



Message from Dr. Faffer

Dear Friends,

Many interesting, and important, things occurred on June 1st. June 1st is the birthdays of Marilyn Monroe, Andy Griffith and Morgan Freeman. In 1958 on June 1st, following the outbreak of an insurrection in Algiers, Charles de Gaulle came before the French National Assembly as Prime Minister Delegate. And, since CNN did not debut until 1980 we did not have the opportunity to watch what would have been extensive live coverage of the event!

However, June 1st means something very different to those of us living in southwest Florida. It marks the beginning of hurricane season! Depending upon what news you are reading, or listening to, this year will be either worse, better or the same as last year. Whatever it is, Baker Senior Center Naples will help you prepare.

As in past years we have put together names of members and clients who will need shelter or information and/or assistance regarding preparations. I am sure we will have educational programs about what to do. And collectively, we will breathe a sigh of relief when December 1st rolls around, signifying the end of 2023 hurricane season.

We all hope year's season will be a mild one. Whatever it is, Baker Senior Center Naples will be ready to help!

All my best,

Programs & Presentations

Cyber Security Presentation

Monday June 5 at 1:30pm

Join Aerik for an interactive presentation on how to be safe while navigating the cyber world. Get tips on what to be on the lookout for before providing information.

All About Alligators and Where to See Them (Safely) in the Naples Area

Monday June 5 at 3pm

There are five million alligators in the southeast United States. A quarter of those are in Florida. Our discussion starts with background information about alligators – size, quantity, location, habitat, appearance, diet, ectothermy, reproduction, social structure, legal status, and close relatives. Then we will talk about alligators at Audubon Corkscrew Swamp, Big Cypress Bend, Turner River Road, Big Cypress Oasis, Six-Mile Cypress Slough, CREW Bird Rookery Swamp, Naples Zoo, Everglades Wonder Gardens, and a few other places.

The Man Responsible for Marco Island

Monday June 12 at 1pm

Join Jack Joyce as he recounts the history of Marco Island & Naples dating back from 1887 to the present. Jack was one of the original founders of Marco Island and created the marketing plan that remains today.

What the Tech?

Monday June 19 at 1pm

Join Erick for an hour of 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.

Hurricane Preparedness by WINK News Weather

Monday June 26 at 1pm

Hard to believe, but Hurricane Season is here. Join meteorologist Nash Rhodes for expert insight on having a safe season and knowing how and when to prepare.



June Programming

Social Groups

Current Events w/ Sandy Tuesdays at 12:30pm

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



June 6: Political Leadership Matters / Gig Economy

June 13: DEI -Diversity, Equity, Inclusion / Bilingual Education

June 20: Book Banning / Unions & Management

June 27: Immigration / Artificial Intelligence

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.



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.

June 7: Sounds of Yesteryear

June 14: Flag Day w/ Naples Dixieland Jazz Band

June 21: Dottie & Bruce

June 28: Piano w/ Dave

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 June 7 at 2pm: We Have a Ghost

After finding a ghost with a murky past haunting their new house, a family becomes internet sensations – the targets of a shadowy government agency.

Wed June 14 at 2pm: A Man Called Otto

Enraged by the world and hardened by grief, a cranky retiree plots his own demise but is foiled when a lively young family bursts into his life.

Wed June 21 at 2pm: My Octopus Teacher

In this drama inspired by the life of Lucio Urtubia, an anarchist targets one of the world's biggest banks with an ingenious counterfeiting operation.

Wed June 28 at 2pm: AKA

A steely special ops agent finds his morality put to the test when he infiltrates a crime syndicate and unexpectedly bonds with the boss' young son.



HEALTH & FITNESS

Total Fitness w/ Grace

Mondays at 9:30am

Strength & Stretch w/ Diane

Mondays at 10:30am

Chair Yoga DVD

Mondays at 2pm

Bone Builders

Tuesdays & Thursdays at 10am

One hour exercise Head to Toe w/ weights.

Gentleness in Motion – Senior Karate

Tuesdays at 11am

A low-impact version of karate techniques aimed at flexibility and fitness.

Get Fit with Irene – Weights & Bands **Limited Class Size

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

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 May Programs

LEARNING LAB

Writing for the Fun of It!

