t he ceN teR 4 LIFe PROGRAM

Enriching the Lives of Adults

April, May, June 2010

Physical Exercise ❖ Special Events ❖ Travel ❖ Health Programs ❖ Social Gatherings ❖ Seminars

The ***Center 4 Life 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, *Center 4 Life 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 Center 4 Life 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	Eileen Kehoe, Vice President	Katie Reid, Secretary
Christl Smith, Treasurer	John Brown	Glenda Campbell
Ann Moeder	Clivie Goodwin	Rev. Ed VanderHey

SANIBEL FIT 4 LIFE

Recreation Department / Center 4 Life

800 Dunlop Road

Sanibel, Florida 33957

Songs from Sandi

This has been the hardest "song" I've ever written. The editor thought the first draft was too harsh, while my husband said , “you should have left in the joke - ‘You know who you are.’ ” So anyway, here it goes, again.

How do you give "tough love" to the people who sign up for activities and then when Island Seniors, Inc. pays for the tickets, they erase their name and tell us something has come up? Those who are parents understand how hard "tough love" is to give. I'm not saying I am your mother, but it is very hard for me to be the one to have to remind you of the rules. I've come to the conclusion that I will have to put at the top of each sign up sheet, "If you sign up, you are responsible for payment".

The members who take advantage of the Barbara B Mann reduced group tickets have understood this since I became the administrator in 2003. Imagine what would happen to Island Seniors, Inc. if they had to “eat” the 182 tickets ($14,000) they purchased this season for you? That would certainly be the end of that fantastic activity and Island Seniors whose board of directors give their time and talents to making this a better Center. So, to make life easier for all 700 members, the staff and volunteers, please do not sign up for an activity unless you are prepared to pay for it.

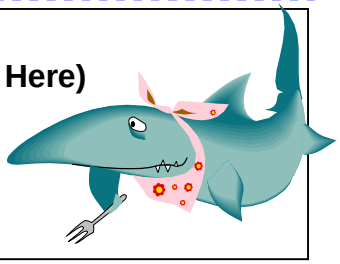
Now, on a lighter note, it's time again to say “good bye” to our "snow birds". I will miss you as the summer gets long and lonely with out you in our flock. You add a spark to our center even during the "coldest" season I can remember. You are appreciative of our staff and volunteers and never fail to ask when phones are ringing and exercisers are checking in "How can I help?" You will be missed, so please stay in touch.

To your good health,

Sandi

Leaving for the Season? Contribute to F.I.S.H. **(Friends In Service Here)**

Please bring in your never-opened canned goods, cereal, crackers, and even perishables and we will get them to those in need. (Please be sure they are not beyond the expire date)



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*From the President by **Deborah Butler***

At last our center has a new name: **"Center 4 Life"!**

The City has long asked for suggestions from the Board for a new name so, after a few attempts and much discussion, your Board put forward the name **"Center 4 Life"** to mesh with the **"Fit 4 Life"** program of the Recreation Center.

Though all of the suggestions submitted last year were considered, this name seemed most suitable. After all, we are still learning to make our lives happier and healthier via fitness, education, social gathering, travel, etc. We are still proudly "Seniors" and our organization is still called "Island Seniors, Inc." Only the Center and the City program names are changed. Both belong to the City and are separate from our organization. We will continue to plan programs for all of our members over 50 (though we bar none from joining.)

Luncheon for Volunteers

Friday, April 9 at 12:00 Noon

We ***love*** our volunteers at the Center. Look for your invitation in the mail if you've been volunteering this season and making our lives so much easier. Mark you calendars for your recognition luncheon in the Aerobic Room at the Center.

"You are as young as your faith, as old as your doubt, as young as your self-confidence, as old as your fear, as young as your hope, as old as your despair." **Paul H. Duhn**

Hotdog Grill Wednesdays

Join **Chef Doris Southerton** in the kitchen area at the Center Wednesdays at **12:00**.

The group will be grilling hotdogs for lunch. Cost is $2.00 for members and $3.50 for non-members for a hotdog, potato chips and lemonade. *Call us Wednesday morning so we can plan for enough food.*

Leisure Lunchers - Thrift & Consignment Shoppers!

