



Message from Dr. Faffer

Friends,

So much has happened since my last message, thanks to Hurricane Ian. NSC staff and volunteers have been in touch with our members, just checking to see how everyone is doing. Please do not hesitate to reach out to us if you, or any one you know, needs assistance.

The day after the storm I went to our new building and was so pleased to see that all was well. The building was dry, there was little debris and we did not lose any of our landscaping! There is so much progress... cabinets are being put into place, bathrooms are being fitted and what was dirt pathways are being covered with pavers. If all goes well we may actually be able to move in before the end of the year!

We are all eager to be in our new home! This has been a long process, but a labor of love. We are getting close..... I hope everyone has a happy, healthy and safe Thanksgiving.

Jackie

Programs & Presentations

Emerging from COVID with Ease Monday November 7 at 1pm

Presenter: Angela Tarquini-Sanders of Mindful Mindz

This interactive 90-minute workshop will focus on some of the challenges we face as we emerge from COVID and how mindfulness meditation can be an effective practice to help manage the stress and worry associated with the transition to endemic daily life. As a result of this workshop participants will leave with: An understanding of the benefits of mindfulness meditation, including the most recent data on the benefits of mindfulness to reduce stress and worry as well as help build resilience and a create new perspective during challenging times. Simple ways to include mindfulness meditation into daily life including a formal and informal group meditation practice so participants can experience first-hand the benefits mindfulness meditation.

An Afternoon w/ Pianist Doug Williams Mondays November 14 & 28 at 3pm

Doug Williams is a gifted pianist/vocalist whose background includes stage performance, musical theatre, supper club dance bands and lead performer at Ritz-Carlton and LaPlaya. His repertoire includes over 1500 songs including soft jazz, light classical, Broadway and the Great American Songbook.

The New England Coast - The Cradle of Our Nation Travelogue with Jim Sernovitz

Monday November 21 at 3pm

Join us as we follow the rocky Atlantic coastline of New England visiting the towns and cities that were so important to the economy and history of our Nation.



**NAPLES SENIOR CENTER will be closed
On Thursday November 24 for Thanksgiving**



November Programming

Social Groups

Current Events w/ Sandy
Tuesdays at 12pm

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

November 1: Twitter Etc Effect on Elections / Identity Theft

November 8: November 2022 Election / Biofuels

November 15: Big Pharma / Human Trafficking

November 22: Offshore Drilling / Politics Left vs. Right

November 29: U.S. Powergrid / Student Loan Forgiveness Griner

VIP – Veterans in Paradise

Thursday November 10 at 1pm

Join us for fellowship and 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. Looking for bridge players!

Learn To Play Mah Jongg

Fridays at 1pm



Guy Time

Thursdays at 10am

Guy Time is an opportunity for some male bonding, conversation and meeting new guy friends. It is an easy-going group that tells their thoughts on an issue. There is no right or wrong - it is your thought and it is accepted that way.

ARTISTIC OUTLETS

Creative Cards

Monday November 28 at 10am

Create your own holiday greeting card.

Art by You – Watercolor & DIY

Mondays November 7, & 21 at 10am

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.

Empty Bowls

Monday November 14 at 10am

Let your creativity loose as we turn plain ceramic bowls into a work of art.

Arts & Crafts w/ Kathy

Monday November 14 at 1pm

Needleworks

Tuesdays at 10am

Knitting & Crochet

Artistic Expression

ZOOM – Tuesdays at 1pm

Origami

Thursday November 3 at 2pm

Don't be a turkey, give it try!

Acrylics w/ Robyn

Fridays Nov 11 & 25 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!

LEARNING LAB

Beginner Spanish

Tuesdays at 1:30pm

Great Courses program series. Handouts provided & available on NSC website



Spanish II

Thursdays at 12:15pm

Take your Spanish to the next level - Great Courses program series. Handouts provided & available on NSC website.

Writing for the Fun of It!

Tuesdays at 2:30pm

A group of seniors is discovering writing talents they never knew they had, and having great fun in the process. "Writing for the Fun of It!" workshop meets for an hour every Tuesday at 2:30pm. They write short pieces based on simple, amusing assignments and then read them aloud, prompting applause and discussion. You'll be amazed to learn how close you are to becoming the next Hemingway!

Tech Assistance – By Appointment

Wednesdays 10, 11a, 12p, & 1p

You'll be matched w/ our savvy volunteers based on the tech program or device needs. Registration required.

Book Club – Gift from the Sea by Anne Morrow Lindbergh

Thursday November 17 at 1pm

In this inimitable, beloved classic—graceful, lucid and lyrical—Anne Morrow Lindbergh shares her meditations on youth and age; love and marriage; peace, solitude and contentment as she set them down during a brief vacation by the sea.

