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**NAPLES  
SENIOR  
CENTER**  
at JFCS

# Senior Center Newsletter

Naples Senior Center at JFCS, supports individuals and families of all ages by providing a wide range of social services including: Naples Senior Center, Dementia Respite, Geriatric Case Management and Senior Outreach, Mental Health Services and a Food Pantry.

If you or a family member needs help or information call us at 239-325-4444. Our expert staff are here to help.

Dr. Jaclynn Faffer, President/CEO  
Ruth Fitch, COO  
Anne Chernin, MSW, MBA, Director of Client Services  
Connie Owens, Geriatric Case Management Supervisor  
Bridget Murray-Popescu, Senior Center Manager  
Marna Barany, Manager of Volunteer Services  
Valerie Grodzki, Manager of Operations  
Jayne Schandl, Development Database Manager  
Rhonda Eisenberg, Geriatric Social Worker  
Darlene Holan, Licensed Clinical Social Worker  
Pam Malamphy, Pantry Coordinator  
Jodi Rubenstein, Geriatric Case Manager  
Mary Beth Schrowang, Geriatric Case Manager  
Michelle Vargas, Pantry Navigator  
Diane LeBlanc, Staff Accountant  
Renee Del Duca, Executive Assistant  
Holly Henderson, Administrative Assistant  
Mary Schierbaum, Senior Center Receptionist

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Website: [NaplesSeniorCenter.org](http://NaplesSeniorCenter.org) • Facebook Page: [Naples Senior Center at JFCS](https://www.facebook.com/NaplesSeniorCenteratJFCS)  
Instagram: [naplesseniorcenter](https://www.instagram.com/naplesseniorcenter) • Email: [info@naplesseniorcenter.org](mailto:info@naplesseniorcenter.org) • Phone: 239-325-4444

## Lunch and More Program

Wednesdays, 11-1

11:00-11:30-Socialization

11:30-12:00-Entertainment/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!

## 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 the group or have questions please contact: Connie

Owens, Licensed Clinical Social Worker

239-325-4444 or [cowens@naplesseniorcenter.org](mailto:cowens@naplesseniorcenter.org)

\*\*There is no charge to attend\*\*

## 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 ends it stating her belief that “life should be lived so vividly and so intensely that thoughts of another life, 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 GODSPELL, 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 a song we will teach.

**Writing for Beginners – Six week course** 9/5, 12 & 26 and 10/3, 10 & 17  
Thursdays, 11:15-12:15

We all have stories within us. Gain inspiration, support and learn skill to begin writing or to improve; join in the excitement of writing.

**French for Traveling – 10 week course** Fridays, 2:00 – 3:00

Come and learn (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, 1:00-1:45

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.

**Newbies Social Hour** Tuesday, 9/3, 1:00-2:00

Are you new to the area or the senior center? Looking to meet new people or just interested in building your social network? Get out of your comfort zone and come together for a good time, to share and build new friendships with a volunteer-led humorous view on socializing in a small group setting.

**Guy Time** Thursdays, 9:45-11:00

This is an opportunity for some male bonding and meeting new male friends. Come on men, meet with the Guys and share coffee, cookies and conversation.

**Drum Circle** Thursday, 9/19, 11:15-12:00

Would you like to try something new? Drum circles have been around for millennium, but recent research points to possible mental and physical health benefits. Come beat a drum, it will make you smile, help you release tension and make new friends.

**Paratransit** Wednesday, 9/11, 10-11:30

A representative of the Paratransit/CAT Bus will be on-site to answer your busing questions or help you apply for the bus services.

**Connect** Wednesdays, 9/11 and 9/25, 1:15-2:15

No family in the area? Feeling isolated? Living alone without spouse or adult children? Meet others in similar situations in a safe, cozy, volunteer-led group. Come and make new friends.

**Veterans in Paradise (VIP)** Thursday, 9/12, 1:00-2:15

This will be a social time to meet other veterans in SWFL. All veterans 60 years of age and older, are encouraged to join us. Come have a cup of coffee and make some new friends.

**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, voila! You have your very own masterpiece!

**Brain Games Workshop** 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, 1:15-2:15

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, 9/4, 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 for the acting out of a theory. Then you study the careers of Renoir, Pissarro, and Cézanne, examining in detail a few representative masterpieces.

