Newly Formed Bereavement Group  Mondays from 1:30-3:00

After the loss of a loved one, we experience ever-changing emotions that can be overwhelming. Having a strong support system is essential and a bereavement group is a good place to start. A Bereavement Group can offer:

- Emotional support in a safe, non-judgmental, and confidential environment.
- Support and understanding from others who are also grieving.
- An opportunity to learn new ways of coping.

The group is for newly bereaved individuals (1 year or less since the loss). If you are interested in joining or have questions please contact: Connie Owens, Licensed Clinical Social Worker 239-325-4444 or cowens@naplesseniorcenter.org

**There is no charge to attend**

Lunch and More Program

Wednesdays, 11-1
11:00-11:30-Socialization
11:30-12:00-Entertainment/Workshop/Presentations
12:00-1:00 Lunch

Please plan to be seated no later than 11:30
Please respect the Wednesday Lunch entertainers/presenters by refraining from talking when they are performing or during their program presentation. Thank you!

Save the Date

Book Club Tuesday, October 15, 1:00 - 2:30
Where the Crawdads Sing

By Delia Owen

September Book Club

Tuesday, September 17, 1:00 - 2:30

Voice of the River

By Marjory Stoneman Douglas

Douglas begins this story of her life by admitting that “the hardest thing is to tell the truth about oneself” and it ends stating her belief that “life should be lived so vividly and so intensely that thoughts of another, or a longer life, are not necessary”. The voice that emerges in between is a voice with a sense of humor, a voice which has truly become the voice of the river we call The Everglades.

Enjoy friends and fun at the Naples Senior Center September 2019

ENCORE: Reader's Musical Theater with the Gulfshore Playhouse

Fridays, 10:00 - 11:30
With script and music in hand, participants will present a 45 minute reading of the Broadway hit GOSPEL, which includes classics like "Day by Day" and more. No experience necessary - just a passion for performing arts. Singing solo is not a requirement, but anyone who is interested in singing alone can share a song they love on the first day as well as singing as a group. Walk-ins are welcome!

Writing for Beginners - Six week course
9/5, 9/12 & 9/19 & 10/3 & 10/10 & 10/17
Thursdays, 11:15-12:15
We all have stories within us. Gain inspiration, support and skill learn to begin writing or to improve; in the excitement of writing.

French for Traveling - 10 week course
Fridays, 2:00 - 3:00
Come learn and (or practice) French for traveling. Have fun learning how to introduce yourself at hotels and order at a delicious French restaurant. You will be ready for your next trip to Paris or to talk with a French neighbor. Bienvenue!

Tour Washington DC with The Great Courses

Tuesdays, 11:30 – 12:30
Video functions as a guided tour led by one of the Smithsonian’s leading experts on the city’s history and culture. The course covers Washington DC’s famous buildings and monuments, but beyond that, the professor also provides a deeper understanding of the symbolism, history, and political battles that lie behind each destination. Along the way, the professor uncovers the hidden gems, local color, and intriguing past of the city. Discussion follows video.

Brain Boosters

Tuesday, 9/10, 10:00-1:45
Want to stretch your brain and keep your mental acuity sharp? Brain Boosters will use small group logic puzzles, problem solving, word play activities, subject trivia and more to challenge your brain to be active in a wide variety of thinking processes. It will also give you a giggle or two as you work through the activities.

Travelogue – AN AFRICAN SAFARI - FOLLOWING THE HERDS AND PREDATORS

Thursdays, 9:45 – 11:00
Come with us as we go on an African safari in quest of the holy grail of all African explorers, the “Big Five”. From the Ngorongoro Crater to Mt. Kilimanjaro, we will see the lion, elephant, Cape buffalo, leopard, and the rhinoceros as well as all African explorers, the “Big Five”. From the Ngorongoro Crater to Mt. Kilimanjaro, we will see the lion, elephant, Cape buffalo, leopard, and the rhinoceros as well as

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Volunteer-led Exercise Classes,
AFEP; Arthritis Foundation Exercise Program

Mondays, 11:45-12:45
Build muscles, increase energy and prevent health problems with this new exercise program for all that includes cardio, strength, balance, flexibility, isometrics and coordination in a seated or standing position. Please bring two (2) small light hand weights. Please ask the front desk for forms to fill out prior to class start as required by program.

Cardio Exercise

Tuesdays and Thursdays, 12:00 – 1:45
A class that has it all; combining strength training, moderate cardio and a relaxing stretch to keep you more flexible. Please bring two (2) small light weights.

Chair Yoga

Fridays, 11:30-12:15
Safe, easy-to-follow yoga class integrating breath with movement. Helps to develop strength, flexibility and joint mobility.

Get Fit

Friday, 9/26, 12:15-2:00
A class designed for active seniors at all levels of fitness. The class incorporates strength training, which will target every muscle group, plus low impact cardio and gentle stretching. Please bring two (2) small hand weights. Stretch bands will be provided.

Tai Chi Classes

Introduction to Tai Chi
Fridays, 9:30-10:15
Learning the foundation of Tai Chi’s principle of balance.
Tai Chi One
Fridays, 10:30-11:15
Continued learning the complete set of 54 movements in TWO MONTHS after finishing the introduction class.
Tai Chi Two
Tuesdays, 1:30 - 2:15
Intensive course focused on improving the technique in each movement. Need to be familiar with the complete set of 54 moves to gain benefit from this class.

