



THE CENTER 4 LIFE PROGRAM

Enriching the Lives of Adults

October, November, December 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

Christl Smith, Treasurer

Ann Moeder

Eileen Kehoe, Vice President

John Brown

Clivie Goodwin

Katie Reid, Secretary

Glenda Campbell

Rev. Ed VanderHey



Recreation Department / Center 4 Life

800 Dunlop Road

Sanibel, Florida 33957



Songs from Sandi

A member in the fitness class I teach brought a song for the flexibility segment of class. The song was: **“Enjoy Yourself (It’s Later Than You Think)”** by **Guy Lombardo**. If you have forgotten the lyrics, the chorus is:

**“Enjoy yourself, it’s later than you think
Enjoy yourself, while you’re still in the pink
The years go by, as quickly as a wink
Enjoy yourself, enjoy yourself, it’s later
than you think.”**

The words inspired many of us to sing out loudly and got me thinking about what the words meant to me. When I searched the Internet for the words I found an article by **Chuck Gallozzi** at www.personal-development.com/chuck/joy. He explained

that both Socrates and Ben Franklin thought there was merit in these words.

I am happy to know that I am in good company when I promote joy at our Center. I realize how easy it is to get caught up in our daily lives so that one day just floats into the next. The passing of two members who were very dear to me, **Justine Smith** and **Barbara Toll**, and my mother having a stroke, whirled me back into reality. The reality of what is important in life *today* became apparent, *not* next month or next year, but today.

As Chuck says in his article, **“May your joys be as deep as the ocean, your sorrows as light as its foam”**. That is what I wish for all of you. Please join us at the Center 4 Life as we strive to bring joy into your life.

To your continued good health,
Sandi

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To save trees and money, please stop by to pick up your October, November, December calendar!

Friendship Fund - If you are in need of financial assistance to participate in the activities at the Center 4 Life, there are funds available to help you. For more information contact Sandi McDougall, Administrator, 472-5743.

From the President by Deborah Butler

This is my last President's message in the newsletter as my tenure will be finished with the December election. It has been a wonderful four years serving on your board. I have been blessed with board members who always respond to our needs, helping with the bazaar, book sale, members meeting, bridge, finances, trips, etc. Your board is definitely hands on, often helping at the desk and phone and providing the energy

that makes the Island Seniors, Inc. activities rewarding for all members.

We have seen our membership grow during these years; the Center 4 Life has expanded its programs to meet the needs of active seniors on the Islands. I know that with my recent loss, the Center has offered me the activities and social contacts so important to this stage of life. I am in awe of the out-



Volunteers still needed!

A huge thank you to **Doris Southerton, Ann Moeder, Ann Tennery, Rebecca Moss, Judie Sharbaugh and John Walley** for responding to our plea for volunteers saying, "Yes, we will help during season from October through April." We need volunteers to help our staff at the front desk from 7:30 -11:30 or 11:30 - 3:30 Monday through Friday. Currently we need generous people for Monday, Wednesday or Friday shifts. *Please call or email Sandi if you can help. She and her staff will really appreciate it.*



Memorial Celebration for Justine Smith
Saturday, November 6 at 11:00 am at the Center 4 Life



There will be a memorial celebration for former employee and volunteer Justine Smith who passed away June 21.

Justine was on staff for many years as a part-time recreation aide. An avid bridge player, she directed the bridge program for several years and volunteered teaching bridge classes.

You may remember her big smile as she manned the desk and welcomed members and visitors.

A special memorial brick will be unveiled at the remembrance. Please join us and her family in celebrating her life.

A beautiful memorial and honorary brick pathway joins our patio to the front walkway. Buy a brick and make a lasting tribute to yourself or family member. Groups can participate as the kayakers have done. **Luc Century's** etched bricks are a \$100 contribution. Your support "paves" the way for fun future activities. Come to the Center or contact us at 472-5743 for the form that has all of the information to create your brick.

A Perfect Gift for Friends, Family and Yourself!

Look good & feel great...with color!

By popular demand, we're bringing back the ladies of **Image Matters** to present **Look Good and Feel Great... with Color!** This special return engagement is scheduled for **October 22nd at 2:00 pm.** Learn all about color and how to create a wardrobe perfectly suited to you that complements our casual Florida lifestyle. **Christine Sherlock** was the International Trainer for the

renowned image and cosmetic company, **Color Me Beautiful**, and is co-author of *Looking Your Best*. **Kelly Walsh** has more than 18 years retail experience, most recently as the Director of Training for Chico's. **Lisa Kitner** was with **Estee Lauder** and, as National Trainer, specialized in skin care and make-up application. With decades of expertise, a passion for their craft and delightful personalities, these ladies promise an informational and entertaining presentation! Call or sign up at the Center.

Leisure Lunchers Thrift & Consignment Store Shoppers Extraordinaire

Join us to explore new restaurants. We will order from the menu and pay for our own meal. It's a fun way to meet people, visit with friends and enjoy lunch. You may join others to carpool. Sign up at the Center and view the menu. You must pre-register.

