



## Message from Dr. Faffer

Dear Friends,

May is an important month honoring all we do at Baker Senior Center Naples. Established in 1963, Older Americans Month (OAM) is celebrated every May. OAM is a time to recognize older Americans' contributions, highlight aging trends, and reaffirm commitments to serving the older adults in our community. Of course, BSCN honors older adults every day!

This year's theme, "Powered by Connection" focuses on the profound impact that meaningful connections have on the well-being and health of our seniors. Again, BSCN is all about connecting. In fact, it is so important that it is one of the three words that make up our mission.....Confidence. Connection. Support.

May is also Mental Health Awareness month. Addressing the mental health concerns of our older adult community is vitally important here at BSCN. Whether it is through our mental health counseling services, caregiver support groups or special programs we offer at the center, we are keenly aware that we play a key role in supporting those who struggle with life cycle issues, depression and anxiety.

Thank you for being part of Baker Senior Center Naples, an organization that continues to serve as a model for comprehensive programs for older adults.

All my best,

## Programs & Presentations

### Paul Pacter Presents – Italy: Rome Part 1

**Monday May 6 at 3pm**

Italy is a young country (formed just in 1861) with an ancient history. Paul Pacter's presentation will start with histories of Italy and Rome (remember Romulus and Remus). Then we look at classical Rome, including St Peter's (with an Easter mass), Vatican Museums, Via Giulia (designed by a Pope), two Farneses (Residenza and Palazzo), the Colosseum, Forums, and Arch of Constantine. We will stop at Campo di Fiori (best market in Rome), Piazza Navona (Baroque at its finest), and the Capitoline Museum (with Lupa the she-wolf). Part 2 next month.

### Travelogue w/ Jim – The Persian Gulf : Lands of Oil and Money

**Monday May 20 at 3pm**

Everyone has heard of the wealth of Dubai, come join us as we visit Dubai's even richer, but lesser known, neighbors of Abu Dhabi, Bahrain, and Qatar. With ancient ruins, burning desert wastes, beautiful oasis, and ultra-modern cities, this part of the world has it all. From ancient bazaars to the tallest building in the world; from racetracks for camels to hospitals for falcons, we will visit places and see sights that until very recently were shut off from the rest of the world.

### Collier Co. Clerk of Court – Guardianship Program

**Thursday May 30 at 1:30pm**

A guardian is a person that is entrusted by the Courts with the care and protection of an individual and/or their property because they are under the legal age of capacity, or due to physical or mental impairment. If you would like to function as a guardian for a loved one, or if you anticipate that you may need to have a guardian appointed to assist you, Clerk Crystal Kinzel's staff will provide an overview of the guardianship process.



WE'LL BE  
CLOSED  
MONDAY,  
MAY 27TH

# May Programming

## Social Groups

### Current Events w/ Sandy

Tuesdays & Thursdays at 12:30pm

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



**May 2:** Gun Control

**May 7/9:** Arming Teachers

**May 14/16:** Big Pharma Cancer Drugs

**May 21/23:** Sanctions

**May 28/30:** Early Voting

### Wednesday Lunch – Now with 2 Seatings!

11am – Early Lunch \* 1pm – Second Lunch

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

Please only sign-up for 1 lunch time.

### 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.



### Just Bridge

Fridays at 9:30am

Hosted by Mary Ellen. Meet some new players.

### Cards & Games (including Mah Jongg and Chess)

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.



## MOVIE MATINEE

\*See separate flyer available at Front Desk & online



## HEALTH & FITNESS - NEW SCHEDULE

### Total Fitness w/ Grace

Mondays at 9:15am

Aerobic exercise to raise your heart beat and cardio capacity, with brief weight training and simple stretch

### Bone Building Fitness

Mondays at 10:30am, Wednesdays & Fridays at 9:45am

One hour weight program to strengthen head to toe.

### Golden Yoga

Mondays at 2pm & Thursdays at 9:30am

Join our yoga instructor Susan for a well-rounded hour of yoga.

### Mindfulness Meditation

Tuesdays at 12:15pm & Thursdays at 12:30pm

Would you like to start a Mindfulness Meditation practice BUT you think it's too difficult or there are just too many distractions in your life? Would you like to learn a slow, gentle and simple Mindfulness Meditation practice in a relaxing and nonjudgmental class? And let's not forget the side effects: lower blood pressure, decreased production of stress hormones that speed up the aging process and increased immunity?

### Move & Groove

Tuesdays and Thursdays at 9:30am (thru May 14)

Get your morning going with a dance style routine from Francine.

### Senior Fitness with Paula

Tuesdays at 10:00am

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



### 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

Thursdays at 10am

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

### Senior Fitness DVD

Thursdays at 1:30pm

## TAI CHI

Baker Senior Center offers many exercise classes that one can attend as a “one size fits all” - Just sign 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.

### Tai Chi – Beijing 24

Tuesdays at 1pm & Thursdays at 11:30am

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

### Advanced Tai Chi

Thursdays at 10:30am

For committed learners who have at least learned the first 17 moves of Taoist Tai Chi or other forms of Tai Chi before.

## LEARNING LAB

### Writing for the Fun of It!

Tuesdays at 1pm & 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.

# Additional May Programs

## 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: We Begin at the End – Chris Whitaker

Thursday May 16 at 12:30pm

A story of mistakes, redemption, and the length to which a person will go to protect a person he loves. Thirteen-year-old Duchess Ray Radley, daughter of Star and self-proclaimed outlaw, has been protecting her brother, Robin, and caring for her mother for as long as she can remember.