**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 – 12:45

This class 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, 12-12:50

A class designed for active seniors at all levels of fitness. The class incorporates strength training that 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 Tao’s Tai Chi on a MONTHLY basis.

**Tai Chi One** Fridays, 10:30-11:15

Continue 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.

# 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 are welcome. Be sure to sign-up in Copilot in advance.

**ART CLASSES Every Monday 10:00-12:00 – Jo-Ann 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 PREREGISTER - 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 game is rigged. Congressional investigator Dick Goodwin (Rob Morrow) is brought in to examine the claim that winners were given the answers. Goodwin wrote the book on which this true story is based.  
 1994, PG13, 2h 13m

Mon	Tue	Wed	Thurs	Fri
<p><b>2) Holiday-Center Closed</b></p>	<p><b>3) 9:45-11:45: Water Color</b>                      10-12: Needle Works                      10:30-11:30: Spanish &amp; Conversation #14                      11-1:00: Needle Point                      11:30-12:30: Tour Washington DC                      12:00-12:45: Cardio Exercise                      1:00-2:00: Newbies Social Hour                      1:30-2:15: Tai Chi Two                      2:30-3:30: Beginning Line Dancing</p>	<p><b>4) 9:30-10:15: Choir Practice</b>                      11-1: Lunch and More– Travel Stories                      1:00-2:30: Computer Assistance                      1-2: Collier County Sheriff (by appt.)                      1:15-2:15: History of European Art– Renoir, Pissarro &amp; Cezanne                      3:00-4:30: Happy Ukulele Group</p>	<p><b>5) 9:45-11:00: Guy Time</b>                      10-11:00: Farm to Table                      11:15-12:15: Writing for Beginners (1-6)                      12-12:45: Cardio Exercise                      1-2:15: Crafts                      1-1:45: Beginning Line Dancing                      1:45-2:30: Intermediate Line Dancing                      2:30-3:15: Square Dancing                      2:30-4:30: Writer’s Workshop Memoirs**                      3:15–4:00: Ballroom Dancing</p>	<p><b>6) 9:30-10:15: Intro to Tai Chi (1-4)</b>                      10:30-11:15: Tai Chi One (1-8)                      10:15-11:45: Explore your iPhone and iPad                      11:30-12:15: Chair Yoga                      12:30-3:30: Games and Cards                      2:00-3:00: French for Traveling (1-10)</p>
<p><b>9) 10-12: Art Class*</b>                      10:45-11:30: Chair Stretch Video                      11:45-12:45: AFEP Exercise                      1-3: Movie: I Like Me                      1:30 –3:00: Bereavement Group - must pre-register</p>	<p><b>10) 9:45-11:45: Water Color</b>                      10-12: Needle Works                      10:30-11:30: Spanish &amp; Conversation #15                      11-1:00: Needle Point                      11:30-12:30: Tour Washington DC                      12:00-12:45: Cardio Exercise                      1:30-2:15: Tai Chi Two                      1:00-1:45: Brain Boosters                      2:30-3:30: Beginning Line Dancing</p>	<p><b>11) 9:30-10:15: Choir Practice</b>                      10-11:30: Paratransit                      11-1: Lunch and More - Rocco                      1:00-2:30: Computer Assistance                      1:15-2:15: Connect                      1:15-2:15: Dream Team                      3:00-4:30: Happy Ukulele Group</p>	<p><b>12) 9:45-11:00: Guy Time</b>                      10-11:00: Farm to Table                      11:15-12:15: Writing for Beginners (2-6)                      12-12:45: Cardio Exercise                      1-2:15: Veterans in Paradise (VIP)                      1-2:15: Crafts                      1-1:45: Beginning Line Dancing                      1:45-2:30: Intermediate Line Dancing                      2:30-3:15: Square Dancing                      2:30-4:30: Writer’s Workshop Memoirs**                      3:15–4:00: Ballroom Dancing</p>	<p><b>13) 9:30-10:15: Intro to Tai Chi (2-4)</b>                      10:00-11:30: ENCORE theater group                      10:30-11:15: Tai Chi One (2-8)                      10:15-11:45: Explore your iPhone and iPad                      11:30-12:15: Chair Yoga                      12:30-3:30: Games and Cards                      2:00-3:00: French for Traveling (2-10)</p>