Tuesday, October 5, 2010



The Loving Hut

1918 Del Prado Blvd S. #3, Cape Coral
(239) 424-8433

Leave the Center at 10:30 am

Example: portabella hamburger patty, organic burger buns, sweet potato fries for \$6.25

&

Diva 2 Diva Consignments

3326 Del Prado Boulevard South, Cape Coral
(239) 540-3482

Tuesday, November 2, 2010

Pinchers Crab Shack



18100 San Carlos Blvd.
415-8973

Leave the Center at 11:00 am

&

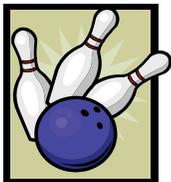


Brittany & Sondra's Consignment

17851 Pine Ridge Road
267-3994



Wii Wednesdays Wii Open Bowling begins Wednesday, October 13 12:30 - 4:00 pm



Members may sign up for an hour slot and bowl by themselves, with a friend or with a four-some. The member signing up must have experience with Wii Bowling. There is no charge for members. Non-members that bowl with you pay \$2.00 each. The time slots are: 12:30 - 1:30; 1:45 - 2:45; and 3:00 - 4:00.

If you are a member interested in learning Wii Bowling, check out our free lessons sign-up sheet in the kitchen area or call us about the dates and times it is offered.

I Can Name That Tune In...

**Wednesday, November 10th
5:30 pm in the Aerobic Room .**



To enjoy some early evening fun, sign up and bring an hor d'oeuvres that needs no knife or fork.

The group will enjoy the appetizers before the entertainment begins. Only hors d'oeuvres will be served, so bring enough to satisfy the hungry attendees. The Center will provide drinks and a dessert selection.

First seen on TV in 1953, "Name that Tune" pits two contestants against each other to test their knowledge of songs. Prizes will be awarded for the person who can name the most song titles.

Special thanks to **Barbara Snead** who has volunteered to be our pianist. It will be lots of fun and laughter as we sing along once the tune is identified.

Free for members: non-members, \$5.00 and bring an appetizer to share with everyone. You must be sure to sign up or you will miss the fun.

Florida Repertory Theater 2010-2011 Performances

It is going to be a great year! We met with Carrie Lund, Associate Producer and booked our tickets for next season. We will attend the Saturday, 2:00 PM matinee. Ticket prices have dropped for members to \$21.00. Yeah! Non-members tickets are \$26.00. None of our confirmed seats will be further back than row M.

Seven days before the performance, we must verify seats needed. We will not buy additional tickets. If your name is on the list, Island Seniors, Inc. will buy your ticket. You are then responsible for the payment. Please pay when you sign up to make life at our Center so much simpler. Depending on the size of the group, we may meet before or after the play for brunch or light dinner. We have ideas for places where we have not dined.

Saturday, October 30, 2010 - 2:00 pm **Noises Off by Michael Frayn**

A revival of Florida Rep's Inaugural production, over a million people have wept with laughter at arguably the best farce ever written. This side-splitting comic romp follows the exploits of a hapless theatre troupe trying to mount a sex farce while a real-life farce is unfolding backstage!

Saturday, December 4, 2010 - 2:00 pm **Gaslight by Patrick Hamilton**

Set in fog-bound London in 1880, Gaslight is a classic psychological thriller that tells the story of the Mannings of Angel Street. Under the guise of kindness, the handsome Mr. Manningham is torturing his wife into insanity in hopes of getting away with murder.

Saturday, January 8, 2011 at 2:00 pm **Sylvia by A.R. Gurney**

From the author of Florida Rep hits, "The Middle Ages" and "A Cocktail Hour", Sylvia is a hilarious and intelligent comedy about a man, his wife and the street-smart mutt who puts their marriage in the doghouse.

Saturday, February 5, 2011 - 2:00 pm **Alfred Hitchcock's The 39 Steps**

Adapted by Patrick Barlow, from the novel by John Buchan. Still running in New York, "The 39 Steps" is the Broadway sensation where Hitchcock meets Hilarious. This two-time Tony-winning treat is part Hitchcock thriller and part Monty Python filled with nonstop laughs, over 150 zany characters (played by just four actors) and some good old-fashioned romance.

Saturday, March 12, 2011 at 2:00 pm **August: Osage County by Tracy Letts**

The most honored and acclaimed play of the last decade, "August: Osage County" is a darkly comic and terrifyingly real play about a family approaching total meltdown. This Pulitzer & Tony-winning drama delights in its very adult content, mature language and dramatic situations. It is the kind of play you won't forget, but not recommended for the easily offended.

Saturday, April 9, 2011 at 2:00 pm **Miracle on South Division Street** **by Tom Dudzick**

According to family legend, there was a miracle on South Division Street when the Blessed Mother appeared in one man's barbershop. From the author of Florida Rep hits, Greetings! and Over the Tavern, comes this touchingly miraculous New comedy where a deathbed confession changes everything.

Saturday, May 7, 2011 at 2:00 pm **The Devil's Music The Life and Blues** **of Bessie Smith by Angelo Parra**

Sexy and racy blues singer, Bessie Smith, was the most successful entertainer of her time, and takes center stage to tell of her amazing life. Put your troubles aside, and travel to Memphis in 1937 to soak up the blues as Bessie sings the songs that made her so unforgettable.



