



## Message from Dr. Faffer



Dear Friends,

February is Valentine's month. Remember the days of bringing valentines to school and putting them in specially decorated cardboard boxes for your classmates? I know I certainly do!

If you see my car in the parking lot with dirt and gravel on the tires you will know that it is because I've been out at the construction site, complete with my hard hat and work boots! I am amazed at the progress! Work continues on the underground utilities and it won't be long before we see cinder blocks in place as the walls go up. The camera is on site ready to go live once FP&L completes the electrical work. So far, we are still on target for a November 2022 completion.

I hope everyone is being mindful and staying safe in the midst of the Omicron surge. Remember to wear your masks (they are now saying the N95 and KN95 masks are the best), wash your hands and stay safely distant. We all look forward to seeing the numbers go down, and a return to some resemblance of normalcy.

Stay safe and healthy!

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.

### VIP – Veterans in Paradise

Thursday February 10 at 1pm

Join Alen & Deb Silver for Veteran fellowship and conversation. Featured speaker this month is Nina Grey, from Collier Resource Center.

### Travelogue with Jim Sernovitz

#### **MONGOLIA - ONE LAND, TWO WORLDS**

Monday Feb 21 at 3pm

Under the leadership of Genghis Kahn, Mongolia was once the largest land Empire that ever existed. After his death, Mongolia went into a 600 year sleep and is just starting to awake. See how the people in the most sparsely populated country in the world are changing from life as nomads and shepherds into the world's fastest growing economy in a single generation.



### Life of a Sportswriter

Monday February 28 at 1pm

Jack Tanner, a retired newspaper man of 45-plus years will talk about the ins and outs of sports reporting. Tanner has covered all sports from rodeo to high school, college and pro sports, including the Packers, Bucks and Brewers, among others.

# February 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.

Feb 1 - Transgender Rights / Smash & Grab Looting

Feb 8 - Executive Order / Border Crisis

Feb 15 - Sanctuary City / White Nationalism

Feb 22 - Drug Legalization / Zero Tolerance Policies



### Connect

Thursdays Feb 3 & 17 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.

## Guy Time

Thursdays at 10am

Now that the 2022 year is here and you may be looking for something new, NSC would like to invite you to Guy Time every Thursday from 10a to 12p. This is an opportunity for some male bonding, conversation and meeting new guy friends. What we are is a great group of men that pick some topics and the next week we talk about them. It is an easy-going group who tell their thoughts on an issue. There is no right or wrong - it is your thought and it is accepted that way. So come and give us a chance.

### Cards & Games (including Mah Jongg)

Fridays from 12:30-3:30pm

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



## MUSIC & MORE



### Musical Monday with Dottie

Monday February 7 at 3pm

Feel the music Monday!

### Drum Circle

Mondays Feb 14 & 28 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 February 10 & 24 at 2pm

A biographical and musical study of Wolfgang Amadeus Mozart.

February 10 - Operas in Vienna

February 24 - The Last Years

### 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 Feb 7 & 21

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 Feb 14 at 1pm

Won't you be our Valentine!



### Imaginative Art from the Heart

Mondays Feb 7 & 21 at 1pm

Birdhouse projects!

### Needleworks

Tuesdays at 10am

Knitting/Quilting/Crochet/Needlepoint

\*Needlepoint meets Feb 8 & 22 only

### Artistic Expression

ZOOM – Tuesdays at 1pm

### Origami

Thursday Feb 3 at 1pm

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

### Acrylics w/ Robyn

Fridays Feb 4 & 18 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!

### Creative Cards

Friday Feb 11 at 10am

Join Delores in creating your own greetings.

# Additional February Programs

## HEALTH & FITNESS



### Total Fitness w/ Grace

Mondays at 9:45am

### Chair Yoga DVD

Mondays at 11am & Fridays at 9:45am

### 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!

### Get Fit with Irene – Weights & Bands

Wednesdays at 9:45am

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

### Bone Builders

Thursdays at 9:45am

One hour exercise Head to Toe

## TAI CHI



### 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

Thursdays at 11am - 8 fundamental moves for beginners.

### 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

iHola!

### Tech Assistance

Wednesdays Feb 9 & 23 at 1pm

Fridays Feb 4 & 18 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.

### The Age of Benjamin Franklin (Great Courses)

Wednesdays at 2pm

Over 24 insightful lectures, explore the many facets of Ben Franklin's life and times. A pioneer in science, politics, diplomacy, and more, Franklin was truly one of the most extraordinary Americans ever to have lived.

### Book Club - The Keeper of Lost Things

Thursday February 17 at 1pm

A charming, clever, and quietly moving debut novel of endless possibilities and joyful discoveries that explores the promises we make and break, losing and finding ourselves, the objects that hold magic and meaning for our lives, and the surprising connections that bind us.

### Cherub of the Mist (Documentary)

Thursday February 24 at 1pm

Uncover the mystery behind the secretive life of the Red Panda. This is the first time these beautiful creatures have been filmed in the wild, courting, mating, nest building, and rearing their newly-born cubs.

### Kalahari: The Flooded Desert - (Documentary)

Friday February 25 at 10am

The Kalahari Desert in Southern Africa is a world of extremes. Its apparent emptiness is punctuated by explosions of life. Its harsh cycles of dry and wet, dictate which creatures can live and die.

### Secrets of the Magna Carta (2-part Series)

Mondays Feb 14 & 28 at 10am

The Magna Carta is the most highly valued piece of paper in the world, and has changed the course of history. Many believe the freedoms which Magna Carta won for us are under threat. Is it time, once again, to invoke the power of this legendary manuscript?

## MOVIE MATINEE - LIVE



### Wed February 2 at 1pm: Hampstead

An American widow in London forms an unexpected relationship with a man living off the grid in a beautiful park ripe for development.

### Wed February 9 at 1pm: Falling Inn Love

When a San Francisco exec wins a New Zealand inn, she ditches city life to remodel and flip the rustic property with help from a handsome contractor.

### Wed February 16 at 1pm: All Together Now

An optimistic, talented teen clings to a huge secret: She's homeless and living on a bus. When tragedy strikes, can she learn to accept a helping hand?

### Wed February 23 at 1pm: Dumplin'

To prove a point about measuring up and fitting in, Texas teen Willowdean Dickson enters a local pageant run by her ex-beauty queen mom.





**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

Jodi Rubenstein, Geriatric Case Manager

Katie Slominski, Geriatric Case Manager

Marissa Luizzi, Music Therapist

Lisa Jordan, Food Pantry Coordinator

Renee Del Duca, Executive Assistant

Holly Henderson, Administrative Assistant

Mary Schierbaum, Senior Center Receptionist