



Message from Dr. Faffer

Dear Friends,

Response and attendance to our weekly Senior Center programming has been overwhelmingly positive. In just over a month and a half, Baker Senior Center Naples has welcomed over 400 new members and welcomed back many members we have not seen in a long while. We have had over 250 for Wednesday lunch. As the weeks carry on, our building will continue to bloom. The art has been installed throughout and has enhanced the vibrancy. The garden club is active and they are working on the first buds as we move into spring. Our Cyber Café is available for refreshments. March is National Reading Month – have you visited our library? Books, puzzles, magazines, and music are available for member use.

Looking forward to our continued growth and having you be part of the family!

Programs & Presentations cont.

Opera for Everyone (The Barber of Seville) Monday March 6 at 1pm

Audiences went wild for Bartlett Sher's dynamic production, which found fresh and surprising ways to bring Gioachino Rossini's effervescent comedy closer to them than ever before. The stellar cast includes tenor Juan Diego Florez as Count Almaviva who fires off show-stopping coloratura as he woos soprano Joyce DiDonato's spirited Rosina, with assistance from baritone Peter Mattei as the one and only Figaro, Seville's beloved barber and man-about-town.

Wednesday Lunch & More

11am – More * 12pm – Lunch is Served

In order to attend lunch a reservation is required by the Friday before. Please call 239.325.4444 to register.

March 1 – S.H.I.N.E

March 8 – Healthy Eating

March 15 – Sounds of Yesteryear

March 22 – Dottie Jackson

March 29 – Step Smart

Arabian Sands – A Visit to Saudi Arabia Monday March 20 at 3pm

Journey through the Arabian Desert from Jeddah to Riyadh visiting ancient cities and seeing sites that until very recently have been forbidden to outsiders. From ultra-modern cities created by oil money, to places that haven't changed in thousands of years, the people and sights of this almost unknown land will amaze you.

Let Me Tell You My Story Monday March 27 at 10am

We all have stories from years ago, today, and last year. They make us who we are. Join Natalie Lidow for a group experience writing and sharing your story.

Programs & Presentations

Ageism & Awareness Thursday March 2 at 1pm

Have You Experienced Ageism? It's those subtle and not-so-subtle encounters that will be the topic of Wellness expert Peg Doyle's entertaining and enlightening presentation. Bring your stories and we will talk about solutions.

March Programming

Social Groups

Current Events w/ Sandy
Tuesdays at 12:30pm – *New Time*

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

March 7: Mandatory National Service / Trust & Blockchain

March 14: End of Globalization / Canada & U.S. Martial Law

March 21: Offshore Drilling / Extremism

March 28: Self-Defense Laws / Afghanistan & Taliban

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 Canasta

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.



Garden Club

Fridays at 12pm

Join us to find out what's in store for our master plan and let's get growing!



MOVIE MATINEE (LIVE)



Wed March 1 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 March 8 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 March 15 at 2:30pm: *Glass Onion: A Knives Out Mystery*

World famous detective Benoit Blanc heads to Greece to peel back layers of a mystery surrounding a tech billionaire and his eclectic crew of friends.

Wed March 22 at 2:30pm: *Dog Gone*

When his beloved dog goes missing, a young man embarks on an incredible search with his parents to find him and give him life-saving medication.

Wed March 29 at 2:30pm: *The Wonder*

Haunted by her past, a nurse travels from England to a remote Irish in 1862 to investigate a young girl's supposedly miraculous fast.

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.



Senior Fitness with Paula

Thursdays at 1:30pm

Work your body from head to toe at your own pace. Strength training, balance and flexibility all in one class.

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 11am

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



Additional March Programs

LEARNING LAB

Museum Masterpieces: The Louvre
Mondays Feb 13 & 27 at 1:30pm

The Great Courses takes you through a dazzling virtual tour of the Louvre's remarkable collection of European paintings from the late medieval period through the early 19th century.



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.

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 – News of the World by Paulette Jiles

Thursday March 16 at 1pm

It is 1870 and Captain Jefferson Kyle Kidd travels through northern Texas, giving live readings to paying audiences hungry for news of the world. An elderly widower who has lived through three wars and fought in two of them, the captain enjoys his rootless, solitary existence.

ARTISTIC OUTLETS

Creative Cards

Monday March 6 at 10am

Create a spring greeting

Watercolor with Lorie

Mondays at 1pm

Empty Bowls

Monday March 13 at 10am

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

Origami

Thursday March 30 at 1pm

Pick up a new spring hobby and try some neat folds with Ellen.

Arts & Crafts w/ Kathy

Monday March 20 at 10am

Needleworks

Tuesdays at 10am

Knitting & Crochet

Artistic Expression

ZOOM – Tuesdays at 1pm



Acrylic Art

Fridays 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 March 13 & 27 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 March 20 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!

Beginner Steps to Line Dance

Thursdays at 2pm

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!



VETERANS PROGRAMMING

VIP – Veterans in Paradise

Thursday March 9 at 1pm

Join us for fellowship and conversation.

Veterans Flexibility and Mobility Class

Thursday March 16 at 12pm

Our VIP - Veterans In Paradise Group has partnered with Home Base (A Red Sox Foundation and Massachusetts General Hospital Program) to bring our veterans this program provided by Certified Strength & Conditioning Specialist, Jaime Fernandez.



Veteran Author Series: Ed Brandt

Thursday March 23 at 1pm

Now retired Brigadier General US Army National Guard, Ed Brandt is serving as Pastor of Lely Presbyterian after 32 years of service to our country.



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Please see Baker Senior Center Naples website, Facebook page or the weekly Constant Contact e-mail for a weekly list of programs and highlights.

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

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To Login and Sign up for Programs in Advance Enter:

myactivecenter.com/#centers/USA.FL.Naples.Naples-Senior-Center-at-JFCS

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. Select the class you would like to attend, click on the time and then you will be prompted to "PLEASE SIGN IN".



Baker Senior Center Naples supports individuals and families of all ages by providing a wide range of social services including: 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

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.

- Dr. Jaclynn Faffer, President/CEO
- Wanda Rodriguez, Chief Financial Officer, CFO
- Dr. Denise McNulty, Chief Program Officer
- 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
- Kevin Dalfonso, Social Worker
- Jodi Rubenstein, Geriatric Case Manager
- Katie Slominski, Geriatric Case Manager
- Alicia Nietzel, Geriatric Case Manager
- John Colgin, Facilities Manager
- Penny Taylor, Disaster Response Coordinator
- Jeanette Bucknor, Operations Coordinator
- Gisela Chamberlin, Senior Accountant
- Renee Del Duca, Executive Assistant
- Holly Henderson, Administrative Assistant
- Mary Schierbaum, Senior Center Receptionist