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 menu. Pre-registration is a must.

Thursday, April 15, 2010
Joe's Crab Shack
2024 West First Street - 332-1881
&
Hope Chest
13821 North Cleveland Ave.
652-1114

Thursday, May 13, 2010
Osaka's Japanese Steakhouse
12591 McGregor Boulevard
489-2414
&
Lucille's Boutique
15675 McGregor Blvd.
489-3554

"Dessert & Discussion" Book Group

Tuesday, April 13 at 2:00 PM in the Kraft Room

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 and listen to the discussion:

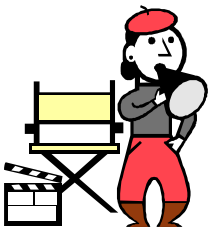
Half Broke Horses by **Jeanette Walls**, facilitated by **Alice Walzer**

Please remember to call the Center or stop by and sign up.

If you don't, you may not get any dessert!

"Cinema Therapy" is back beginning Friday, July 2 at 1:30

This is a free "Adult Time-Out" to escape in Movieland. Free popcorn and laughter will be served **Every Friday.** We will be putting in a DVD for anyone that would like to come over to the Center and watch a movie with us. 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.



Dining out (instead of Potluck)!

A huge thank you to Susan & John Brown for all of their help with the potlucks this season. We have had some of the best entertainment because of their creativity. Now it's time for all of us that have been doing the cooking to take a break and enjoy a dinner out on the **Mystery Dinner Train** and **Sanibel Harbour Princess Dinner Cruise.**

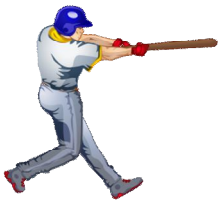
Dinner Train Theater
Sunday, April 25, 2010

Be at the Center by 4:15 pm to carpool to the train station at 2805 Colonial Blvd. in Ft. Myers.

Join us for a performance of "Murder on the Menu". Take a trip back to the early 1970's along with four gourmet TV personality chefs as they compete to win the accolades of the ultimate critic and the glory that is cooking for public televisi**on** with a performance of "Murder on the Menu". The Murder Mystery dinner train departs the station promptly at 5:30 pm from 2805 Colonial Blvd. Price includes a scrumptious five (5) course dinner. Check the sign up sheet at the Center to view the menu. Members of Island Seniors, Inc. pay $50.00 per person and non-members are $61.00.

Sanibel Harbour Princess Dinner Cruise
Sunday, May 16 at Sunset.

Join us for dinner aboard the 100-foot private luxury yacht. The boat will carry your away on a relaxing voyage highlighted by delicious cuisine and magnificent views of Florida's southwest Gulf Coast. We will feast on a lavish buffet complete with several entrees and a tempting selection of desserts. We also have a choice of settings from which to take in the view: the outdoor observation deck or two indoor, air-conditioned salons. Members of Island Seniors, Inc. fee is $44.00 and non-members are $54.00. Hope you can join us!



Island Night Baseball

14400 Six Mile Cypress Parkway

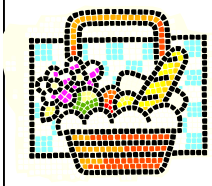
Tuesday, June 1, 2010 at 5:00 PM
(Look for the yellow Mini Cooper)

Join us at the Lee County Sports Complex for our tailgate party before the parade at 6:15 and game at 7:00. Sign up at the Center if you want to tailgate and sit together at the game. Island Senior, Inc. members will enjoy lots of great treats sponsored by Island Seniors, Inc. Just bring your own beverage. Tickets are free but required to get into the game. You can pick them up at the Center. Hope to can attend and pray for no rain.

Back by Popular Demand!

