 6, 13, 20 & 27, from 9 a.m. – 11 a.m.

Boot Camps at Bowman's Beach are conducted at the Beach's Fitness Trail. Three fitness levels are available: Beginner, Intermediate and Advanced/Pro. Participants are to meet at the Bowman's Beach Playground. You will need to pay for your own parking at Bowman's Beach. Preregistration is required by phone or in person.

American Red Cross CPR/AED Certification Course: February 6, from Noon – 5 p.m.

Obtain the knowledge and skills necessary to sustain life and minimize the consequences of injury or sudden illness until medical help arrives. All class materials are included. Certification is valid for two years. Register at the Recreation Center's front desk.

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Farmer's Market at Tahitian Gardens: February 7, 14, 21 & 28, from 8 a.m. – 1 p.m.

As a part of Healthy Heart Month, we encourage you to attend the Farmers Market with many healthy food and lifestyle choices!

Body Composition Analysis: February 10 & 24, from Noon – 2 p.m.

Body composition is an important component in determining one's fitness level and overall health. Discover your body's ratio of body fat to lean body mass. Schedule an appointment by calling the Recreation Center at (239) 472-0345.

Diabetes Screenings: February 11, from 10 a.m. – 1 p.m.

Lions Club diabetes screenings detect the presence of diabetes and diabetic eye disease. Find out if you're a candidate for early treatment through a quick and efficient screening. Schedule an appointment by calling the Recreation Center at (239) 472-0345.

Lee Memorial Health Presentation: February 12, from Noon – 1 p.m.

Lee Memorial Health System staff members present important lifestyle choices for maintaining a healthy heart.

Lee Memorial Blood Mobile: February 13 & 20, from 10 a.m. – 2 p.m.

Blood donations are needed for the local community. Donating is quick and safe – donors receive complimentary tests for blood pressure, iron level, cholesterol and blood typing. Reserve a donation time by calling the Recreation Center at (239) 472-0345.

Organic Foods Presentation: February 16, from 10 a.m. – 12:30 p.m.

This event takes place at Community Park, following the morning yoga class. Worden Farms staff will discuss organic foods and the positive impact healthy eating can have on your heart and overall health.

American Heart Association Heart Health Presentation: February 17, from 10 a.m. – 11 a.m.

Staff from the American Heart Association will discuss health and lifestyle conditions that lead to heart disease and ways to prevent heart problems through healthy life choices.

Alzheimer's Screenings & Presentation: February 18, from 9 a.m. – Noon & Noon – 1 p.m.

Dubin Alzheimer's Resource Center screenings help to determine whether further attention is required by a medical doctor and/or a neuropsychologist. In the presentation at noon, learn how aging affects memory and how to reduce the likelihood of developing Alzheimer's disease.

Pet First Aid Course: February 20, from Noon – 4 p.m.

Give yourself the confidence and skills necessary to tend to unexpected pet emergencies until veterinary care is provided! Please leave your pets at home for this class. All class materials are included. Register at the Recreation Center's front desk.

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