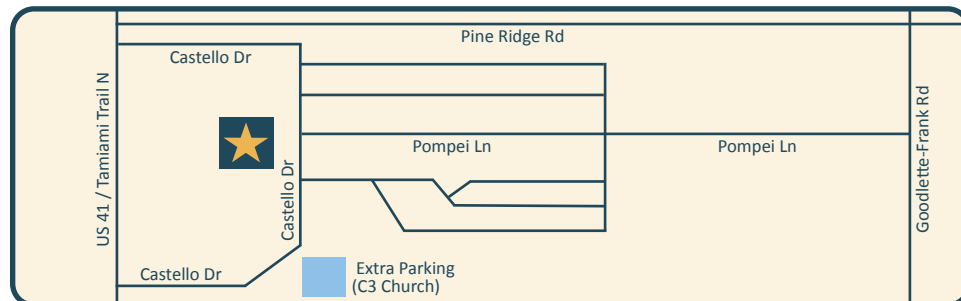


## Parking

- 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.



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  
**Lisa Colegrove**, Chief Program Officer  
**Ruth Fitch**, COO  
**Anne Chernin**, MSW, MBA, Director of Client Services  
**Connie Owens**, Geriatric Case Management Supervisor  
**Bridget Murray-Popescu**, Senior Center Manager  
**Lisa Cook**, 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**, Geriatric Case Manager  
**Marisa Luizzi**, Music Therapist  
**Diane LeBlanc**, Staff Accountant  
**Renee Del Duca**, Executive Assistant  
**Holly Henderson**, Administrative Assistant  
**Mary Schierbaum**, Senior Center Receptionist



## Lunch & More

- 2/5 Cabbage Rolls / Music w/ Rocco  
2/12 Pasta w/ Beef Meatballs / HUGS; Happy Ukulele Group / Valentine's Theme  
2/19 Pulled BBQ Chicken / Music w/ Pete Hirschtall  
2/26 Chicken Cacciatore / Music w/ Bill & Bob

Please plan to be seated before 11:30.  
\*\*menu is subject to change without notice\*\*

## For Your Health

### Prevent Skin Cancer

As we age, our skin grows thinner; it becomes drier and less elastic. Wrinkles appear, and cuts and bruises take longer to heal. Keep skin healthy with daily applications of body lotion. Be sure to protect your skin from the sun with a strong sun screen. Too much sun and ultraviolet rays can cause skin cancer.



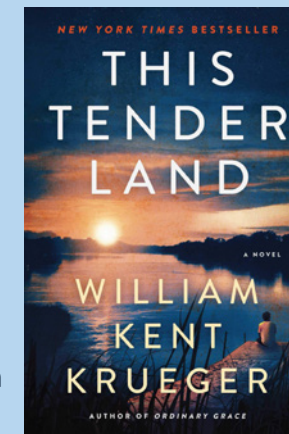
## February Book Club

Tuesday, February 18  
1:00 - 2:30

### This Tender Land

By William Kent Krueger

It's 1932, a time of hardship, adversity, and despair. Especially at the Lincoln Indian Training School, formerly a military outpost called Fort Sibley. It's a place where Indian children who have been taken from their families are sent so they can be educated in the ways of the white world. But it's really a place meant to obliterate every trace of their Indianness, by force if necessary.



## Save The Date - Book Club

March 17, 1:00 - 2:30

**The Cuban Affair**  
by Nelson DeMille

## Whats New?

### Senior Power

Wednesdays, 2/ 5, 19 & 26 1:15 – 2:15

Lectures 2, 3 & 4

SENIOR POWER is about helping people gain, or maintain control of their lives. In a lively, interactive, group setting, we discuss LOSS OF CONTROL related to:

1. Fear regarding lost abilities, knowledge and skills.
2. Fear of what the kids might think or do.
3. Fear of delegating.
4. Fear of the unknown.

Travelogue – 2/12, 1:15 – 2:15;

### JORDAN - A BIBLICAL LAND IN A MODERN WORLD

The land of Jordan is full of amazement, from the city of Petra carved out of solid rock, Ancient Roman ruins, Crusader Castles, to bustling modern cities. Abounding with many places mentioned in the Bible, Jordan is a not to be missed experience.