Basket and Beading Classes

Last year's classes were such a hit that we're bringing them back with new creations. An example of what you'll make, along with photos, are on display at the center. Registration is on a first-come, first-served basis, so sign up now :



Market Basket Class

Monday, April 19

9:30 AM to 1:00 PM

$40 for members; $45 for non-members

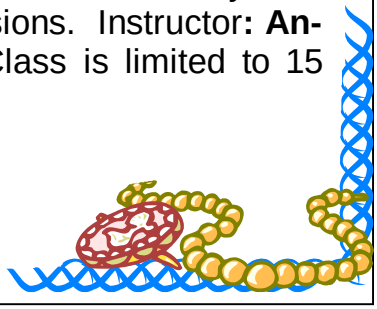
You'll weave your own sturdy, multi-purpose basket with a wood handle and colored trim. Instructor: **Martha Kehoe.** Class is limited to ten participants.

Necklace Beading Class

Tuesday, April 20 - 12:30 PM – 2:30 PM

$30 for members; $35 for non-members

In this class, you'll create a beautiful, sparkling necklace designed to accent your attire for many occasions. Instructor**: Andrea Goetzinger**. Class is limited to 15 participants.



Florida Repertory Theater

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, April 10 at 2:00 PM

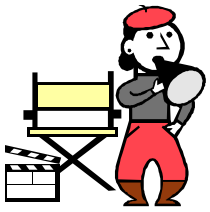
TRYING by Joanna McClelland Glass

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!

2010-2011 Season - Barbara B. Mann Theater

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.

The Barbara B. Mann will be opening their 2010/2011 Broadway Season with something "spectacular" in November with the Southwest Florida premiere engagement of **THE RADIO CITY CHRISTMAS SPECTACULAR, featuring the world famous ROCKETTES!** That's right...the very same show you can see at the Radio City Music Hall in New York City. Join us **Saturday, November 13th at 11:00 am** for this great kick-off to your holiday season.

Tickets are $64.00 for Island Senior, Inc. members and $74.00 for non-members. We need your payment by May 1st. And please remember, if you sign up, you are responsible for the payment of the ticket. If something comes up and you cannot attend, we can give you names and numbers of people who want tickets and are on a waiting list.

These are the other performances for 2011 at the Barbara B Mann. Remember we need 20 people to sign up to purchase the tickets under the group sales agreement. Also remember, if you sign up, your are responsible for paying for the ticket. If you need to sell your ticket later, we will provide you will a waiting list of members to call. This works well as members join after the Island Seniors, Inc. have already placed their order and paid for the tickets. ***Call for reservations by August 1st and you will be mailed an invoice with payment due by September 15. (Except for the Christmas Rockettes Extravaganza which is due by May 1st).***

Young Frankenstein
Saturday, January 1, 2011 at 2:00 PM
Members $75.00 and Non-Members $85.00.

South Pacific
Saturday, January 22, 2011 at 2:00 PM
Members $77.00 and Non-Members $87.00

West Side Story
Saturday, February 12, 2011 at 2:00 PM
Members $81.00 and Non-Members $91.00

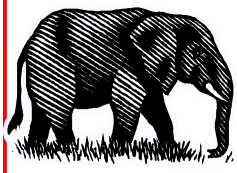
Burn the Floor
Saturday, March 19, 2011 at 2:00 PM
Members $62.00 and Non-Members $72.00

"To laugh often and love much; to win the respect of intellingent persons and the affection of children; to earn the approbation of honest citizens and endure the betrayal of false friends; to appreciate beauty; to find the best in others; to give of one's self; to leave the world a bit better, whether by a healthy child, a garden patch or a redeemed social condition; to have played and laughed with enthusiasm and sung with exultation; to know even one life has breathed easier because you have lived - this is to have succeeded." Ralph Waldo Emerson

Discovering Florida Day Trips

No refunds for trips unless canceled by the Center due to low enrollment.
All itineraries are subject to change and members always get priority.

Naples Zoo at Caribbean Gardens



Earth Day, Thursday, April 22

Bus leaves the Center at 7:30 AM

Limit of 27 - $24.00 for members, $34.00 non-members

Lunch of Chicken Caesar Salad and beverage included in the fee. However, you may bring small coolers with additional snacks if you wish. Stop by the Center and read about all the wonderful things there are to see and do or go to www.caribbeangardens.com and get excited. This is a trip you will not want to miss.

