



Message from Dr. Faffer



Dear Friends,

Welcome to November!

I know more and more of our members are returning to Naples Senior Center. One sure sign is that there have been a few times that it was difficult to find a parking spot! Instead of the usual frustration I felt

eager to find a spot, and walk into the building and see familiar, and new, faces.

In mid-October I welcomed our Veterans in Paradise (VIP) back to in-person meetings. The turn-out was fabulous!

By now you should have received your invitations to our Groundbreaking Event on November 12th. Please be sure to RSVP and mark it on your calendar. We are finally going to be on our way to building the fabulous NEW Naples Senior Center.

On behalf of all of us at NSC, I am extending our very best wishes for a healthy, and safe, Thanksgiving.

See you on the 12th!

Warmest Regards,

Dr. Jacquelyn Faffer

Programs & Presentations

Live Musical Performance by Peggy Keller

Monday November 8 at 3pm

Peggy is from Pennsylvania where she entertains weekly for senior groups, retirement communities, civic organizations, and wineries and coffee houses. She has competed in the Senior America Pageant in Atlantic City New Jersey October 2017.

VIP – Veterans in Paradise

Thursday November 18 at 1pm

Join Alen & Deb Silver for Veteran fellowship and conversation. This month's featured speaker is Mark Beland of Avow Hospice.

Book Club

Thursday November 18 at 1pm

Join us for a book discussion of *When We Meet Again* by Kristin Harmel

Emily is hungry for roots and family, so she begins to dig. And as she does, she uncovers a fascinating era in American history. Her trail leads her to the **POW internment camps of Florida**, where German prisoners worked for American farmers...and sometimes fell in love with American women.

Where Do You Get Your Energy - Extroverts vs Introverts

Monday Nov 15 at 3pm

In American society, Introverts are outnumbered about three to one. So why does it matter. Join Leila A as she explains how each one gets their energy and how they relate to the world.

November Programming

MUSIC & MORE



Drum Circle

Mondays Nov 1 & 29 at 3pm

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.

Music w/ Dottie & Bruce

Monday Nov 22 at 3pm

Get into the groove on this musical Monday!

Sing Along

Tuesdays at 3pm

Bonita is bringing the center back to life. Come and share your voice!

HUGS – Happy Ukulele Group

Wednesdays at 3pm

Bring your own ukulele or come to watch and listen! Zoom in w/ group is still available.

Line Dancing

Thursdays at 3pm

Step on into the center and join the group for some rootin' tootin' 2-step!

Choir Practice

Friday Nov 12 at 10am

Dottie Jackson returns to lead this vocal group. Past members and newbies invited!

ARTISTIC OUTLETS



Art by You – Watercolor & DIY

Mondays Nov 1, 15, & 29

This is a free art hour for watercolorists and other artists of any form to bring in projects to work on and for socialization and maybe some new inspiration! Art volunteer available for assistance & ideas.

Arts & Crafts

Monday Nov 1 at 1pm

Join Kathy and get festive and Crafty!

Get to the NeedlePOINT

Mondays Nov 8 & 22 at 10:45am

Creative Cards

Monday Nov 15 at 1pm

Design your own greeting cards. Instruction led by Delores Fell.

Imaginative Art from the Heart

Mondays Nov 8 & 22 at 1pm

Nov 8 – Napkin Rings and Chargers/Cords Organizers

Nov 22 – Gifts & Free Choice (fire fly jars, frames, & print making)

Needleworks

Tuesdays at 10am

Knitting/Quilting/Crochet

Artistic Expression

ZOOM – Tuesdays at 1pm

Origami

Thursday Nov 4 at 1pm

Try a simple class on the art of paper folding

Acrylics w/ Robyn

Fridays Nov 5 & 19 at 10am

This is the place to be for fun and art. We take you step by step (beginners too) through the project with specific instruction and lots of laughs. At the end, voila! You have your very own masterpiece!

EXERCISE/FITNESS



Chair Exercise DVD (M Richard Simmons; Th Ann Pringle)

Mondays & Thursdays at 9:45am

Chair Yoga DVD

Mondays at 11am & Fridays at 9:45am

Total Fitness w/ Grace

Tuesdays at 9:45am

Get Fit w/ Irene (Weights & Bands)

Wednesdays Nov 3, 10, & 24 at 9:45am

Participants encouraged to bring their own exercise bands and light weights.

TAI CHI



Simple Tai Chi

Tuesdays at 11:30 am - 8 fundamental moves for beginners.

Advanced Tai Chi

Thursdays at 11:30 am - for committed learners who have at least learned the first 17 moves of Taoist Tai Chi or other forms of Tai Chi before.

Simple Tai Chi - Level 2

Fridays at 11:00 am - for the ones have learned the Simple 8 moves and want to pursue higher levels of learning.

Additional November Programs

Social Groups

Current Events with Sandy

Tuesdays at 12pm

News articles will be provided for each meeting. Please read and join the conversation.

Nov 2 - Racial Profiling / Voter Fraud

Nov 9 - Affirmative Action / Police Reform

Nov 16 - Women's Rights / Climate Change

Nov 23 - Foreign Aid / Executive Order

Nov 30 - Transgender Rights / Social Security



Guy Time

Thursdays at 10am

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

Cards & Games (including Mah Jongg)

Fridays from 12:30-3:30pm

Open time to enjoy your favorite game or maybe learn a new one.

Puzzles (Jigsaw & Word Finds)

Monday Nov 29 & Wed Nov 10 & 24 at 1pm

LEARNING LAB

Beginner Spanish

Tuesdays at 1:30pm

Our Great Courses program enhanced with in person volunteer assistance. Handouts provided.



