


|   |   |   |  |   |
|---|---|---|--|---|
| <p>1)<br/>9:15 Yoga w/Dignity &amp; Grace<br/>10:00 Arts &amp; Crafts w/Kathy<br/>10:30 Bone Building Fitness<br/>11:00 Simple Tai Chi<br/>11:30 Seeing Art in New Ways<br/>1:00 Watercolor w/Anneke<br/>2:00 Chair Exercise DVD<br/>3:00 Paul Pacter Presents Southern France</p>          | <p>2)<br/>9:30 Move &amp; Groove<br/>10:00 Senior Fitness w/Paula<br/>10:00 Needleworks<br/>10:00 Learn to Crochet<br/>11:00 Gentleness in Motion – Senior Karate<br/>12:15 Mindfulness Meditation<br/>12:30 Current Events Group<br/>1:00 Beijing 24<br/>1:00 Writing for the Fun of It!<br/>2:30 Writing for the Fun of It!<br/>3:00 Sing Along w/Tommy Tunes</p>   | <p>3)<br/>9:45 Get Fit w/Irene<br/>10:45 Stretch DVD<br/>11:00 Early Lunch<br/>12:00 Documentary Series: <i>The Big Flower Fight</i><br/>12:30 Café Karaoke<br/>1:00 Late Lunch<br/>1:00 Watercolor w/Ava<br/>2:00 Ukulele Lessons<br/>2:00 Movie Matinee: <i>The Hill</i><br/>3:00 HUGS; Happy Ukulele Group</p>                           | <p>4)<br/>9:30 Move &amp; Groove<br/>10:00 Bone Building Fitness<br/>10:00 Guy Time<br/>10:30 Advanced Tai Chi<br/>11:00 Learn to Crochet<br/>11:00 Pathways to Empowerment<br/>11:30 Beijing 24<br/>12:00 Veterans Stretch &amp; Mobility<br/>12:30 Mindfulness Meditation<br/>12:30 Currents Events<br/>1:30 Chair Yoga DVD<br/>2:00 Beginner Line Dancing<br/>3:00 Line Dancing</p> | <p>5)<br/>9:30 Just Bridge<br/>9:30 “String” Along<br/>9:45 Yoga w/Dignity &amp; Grace<br/>10:00 Acrylic Art w/Robyn<br/>10:30 Mah Jongg Lesson #1<br/>11:00 Total Fitness w/Grace<br/>11:15 Drum Circle<br/>12:30 Garden Club<br/>12:30-3:30 Cards &amp; Games<br/>12:30 Chess<br/>1:00 HUGS Practice<br/>1:30 Puppets on Parade</p>               |
| <p>8)<br/>9:15 Yoga w/Dignity &amp; Grace<br/>10:00 Empty Bowls Painting Class<br/>10:30 Bone Building Fitness<br/>11:00 Simple Tai Chi<br/>11:30 Seeing Art in New Ways<br/>1:00 Watercolor w/Anneke<br/>2:00 Chair Exercise DVD<br/>3:00 Afternoon Piano w/Doug Williams</p>              | <p>9)<br/>9:30 Move &amp; Groove<br/>10:00 Senior Fitness w/Paula<br/>10:00 Needleworks<br/>10:00 Learn to Crochet<br/>11:00 Gentleness in Motion – Senior Karate<br/>11:30 Ladies Lunch &amp; Learn w/Dr. Pomeranz<br/>12:15 Mindfulness Meditation<br/>12:30 Current Events Group<br/>1:00 Beijing 24<br/>1:00 Writing for the Fun of It!<br/>2:30 Writing for the Fun of It!<br/>3:00 Sing Along w/Tommy Tunes</p> | <p>10)<br/>9:15-1:15 Lions Vision Screening (Appt. Req.)