2010-2011 Season

Barbara B. Mann Theater

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. **Saturday, November 13th at 11:00 am 105 Island Seniors, Inc. members have purchased tickets and will kick-off their holiday season by attending this production.**

Tickets to the following performances have also been purchased. If you signed up, Island Seniors, Inc. ordered your tickets and paid for them. You have received your bill from Island Seniors, Inc. Payment is due by September 15. If you find that you need to sell your tickets, we will provide a waiting list of members you can call. If you missed the sign-up and want to attend, please call us to put your name on the waiting list for the discounted tickets.

Young Frankenstein

Saturday, January 1, 2011 - 2:00 p.m.
Members \$75.00, Non-Members \$85.00

The classic Mel Brooks movie is ALIVE...! Have a monstrously good time at this spectacular winner of the Outer Critics Circle Award and Broadway.com Audience Award for BEST MUSICAL!

Don't miss the sensational cast delivering your favorite moments from the classic film, plus new numbers including "Transylvania Mania," "He Vas My Boyfriend" and "Puttin' on the Ritz."

This wickedly inspired Frankenstein legend follows bright young Dr. Frankenstein (that's Fronkensteen) as he attempts to create a monster--but with scary and hilarious complications. Three-time Tony (r) winner Mel Brooks -- wrote the music and lyrics along with his record-breaking team from The Producers.



South Pacific

Saturday, January 22 - 2:00 p.m.
Members \$77.00, Non-Members \$87.00
SOUTH PACIFIC swept the 2008 Tony Awards®, winning seven honors including Best Musical Revival. The show features a cast of 34 and a full orchestra of 26 members – the largest of any touring Broadway production.



Based on Michener's Pulitzer Prize winning Tales of the South Pacific, Rodgers & Hammerstein's SOUTH PACIFIC is directed by Tony® winner Bartlett Sher. Set on a tropical island during World War II, the musical tells the romantic story of two couples and how happiness is threatened by the realities of war and their own prejudices. Includes "Some Enchanted Evening," "I'm Gonna Wash That Man Right Outa My Hair," "This Nearly Was Mine" and "There is Nothin' Like a Dame."

West Side Story

Saturday, February 12, 2011 - 2:00 PM Members \$81.00 and Non-Members \$91.00

Over fifty years ago one musical changed theater forever. "West Side Story" soars as the greatest love story ever. Directed by two-time Tony Award-winning librettist Arthur Laurents, "West Side Story" is as powerful, poignant and timely as ever. The new cast album won the 2010 Grammy Award for Best Musical Show Album. The Bernstein and Sondheim score features classics like "Something's Coming," "Tonight," "America," "I Feel Pretty" and "Somewhere."

Burn the Floor

Saturday, March 19, 2011 - 2:00 PM
Members \$62.00, Non-Members \$72.00

The dance sensation here from a record-breaking Broadway run! You've seen Ballroom dance on "Dancing with the Stars". Now, live on stage, the passion, drama and sizzle of 20 gorgeous champion dancers with a grace and athleticism that The New York Times calls, "Dazzling!"

From hot Harlem nights at The Savoy, where the Lindy, Foxtrot and Charleston were born, to the Latin Quarter where Cha-Cha, Rumba and Salsa steamed up the stage, "Burn" takes you through the drama of the elegant Viennese Waltz, the exuberant Jive, the intensity of Paso Doble - experience them all, as well as the Tango, Samba, Mambo, Quickstep and Swing.

Discovering Florida Trips

No refunds for trips unless cancelled by the Center due to low enrollment. Itineraries are subject to change and members get priority.

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!

Join your Board of Directors & members at the

AARP Convention in Orlando

September 30 - October 2, 2010

It's Life in 3D Discover...Decide...Delight!

Orange County Convention Center

Register today at www.aarp.org/events
or call 1-800-883-2784

\$25.00 for AARP members, \$35.00 non-members

Speakers to include:

- ◆ Humorist Dave Barry
- ◆ Author Sara Lawrence-Lightfoot
- ◆ Dog whisperer Cesar Millan
- ◆ CNN personality Larry King
- ◆ Entrepreneur Stedman Graham



Over 60 classes on education, lifestyle, technology, travel and fitness. Your friends will be staying at the Rosen Plaza Hotel next to the Orange County Convention Center.

Tarpon Springs - A Day in Greece

OPA! Thursday, October 21, 2010

Join us as we join CI Travel for a trip to Tarpon Springs, FL. Members \$59.00 and non Island Seniors, Inc. members \$69.00. Includes round trip transportation, visit to **St. Nicholas Cathedral**, authentic **Greek lunch at Hella's** and a **sponge-diving boat tour** with exhibition. Your payment is needed by September 21, 2010 to reserve a seat.



Suggestions: If you have suggestions for trips or activities you would like us to offer, let us know. We have a suggestion box on the counter in the kitchen. We look forward to hearing from you.

