



NAPLES  
SENIOR  
CENTER  
A NEW ERA FOR SENIORS

# Social Bulletin

January 2023



## Message from Dr. Faffer

Dear Friends,

It is 2023 and can you believe we are moving into our new home? Just look at our before and after photos below. It's almost unimaginable the progress that has taken place in 12 months.

We look forward to inviting you into the front doors where each of you will be enjoying the company of friends old and new, the return of Wednesday Lunch and More, and plenty of new programs in the weeks to come.

To keep everyone up to date, please check online and for posted notices about any changes that may occur. We will do our best to notify members of any changes to programming along the way.

Cheers to our new year and new home!



*Opkie*

## Programs & Presentations

### Wednesday Lunch & More

Beginning Wednesday January 4 at 12pm

Naples Senior Center is excited to announce the return of our Wednesday Lunch & More programs. In order to attend lunch a reservation is required by the Friday before. Please call 239.325.4444 to register. During the month of January we will be featuring musical entertainment as the MORE.

January 4 – Happy Ukulele Group

January 11 – Naples Dixieland Jazz Band

January 18 – Doug Williams Piano

January 25 – Miss Dottie Jackson

### Gardening Group Interest Meeting

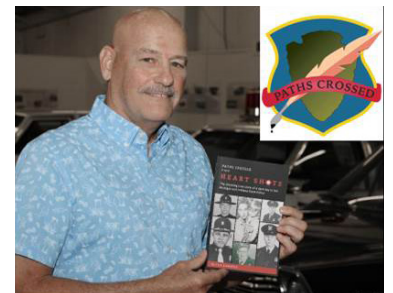
Friday January 6 at 10am

Our new Naples Senior Center features a bountiful gardening area. This meeting is to plant the seed that we are looking for members and volunteers interested in gardening to help us make it grow.

### Veteran Author Series: Clif Edwards

Thursday January 26 at 1pm

Author Clif Edwards is a retired lawman with 38 years of police experience. His book Heart Shots is an incredible and shocking true story of a dark day in the Michigan and Indiana State Police.



## NAPLES SENIOR CENTER will be closed

Monday January 2 for the New Year Holiday  
Monday January 16 for Martin Luther King Jr. Day

# January 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.

**January 10:** Mandatory National Service / End of Globalization

**January 17:** Long Covid / Super PACs

**January 24:** Reparations / Artificial Intelligence

**January 31:** Racial Profiling / Bilingual Education

### VIP – Veterans in Paradise

Thursday January 12 at 1pm

Featured speaker is Jaime Fernandez, Home Base  
Flexibility Coach to discuss “Stretch With Vets.”

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! Please sign-up in advance.

### Learn to Play Mah Jongg OR Canasta

Fridays at 1pm

Starting Friday January 13.



## 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.

## MOVIE MATINEE (LIVE)

Wed January 4 at 2:30pm: Slumberland

Joined by a larger-than-life outlaw, a daring young orphan journeys through a land of dreams to find a precious pearl that will grant her greatest wish.

Wed January 11 at 2:30pm: Where the Crawdads Sing

A woman who grew up alone in the wild North Carolina marshes becomes a suspect in the murder of a well-to-do young man from the nearby town.

Wed January 18 at 2:30pm: The Swimmers

From war-torn Syria to the 2016 Rio Olympics, two young sisters embark on a risky voyage, putting their hearts and their swimming skills to heroic use.

Wed January 25 at 2:30pm: Love in the Villa

Julie's dream trip to Verona Italy turns star-crossed when she discovers her rented villa is already occupied by an annoyingly attractive stranger.



## HEALTH & FITNESS

Total Fitness w/ Grace

Mondays at 9:45am

Chair Yoga DVD

Mondays at 2pm

Bone Builders

Tuesdays & Thursdays at 10am

One hour exercise Head to Toe w/ weights.

Get Fit with Irene – Weights & Bands

Wednesdays at 9:45am

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

Chair Exercise DVD

Thursdays at 1:30pm

Strength & Stretch



## Chair Yoga Live

Fridays at 9:45am

Join our new yoga instructor Susan for an hour of yoga with dignity & grace.

## 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.

### Simple Tai Chi

Mondays at 11am

8 fundamental moves for beginners.