<br/>9:45 Get Fit w/Irene<br/>10:45 Stretch DVD<br/>11:00 Early Lunch<br/>12:00 HUGS Performance<br/>1:00 Late Lunch<br/>1:00 Watercolor with Ava<br/>2:00 Ukulele Lessons<br/>2:00 Movie Matinee: <i>Marriage of Figaro</i><br/>3:00 HUGS; Happy Ukulele Group</p>                 | <p>11)<br/>9:30 Move &amp; Groove<br/>10:00 Bone Building Fitness<br/>10:00 Guy Time<br/>10:30 Advanced Tai Chi<br/>11:00 Learn to Crochet<br/>11:00 Pathways to Empowerment<br/>11:30 Beijing 24<br/>12:30 Mindfulness Meditation<br/>12:30 Currents Events<br/>1:00 VIP<br/>1:30 Chair Yoga DVD<br/>2:00 Beginner Line Dancing<br/>3:00 Line Dancing</p>                             | <p>12)<br/>9:30 Just Bridge<br/>9:30 “String” Along<br/>9:45 Yoga w/Dignity &amp; Grace<br/>10:00 Crafts &amp; Cookies w/Claudia<br/>10:30 Mah Jongg Lesson #2<br/>11:00 Total Fitness w/Grace<br/>11:15 Drum Circle<br/>12:30 Garden Club<br/>12:30-3:30 Cards &amp; Games<br/>12:30 Chess<br/>12:30 Opera For Everyone<br/>1:00 HUGS Practice</p> |
| <p>15)<br/>9:15 Yoga w/Dignity &amp; Grace<br/>10:00 Make &amp; Take Craft with Diana<br/>10:30 Bone Building Fitness<br/>11:00 Simple Tai Chi<br/>11:30 Seeing Art in New Ways<br/>1:00 Watercolor w/Anneke<br/>1:30 Let Me Tell You My Story<br/>2:00 Chair Exercise DVD</p>              | <p>16)<br/>9:30 Move &amp; Groove<br/>10:00 Senior Fitness w/Paula<br/>10:00 Needleworks<br/>10:00 Learn to Crochet<br/>11:00 Gentleness in Motion – Senior Karate<br/>12:15 Mindfulness Meditation<br/>12:30 Current Events Group<br/>1:00 Beijing 24<br/>1:00 Writing for the Fun of It!<br/>2:30 Writing for the Fun of It!<br/>3:00 Sing Along w/Tommy Tunes</p>  | <p>17)<br/>9:45 Get Fit w/Irene<br/>10:45 Stretch DVD<br/>11:00 Early Lunch<br/>12:00 Documentary Series: <i>The Big Flower Fight</i><br/>12:30 Café Karaoke<br/>1:00 Late Lunch<br/>1:00 Watercolor with Ava<br/>2:00 Ukulele Lessons<br/>2:00 Movie Matinee: <i>Made in Italy</i><br/>3:00 HUGS; Happy Ukulele Group</p>                  | <p>18)<br/>9:30 Move &amp; Groove<br/>10:00 Bone Building Fitness<br/>10:00 Guy Time<br/>10:30 Advanced Tai Chi<br/>11:00 Learn to Crochet<br/>11:00 Pathways to Empowerment<br/>11:30 Beijing 24<br/>12:00 Veterans Stretch &amp; Mobility<br/>12:30 Book Club<br/>12:30 Currents Events<br/>1:30 Chair Yoga DVD<br/>2:00 Beginner Line Dancing<br/>3:00 Line Dancing</p>             | <p>19)<br/>9:30 Just Bridge<br/>9:30 “String” Along<br/>9:45 Yoga w/Dignity &amp; Grace<br/>10:00 Acrylic Art w/Robyn<br/>10:30 Mah Jongg Lesson #3<br/>11:00 Total Fitness w/Grace<br/>11:15 Drum Circle<br/>12:30 Garden Club<br/>12:30-3:30 Cards &amp; Games<br/>12:30 Chess<br/>12:30 Opera For Everyone<br/>1:00 HUGS Practice</p>            |