The Biltmore Estates at Christmas

Join us **December 5-10** with a Sunday-Friday trip to the Biltmore Estates in **Ashville, North Carolina.**



We will be staying at the fabulous **Grand Bohemian Hotel** (a Kessler Property) at Ashville Village. The Grand Bohemian Hotel Asheville sits in historic Biltmore village just outside the Biltmore gates. The authentic, rustic ambiance of this Tudor-inspired boutique hotel is masterfully blended with all of the modern luxuries. Enjoy the restaurant, lounge, art gallery and spa or stroll the quaint village streets. An experience of extraordinary architecture, art, music, cuisine, and exceptional service awaits.



On the way to the Estates we will visit **Stone Mountain** with an overnight stay. The trip back home will have us staying overnight in **Atlanta.**

Island Seniors, Inc. members: \$699.00 per person double occupancy or \$999.00 for a single.

Non-Island Seniors, Inc. members: \$799.00 per person double occupancy and \$1099.00 for a single.

Includes:

- ◆ Roundtrip motor coach transportation
- ◆ 5 nights accommodations
- ◆ 12 meals (6 breakfast, 4 dinner, 2 lunch)
- ◆ Tours - Stone Mountain, Biltmore House, Asheville area, and much more!

Last year's holiday trip to Savannah was terrific and a good value. Ask those who attended and I'm sure they will agree. Payment is due by November 1.

Trips to look forward to in 2011 are:

- ✓ Billy's Swamp Safari
- ✓ Dale Chihuly Exhibit in St. Petersburg
- ✓ Naples Botanical Garden

Fitness Activities

Sanibel Fit 4 Life is our motto!

ALL AGES are welcomed at the Center.

Courtesy to others: Please be on time for class. If the door is closed, the warm-up portion of class has started. Warm-up exercises are important for injury prevention and that's our objective to being on time.

Please do not use women's or men's fragrant personal products in fitness class. Chemically sensitive participants will thank you!

Staying fit reduces the risk factors of heart disease. Exercise regularly to control cholesterol, weight, blood pressure, and stress.

Aerobic Classes through Oct. 15th

Monday, Wednesday & Friday at 9:00 am

Join us as we combine HAPPY Hour Fitness and Essential Total Fitness. We begin with a joke to ease your mind and end with a positive thought for the day. We do 40 minutes of low-impact aerobics, 5 minutes of balance exercise and 25 minutes of strength and flexibility. **Sandi McDougall** is your instructor.

New Schedule Begins Monday, Oct 18th

HAPPY HOUR FITNESS

Monday, Wednesday & Friday at 8:00 am

Class begins with a joke from a member ease your mind and ends with a positive thought for the day. The format is: 45 minutes of cardio, 5 minutes of balance exercise, 15 minutes of core strength with the dynamics of Pilates and 10 minutes of flexibility with simple yoga poses. Strengthen, lengthen and gain flexibility. **Sandi McDougall** is your instructor.

Essential Total Fitness

Monday, Wednesday and 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 work involved. **Mahnaz Basseri** is your instructor.

Power Hour Fitness

Join us **Tuesday and Thursday at 8:00 am** to gain strength in all of your muscles. Hand weights, stretch cords and stability balls along with mats are used to strengthen and lengthen your muscles. Improve your core strength and balance. **Mahnaz Basseri** is your instructor.

Gentle Yoga with Kris Brown

Beginning **Tuesday, October 5 at 9:30 am, Tuesday & Thursday**. This class is designed to stretch, tone and strengthen while improving flexibility, proper alignment and circulation. Class exercises use chairs and mats to meet the needs of varying experience levels. You are encouraged to bring a towel.

Island Seniors, Inc. members can buy coupon booklets from the City of Sanibel at the Center 4 Life, 2401 Library Way, or at the Sanibel Recreation Center. Booklets of 12 coupons: \$42.00 or 3 coupons: \$10.50. Members of the Sanibel Recreation Center need only to show their photo membership card.

BEGINNER TAI CHI with Dr. Marc Rowe

Class begins **Thursday, October 28 at 11:00 am** and ends December 9. (Center closed for holidays). Limited to 16 people. Members, \$40.00 Non-members, \$55.00

Meditation returns in November

Karl Rodman and his wife **Ann** return to lead a half-hour meditation **Monday, Wednesday and Friday morning at 8:30 am** in the Kraft Room. Members may sit in chairs or on the floor. Meditation, with its power to relax the soul and relieve stress, is a popular concept 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. Questions? Please email **Karl** at karlrod@aol.com.

Try a Heart Rate Monitor during Your Workout

We have two Heart Rate Monitors members can use in fitness classes. Come early and Sandi will show you how to use them.

Thank you Paul Duval for putting air into the small balls we use in our fitness classes. What a guy!

Blessed are the flexible, for they



Sanibel Recreation Center Fitness Opportunities

Phone 472-0345 or go to www.mysanibel.com and check under the Recreation Department for more information.

Kayaking on Tuesdays

- ✓ **October 12 & 26**
- ✓ **November 9 & 23**
- ✓ **December 7 & 21**



This non-competitive outing is perfect for people who enjoy the outdoor world. Kayak adventures are held **Tuesdays**. There is space for 16 people on our eight two-person kayaks and unlimited space for those who own their own kayaks.

The two leaders for each outing 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 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, a small snack, change of clothing (in case you get wet), sun lotion, bug spray, sunglasses and a hat.