Crystal Bowl Meditation, Thursdays 13, 20 & 27, 11:15 – 12:15

Stress Reduction Meditation with Crystal Singing Bowls. Studies indicate meditation is excellent for stress reduction and well-being. Participants will learn to breathe deeply and to observe their breath for better health.

Senior Stretch – Mondays, 10:45 – 11:30

Come join us for stretching, sitting or standing we will all move together from our heads to our toes; reaching, flexing, lifting, hugging - Feeling aware of Ourselves and our Bodies.

## Art & Artisans

### ► Monday Art, Mondays, 10:00 – 12:00 w/Ruthe Sholler Focus on floral painting using watercolors and watercolor pencils.

- Feb. 3 *Floral Watercolor Painting – Forsythia*  
Feb. 10 *All Things White and Beautiful –  
Painting round, white flowers*  
Feb. 17 *Simplifying Complicated Shapes – Phlox*  
Feb. 24 *The Value of Observation –  
Composition, shape and form through painting  
flowers*

### ► Water color, Tuesdays, 9:45 – 11:45

Bring your current project, paint and brushes to water color painting and enjoy socializing with other water color painters.

### ► Artistic Expressions, Wednesdays, 2:30 – 4:30

Impressionist and expressionist painting with Jackie Boucher Morelisse

### ► Crafts, Thursdays, 1:00 – 2:15

### ► Acrylic Paint Workshop, Tuesday 2/4, 1:15-3:15

### ► Empty Bowls, Tuesday, 2/25, 10:00-11:30

Paint a bowl that will be donated to help feed the hungry of Collier County.

## Community Partnerships

### ► Brain Games, Wednesday 2/19, 10:00-11:00

Join us as we will learn more about games and meditation and how important it is for your brain.

Serving Health Insurance Needs of Elders (SHINE)  
Wednesday, 1/22 9:30-11:00 (By appointment only - call #239-325-4444)

### ► Serving Health Insurance Needs of Elders (SHINE)

Wednesday, 2/26 9:30-11:00  
(By appointment only - call #239-325-4444)  
Provides health insurance information and free, unbiased, and confidential counseling assistance to all current and prospective Medicare beneficiaries, their families and caregivers.

### ► Amplified Phones Distribution

Wednesday, 2/26, 11:00-1:00  
(By appointment only - call #239-325-4444)  
FL residents with a certified hearing loss are eligible through the non-profit, Florida Telecommunications Relay, Inc.

### ► Paratransit – 2/12, 10:00-11:30

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

### ► Collier County Sheriff – by appointment only Wednesday, 2/5, 1:00 – 2:00

### ► Veterans in Paradise (VIP)

Thursday, 2/13, 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.

## Monday Movies 1:00 – 3:00

### ► 2/3 “State Fair” Discussion to follow w/David Weil (PG) 1945 1h 40m Drama/Romance

The small-town Frake family attend the Iowa State Fair, the annual highlight of their summer. Son Wayne (Dick Haymes) plots revenge on a midway barker (Henry Morgan) who had embarrassed him the summer before and falls for the beautiful singer Emily (Vivian Blaine), while his melancholy sister Margie (Jeanne Crain) becomes smitten with slick city-boy reporter Pat (Dana Andrews).

### ► 2/10 “Yours, Mine and Ours” (PG) 2005 1h 30m Romance/Comedy

When Coast Guard Adm. Frank Beardsley (Dennis Quaid) decides to move his family of eight children back to his old hometown, he encounters handbag designer Helen North (Rene Russo), an old flame from high school. Immediately, sparks fly between the two, and marriage is proposed. But Frank isn't the only one with kids to worry about -- Helen has a total of 10. Right away, the children have no intention of playing nicely, and together they decide to sabotage their parents' relationship.

### ► 2/17 “Flying Down to Rio” Discussion to follow w/David Weil (PG) 1933 Comedy/Musical

In this 1933 musical romance, choreographer and musician Fred Ayers (Fred Astaire) labors to help his friend and band leader Roger Bond (Gene Raymond) romance gorgeous Brazilian Belinha De Rezende (Dolores del Río), who is the fiancée of Julio (Raul Roulien). Along the way, Ayers and singer Honey Hale (Ginger Rogers) stage marvelous dance numbers and conspire to make sure the shows go on, including a breathtaking dance number on the exterior of a formation of airplanes flying over the audience.