Tour of San Carlos Island's Commercial Fishing Fleet

Wednesday, May 5

Carpooling from the Center at **8:15** AM
Limited to 20 at $15.00 per person
(members get first priority)

1 1/2 hour tour of the Ostego Bay Marine Science Center and 1 1/2 hour walking tour of San Carlos Island Commercial Fishing Industry. Lunch (Dutch treat) afterwards in one of the three restaurants within walking distance.

Dresses of Inspiration

Friday, May 21, 2010

Bus leaves the Center at 8:00 AM

Limit of 27 at $10.00 per person, members, $20.00 non-members

The **Von Liebig Art Center** in Naples is proud to present an original collection of the late Princess Diana's gowns plus Diana and British Royals' memorabilia!

Many of the dresses in the exhibition were purchased at the Christie's auction Diana held just weeks before her untimely death. At least two of the dresses and some of the memorabilia have never been exhibited in the United States, including a Klondike dress Diana wore on a State Visit to Canada with Prince Charles and Diana's entire signed Christmas Card collection of cards she sent.

The dresses include a cocktail dress owned by People magazine and four dresses owned by WE tv, all of which are rarely shown in public. The exhibition also includes signed photographs, gifts Diana gave and memorabilia from other Royals including Queen Elizabeth II, the Queen Mother and Prince Charles.

Lunch (Dutch treat) after the exhibit at the **Big Cypress Marketplace**. The Marketplace has over 100,000 square feet of air-conditioned space comprising 205 booth spaces, 72 aisle tables, restaurants and pub, a winery, and a boat showroom. The spacious atrium houses a food court, mezzanine, and a stage for concerts and plays, all surrounded by a mural depicting Everglades scenery. The Marketplace is surrounded by shaded courtyards, a farmer's market and a tiki bar for casual meals.

Remember: 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!

Princess Diana:

Fitness Activities - Sanibel Fit 4 Life is our motto!

ALL AGES are welcomed at the Center.

Blesssed are the flexible, for they will not be bent out of shape.

Courtesy to fellow participants: Please be on time for your class. Remember, if the door is closed, the class has started. That means the teacher has started the warm-up portion of the class. Warm-up exercises are very important for injury prevention and that's are main objective to getting you in on time.

Also, please refrain from the use of any women's or men's fragrant personal care products while participating in our Fitness programs. Your chemically sensitive co-participants will thank you!

HAPPY Hour Fitness

Monday, Wednesday and Friday at 8:00 AM

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

Power Hour Fitness

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. **Mahnaz Basseri** is your instructor.

Cost: *Members of Island Seniors may purchase coupon books from the City of Sanibel at the Senior Center at 2401 Library Way or at the Sanibel Recreation Center. 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. No additional fee is required. By exercising regularly, you can control cholesterol, weight, blood pressure, and stress and reduce the risk factors of heart disease.*

Essential Total Fitness

Monday through Friday at 9:30 AM

This "total fitness" 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.

Beginning **June 1** we go back to our summer fitness class schedule. We will offer Essential Total Fitness Monday, Wednesday and Friday at 9:00 AM. **Sandi McDougall** is the instructor.

Gentle Yoga

With Chris Brown

Monday and Wednesday at 11:00 AM in the Aerobic Room. 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. Please bring a towel.

Meditation

With member Karl Rodman

Join Karl and his wife, Ann on Monday, Wednesday & Friday morning at 8:30 AM in the Kraft Room for a half hour. You 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 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.

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

SANIBEL FIT 4 LIFE

Heart Rate Monitor During Your Workout **-** Island Seniors has two Heart Rate Monitors to be used by members during fitness classes. Come early and Sandi or Mahnaz will show you how easy they are to use.

Kayaking

Tuesday April 6, 13, 20 and 27

Tuesday May 4

Tuesday May 18

Tuesday June 8

Tuesday June 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 2-person kayaks and unlimited space for those who own their own kayaks.

Each outing is lead by 2 leaders that determine the location. The 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 unless an off Island launching is scheduled. Everyone is encouraged to take their turn leading the group. The Center supplies the kayaks, paddles and life jackets (which all participants must wear).

It is useful to bring water and a small snack, change of clothing (in case you get wet and don't like it), sun and bug lotion, sunglasses and a hat.