Fees are \$5.00 for members, \$10.00 for non-members per time. Members of Island Seniors, Inc. are given first priority. Come by the Center to sign up and pay for your reserved kayak. If payment is not received by the previous Friday, your name is erased and the waiting list is called. Fees will be reimbursed if the launch is cancelled.

Bridge & Hand & Foot & Mah Jongg

Mah Jongg

Thursdays **12:30 pm** until October
Aerobic Room

Bridge for Fun

Monday & Wednesday **12:30 pm** until October
Aerobic Room



Prizes awarded! \$2.50 members, \$5.00 non-members

Beginning Monday, October 4 Bridge, Hand & Foot and Mah Jongg will begin at 1:00 pm

- ☺ Bridge is played Monday & Wednesday
- ☺ Hand & Foot is played on Tuesday
- ☺ Maj Jongg is played on Thursday

Introductory Bridge Lessons

Tuesday & Thursday, December 7, 9, 14, 16
1:00 – 3:30 pm in the Computer Room

Class is limited to twelve students and you must be able to attend all four classes. \$10.00 for members and \$20.00 for non-members. Optional book **“Bridge Basics and Introduction”** by **Audrey Grant** available for \$10.00 from teachers **Bruce** and **Christl Smith**.

Dessert & Discussion

Book Group

The kick-off session will meet on **Tuesday, October 12 at 2:00 pm**. **Ann Rodman** will facilitate the discussion of **“The Help”** by **Kathryn Stockett**.

Tuesday, November 9 at 2:00 pm **“The Girl with the Dragon Tattoo”** by **Stieg Larsson** **Francesca Joyce** will facilitate.

Tuesday, December 14 at 2:00 pm **Rosemary Love Day** will facilitate **“Half the Sky”** by **Nicholas D. Kristof** and **Sheryl WuDunn**.

We are looking for book choices and facilitators for January, March and April.

In **February** the group will be discussing **“Little Bee”** by **Chris Cleave** and the facilitator will be **Alice Walzer**.

Introductory Mah Jongg Lessons

Lessons will be offered Monday & Thursday, October 18, 21, 25 & 28 from 9-12:00 in the Computer Room. \$10.00 for members and \$20.00 non-members. Class is limited to eight students and you must be able to attend all four classes. Island Seniors, Inc. Board member **Katie Reid** will be your instructor.

Computer Classes: 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.



Hello ebay !

Tuesday, October 12
1:00 - 3:00 pm

A seminar with **Patty** for the "true novice" who is curious about ebay. A shopping trip to the world-wide mall for those who have never been there! Maybe you wanted to buy something but backed out because of the unknown. Learn the risks and rewards, about sellers, shipping, and the possible savings!

WHAT'S A SPREADSHEET?

Concepts and Uses

Two 2 hr Sessions per class - 1:00 - 3:00 pm

Tuesday, Nov 9 and Wednesday, Nov 10

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 sessions introduce working with rows and columns to keep track of everything from your checkbook, loan pay-



NEW!

PICASA with Patty...and your photos!

If you email or browse the internet, you can do Picasa!



Two 2 hr. Sessions per class
Tuesday & Wednesday
Nov 16 & 17 - 1:00 p.m.

Trying to **organize** and **share** your photos? You asked for hands-on training in Picasa, the free program from Google. Picasa lets you send photos from your camera or memory card to your PC, and create and edit albums that are easy to share with anyone who has email. Photo prints can be ordered without a trip to the store.

You will be the "artist" and crop, resize, sharpen and brighten colors. You may even create collages and movies with music! A four-hour investment in time will get you started in getting those photo memories in a format you can enjoy and distribute. **Your paid reservation guarantees**

Intro to PC's & Windows with Windows 7

Five sessions:

- Monday, December 6
- Wednesday, December 8
- Friday, December 10,
- Monday, December 13
- Wednesday, December 15



1:00 pm in the Computer Room

Taught by **Bruce and Christl Smith**, the 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. You will be able to create documents, save them (and get them back), and understand the basic components without a lot of jargon. Must be able to attend all five sessions to sign up. Member fees are \$115; non-members are \$150.



Coming in January!
PC SAVVY with Ronda
"Ten Things about Windows that Savvy Computer Users Know"

A two-hour hands-on workshop full of tips (more than 10!) to help you master Windows and keep track of documents. One of our most popular classes for those who often say, "where's my file?", or "how do I get out of this?" Materials to

AARP Safe Driving with Ed VanderHey

Thursday, November 4 & 18

1:00 - 4:00 pm in the Kraft Room



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.

Board member **Ed VanderHey** will be offering the AARP Safe Driving class. You must be able to attend both days to receive your certificate. There is a limit of 20 people per class. Most auto insurance companies will provide a multiyear discount to AARP Safety Program graduates. The fee is \$12.00 for AARP members and \$14.00 for non-members. To register please call Ed at 472 - 3623 or on his cell phone at 239-292-4012 after October 1.

2010 Holiday Bazaar

Saturday, November 20

9:00 am - 1:00 pm



Arts & Craft Vendors: Only a few tables remain. If you have new and hand-crafted items to sell, take part in our annual Holiday Bazaar. For guidelines and registration, contact Eileen Kehoe at ek-kehoe@aol.com or 414-405-9556.