### ► 2/24 “Secret in their Eyes” (PG-13) 2015 Drama/Mystery

Rising FBI investigators Ray (Chiwetel Ejiofor) and Jess (Julia Roberts), along with Claire (Nicole Kidman), their district-attorney supervisor, are suddenly torn apart following the brutal murder of Jess' teenage daughter. Thirteen years later, after obsessively searching for the elusive killer, Ray uncovers a new lead that he is certain can permanently resolve the case and bring long-desired closure to the

team. But no one is prepared for the shocking and unspeakable secret that follows.

## Exercise

### ► AFEP Exercise, Mondays, 11:45 – 12:45 Arthritis Foundation Exercise Program

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.

### ► Get Fit, Thursdays, 12:00 – 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 light hand weights. Stretch bands will be provided.

### ► Complete Mix Exercise, Tuesdays, 12-12:45

This class has it all; combining strength moves, low intensity cardio and a relaxing stretch to keep you more flexible. Please bring two (2) small light hand weights.

### ► Chair Yoga, Fridays, 11:30-12:15

### ► Tai Chi Introduction to Tai Chi – Fridays, 9:30-10:15 Tai Chi One – Fridays, 10:30-11:15 Tai Chi Two – Tuesdays, 1:30 – 2:15

### ► Dance Beginning Line Dance, Tuesdays, 2:30 – 3:30 & Thursdays, 1:00 – 1:45 Intermediate Line Dance, Thursdays 1:45 – 2:30 Ballroom Dance, Thursdays, 3:00 – 3:45

## Learning is Fun

### ► Languages Spanish for Beginners - Tuesdays, 10:30-11:30

The Great Courses: Learning Spanish: How to Understand and Speak a New Language Video. Beginners are welcome. Each participant receives a worksheet at each lesson and a Spanish speaking volunteer facilitates the group using the vocabulary in conversation.

### ► Tech Assistance Computer Assistance, Wednesdays, 1:00-2:30 Explore your iPhone, iPad or Smartphone, Fridays, 10:15-11:45

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.

### ► Farm to Table - Thursdays, 10:00 – 11:00

Selections on gardening, cooking, health and nutrition all combine in this weekly class.

## And More...

### ► Drum Circle, Monday 2/20, 3-3:45 and Thursday 2/3, 11:15-12

### ► Brian Boosters, Tuesday, 2/25, 1:00-2:00

Brain Boosters uses small group logic puzzles, problem solving, to challenge your brain to be active in a wide variety of thinking processes and give you a giggle or two.

### ► Sing-a-long, Tuesdays, 3:30-4:15, Join us as we sing all the old standard sing-a-long songs with guitar accompaniment.

### ► Games and Cards, Fridays, 12:30-3:30

### ► 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.

### ► HUGS (Happy Ukulele Group), Wednesdays, 3:00-4:30

### ► Connect Wednesdays, 2/11 & 2/25, 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.

### ► Choir Practice, Wednesdays, 9:30 – 10:15

### ► Coping with Transition as We Age Mondays, 3:30 – 4:30, *Look for the silver lining...*

Buddy DeSylva's upbeat lyrics provide an appealing call to a positive outlook on life, even in the face of adversity. Indeed, a cheerful disposition can help you get through the tough patches that cloud every life. Let's explore how to Let the Sunshine In this month.

## Above & Beyond

Occasional special programs that NSC will be offering for an additional fee. Limited scholarships may be available for some programs.