Fees to participate are $5.00 for members and $10.00 for non-members per time. Members of the Island Seniors, Inc. are always given first priority. Come by the Center to sign up and pay for your reserved kayak. Fees will be reimbursed if the leaders cancel the launching.

Bridge for Fun

Mondays & Wednesdays
1:00 PM
Aerobic Room
Prizes are awarded! The fee is $2.50 for members, $5.00 for non-members

Hand & Foot

This fun card game, which is similar to Canasta, is played at 1:00 PM on Tuesdays

Mah Jongg

Thursdays
1:00 PM
in the Aerobic Room
Prizes are awarded! The fee is $2.50 for members, $5.00 for non-members.

Time Change in June:

Beginning Tuesday, June 1st the Center closes at 3:30 PM.

Bridge, Mah Johngg & Hand & Foot will begin playing at 12:30 PM instead of 1:00 PM to allow plenty of playing time.

PC Classes - **Fees for 1 session classes: $30 for members and $45 for non-members of Island Seniors, Inc. 2 session classes: $60 for members, $90 for non-members.**

WHAT'S A SPREADSHEET?

Concepts and Uses

Two Sessions: 1:00 - 3:00 pm

TUESDAY, JUNE 15 & THURSDAY, JUNE 17

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,

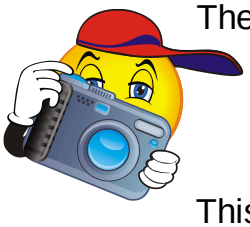
Discovering the Value of the Internet

MONDAY, APRIL 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.

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**.

TUESDAY, MAY 18 - 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. Bring your camera.

SAVE THE DATE!

2010 Holiday Bazaar

Saturday, November 20

Welcome Arts & Crafters!

Do you have new and handcrafted items that you would like to sell? Consider taking part in our annual Holiday Bazaar. For guidelines and registration, please contact Eileen Kehoe at ekkehoe@aol.com or 414-405-9556.

Don't forget Trash & Treasures

The Bazaar also includes a sale of second-hand items to benefit programs at the Center. This spring or summer, if you get the bug to declutter, just bring in your trash & treasures and Sandi will find a place to store them until the fall.

APRIL BIRTHDAYS

Gene Hasselbeck..... 1
James Kuharich..... 1
Ken Trombly..... 1
Nessa Adelson 2
Joan Bannister 2
Helen Kalish..... 2
Bill Kelley 2
Patricia Manning..... 2
Mack McKinzie..... 2
Elaine Berger 3
Anne Bresslau 3
Sonda Dawes 4
Linda Edinburg..... 4
Sandy Hamilton..... 4
Charles McEwen 4
Mary Kolvek..... 5
Joyce Pignotti..... 5
Susan Stuart..... 5
Joanne Durst..... 5
Gale Lynch..... 6
Nancy Cleare..... 7
Marlene Nicholas..... 7
Jane Withers..... 7
Pat Briglin 7
Fran Kieling..... 8
Deborah Butler 9
Phil Caramico..... 9
Lana Ross..... 9
Carmen DeTommaso. 9
Betty Lou Banks 10
Shirley Poteat 10
Phil Scheiber 10
Ann Bridges 11
Barbara Chapin 11
Jeanette McLaughlin. 11
JoAnne Fowler 12
Nisla Tolp..... 12
John Walley 12
Francis Gardner 13
Harry Marek 13
Billie Derridinger..... 13
Jacqueline Tetreault.. 14
Mike DeTommaso.... 15
Tom Hansen..... 15
Ethel Sinow..... 15
Marion Wasson..... 17
Yolande Welch..... 17
Roberta Heller..... 18
Buck Kirkpatrick 18
Adelina Romano..... 18
Charlotte Bohlmeyer. 19
Ruth Keel 19
Emily Kletzien..... 19
Susan Rosenberg..... 19
Carol Spencer..... 19
Charles Adair..... 20
Patricia Armstrong 21
Marcy Calkins..... 21
Ann Tennery 21
Linda Erickson..... 22
Mary Jane Snyder..... 22
Ann Moeder..... 22
Carol Johnstone 23
Judy Corbett 23
Janet Whitney..... 25
Arlene Brown..... 26
Becky McDaniel..... 26
Barbara Craig 27
Ronda Walis..... 27
Rosemary Davies..... 28
Andrea Gainer..... 28
Barbara Jones 28
Alan Lessack..... 29
Marion Michael..... 29