Tech Assistance

Wednesdays, 1:00-2:30, Computer Assistance
Fridays, 10:15-11:45, Explore your iPhone, iPad or Smartphone
Bring your smartphone, tablet or laptop and let’s answer your questions. Our volunteers will be on hand to help you navigate your device, including the camera, and teach you a few tricks as well.

Acrylic Paint Workshop
Tuesday, 9/24, 1:15-3:15
This is the place to be for fun and art. We take you step by step (beginners too) through a selected painting with specific instruction and lots of laughs. At the end, voilà! You have your very own masterpiece!

Barry’s Bootcamp
Wednesday, 9/18, 10:00-11:00
Join us as we will learn more about games and meditation and how important it is for your brain.

Travelogue – A Tour Through Southern India
Wednesday, 9/18, 11:50-1:15
Many Americans have been to northern India, but few go to the south. Come with us as we visit a very different part of the world that is home to millions.

History of European Art: Renoir, Pissarro and Cezanne
Wednesday, 9/18, 1:15 -2:15
This lecture will review the characteristics of impressionism, with the caution that you must see what an artist actually does, rather than look at the acting out of the story. Then you study the careers of Renoir, Pissarro, and Cezanne, examining in detail a few representative masterpieces.

Senior Center Newsletter

9/23/19
**UPDATES ON EXISTING ACTIVITIES**

**REMINDER** - Please check the schedule closely as some of the regular classes may have some adjustments to time or day.

**WATER COLOR PAINTING** - Tuesdays, 9:45-11:45 - Bring your current project, paint and brushes to water color painting and enjoy socializing with other water color painters.

**GAMES & CARDS** - Friday afternoons 12:30-3:30 - Our current list of activities include: Bridge, Cards, Marbles, Chess, Cribbage, Progressive Rummy, Pinochle, Mah Jongg, Hand and Foot, Canasta and Jig Saw Puzzles, Scrabble and more. Beginners to advanced players welcome. Be sure to sign up in Copilot in advance.

**ART CLASSES** Every Monday 10:00-12:00 - Jo-Annn Lizio O’Brien

September 9 - Abstract two-dimensional composition
September 16 - Pointillist Still Life
September 23 - Landscape in the style of Paul Cezanne

Usually each art session is independent of the others; however, students who attend regularly may develop a piece over several weeks as opposed to a new project for each class. Please read carefully for exceptions. These classes are limited to 25 participants.

**PARTICIPANTS MUST PREREISTER - SUPPLIES PROVIDED FOR THIS CLASS**

**MOVIE MONDAY!**

Have some popcorn and enjoy watching movies at 1:00 p.m. on our theater size screen.

September 9
**I Like Me**

Tensions develop between the egocentric free-spirited Maggie, and her serious business-minded sister, Hannah, after Maggie’s unexpected success as a self-empowerment guru test the fragile bond with her sister as Hannah’s life stalls.

PG13, 2019, 1h and 24m, comedy

September 16
**Seven Pounds**

Ben Thomas is a man on a mission. Giving vital parts of his body to those desperately in need of a donor. Ben meets Emily Posa, a beautiful young woman at risk from a deadly heart condition. As Ben falls for Emily and begins to open up to her, it becomes clear there is something dark in his past that compels him to commit these apparent random acts of kindness. Will Smith and Rosario Dawson star.

2008, PG13, 2h 3 m, drama

September 23

**Quiz Show**

Queens-born Herbie Stempel (John Turturro) becomes an unlikely hero after winning on America’s beloved game show, “Twenty One.” When the network decides to bring in a more telegenic contestant, the WASP-ish Charles Van Doren (Ralph Fiennes), Stempel takes aim at the show, announcing that the network are limited to 25 participants.

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1994, PG13, 2h 13m

**PLEASE PRE-REGISTER FOR ALL PROGRAMS** - Sign up when you’re at the Senior Center or call 239-325-4444. If you would like to preregister for programs from your own computer or smart phone, visit community.copilot21.com and set up your account today! You will need the bar code number on the back of your name-tag.

**WEDNESDAY LUNCH - REGISTRATIONS OR CANCELLATIONS ARE REQUESTED BY THE PREVIOUS FRIDAY**

**PARKING** - Please, do not park in the lots directly to the left, right or behind our building or in the grass in our neighborhood. When our lot is full on Mondays, Wednesdays and Fridays, our parking lot attendants will assist you. Please do not tip the valets. On Tuesdays and Thursdays please park at the C3 Church and Naples Performing Arts Center located at 1048 Castello Drive.

**SHUTTLE SERVICE** - Available each Wednesday 10:30-1:30 from the C3 Church/Naples Performing Arts Center (1048 Castello Dr) to our Center TRANSPORTATION - For Collier Area Transportation to the Senior Center call 239-252-7272.

**IF YOU HAVEN’T SIGNED UP CALL NAPLES SENIOR CENTER AT JFCS AND WE CAN HELP YOU GET REGISTERED.**