



Message from Dr. Faffer



Dear Friends,

Welcome to 2022! I hope this year is a healthy and happy one, and that more of us can be together at Naples Senior Center, enjoying the all of the programs, and friendships.

Work on the New Naples Senior Center is progressing nicely. They have worked on bringing water and sewer to the property, and the building pad is well underway. If everything goes as planned (but does it ever?) we should be in our state of the art facility before the next year begins! If you happen to be in the area of construction, drive by and take a look....you will be amazed.

As all of you know, membership dues for Naples Senior Center have increased to \$60 per year for 2022. That is an inclusive fee for all services offered. Please let me underscore that if you, or your friends, have difficulty with the increase a reduced fee, or payment plan can be worked out. Please see Amanda, or one of the case managers, and just let them know. No one will ever be turned away because of inability to pay.

Looking forward to seeing you at the Center....

All my best,

Dr. Jacquelyn Faffer

Programs & Presentations

Writing for the Fun of It!

Tuesdays at 3pm

Retired television writer Don Epstein will lead participants as they write short stories from prompts. Sharing is encouraged.

Fond Memories

Fridays January 14 & 28 at 10am

Participants will have the opportunity to reminisce about accomplishments that we fondly remember during the course of our lives.

VIP – Veterans in Paradise

Thursday January 13 at 1pm

Join Alen & Deb Silver for Veteran fellowship and conversation. Featured speaker this month is David McKenzie, Program Director for the Naples Therapeutic Riding Center.

History of Collier County & Water Usage

Monday January 31 at 1pm

Bill Grotendick is a volunteer boat captain at the Conservancy of Southwest Florida and he will be providing an educational history of Collier County and it's water usage from 1920 thru the present.

South America Travelogue: FROM COSMOPOLITAN CAPITALS, THUNDERING IGUASSU FALLS AND THE UNTAMED AMAZON RAIN FOREST

Monday Jan 17 at 3pm

Jim Sernovitz leads viewers through the sophisticated cities of Rio de Janeiro, Montevideo and Buenos Aires are the perfect introduction to this continent of contrasts. Besides the cities, we will visit the Amazon basin, home to the largest rainforest and the richest biodiversity in the world. Then be prepared to be as we view the 275 cataracts that make up spectacular Iguassu Falls

January Programming

Social Groups

Current Events with Sandy

Tuesdays at 12pm

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

Jan 4 - Transgender Rights / Smash & Grab Looting

Jan 11 - Executive Order / Border Crisis

Jan 18 - Sanctuary City / White Nationalism

Jan 25 - Drug Legalization / Zero Tolerance Policies



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.

Connect

Thursdays Jan 6 & 20 at 2pm

Meet other seniors in a safe, cozy, volunteer led environment. The Connect group helps its members to increase enjoying life by meeting new interesting people and exchanging ideas on what's fun in their lives. They create valuable contacts helpful in time of need and celebration. Plus, it demonstrates there are many trustful people to have fun with and hearing how others have faced and solved life's challenges

MUSIC & MORE

Musical Monday w/ Dottie

Monday Jan 3 at 3pm

Feel the music Monday!



Drum Circle

Mondays Jan 10 & 24 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.

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!

Great Masters: Mozart – His Life & Music

Thursdays January 13 & 27 at 2pm

A biographical and musical study of Wolfgang Amadeus Mozart.

January 13 - The Flight from Salzburg & Arrival in Vienna

January 27 - Life in Vienna

Line Dancing

Thursdays at 3pm

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

ARTISTIC OUTLETS

Art by You – Watercolor & DIY

Mondays Jan 10 & 24

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 Jan 3 at 1pm

Join Kathy for a real charmer!

Get to the NeedlePOINT

Mondays Jan 3, 17 & 24 at 10am

Imaginative Art from the Heart

Mondays Jan 10 & 24 at 1pm

Jan 10 - Mosaics

Jan 24 - Favorite Things Theme Board

Needleworks

Tuesdays at 10am

Cynthia will be providing a guided crafts class.

Needleworks

Tuesdays at 10am

Knitting/Quilting/Crochet

Artistic Expression

ZOOM – Tuesdays at 1pm

Creative Cards

Monday Jan 17 at 1pm

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

Origami

Thursday Jan 6 at 1pm

Ellen leads through a fun class on the art of paper folding.

