

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

*All screenings, presentations and yoga classes 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>	<b>1</b> <b>Blood Pressure Screenings</b> 9 a.m. – Noon <b>Aerobics to Motown</b> 10 a.m. – 11 a.m. <b>Aerobics to Motown</b> 6:30 p.m. – 7:30 p.m.	<b>2</b> <b>Outdoor Yoga at Community Park</b> 10 a.m. – 11 a.m.	<b>3</b>	<b>4</b> <b>Heart Walk with Ding Darling Wildlife Society at Indigo Trail</b> 10 a.m. – 11:30 a.m.	<b>5</b> <b>Skin Cancer Screenings</b> 8 a.m. – 11:30 a.m. <b>Hearing and Vision Screenings</b> 10 a.m. – 1 p.m.	<b>6</b> <b>Boot Camp at Bowman's Beach</b> 9 a.m. – 11 a.m. <b>Bird Walk with Audubon Society at Bailey Tract</b> 8 a.m. – 10 a.m. <b>CPR/AED Course</b> Noon – 5 p.m.
<b>7</b> <b>Farmer's Market at Tahitian Gardens</b> 8 a.m. – 1 p.m.	<b>8</b> <b>Aerobics to Broadway Hits</b> 10 a.m. – 11 a.m.	<b>9</b> <b>Outdoor Yoga at Bowman's Beach</b> 10 a.m. – 11 a.m.	<b>10</b> <b>Body Composition Analysis</b> Noon – 2 p.m.	<b>11</b> <b>Diabetes Screenings</b> 10 a.m. – 1 p.m. <b>Heart Walk with SCCF "Exploring Wetlands"</b> 11 a.m. – Noon	<b>12</b> <b>Lee Memorial Heart Health Presentation</b> Noon – 1 p.m.	<b>13</b> <b>Lee Memorial Blood Mobile</b> 10 a.m. – 2 p.m. <b>Boot Camp at Bowman's Beach</b> 9 a.m. – 11 a.m.
<b>14</b> <b>Farmer's Market at Tahitian Gardens</b> 8 a.m. – 1 p.m.	<b>15</b> <b>Blood Pressure Screenings</b> 9 a.m. – Noon <b>Aerobics to Elvis</b> 10 a.m. – 11 a.m. <b>Aerobics to Elvis</b> 6:30 p.m. – 7:30 p.m.	<b>16</b> <b>Outdoor Yoga at Community Park</b> 10 a.m. – 11 a.m. <b>Organic Foods Presentation at Community Park</b> 11 a.m. – 12:30 p.m.	<b>17</b> <b>American Heart Association Heart Health Presentation</b> 10 a.m. – 11 a.m.	<b>18</b> <b>Alzheimer's Screenings</b> 9 a.m. – Noon <b>Heart Walk with SCCF "Beach Walk &amp; Talk"</b> 10 a.m. – 11 a.m. <b>Alzheimer's Presentation</b> Noon – 1 p.m.	<b>19</b>	<b>20</b> <b>Boot Camp at Bowman's Beach</b> 9 a.m. – 11 a.m. <b>Bird Walk with Audubon Society at Bailey Tract</b> 8 a.m. – 10 a.m. <b>Blood Mobile</b> 10 a.m. – 2 p.m. <b>Pet First Aid Course</b> Noon – 4 p.m.
<b>21</b> <b>Farmer's Market at Tahitian Gardens</b> 8 a.m. – 1 p.m.	<b>22</b> <b>Aerobics to Sinatra</b> 10 a.m. – 11 a.m.	<b>23</b> <b>Outdoor Yoga at Bowman's Beach</b> 10 a.m. – 11 a.m.	<b>24</b> <b>Body Composition Analysis</b> Noon – 2 p.m.	<b>25</b> <b>Heart Walk with Ding Darling Wildlife Society at Bailey Tract</b> 8:30 a.m. – 10 a.m.	<b>26</b>	<b>27</b> <b>Boot Camp at Bowman's Beach</b> 9 a.m. – 11 a.m. <b>Bird Walk with Audubon Society at Bunche Beach</b> 8 a.m. – 10 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

# Sanibel Recreation Center Fit-4-Life Healthy Heart Month February 2010 Events

## **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 2 and 16, and at Bowman's Beach on February 9 and 23. Bring a rug, towel or your own mat. Some yoga mats will be provided. You will need to pay for your own parking at Bowman's Beach. Preregistration is required by phone or in person.

## **Heart Walks with Ding Darling: 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 25 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 a 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. Preregister for all Heart Walks by calling the Recreation Center at (239) 472-0345 or visit the front desk.

## **Heart Walks with SCCF (Sanibel-Captiva Conversation Foundation): February 11, from 11 a.m. – Noon, February 18, from 10 a.m. – 11 a.m.**

For the February 11 "Exploring Sanibel Wetlands" walk, hikers are to meet at the Sanibel-Captiva Conservation Foundation's Nature Center on Sanibel-Captiva Road at 11 a.m. Hikers will walk through the interior wetlands and mid-island ridges of the Center Tract with discussion of native habitats, natural and cultural history and preservation efforts. SCCF requires \$5 per hiking participant. For the February 18 "Beach Walk & Talk" walk, hikers are to meet at the Sanibel Captiva Conservation Foundation's Nature Center on Sanibel-Captiva Road at 10 a.m. From there, participants will carpool to the beach near Island Inn on West Gulf Drive. The treasures found on this guided hike will offer hikers a glimpse of the estuary and Gulf of Mexico that surround Sanibel and Captiva. SCCF requires \$5 per hiking participant. Preregister for all Heart Walks by calling the Recreation Center at (239) 472-0345 or visit the front desk.

## **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. Schedule an appointment by calling the Recreation Center at (239) 472-0345.

## **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.

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## **Sanibel-Captiva Audubon Society Bird Walks: February 6, 20 & 27 from 8 a.m. – 10 a.m.**

Bird Walks are lead by Sanibel-Captiva Audubon Society members, who identify and explain the behaviors of native birds and their habitat. For the February 6 and February 20 Bailey Tract walk, hikers are to meet at the Bailey Tract parking lot at 8 a.m. on Tarpon Bay Road. There are 12 parking spots available on a first come, first served basis. An additional beach parking lot is available on Tarpon Bay Road with paid parking. For the February 27 Bunche Beach walk, hikers are to meet at the Bunche Beach parking lot in Fort Myers at 8 a.m. The Bunche Beach parking lot offers free parking and is located at the southern end of John Morris Road. Waterproof shoes are required for the Bunche Beach walk. The suggested donation for each walk is \$2 per hiker. Preregister for all Bird Walks by calling the Recreation Center at (239) 472-0345 or visit the front desk.

## **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.

## **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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