| Mon   | Tue  | Wed   | Thurs   | Fri   |
|---|--|---|---|---|
| <p><b>3)</b>10-12: Art Class*<br/>10:45-11:30: Senior Stretch<br/>11:45-12:45: AFEP Exercise<br/>1-3: Movie: "State Fair" w/ discussion following<br/>1:30-3:00: Bereavement Group - must pre-register<br/>3:00-3:45: Drum Circle<br/>3:30-4:30:Coping w/ Transitions Group</p> | <p><b>4)</b>9:45-11:45: Water Color<br/>10-12: Needle Works<br/>10:30-11:30: Spanish &amp; Conversation #5<br/>12:00-12:45: Complete Mix Exercise<br/>1:15-3:15: Acrylics Workshop<br/>1:30-2:15:Tai Chi Two<br/>2:30-3:30: Beginning Line Dancing<br/>3:30-4:15: Sing-a-Long</p>                          | <p><b>5)</b>9:30-10:15: Choir Practice<br/>11-1: Lunch and More – Music w/ Rocco<br/>1-2: Collier County Sheriff (by appt.)<br/>1:00-2:30: Computer Assistance<br/>1:15-2:15: Senior Power Series -Lecture 2<br/>1:15-2:00: Dream Team<br/>2:30-4:30: Artistic Expressions<br/>3:00-4:30: Happy Ukulele Group</p>   | <p><b>6)</b>9:45-11:00: Guy Time<br/>10-11:00: Farm to Table<br/>11:15-12:15: Writing for Beginners (6-6)<br/>12-12:50: Get Fit Exercise<br/>1-2:15: Crafts<br/>1-1:45: Beginning Line Dancing<br/>1:45-2:30: Intermediate Line Dancing<br/>2:30-4:30: Writer's Workshop Memoirs**<br/>3:00-3:45: Ballroom Dancing</p>                                  | <p><b>7)</b> 9:30-10:15: Intro to Tai Chi (1-4)<br/>10:30-11:15: Tai Chi One (6-9)<br/>10:15-11:45: Explore your iPhone and iPad<br/>11-1:00: Needle Point<br/>11:30-12:15: Chair Yoga<br/>12:30-3:30: Games and Cards<br/>1:30-3:30: Mah Jongg Lessons** (6-6)</p> |
| <p><b>10)</b> 10-12: Art Class*<br/>10:45-11:30: Senior Stretch<br/>11:45-12:45: AFEP Exercise<br/>1-3: Movie: "Yours, Mine &amp; Ours"<br/>1:30-3:00: Bereavement Group - must pre-register<br/>3:30-4:30:Coping w/ Transitions Group</p>                                      | <p><b>11)</b> 9:45-11:45: Water Color<br/>10-12: Needle Works<br/>10:30-11:30: Spanish &amp; Conversation #6<br/>12:00-12:45: Complete Mix Exercise<br/>1:30-2:15: Tai Chi Two<br/>2:30-3:30: Beginning Line Dancing<br/>3:30-4:15: Sing-a-Long</p>  | <p><b>12)</b> 9:30-10:15: Choir Practice<br/>10-11:30: Paratransit<br/>11-1: Lunch and More – HUGS; Happy Ukulele Group / Valentines Theme Lunch<br/>1:00-2:30: Computer Assistance<br/>1:15-2:15: Travelogue with Jim; Jordan, a Biblical Land in a Modern World<br/>1:15-2:15: Connect<br/>2:30-4:30: Artistic Expressions<br/>3:00-4:30: Happy Ukulele Group</p> | <p><b>13)</b> Raisin' Cane Fieldtrip *<br/>9:45-11:00: Guy Time<br/>11:15-12:15: Crystal Meditation<br/>12-12:50: Get Fit Exercise<br/>1-2:15: Veterans in Paradise (VIP)<br/>1-2:15: Crafts<br/>1-1:45: Beginning Line Dancing<br/>1:45-2:30: Intermediate Line Dancing<br/>2:30-4:30: Writer's Workshop Memoirs**<br/>3:00-3:45: Ballroom Dancing</p> | <p><b>14)</b> 9:30-10:15: Intro to Tai Chi (2-4)<br/>10:30-11:15: Tai Chi One (7-9)<br/>10:15-11:45: Explore your iPhone and iPad<br/>11-1:00: Needle Point<br/>11:30-12:15: Chair Yoga<br/>12:30-3:30: Games and Cards</p>   |