| <p>22)<br/>9:15 Yoga w/Dignity &amp; Grace<br/>10:00 Creative Cards<br/>10:30 Bone Building Fitness<br/>11:00 Simple Tai Chi<br/>11:30 Seeing Art in New Ways<br/>1:00 Watercolor w/Anneke<br/>1:30 Drum Circle<br/>2:00 Chair Exercise DVD<br/>3:00 Central Europe - Travelogue w/Jim</p>  | <p>23)<br/>9:30 Move &amp; Groove<br/>10:00 Senior Fitness w/Paula<br/>10:00 Needleworks<br/>10:00 Learn to Crochet<br/>11:00 Gentleness in Motion – Senior Karate<br/>12:15 Mindfulness Meditation<br/>12:30 Current Events Group<br/>1:00 Beijing 24<br/>1:00 Writing for the Fun of It!<br/>2:30 Writing for the Fun of It!<br/>3:00 Sing Along w/Dottie</p>   | <p>24)<br/>9:45 Get Fit w/Irene<br/>10:00 Fluid Art<br/>10:45 Stretch DVD<br/>11:00 Early Lunch<br/>12:00 Documentary Series: <i>The Big Flower Fight</i><br/>12:30 Café Karaoke<br/>1:00 Late Lunch<br/>1:00 Watercolor with Ava<br/>2:00 Ukulele Lessons<br/>2:00 Movie Matinee: <i>Queen Bees</i><br/>3:00 HUGS; Happy Ukulele Group</p> | <p>25)<br/>9:30 Move &amp; Groove<br/>10:00 Bone Building Fitness<br/>10:00 Guy Time<br/>10:30 Advanced Tai Chi<br/>11:00 Learn to Crochet<br/>11:00 Pathways to Empowerment<br/>11:30 Beijing 24<br/>12:30 Mindfulness Meditation<br/>12:30 Currents Events<br/>1:30 Chair Yoga DVD<br/>2:00 Beginner Line Dancing<br/>3:00 Line Dancing</p>  | <p>26)<br/>9:30 Just Bridge<br/>9:30 “String” Along<br/>9:45 Yoga w/Dignity &amp; Grace<br/>10:00 Crafts &amp; Cookies w/Claudia<br/>11:00 Total Fitness w/Grace<br/>11:15 Drum Circle<br/>12:30 Garden Club<br/>12:30-3:30 Cards &amp; Games<br/>12:30 Chess<br/>1:00 HUGS Practice</p>  |
| <p>29)<br/>9:15 Yoga w/Dignity &amp; Grace<br/>10:00 Arts &amp; Crafts w/Kathy (Derby Hats)<br/>10:30 Bone Building Fitness<br/>11:00 Simple Tai Chi<br/>11:30 Seeing Art in New Ways<br/>1:00 Watercolor w/Anneke<br/>2:00 Chair Exercise DVD<br/>3:00 Afternoon Piano w/Doug Williams</p> | <p>30)<br/>9:30 Move &amp; Groove<br/>10:00 Senior Fitness w/Paula<br/>10:00 Needleworks<br/>10:00 Learn to Crochet<br/>11:00 Gentleness in Motion – Senior Karate<br/>12:15 Mindfulness Meditation<br/>12:30 Current Events Group<br/>1:00 Beijing 24<br/>1:00 Writing for the Fun of It!<br/>2:30 Writing for the Fun of It!<br/>3:00 Piano Sing Along w/Dave</p>   |   | <p>6200 Autumn Oaks Lane<br/>Naples, FL 34119<br/>239-325-4444<br/><br/><a href="http://www.BakerSeniorCenterNaples.org/senior-center">www.BakerSeniorCenterNaples.org/senior-center</a></p>   |  <p><b>Baker Senior Center Naples</b></p> <p>**Technology Assistance Available by Appointment. Please call to schedule.</p>  |