The Wonders of America's State Parks

Fridays November 4 & 18

A National Geographic Series that embarks on unforgettable experiences through America's state parks with travel writer & globe-trotting journalist Joe Yogerst.

11/4 – The Yankee Coast / New Jersey Pinelands

11/18 – Tidewater South / Georgia & Carolina Islands

Additional November Programs

HEALTH & FITNESS

Total Fitness w/ Grace
Mondays at 9:45am

Chair Yoga DVD
Mondays at 11am

Get Fit with Irene – Weights & Bands
Wednesdays at 9:45am

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

Bone Builders

Tuesdays & Thursdays at 10am

One hour exercise Head to Toe w/ weights.

Chair Exercise DVD

Fridays at 9:45am



MUSIC & MORE

Musical Monday w/ Dottie
Monday November 7 at 3pm

Join the talented Dottie Jackson for mixed tunes of Broadway, oldies, and country. Lite refreshments provided.

Opera For Everyone

Monday November 28 at 12pm

Tosca, one of the most popular and performed operas in the repertoire ever since its January 14, 1900 premier, is based on a hit French play La Tosca, which was written as a star vehicle for the famous French actress Sarah Bernhardt. We will be viewing the highly praised 1978 Met Opera production featuring the three main characters (two of which incidentally, are in love with Tosca!): Rome's opera diva, Floria Tosca (soprano Shirley Verrett), her lover Mario Cavaradossi, a painter (tenor Luciano Pavarotti) and the corrupt Chief of Police, Baron Scarpia (baritone Cornell McNeil).

Drum Circle

Monday November 21 at 1:30pm

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

Join Bonita for your favorite hits!

HUGS – Happy Ukulele Group

Wednesdays at 3pm

Bring your own ukulele or come to watch and listen!

Line Dancing

Thursdays at 3pm

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



TAI CHI

The Naples Senior Center offers many exercise classes that one can attend on a drop in basis - Just show up and start moving. These classes offer great opportunities for physical fitness and social interaction. Tai Chi, however, could NOT be approached with the same mindset. Tai Chi is a “progressive” learning process.

Tai Chi is an ancient art with many layers which requires commitment and patience. The movements are set in a sequence that requires memorization. It can realistically take longer than 3 months to learn the basic form of moves.

Advanced Tai Chi

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

Tai Chi – Beijing 24

Thursdays & Fridays at 11am

Beijing 24 - The most popular and the shortest form of Tai Chi. Total 24 moves take 8 or 9 consecutive weeks to learn.



MOVIE MATINEE (LIVE)

Wed November 2 at 1pm: Wedding Season

Under parental pressure to find spouses, Asha and Ravi pretend to date during a summer of weddings – but their ruse goes awry when feelings turn real.

Wed November 9 at 1pm: How It Ends

Worried about his pregnant fiancée amid a sudden cataclysm, a young lawyer embarks on a dangerous road trip west with his future father-in-law.

Wed November 16 at 1p: Mr. Harrigan's Phone

A boy and an aging billionaire bond over books – and their first iPhones. But when the older man passes, their mysterious connection refuses to die.

Wed November 23 at 1p: The Last Mercenary

A legendary secret agent-turned-mercenary comes out of hiding to save the son he's never met. Learning how to be a dad may be his toughest mission yet.

Wed November 30 at 1p: Rebecca

A young newlywed moves to her husband's imposing estate, where she must contend with his sinister housekeeper and the haunting shadow of his late wife.





Senator Rick Scott Mobile Office Hours

Wednesday November 30 12-4pm

Representatives on Senator Scott's team will be visiting NSC to assist members with issues related to all federal agencies including Veterans Administration, passports, immigration or international travel, social security and IRS.

Follow us:

Website: www.naplesseniorcenter.org
Facebook Page: Naples Senior Center
Email: info@naplesseniorcenter.org
Phone: 239-325-4444

Please see Naples Senior Center website, 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.



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

Dr. Denise McNulty, Chief Program Officer

Wanda Rodriguez, Chief Financial Officer, CFO

Anne Chernin, MSW, MBA, Director of Special Programs

Chloe Goldstein, Director of Development Operations

Amanda Ignasak, Senior Center Director

Gerri Poletti, Director of Social Work Services

Debbie Lageman, Volunteer Services Manager

Jayne Schandl, Development Database Manager

Kristina Kardanow, Licensed Clinical Social Worker

Kevin Dalfonso, Clinical Social Worker

Jodi Rubenstein, Geriatric Case Manager

Katie Slominski, Geriatric Case Manager

Jeanette Bucknor, Operations Coordinator

Gisela Chamberlin, Senior Accountant

Renee Del Duca, Executive Assistant

Holly Henderson, Administrative Assistant

Mary Schierbaum, Senior Center Receptionist

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.