MAY BIRTHDAYS

Nancy Goodwin..... 2
Jim Lynch 2
Valerie Sadd..... 3
Judy Davis..... 4
Shirley Rothwell..... 5
Judy Davis..... 5
Sally Walker 5
Priscilla Grayson..... 5
Marcia Hock..... 6
Bill McBeath..... 6
Arlene Luchsinger..... 7
Brenda Clark 7
Barbara Walker..... 7
Patty Gardner 7
Barbara Newton..... 8
Fred Glazer 8
Ted McDavitt..... 8
B.J. Weimer..... 8
Edina Lessack 9
Jack Schmidt..... 9
Helen Taylor..... 9
Margaret Giovannini . 10
Bruce Burgan..... 10
Dan Davis..... 12
Mary Terry 12
Carolyn Graham 12
Gary Kreml..... 13
Nicholas Perrone..... 13
Nancy Phillips..... 13
Amy Holloway 14
Peter Ryan..... 14
Mary Maxwell 14
Robert Harvot..... 14
Terry Lohser..... 16
Joyce Talsky..... 16
Arnold Zaltas..... 16
Doris Southerton..... 17
Nancy Hoover..... 17
Barbara Cosner..... 17
Barbara Martin..... 18
John Bohmfalk..... 19
John Gavin..... 22
Janet Koletzke 22
Judy Hicks 22
Kay Kiefer..... 23
Judith Kirkpatrick..... 23
Sherry Halleran..... 23
Diana Gray 24
Bette Harig..... 24
Ken Chambers 24
June Cramer..... 25
Bob Halverson..... 26
Sally Parsons 26
Pat Mulholland..... 27
Eileen Kehoe 27
Tita Holleran..... 27
Roni Freer 27
Susan Brown 27
Joanne Andrews..... 28
Carole Hunter..... 28
John Royse 29
Peter Markusch..... 29
Herma Miller..... 30
Jerry Cosner..... 30
Karen Sartoris..... 30
Dean Durst..... 31
Beth Albright..... 31

JUNE BIRTHDAYS

Anne Walter..... 1
Bluma Herman 1
Irmingard Markusch .. 1
Jane Dallas..... 2
Chuck Farnum 2
Julie Rauh..... 2
Carol Scheiber 2
Anita Geffinger..... 3
Susan Shipley..... 3
Adele Wazeter..... 3
Carol Berman 4
Win Meiselman 4
Tina Tober..... 4
Bob Bringer 5
Evelyn Clark..... 5
Ginger Johnson..... 5
Mary Powell 5
Edie Reinisch 6
Nancy B. Smith 6
Judie Zimomra..... 6
Gwenn Dunn 6
Sandra Bennett..... 7
Gerald Holman 7
Mary Christison 7
Patricia Macchia..... 7
Mary Bahn..... 8
Marcia Jilk 8
Jeanne Risher 8
Pamela Rowland..... 8
Jane Leman 9
Joan Sprinkle 9
Bea Fulmer..... 10
Herb Rubin 11
Jane Beard..... 12
Ann Bentley..... 13
Carolyn DeCoster..... 13
Rose Mary Loveday.... 13
Lois Gasteyer..... 13
Vreni Scheu 14
Ray Secrist..... 14
Terese Beauchamp 14
Patty Giangiorgi..... 15
Kay McDowell..... 15
Lucy Bowden 16
Dick Roberdeaux..... 16
Connie Bartlett 16
Ann Rapp..... 16
Clivie Goodwin..... 17
Karen McGregor 17
Frank Hartsough..... 18
Martha Graham..... 19
Mary Murphy 19
Gwendolynn Newman 19
Mary Lou Tecklenburg 19
Jerry Edelman..... 20
Heidi Keevins..... 20
Martha Ponader 20
Elaine Bluedorn 20
Kay Azarbarzin..... 21
Sandra McDougall..... 21
Suzanne O'Connor 21
Leo Zimmer..... 21
Barbara Berkowitz 22
Christine Campbell..... 23
Helen Klohmann 23
Diane Weber 23
Margaret White..... 23
Judith Evans..... 24
Marcia Leslie..... 24
Doris Taft..... 24
Sue Miller 25
John Wolf 25
Dolores Karp..... 26
Bob Lindman..... 26
Eugene Rhoads 27
Ruth Kitchin..... 28
Eloise Kotewicz..... 28
Glenn Martin 29
Pedro Ponce 29
Nancy Venuto..... 29
Ruth Altis..... 30
Saul Bloomfield..... 30
Robert Macchia 30