Acrylics w/ Robyn

Fridays Jan 7 & 21 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!



Additional January Programs

HEALTH & FITNESS



Total Fitness w/ Grace

Mondays at 9:45am

Chair Yoga DVD

Mondays at 11am & Fridays at 9:45am

Hearing Clinic **APPOINTMENT REQUIRED

Monday Jan 17 from 11am-3pm

Free hearing clinic day. Services available include cleaning hearing aids, earwax checks, and hearing tests.

Limber Up w/ Linda + Fit in FOUR

Tuesdays at 10am

Recent research revealed the reason Older Adults don't exercise - LACK OF TIME! So Linda has designed a FOUR MINUTE Daily Functional Exercise Regimen (using the Arthritis Foundation exercises) to get you FIT IN FOUR and out the door! Learn the set (at Tues class), get your list of exercises and begin your OWN research study!

Richard Simmons Exercise DVD

Wednesdays at 9:45am

Chair Exercise DVD (Ann Pringle)

Thursdays at 9:45am

TAI CHI



Simple Tai Chi

Thursdays at 11am - 8 fundamental moves for beginners.

Advanced Tai Chi

Tuesdays at 11:00 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.

LEARNING LAB



Tech Assistance

Wednesdays Jan 12 & 26 at 1pm

Fridays Jan 7 & 21 at 1pm

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.

Beginner Spanish

Tuesdays at 1:30pm

Our Great Courses program enhanced with in person volunteer assistance. Handouts provided & provided on NSC website.

Writing & Civilization: From Ancient Worlds to Modernity Wednesdays at 2pm

Discover the fascinating history of the written word- its invention, transmission from culture to culture, and evolution-in this interesting course by an anthropologist.

Book Club

Thursday January 20 at 1pm

American Dirt by Jeanine Cummins. a middle-class Mexican bookseller who flees Acapulco with 8-year-old son, Luca, after a drug cartel violently attacks a quinceañera she's attending, killing her journalist husband who earlier had profiled the cartel leader, Javier.

How Do I Facebook?

Thursday Jan 27 at 1pm

Join us for a basic Facebook 101/Q&A group session. Ability to address different devices – ipad/iphone, android, laptop...

Birth of the Tramp: Creative Genius of Charlie Chaplin

Monday January 31 at 3pm

His iconic characters sum up what was most moving and inventive in emerging the cinematic arts. The film explores the factors that led his almost instant popular success to become a universal image, the silhouette, that is recognizable to this day.

MOVIE MATINEE - LIVE



Wed January 5 at 1pm: *Te Ata*

A Chickasaw Nation woman navigates cultural barriers to pursue a stage career that culminates in a performance at the White House. Based on a true story

Wed January 12 at 1pm: *Red Notice*

An FBI profiler pursuing the world's most wanted art thief becomes his reluctant partner in crime to catch an elusive crook who's always one step ahead.

Wed January 19 at 1pm: *The Dig*

On the eve of WWII, a British widow hires a self-taught archeologist to dig up mysterious formations on her land to a staggering find.

Wed January 26 at 1pm: *Zero to Hero*

This film chronicles record-breaking Paralympian So Wa-wai's relationship with his mother as they overcome hurdles in their lives. Based on a true story.



****Effective Jan. 1, 2022, Annual Senior Center Dues will be \$60/yr.**

PLEASE PRE-REGISTER FOR ALL PROGRAMS

Please see The Naples Senior Center website, NSC Facebook page or the weekly Constant Contact e-mail for a weekly list of programs and highlights. Members may sign-up for multiple programs in advance by calling Naples Senior Center 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!

Follow us:



NaplesSeniorCenter.org



naplesseniorcenter



info@naplesseniorcenter.org



239-325-4444



Facebook Page: Naples Senior Center at JFCS

For information regarding any program, please contact:

Aignasak@naplesseniorcenter.org OR Mschierbaum@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. Phone buddies are experiencing interesting conversations and creating new friendships. To join in, just give a call to the senior center at 239-325-4444 and let them 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 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