## A.I. Artificial Intelligence or Intrusively Artificial?

Monday May 13 at 1:30pm

An explanation of A.I., what it is, how it works, and how it affects our lives positively and negatively. Experience some A.I. tools at the end of the presentation.

## ARTISTIC OUTLETS

### Creative Cards

Monday May 6 at 10am

### Empty Bowls Painting Class

Monday May 13 at 10am

Let your creativity loose as we turn plain ceramic bowls into a work of art while helping a good cause at the same time.

### Arts & Crafts w/ Kathy

Monday May 20 at 10am

Derby Hats on 4.29

### Watercolor Painting w/ Anneke

Mondays at 1pm

### Needleworks

Tuesdays at 10am

Knitting & Crochet.

### Learn to Crochet

Tuesdays at 10am & Thursdays at 11am

Meet w/ Noreen to learn Crochet.

### Origami with Ellen

Thursday May 9 at 1pm

Spring into a new fold!

### Watercolor Painting w/ Ava

Wednesdays at 1pm

### Crafts & Cookies w/ Claudia

Fridays May 10 at 10am

Join Claudia for a creative craft outlet.

### Acrylic Art w/ Robyn

Fridays May 3, 17 & 31 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 12:30pm

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



## MUSIC & MORE

### The Nostalgics – Live Performance

Friday May 10 at 1pm

Local from Naples, The Nostalgics is a 20-piece band to play dance music from the 40's, 50's, and 60's. Maybe bring your dancing shoes!

### An Afternoon w/ Pianist Doug Williams

Monday May 13 & Tuesday May 28 at 3pm (Sing Along)

Doug Williams is a gifted pianist/vocalist with a repertoire including over 1500 songs including soft jazz, light classical, Broadway and the Great American Songbook.

### Sing Alongs w Tommy Tunes

Tuesdays May 7 & 14 at 3pm

### Piano Sing Along with Dave

Tuesday May 21 at 3pm

### The "String"-Along

Fridays at 9:30am

Feeling musical? Do you play guitar? Would you like to learn how to play? How about a weekly jam session with fellow musicians of all levels? Bring your own guitar, banjo, bass etc. (Let's keep it acoustic for now. Maybe we can go electric and "plug in" down the road. :)

### Drum Circle

Tuesdays at 12pm, Fridays at 11:15am & Monday May 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.

### HUGS – Happy Ukulele Group & New Strummers

Wednesdays at 2pm (New Strummers) & 3pm and Fridays at 1pm

Bring your own ukulele or come to watch and listen! New strummer lessons available at 2pm.

### 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.

### Line Dancing

Thursdays at 3pm

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

### The French Horn – A Performance

Friday May 31 at 1pm

Join Naples Philharmonic's Alex Moore for an interactive musical performance featuring the French Horn. He will describe short excerpts from the orchestral repertoire as horn players, and then perform the described selections.



## VETERANS PROGRAMMING

### Veterans Flexibility and Mobility Class

Thursday May 2 & 16 at 12pm

Our VIP Group has partnered with Home Base to bring our veterans this program provided by Certified Strength & Conditioning Specialist, Jaime Fernandez.

### VIP – Veterans in Paradise

Thursday May 9 at 1pm

Join us for conversation & fellowship







## VETERANS PROGRAMMING cont.

### Resilient Warrior

**Begins Thursday May 23 at 1p (6-week session)**

Resilient Warrior is designed to help Veterans and Service Members manage stress more effectively. The fundamental principle of this six-session program is to help you understand your response to stress and, in turn, improve your ability to adapt more effectively to stress, or build resilience. Elements of the program include:

1. Stress awareness and our responses
2. Stress resilience skills to promote relaxation
3. Understand the connection between the mind and the body
4. Explore the importance of sleep, nutrition and physical activity
5. Ways to change negative thoughts and behaviors
6. Connect with peers who may be having similar experiences

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.bakerseniorcenternaples.org](http://www.bakerseniorcenternaples.org)

#### Facebook Page:

Baker Senior Center Naples

#### Email:

[info@bakerseniorcenternaples.org](mailto:info@bakerseniorcenternaples.org)

#### Phone:

239-325-4444

For information regarding any program, please contact:

[aignasak@bakerseniorcenternaples.org](mailto:aignasak@bakerseniorcenternaples.org)



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

**Alexandra Barba-Rodriguez, Senior Center Assistant**

**Stephanie Cakov MSW, Social Worker**

**Gisela Chamberlin, Senior Accountant**

**John Colgin, Facilities Manager**

**Kazha Crouteau, Geriatric Case Manager**

**Renee Del Duca, Executive Assistant**

**Hilda Goin, Administrative Assistant**

**Carol Golly, Licensed Clinical Social Worker**

**Kelley Findlay, Administrative Assistant**

**Tatiana Harris, Geriatric Case Manager**

**Holly Henderson, Administrative Assistant**

**Amanda Ignasak, Chief Senior Center Officer**

**Nicholas King, Administrative Assistant**

**Debbie Lageman, Volunteer Services Manager**

**Marisa Luizzi, Chief Cognitive Health Officer**

**Riley McLean, Social Worker**

**Tim Morrison, Chief Development Officer**

**Pam Osborne LCSW, Chief Clinical Officer**

**Geri Poletti LCSW, Director of Social Work Services**

**Paula Matta, Music Therapist / Facilitator**

**Wanda Rodriguez, CFO/COO**

**Jodi Rubenstein, Case Manager Supervisor**

**Jayne Schandl, Development Database Manager**

**Beata Sulek, Director of Finance**

**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.