Center Hours 8:00 – 5:00

APRIL 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***		**1** **8:00 PH** **9:30 ETF** **1:00 MJ**	**2** **8:00 HH** **8:30 MED** **9:30 ETF** **Good Friday**	**3**
4 **Easter Sunday**	**5** **8:00 HH** **8:30 MED** **9:30 ETF** **11:00 Yoga** **1:00 Bridge**	**6** **8:00 PH** **8:30 Kayak** **9:30 ETF** **1:00 Hand & Foot**	**7** **8:00 HH** **8:30 MED** **9:30 ETF** **11:00 Yoga** **12:00 Grill** **1:00 Bridge**	**8** **8:00 PH** **9:30 ETF** **1:00 MJ**	**9** **8:00 HH** **8:30 MED** **9:30 ETF** **12:00 Volunteer Lunch**	**10** **2:00 FL Rep "Trying"**
11	**12** **8:00 HH** **8:30 MED** **9:30 ETF** **11:00 Yoga** **1:00 Bridge** **1:00 INTERNET**	**13** **8:00 PH** **8:30 Kayak** **9:30 ETF** **1:00 Hand & Foot** **2:00 Book Club**	**14** **8:00 HH** **8:30 MED** **9:30 ETF** **11:00 Yoga** **12:00 Grill** **1:00 Bridge**	**15** **8:00 PH** **9:30 ETF** **1:00 MJ** **11:30 LL Joes Crab Shack**	**16** **8:00 HH** **8:30 MED** **9:30 ETF**	**17** **2:00** **B B Mann Beauty & the Beast**
18	**19** **8:00 HH** **8:30 MED** **9:30 ETF** **9:30 BASKET Class** **11:00 Yoga** **1:00 Bridge**	**20** **8:00 PH** **8:30 Kayak** **9:30 ETF** **12:30 Necklace Class** **1:00 Hand & Foot**	**21** **8:00 HH** **8:30 MED** **9:30 ETF** **9:30 ISrs Bd** **11:00 Yoga** **12:00 Grill** **1:00 Bridge**	**22** **8:00 PH** **9:30 ETF** **1:00 MJ** **7:00 Naples Zoo** **Earth Day**	**23** **8:00 HH** **8:30 MED** **9:30 ETF**	**24**
25 **4:15 MURDER MYSTERY DINNER TRAIN**	**26** **8:00 HH** **8:30 MED** **9:30 ETF** **11:00 Yoga** **1:00 Bridge**	**27** **8:00 PH** **8:30 Kayak** **9:30 ETF** **1:00 Hand & Foot**	**28** **8:00 HH** **8:30 MED** **9:30 ETF** **11:00 Yoga** **12:00 Grill** **1:00 Bridge**	**29** **8:00 PH** **9:30 ETF** **1:00 MJ**	**30** **8:00 HH** **8:30 MED** **9:30 ETF**	