### Advanced Tai Chi

Tuesdays & Fridays 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

Tuesdays at 1pm & Thursdays at 11a

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



# Additional January Programs

## LEARNING LAB

### WHAT THE TECH?

Monday January 23 at 1pm

Covering basic terms, habits and practices to maintain device health and build confidence with technology. Technology shouldn't be scary and is built with the consumer in mind. You should gain practical skills and understanding of device issues and solutions.

### Writing for the Fun of It!

Tuesdays at 2:30pm

This is the Tuesday afternoon workshop that turns Senior Center members into authors and it is about to begin its second season. Each week retired TV writer Don Epstein presents thought-provoking and often humorous exercises that class members, using only their imaginations and a pen or pencil, turn into stories, sometimes only a few paragraphs long. There are no grades and no every-week commitment since the accent is always on fun. Even if you've never written anything more than a shopping list, you'll be amazed at how good a writer you are. The workshop meets for an hour every Tuesday at 2:30pm. Come join the class and take part in the fun.

### Tech Assistance – By Appointment

Wednesdays 10am, 11am, 12pm, & 1pm

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

### Book Club – *Woman on Fire* by Lisa Barr

Thursday January 19 at 1pm

A thrilling tale of secrets, love, and sacrifice that illuminates the destructive cruelty of war and greed and the triumphant power of beauty and love, *Woman on Fire* tells the story of a remarkable woman and an exquisite work of art that burns bright, moving through hands, hearts, and history

### Bhutan and Sri Lanka – India's Unknown Neighbors

#### Travelogue with Jim Sernovitz

Monday January 30 at 3pm

From Bhutan, high in the snowcapped Himalaya mountains, to Sri Lanka's beaches and tropical jungles, come with us as we explore these unique and little known countries.

## ARTISTIC OUTLETS

### Creative Cards

Friday January 20 at 10am

Create your own greeting card.

### Art by You – Open Art Hour

Monday January 9 & 23 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.



### Arts & Crafts w/ Kathy

Monday January 30 at 10am

### Needleworks

Tuesdays at 10am

Knitting & Crochet

### Artistic Expression

ZOOM – Tuesdays at 1pm

### Acrylics w/ Robyn

Friday Jan 13 & 27 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!

## MUSIC & MORE



### An Afternoon w/ Pianist Doug Williams

Mondays January 9 & 23 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.

### Drum Circle

Monday January 30 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

Thursdays at 2pm

Bring your own ukulele or come to watch and listen!

### Beginner Steps to Line Dance

Wednesdays at 3pm

SLOW AND EASY - Learn easy beginner line dance steps and dances that focus on one dance at a time. \*\*Must be a beginner

### Line Dancing

Thursdays at 3pm

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





**Follow us:**

**Website:** www.naplesseniorcenter.org

**Facebook Page:** Naples Senior Center

**Email:** info@naplesseniorcenter.org

**Phone:** 239-325-4444

For information regarding any program, please contact:

Aignasak@naplesseniorcenter.org OR

Mschierbaum@naplesseniorcenter.org

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 or by using MyActiveCenter.

**Online Signup is NOW AVAILABLE**

Recently Naples Senior Center updated it's sign-in/sign-up software and we are now using MySeniorCenter.

**To Login and Sign up for Programs in Advance Click:**

[MyActiveCenter - a free service from MySeniorCenter](#) Once you click on the link, you will see all of our programs available. Select the class you would like to attend, click on the time and then you will be prompted to "PLEASE SIGN IN" First time users will need to activate their account by clicking "Sign Up for MyActiveCenter" You MUST have your Key Tag in order to proceed. Enter the Keytag # and your phone number to proceed in setting up your account.

**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
- Dr. Denise McNulty**, Chief Program Officer
- Wanda Rodriguez**, Chief Financial Officer, CFO
- Anne Chernin, MSW, MBA**, Special Projects Coordinator
- Chloe Goldstein**, Director of Development Operations
- Amanda Ignasak**, Senior Center Director
- Geri 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
- Alicia Nietzel**, Geriatric Case Manager
- John Colgin**, Facilities Manager
- Jeanette Bucknor**, Operations Coordinator
- Gisela Chamberlin**, Senior Accountant
- Renee Del Duca**, Executive Assistant
- Holly Henderson**, Administrative Assistant
- Mary Schierbaum**, Senior Center Receptionist