<p><b>16) 10-12: Art Class*</b>                      10:45-11:30: Chair Stretch Video                      11:45-12:45: AFEP Exercise                      1-3: Movie: Seven Pounds                      1:30-3:00: Bereavement Group - must pre-register</p>	<p><b>17) 9:45-11:45: Water Color</b>                      10-12: Needle Works                      10:30-11:30: Spanish &amp; Conversation #16                      11-1:00: Needle Point                      11:30-12:30: Tour Washington DC                      12:00-12:45: Cardio Exercise                      1:00-2:30: Book Club                      1:30-2:15: Tai Chi Two                      2:30-3:30: Beginning Line Dancing</p>	<p><b>18) 9:30-10:15: Choir Practice</b>                      10:00-11:00: Brain Games                      11-1: Lunch and More –Dottie &amp; Bruce                      1:00-2:30: Computer Assistance                      1:15-2:15: Travelogue: Southern India                      3:00-4:30: Happy Ukulele Group</p>	<p><b>19) 9:45-11:00: Guy Time</b>                      10-11:00: Farm to Table                      11:15-12:15: Writing for Beginners (3-6)                      11:15-12:00: Drum Circle                      12-12:45: Cardio Exercise                      1-2:15: Crafts                      1-1:45: Beginning Line Dancing                      1:45-2:30: Intermediate Line Dancing                      2:30-3:15: Square Dancing                      3:15-4:00: Ballroom Dancing</p>	<p><b>20) 9:30-10:15: Intro to Tai Chi (3-4)</b>                      10:00-11:30: ENCORE theater group                      10:30-11:15: Tai Chi One (3-8)                      10:15-11:45: Explore your iPhone and iPad                      11:30-12:15: Chair Yoga                      12:30-3:30: Games and Cards                      2:00-3:00: French for Traveling (3-10)</p>
<p><b>23) 10-12: Art Class*</b>                      10:45-11:30: Chair Stretch Video                      11:45-12:45: AFEP Exercise                      1-3: Movie: Quiz Show                      1:30-3:00: Bereavement Group - must pre-register</p>	<p><b>24) 9:45-11:45: Water Color</b>                      10-12: Needle Works                      10:30-11:30: Spanish &amp; Conversation #17                      11-1:00: Needle Point                      11:30-12:30: Tour Washington DC                      12:00-12:45: Cardio Exercise                      1:15-3:15: Acrylic Paint Workshop                      1:30-2:15: Tai Chi Two                      2:30-3:30: Beginning Line Dancing</p>	<p><b>25) 9:30-10:15: Choir Practice</b>                      9:30-11:00: SHINE                      11:00-1:00: Amplified Phones (by appt.)                      11-1: Lunch and More – SHINE What’s New                      1:00-2:30: Computer Assistance                      1:15-2:15: Connect                      3:00-4:30: Happy Ukulele Group</p>	<p><b>26) 9:45-11:00: Guy Time</b>                      10-11:00: Farm to Table                      11:15-12:15: Writing for Beginners (4-6)                      12-12:50: Get Fit Exercise                      1-2:15: Crafts                      1-1:45: Beginning Line Dancing                      1:45-2:30: Intermediate Line Dancing                      2:30-3:15: Square Dancing                      3:15-4: Ballroom Dancing</p>	<p><b>27) 9:30-10:15: Intro to Tai Chi (4-4)</b>                      10:00-11:30: ENCORE theater group                      10:30-11:15: Tai Chi One (4-8)                      10:15-11:45: Explore your iPhone and iPad                      11:30-12:15: Chair Yoga                      12:30-3:30: Games and Cards                      2:00-3:00: French for Traveling (4-10)</p>
<p><b>30) Holiday - Center Closed</b></p>			<p><i>* Class has Limited Seating Must be Pre-registered.</i>                       ** <i>Class is full</i></p>	<p><b>5025 Castello Drive                      Naples, FL 34103                      239-325-4444</b></p>

**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](http://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.**