Center Hours 8:00 – 5:00

MAY 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	HH = Happy Hour ***PH = Power Hour*** ***ETF = Essential Total***	***MJ = MahJongg*** ***MED = Meditation*** ***LL = Leisure Lunchers***				**1**
2	**3** **8:00 HH** **8:30 MED** **9:30 ETF** **11:00 Yoga** **1:00 Bridge**	**4** **8:00 PH** **8:30 Kayak** **9:30 ETF** **1:00 Hand & Foot**	**5** ***8:15 Fish Fleet Daytrip*** **8:00 HH** **8:30 MED** **9:30 ETF** **11:00 Yoga** **12:00 Grill** **1:00 Bridge**	**6** **8:00 PH** **9:30 ETF** **1:00 MJ**	**7** **8:00 HH** **8:30 MED** **9:30 ETF**	**8** **2:00** **FL REP** **"Big Band"**
9	**10** **8:00 HH** **8:30 MED** **9:30 ETF** **11:00 Yoga** **1:00 Bridge**	**11** **8:00 PH** **9:30 ETF** **1:00 Hand & Foot**	**12** **8:00 HH** **8:30 MED** **9:30 ETF** **11:00 Yoga** **12:00 Grill** **1:00 Bridge**	**13** **8:00 PH** **9:30 ETF** **11:30 LL Osaka's** **1:00 MJ**	**14** **8:00 HH** **8:30 MED** **9:30 ETF**	**15**
16 **Sunset Sanibel Harbour Cruise**	**17** **8:00 HH** **8:30 MED** **9:30 ETF** **11:00 Yoga** **1:00 Bridge**	**18** **8:00 PH** **8:30 Kayak** **9:30 ETF** **1:00 Hand Foot** **1:00 Digital Photo**	**19** **8:00 HH** **8:30 MED** **9:30 ETF** **9:30 Isrs Board** **11:00 Yoga** **12:00 Grill** **1:00 Bridge**	**20** **8:00 PH** **9:30 ETF** **1:00 MJ**	**21** **8:00 Princess Di Trip** **8:00 HH** **8:30 MED** **9:30 ETF**	**22**
23	**24** **8:00 HH** **8:30 MED** **9:30 ETF** **11:00 Yoga** **1:00 Bridge**	**25** **8:00 PH** **9:30 ETF** **1:00 Hand & Foot**	**26** **8:00 HH** **8:30 MED** **9:30 ETF** **11:00 Yoga** **12:00 Grill** **1:00 Bridge**	**27** **8:00 PH** **9:30 ETF** **1:00 MJ**	**28** **8:00 HH** **8:30 MED** **9:30 ETF**	**29**
30	**31** **CLOSED Memorial Day**					

Center Hours ***8:00 – 3:30***

June 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 **12:30 Hand & Foot** **5:00 Island Night Baseball**	**2** **8:30 MED** **9:00 ETF** **11:00 Yoga** **12:00 Grill** **12:30 Bridge**	**3** **12:30 MJ**	**4** **8:30 MED** **9:00 ETF**	**5**
6	**7** **8:30 MED** **9:00 ETF** **11:00 Yoga** **12:30 Bridge**	**8** **8:30 Kayak** **12:30 Hand & Foot**	**9** **8:30 MED** **9:00 ETF** **11:00 Yoga** **12:00 Grill** **12:30 Bridge**	**10** **12:30 MJ**	**11** **8:30 MED** **9:00 ETF**	**12**
13	**14** **8:30 MED** **9:00 ETF** **11:00 Yoga** **12:30 Bridge**	**15** **12:30 Hand & Foot** **1:00 Spreadsheet**	**16** **8:30 MED** **9:00 ETF** **11:00 Yoga** **12:00 Grill** **12:30 Bridge**	**17** **12:30 MJ** **1:00 Spreadsheet**	**18** **8:30 MED** **9:00 ETF**	**19**
20	**21** **8:30 MED** **9:00 ETF** **11:00 Yoga** **12:30 Bridge**	**22** **8:30 Kayak** **12:30 Hand & Foot**	**23** **8:30 MED** **9:00 ETF** **11:00 Yoga** **12:00 Grill** **12:30 Bridge**	**24** **12:30 MJ**	**25** **8:30 MED** **9:00 ETF**	**26**
27	**28** **8:30 MED** **9:00 ETF** **11:00 Yoga** **12:30 Bridge**	**29** **12:30 Hand & Foot**	**30** **8:30 MED** **9:00 ETF** **11:00 Yoga** **12:00 Grill** **12:30 Bridge**		***HH = Happy Hour*** ***PH = Power Hour*** ***ETF = Essential Total Fitness***	***MJ = MahJongg*** ***MED = Meditation*** ***LL = Leisure Lunchers***