Tech Assistance

Wednesdays Nov 3 & 17 at 1pm

Fridays Nov 12 at 12:30pm

Our savvy volunteers will assist with various tech needs. When you call to register (required due to limited seating) please let us know the program or device you need assistance with.

Travel and Tour – Exploring the Mayan World

Wednesdays at 2pm

Immerse yourself in the astounding past-and-present of the Mayan world.

November 3: Merida & Chichen Itza

November 10: Ek' Balam & Tihosuco

November 17: Mayapan & Uxmal

November 24: Celestun & Labna

Recipe Room

Thursday November 11 at 1pm

It's like book club, but for cooking! Facilitator will select one fairly simple recipe to share with members and discussion any variations or suggestions. **SOCIAL GROUPS**

PLEASE PRE-REGISTER FOR ALL PROGRAMS

Naples Senior Center is open and we are enjoying the return of our members. Come see us and if you don't see your favorite program on the schedule, give us a call or email to let us know what you'd like to see in the future. of times and links to these programs.

Members may sign-up for multiple programs in advance by calling Naples Senior Center at 239.325.4444 or using our Co-Pilot system during a visit. Online sign-up is now available as well! **Art programs, Tech Assistance, & Cards and Games still require advance call in notice. Your cooperation and is greatly appreciated!

MOVIE MATINEE - LIVE



Wed November 3 at 1pm: *The Waterman*

Desperate to save his ailing mother, 11-year-old Gunner runs away from home on a quest to find a mythic figure rumored to have the power to cheat death.

Wed November 10 at 1pm: *Like Father*

After she's left at the altar, a workaholic advertising executive ends up on her Caribbean honeymoon with her estranged father.

Wed November 17 at 1pm: *The Starling*

When an unassuming elderly widow is arrested for treason, her tangled secret past as the KGB's longest serving-British spy is exposed.

Wed November 24 at 1pm: *Always Be My Maybe*

Reunited after 15 years, famous chef Sasha and hometown musician Marcus feel the old sparks of attraction but struggle to adapt to each other's worlds.

Zoom Meetings

Now that NSC is able to offer live programming, Zoom meetings will be held on a limited and hybrid basis. Please check the calendar for noted virtual programs.

Please see The Naples Senior Center website, NSC Facebook page or the weekly Constant Contact e-mail for a weekly list of times and links to these programs.

www.NaplesSeniorCenter.org

[f](https://www.facebook.com/NaplesSeniorCenter/) Naples Senior Center - www.facebook.com/NaplesSeniorCenter/

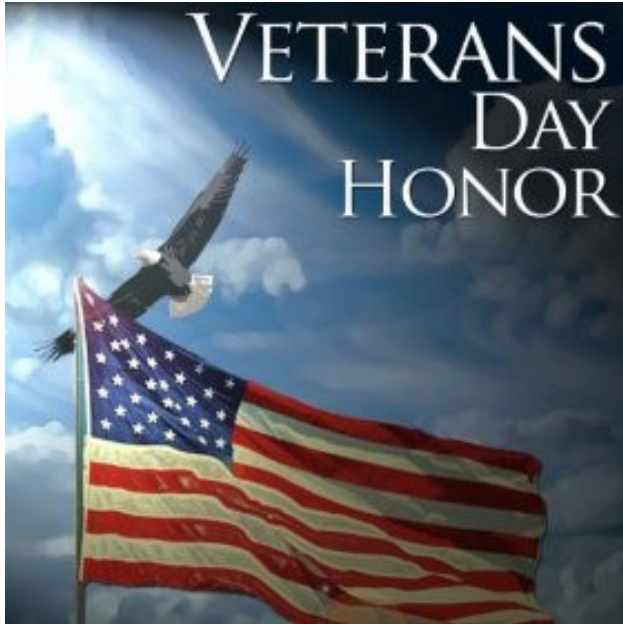
For information regarding any program, please contact: Aignasak@naplesseniorcenter.org **OR** Mschierbaum@naplesseniorcenter.org

Phone: 239-325-4444



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A NEW ERA FOR SENIORS

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 info@naplesseniorcenter.org

 239-325-4444

Transportation

For Collier Area Transportation to the Senior Center call 239-252-7272.

If you haven't signed up call Naples Senior Center and we can help you get registered.

Not able to visit NSC? Need Someone to Chat With?



NSC volunteers are available to call you weekly to chat. Enjoy interesting conversations and create a new friendship. To join, call Naples Senior Center at 239-325-4444 and let us know you want to be included on the volunteer call list.

Need a little bit more? Our **Just Checking** program provides a daily reassurance call in the morning to check-in and start your day off the right way. If you would like to join this new program, please call us.

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, Emotional Support 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
Wanda Rodriguez, Chief Financial Officer, CFO
Anne Chernin, MSW, MBA, Director of Special Programs
Amanda Ignasak, Senior Center Manager
Peggy Shupp, Volunteer Services Manager
Anne Marie Greaves, Manager of Operations
Chloe Goldstein, Director of Development Operations
Jayne Schandl, Development Database Manager
Simona Staicu-Levy, Dementia Program Coordinator

Darlene Holan, Clinical Social Worker
Pam Malamphy, Food Pantry Coordinator
Jodi Rubenstein, Geriatric Case Manager
Katie Slominski, Geriatric Case Manager
Marissa Luizzi, Music Therapist
Renee Del Duca, Executive Assistant
Holly Henderson, Administrative Assistant
Mary Schierbaum, Senior Center Receptionist