Tuesdays at 2:30pm

This is the Tuesday afternoon workshop that turns Senior Center members into authors. 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. 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

Times Vary (call for appointment)

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

Book Club – *The Moon, the Stars, and Madam Burova* by Ruth Hogan

Thursday June 15 at 12:30pm

Billie has lost her university job, her marriage, and her place in the world when a sudden and unlikely discovery leaves her very identity in question. Determined to find answers, she must follow a trail...which leads to Brighton, the pier, and directly to Madame Burova's door.

In Search of Chopin

Thursday June 29 at 1pm

In this documentary, learn about the music and life story of Fryderyk Chopin, considered one of the greatest composers of all time.

ARTISTIC OUTLETS

Arts & Crafts w/ Kathy

Monday June 5 at 10am

Patriotic Wreaths

Empty Bowls

Monday June 12 at 10am

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

Creative Cards

Monday June 19 at 10am

Summer greetings!

Fun w/ Sock Puppets

Monday June 26 at 10am

Join Jackie M for a fun day of creating your own puppet!

Needleworks

Tuesdays at 10am

Knitting & Crochet

Artistic Expression

ZOOM – Tuesdays at 1pm

Watercolor w/ Ava

Wednesdays at 1:30pm

Origami

Thursday June 1 at 1pm

Fun in a fold!



Acrylic Art w/ Robyn

Fridays June 2, 16, & 30 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!

Garden Club

Fridays at 12pm

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

MUSIC & MORE

An Afternoon w/ Pianist Doug Williams

Mondays June 12 & 26 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

Friday June 30 at 11am

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!



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



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VETERANS PROGRAMMING

VIP – Veterans in Paradise

Thursday June 8 at 1pm

Join us for fellowship and conversation.

Veterans Flexibility and Mobility Class

Thursdays June 1 & 15 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.

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Veteran Author Series featuring Jim Demarest

Thursday June 22 at 1pm

Brigadier General (Ret) Jim “Boots” Demarest is a professional speaker and consultant with decades of presentation experience. A graduate of the United States Air Force Academy, he spent 10 years as an active duty F-15 Fighter Pilot, and was a distinguished graduate of the Air Force Fighter Weapons School “Top Gun” program. He served in Desert Storm as an F-15 pilot and Chief of the Combat Mission Planning Cell in Saudi Arabia. Boots returned to military service in 2009 when he joined the Florida Air National Guard as a JAG, and served in a senior leadership position until retiring in 2022. He is a sought after speaker on topics including leadership, strategic and tactical planning, and execution improvement.



Baker Senior Center Naples 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

SHINE

Wednesday June 14 by appointment. Call to schedule. Free in-person Medicare counseling available through SHINE. (Serving Health Insurance Needs of Elders) Program volunteer. SHINE services are available to Medicare beneficiaries, their families and caregivers. SHINE counselors can help you understand your Medicare benefits, review your health care coverage options, assist in resolving claims and other Medicare issues, and help determine whether you qualify for any federal, state or other assistance with health and drug needs.

Transportation

For Collier Area Transportation to the Senior Center call 239-252-7272. If you haven't signed up call Baker Senior Center Naples and we can help you get registered.

Not able to visit NSC? Need Someone to Chat With?

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. To join in, just give a call to BSCN at 239-325-4444 and let them know you want to be included on the volunteer call list please call us.



- Dr. Jaclynn Faffer, President/CEO
- Wanda Rodriguez, CFO/COO
- Dr. Denise McNulty, Chief Clinical Officer
- Amanda Ignasak, Chief Senior Center Officer
- Marisa Luizzi, Chief Cognitive Health Officer
- Gerri Poletti, LCSW, Director of Social Work Services
- Debbie Lageman, Volunteer Services Manager
- Jayne Schandl, Development Database Manager
- Kevin Dalfonso, Licensed Clinical Social Worker
- Catherine Boniello, Licensed Clinical Social Worker
- Stephanie Cakov, Social Worker
- Carpel, M., Social Worker
- Jodi Rubenstein, Geriatric Case Manager
- Katie Slominski, Geriatric Case Manager
- Alicia Nietzel, Geriatric Case Manager
- John Colgin, Facilities Manager
- Penny Taylor, Disaster Relief Resource Coordinator
- Jeanette Bucknor, Operations Coordinator
- Gisela Chamberlin, Senior Accountant
- Renee Del Duca, Executive Assistant
- Alex Barba-Rodriguez, Senior Center Assistant
- Holly Henderson, Administrative Assistant
- Mary Schierbaum, Administrative Assistant
- Kelley Findlay, Administrative Assistant