Don't forget Trash & Treasures

The Bazaar includes a sale of your donated "pre-loved items" that others will treasure or find useful. Proceeds will benefit the programs at the Center. It's not too early to search out those unneeded kitchen items, shells, paintings, decorations, toys, lamps and jewelry. Bring your trash & treasures to Sandi now! No clothes or shoes, please.

Hotdog Grill Wednesdays

- We're sorry that

Chef Doris Southerton is retiring from Hotdog Grill Day at our Center. She is a devoted volunteer and is well deserving of retirement. the time she and serving the

Breaking News! Doris has changed her mind! She will be cooking with helpers Paul Duval and Bob Halverson! Call in the morning to place your order!



We all thank Doris for volunteered by purchasing supplies, grilling hotdogs and cleaning up afterwards.



Member **Ronda Seifer Walis** will offer members an hour of one-on-one help with computer projects and problems **Mondays and Fridays beginning Monday, December 13th**

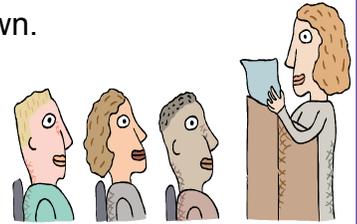
If you are having trouble making a calendar or card or sending a group email, Ronda can help. You will be able to sign up for a one-hour appointment on her Monday and Friday morning visits to our Center's Computer room. She has Mac experience also and you may bring your laptop. Call or come by the Center for more information.

Annual Membership Meeting of the Island Seniors, Inc.

Tuesday, December 14 in the Aerobic Room at 11:30 am

Your Board of Directors will host refreshments and the year in photos will be shown. You are all invited. Please plan on attending and vote in your new board members for 2011. A very special guest speaker is being invited by board member John Brown. Lunch will be served.

2011 Dues Reminder A gentle reminder that dues for 2011 Island Seniors, Inc. are due by January 1. We appreciate all of you who pay ahead of time. You are the best!



HOLIDAY RE-GIFT SWAP EXCHANGE Wednesday, December 29 at 5:30 pm

Did you get a gift during the holiday season that just didn't suit you? Here is the perfect opportunity to pass that gift along to some unsuspecting soul! Join us for a **Re-gift Exchange....** a fun way to get rid of those unwanted gifts.

Each person is asked to bring a wrapped gift they would like to "unload". (To get a gift, you

must bring a gift!) During the evening each person will open one of these "special gifts" and can either keep it or swap it for another participant's gift. Lots of laughs and everyone will end up leaving with a real treasure!!!

Please sign up to bring an hors d'oeuvre or dessert.

Festive island holiday attire is the dress.



Coming in 2011! Friday, March 18 at 1:30 pm



Damaris Peter-Pike Returns! "The Second Mrs. Bach"

... a visit with **Anna Magdalena Bach**, second wife of Johann Sebastian Bach. Brief examples of her husband's music are heard as she relates events from their life together. Her costume is that of an 18th century German housewife.

Your Center 4 Savings Too! Many members exchange magazines and books in our comfortable Library area. Did you know that members may "borrow" any book or magazine there? You may return it or not (no one is checking)! Huge thanks to those that donate faithfully! We have a Video library too, thanks to thoughtful friends and members. (We do like to get the videos back to loan again.)



And now! Let's swap **coupons** which can save us all much needed cash! The coupon folder is in the kitchen area. Save that Sunday paper and clip coupons to share while watching TV. You can give and receive! Remember to highlight or circle the expiration date.