| <p><b>17)</b> 10-12: Art Class*<br/>10:45-11:30: Senior Stretch<br/>11:45-12:45: AFEP Exercise<br/>1-3: Movie: "Flying Down to Rio" w/ discussion following<br/>1:30-3:00: Bereavement Group - must pre-register<br/>3:30-4:30:Coping w/ Transitions Group</p>                  | <p><b>18)</b> 9:45-11:45: Water Color<br/>10-12: Needle Works<br/>10:30-11:30: Spanish &amp; Conversation #7<br/>12:00-12:45: Complete Mix Exercise<br/>1:00-2:30: Book Club<br/>1:30-2:15: Tai Chi Two<br/>2:30-3:30: Beginning Line Dancing<br/>3:30-4:15: Sing-a-Long</p>                               | <p><b>19)</b> 9:30-10:15: Choir Practice<br/>10:00-11:00: Brain Games<br/>11-1: Lunch and More– Music w/ Pete Hirschtall<br/>1:00-2:30: Computer Assistance<br/>1:15-2:15: Senior Power Series -Lecture 3<br/>2:30-4:30: Artistic Expressions<br/>3:00-4:30: Happy Ukulele Group</p>  | <p><b>20)</b> 9:45-11:00: Guy Time<br/>10-11:00: Farm to Table<br/>11:15-12:00: Drum Circle<br/>11:15-12:15: Crystal Meditation<br/>12-12:50: Get Fit Exercise<br/>1-2:15: Crafts<br/>1-1:45: Beginning Line Dancing<br/>1:45-2:30: Intermediate Line Dancing<br/>2:30-4:30: Writer's Workshop Memoirs**<br/>3:00-3:45: Ballroom Dancing</p>            | <p><b>21)</b> 9:30-10:15: Intro to Tai Chi (3-4)<br/>10:30-11:15: Tai Chi One (8-9)<br/>10:15-11:45: Explore your iPhone and iPad<br/>11-1:00: Needle Point<br/>11:30-12:15: Chair Yoga<br/>12:30-3:30: Games and Cards</p>   |
| <p><b>24)</b> 10-12: Art Class*<br/>10:45-11:30: Senior Stretch<br/>11:45-12:45: AFEP Exercise<br/>1-3: Movie: "Secret in Their Eyes"<br/>1:30-3:00: Bereavement Group - must pre-register<br/>3:30-4:30:Coping w/ Transitions Group</p>  | <p><b>25)</b> 9:45-11:45: Water Color<br/>10-11:30: Empty Bowls<br/>10-12: Needle Works<br/>10:30-11:30: Spanish &amp; Conversation #8<br/>12:00-12:45: Complete Mix Exercise<br/>1:00-2:30: Brain Boosters<br/>1:30-2:15:Tai Chi Two<br/>2:30-3:30: Beginning Line Dancing<br/>3:30-4:15: Sing-a-Long</p> | <p><b>26)</b>9:30-10:15: Choir Practice<br/>9:30-11:00: SHINE<br/>11:00-1:00: Amplified Phones (by apt.)<br/>11-1: Lunch and More – Music w/ Bill &amp; Bob<br/>1:00-2:30: Computer Assistance<br/>1:15-2:15: Connect<br/>1:15-2:15: Senior Power Series -Lecture 4<br/>2:30-4:30: Artistic Expressions<br/>3:00-4:30: Happy Ukulele Group</p>                      | <p><b>27)</b> 9:45-11:00: Guy Time<br/>10-11:00: Farm to Table<br/>11:15-12:15:Crystal Meditation<br/>12-12:50: Get Fit Exercise<br/>1-2:15: Crafts<br/>1-1:45: Beginning Line Dancing<br/>1:45-2:30: Intermediate Line Dancing<br/>2:30-4:30: Writer's Workshop Memoirs**<br/>3:00-3:45:Ballroom Dancing</p>   | <p><b>28)</b> 9:30-10:15: Intro to Tai Chi (4-4)<br/>10:30-11:15: Tai Chi One (9-9)<br/>10:15-11:45: Explore your iPhone and iPad<br/>11-1:00: Needle Point<br/>11:30-12:15: Chair Yoga<br/>12:30-3:30: Games and Cards</p>   |
|   |  |   | <p><b>5025 Castello Drive<br/>Naples, FL 34103<br/>239-325-4444</b></p>   | <p>* Class has Limited Seating Must be Pre-registered.<br/>** Class is full<br/>*** Mah Jongg Lessons must sign up with Mary at the front desk. Prior to start of lessons</p>   |