**OCTOBER
BIRTHDAYS**

Eileen Metz..... 1	Maryann Flynn..... 17	Christl Smith 4	David Wolfe 21	R. Jane Bodwell.... 8
Ann Schmid 1	John Kilkenny 17	Jean Black 5	John Brown 22	Stanley Hirt 8
Barbara Toll 1	Norman Miller 17	Jean Haffenreffer.. 5	Peter Scrivner 22	Evelyn Spencer 8
Rocco Cantalupo.. 2	Nancy C. Smith..... 17	Elfriede Smith 5	Cathy Suthard..... 22	Marilyn Michel..... 8
Mary Ann Gilhooley 2	Berdenna Thompson 17	Carol Awender..... 7	Lois Allen 23	Nancy Seaward 8
Joan Sperry 3	Sharon Miller 18	Georgia Ledgerwood 7	Shirley Schiffman.. 25	Frank Hagan 9
Pat Hewitt 4	Darlene Rizzo 18	Carol Allen 8	Carol Gertsen 26	Eleanor Lewis 9
John Kern 4	Moses Michel..... 19	Barbara Baumecker 8	Ayala Manolson 26	Patrick Milligan 9
Nancy Lynd..... 4	Paula Raboy 20	Jane Hogg 8	Wendy Merritt 26	Rita Farmer..... 11
Peg Royse 4	Bob Conroy..... 21	Holden Mitchell 8	Norma Hagan 27	Barbara Kelly 11
Virginia Gersack ... 5	John Decker 21	Lou Rapp 8	Gwen Lewis 28	Signe Diem 13
Daphne Hammond 6	Patty Molnar 22	Mary Lou Linnen... 9	Dorothy Sawyer 29	Janet Cherrix 15
Linda Milligan..... 6	Robert Smetana .. 23	Julia Lombardi 9	Janet Hickey 30	Lorraine Hicks..... 15
Becky Batcheller... 7	Vicky Lettmann 24	Ann Rodman..... 9	Jane Hudson 30	Esther Pokedoff.... 15
Nancy LeFever 8	Jean Wittman..... 24	Dick Kemper 11	Annmarie Pittman. 30	Nancy Riley 15
Jane Gieryic..... 8	Gloria Lazor 25	Joyce Barnhart 12	Leo Sharpe 30	Toni Bracco 17
Linda Gornick 9	Gail Toye 26	James Reid..... 12		Dorothy Doubleday 17
Jo Hardy 9	Chris Boesen 27	Holly Davies..... 13		Hilda Bould 18
John Reid 9	Brenda Zaltas 27	Ilse DeLa Puente.. 13		Lily Kamenecka 18
Donald Matlock.... 10	Dorothy Hirschfeld 28	Ann Heymann..... 13	DECEMBER BIRTHDAYS	Ann Levinsohn..... 19
Henry Shelton..... 10	Janet Schneider.... 29	Cindy Jones..... 13	Phil Gainer..... 1	Karl Rodman..... 19
Jo Ann McKelvey.. 10	Lillian Stone 29	Barry Roth 13	Angie McLaughlin. 1	Mary Carol Dillinger 19
Gillian Bath 11	Nancy Maupin..... 29	Katharine Sanger.. 14	Francesca Joyce .. 1	Barbara Lacher..... 20
L. Whitman Smith . 11	James Monroe..... 31	Judy Bemiller 15	Inge Santos III 2	Maryan Hurtt..... 21
Don Herman 13	Dorothy Moore..... 31	Jane Hoden 15	Don Dillinger 4	Carole Owen..... 21
Joyce Perkins 13	Elise Hall..... 31	Moon Price 15	Shirlene Grasgreen 4	James Isom 22
Julie O'Neill..... 13		Lucille Dickinson... 16	Richard Ponte..... 4	Joan Davey..... 23
Geoffrey Corbett... 14	NOVEMBER BIRTHDAYS	Keith Michael 16	Barbara Weiss 4	Terry Baldwin..... 24
Molly Clements 15	Edith Rood..... 1	Arlen Clinard..... 17	Diane Wien 4	Donna Caruso 27
Peggy Lovett..... 15	Jane McKinzie 2	Lee Dunne 18	Bob Thompson 5	Bill Holleran 28
Elston Van Steen- burgh/Rebhorn..... 15	Angelo DiVenere .. 3	Andy Schaeffer 18	Marianne Masterson 5	Jan Anderson 29
Carolyn Dix 15	Sylvia Fox 3	Robert Chaney 19	Helen Gaina..... 6	Patrice Anderson.. 30
Audrey Holman..... 15	John Stevenson... 3	Richard Welch 19	Norma Walley 6	Margarita Maher ... 31
Martha Dilger 16	Shirley Akins..... 4	Linda Huppert..... 19	Frances Perou 7	Annabelle Patton.. 31
	Becky Williams ... 4	Margaret Lee 20	Paul Schierberl, Jr. 7	
		C.J. Stephens 20		
		Martin Pokedoff ... 21	Maureen Hnatow .. 7	

Center 4 Life - October 2010

(239) 472-5743

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
HHr PH HF MJ MCA	Happy Hour Power Hour Hand & Foot MahJongg Member Computer Assistance				1 9:00 ETF AARP Convention Orlando	2 AARP Convention Orlando
3	4 9:00 ETF 1:00 Bridge	5 9:30 Yoga 10:30 Leisure Lunchers 1:00 H & F	6 9:00 ETF 12:00 Grill 1:00 Bridge	7 9:30 Yoga 1:00 MJ	8 9:00 ETF	9
10	11 9:00 ETF 1:00 Bridge	12 8:30 Kayak 9:30 Yoga 1:00 H & F 1:00 Ebay 2:00 Book Club	13 9:00 ETF 12:00 Grill 1:00 Bridge 12:30 Wii	14 9:30 Yoga 1:00 MJ	15 9:00 ETF	16
17	18 8:00 HHr 9:00 MJ les- sons 9:30 ETF 1:00 Bridge	19 8:00 PH 9:30 Yoga 1:00 H & F	20 8:00 HHr 9:30 ETF 9:30 I Srs Board Meeting 12:00 Grill 1:00 Bridge 12:30 Wii	21 <i>Tarpon Springs Trip</i> 8:00 PH 9:30 Yoga 9:00 MJ Lessons 1:00 MJ	22 8:00 HHr 9:30 ETF 2:00 Image Matters - Look Good- with Color	23
24	25 8:00 HHr 9:00 MJ Lessons 9:30 ETF 1:00 Bridge	26 8:00 PH 8:30 Kayak 9:30 Yoga 1:00 H & F	27 8:00 HHr 9:30 ETF 12:00 Grill 1:00 Bridge 12:30 Wii	28 8:00 PH 9:30 Yoga 9:00 MJ Lessons 11:00 Tai Chi 1:00 MJ	29 8:00 HHr 9:30 ETF	30 2:00 FL Rep Noises Off
31						

Center 4 Life - November 2010

(239) 472-5743

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 8:00 HHr 8:30 Med 9:30 ETF 1:00 Bridge	2 11:00 Leisure Lunchers Voting All Day Aerobic Room	3 8:00 HHr 8:30 Med 9:30 ETF 12:00 Grill 12:30 Wii 1:00 Bridge	4 8:00 PH 9:30 Yoga 11:00 Tai Chi 1:00 MJ 1:00 Safe Driving	5 8:00 HHr 8:30 Med 9:30 ETF	6 Justine Smith Memorial Service
7	8 8:00 HHr 8:30 Med 9:30 ETF 1:00 Bridge	9 8:00 PH 8:30 Kayak 9:30 Yoga 1:00 H & F 1:00 Spreadsh 2:00 Book Club	10 8:00 HHr 8:30 Med 9:30 ETF 12:00 Grill 12:30 Wii 1:00 Bridge 1:00 Spreadsh	11 CLOSED	12 8:00 HHr 8:30 Med 9:30 ETF	13 BB Mann Rockettes 11:00
14	15 8:00 HHr 8:30 Med 9:30 ETF 1:00 Bridge	16 8:00 PH 9:30 Yoga 1:00 H & F 1:00 Picasa	17 8:00 HHr 8:30 Med 9:30 ETF 12:00 Grill 12:30 Wii 1:00 Bridge 1:00 Picasa	18 8:00 PH 9:30 Yoga 1:00 MJ 1:00 Safe Driving	19 8:00 HHr 8:30 Med 9:30 ETF 11:00 - 5:00 Bazaar Setup	20 9:00-1:00 Island Srs Inc Bazaar
21	22 8:00 HHr 8:30 Med 9:30 ETF 1:00 Bridge	23 8:00 PH 8:30 Kayak 9:30 Yoga 1:00 H & F	24 8:00 HHr 8:30 Med 9:30 ETF 12:00 Grill 12:30 Wii 1:00 Bridge	25 CLOSED	26 CLOSED	27
28	29 8:00 HHr 8:30 Med 9:30 ETF 1:00 Bridge	30 8:00 PH 9:30 Yoga 1:00 H & F		HHr PH HF MJ MCA	Happy Hour Power Hour Hand & Foot MahJongg Member Computer Assistance	

Center 4 Life - December 2010

(239) 472-5743

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
HHr PH HF MJ MCA	Happy Hour Power Hour Hand & Foot MahJongg Member Computer Assistance		1 8:00 HHr 8:30 Med 9:30 ETF 12:00 Grill 12:30 Wii 1:00 Bridge	2 8:00 PH 9:30 Yoga 1:00 MJ	3 8:00 HHr 8:30 Med 9:30 ETF	4 2:00 FL Rep "Gaslight"
5 Asheville NC Holiday Trip all week	6 8:00 HHr 8:30 Med 9:30 ETF 1:00 Bridge 1:00 PC Intro	7 8:00 PH 9:30 Yoga 1:00 H & F 1:00 Bridge Lessons	8 8:00 HHr 8:30 Med 9:30 ETF 12:00 Grill 12:30 Wii 1:00 Bridge 1:00 PC Intro	9 8:00 PH 9:30 Yoga 1:00 MJ 1:00 Bridge Lessons	10 8:00 HHr 8:30 Med 9:30 ETF 1:00 PC Intro	11
12	13 8:00 HHr 8:30 Med 9:00 MCA 9:30 ETF 1:00 Bridge 1:00 PC Intro	14 8:00 PH 9:30 Yoga 11:30 Annual Meeting 1:00 H & F 1:00 Bridge Lessons 2:00 Book Club	15 8:00 HHr 8:30 Med 9:30 ETF 12:00 Grill 12:30 Wii 1:00 Bridge 1:00 PC Intro	16 8:00 PH 9:30 Yoga 1:00 MJ 1:00 Bridge Lessons	17 8:00 HHr 8:30 Med 9:00 MCA 9:30 ETF	18
19	20 8:00 HHr 8:30 Med 9:00 MCA 9:30 ETF 1:00 Bridge	21 8:00 PH 8:30 Kayak 9:30 Yoga 1:00 H & F	22 8:00 HHr 8:30 Med 9:30 ETF 12:00 Grill 12:30 Wii 1:00 Bridge	23 8:00 PH 9:30 Yoga 1:00 MJ	24 CLOSED	25
26	27 8:00 HHr 8:30 Med 9:00 MCA 9:30 ETF 1:00 Bridge	28 8:00 PH 9:30 Yoga 1:00 H & F	29 8:00 HHr 8:30 Med 9:30 ETF 12:00 Grill 12:30 Wii 1:00 Bridge 5:30 Holiday Re-Gift	30 8:00 PH 9:30 Yoga 1:00 MJ	31 CLOSED	2:00 BB Mann