



## Message from Dr. Faffer

Dear Friends,

March 20th was the official first day of spring, and April is filled with special events. We have the holidays of Easter and Passover. April is also the month that we recognize and celebrate our volunteers. Baker Senior Center Naples is fortunate to have a cadre of volunteers who keep our senior center activities cutting edge, and who provide support to our clients and staff in our Brookdale Cognitive Health Center. We will be saying “thank you” to our volunteers on April 11th with an ice cream social. Each and every volunteer brings something special to BSCN, and we are forever grateful.

And speaking of volunteers, April is also the month when we begin to see those car carriers loading up to begin the trips back north. This has an impact on BSCN as many of our volunteers are the ones putting their cars on the carriers. For those of us staying in Naples, please think about whether or not you have a special skill or interest, such as in art, music or fitness, that could, perhaps, fill some of the potential gaps in our programs. If so, I know Amanda and Debbie will welcome your calls.

Keep that “spring” in your step, and enjoy the month of April at Baker Senior Center Naples.

Stay well,

## Programs & Presentations

### Paul Pacter Presents – Southern France from Carcassonne to Nice

Monday April 1 at 3pm

Languedoc produces more than one-third of France’s wine grapes. Carcassonne is Europe’s largest walled city – Medieval and Roman. Nimes and Arles have Roman arenas. Join Paul Pacter for a walk “sur le Pont d’Avignon” and also on the Pont du Gard (three-story Roman aqueduct). Orange has the best-preserved Roman theatre in the world. After stops in Cannes and several other Riviera villages we will finish in Nice.

## Programs & Presentations cont.

### Ladies Lunch & Learn

Tuesday April 9 at 11:30am (Limited Seating – RSVP Required)  
Join Dr. Stephen Pomeranz, Founder, CEO, and Medical Director of ProScan Imaging for an informational session on breast health and medical advances.

### Treasures of Central Europe – The Amazing Countries of Czech Republic, Slovakia, and Hungary: Travelogue w/ Jim

Monday April 22 at 3pm

Visit the spectacular scenery, mighty castles and picture book pretty villages in contrast with the horrors of WWII

### HUGS Performance

Wednesday April 10 at 12pm

The finest ukulele players in miles. Join us for this special presentation. Feeling festive? Wear your favorite tropical attire!

### Pathways to Empowerment

Thursdays at 11am

This 4-part series presented by Baker Senior Center Naples Case Management and Mental Health Staff focuses on strategies for living a more enriched and empowered life. Each session will address an issue that impacts daily life and will include practical ways to deal with every day struggles.

- April 4: Be Your Own Best Friend—Building Confidence and Self Esteem Presented by: GERALYN POLETTI, Dir. of Social Work Services
- April 11 - Coping Well with Stress Presented by: Jodi Rubenstein, CCM; Tatiana Harris Geriatric Case Management Team
- April 18 - Getting What You Need—Developing Assertiveness Skills Presented by: GERALYN POLETTI, Dir. of Social Work Services
- April 25 - Identifying and Developing Healthy Relationships Presented by: Catherine Boniello, LCSW

### Lions Club Vision Screening

Wednesday April 10 from 9:15am-1:15pm

Members can receive a comprehensive vision screening provided by Naples Lions Club. Appointment required. Call 239.325.4444

# April 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.



**April 2/4:** Bidenomics / Far Right World

**April 9/11:** National Debt / Economic China

**April 16/18:** Assisted Suicide / Trade Tariffs

**April 23/28:** Congress / Is College Worth It?

**April 30:** Gerrymandering / Gun Control

### 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.



### Just Bridge

Fridays at 9:30am

Hosted by Mary Ellen. Meet some new players.

### 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.

### Mah Jongg Lessons w/ Cindy

Fridays at 10:30am \*Except 4/26

Progressive learning track (1-4) for beginners.



### 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

\*See separate flyer available at Front Desk & online



## HEALTH & FITNESS - NEW SCHEDULE

### Yoga with Dignity & Grace

Mondays at 9:15am & Fridays at 9:45am

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

### Bone Building Fitness

Mondays at 10:30am & Thursdays at 10am

One hour weight program to strengthen head to toe.



### Mindfulness Meditation

Mondays & 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

Get your morning going with a dance style routine with 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

Wednesdays at 9:45am

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

### Chair Yoga DVD

Thursdays at 1:30pm

### Total Fitness w/ Grace

Fridays at 11am

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

## 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 April 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: Northern Spy – Flynn Berry

Thursday April 18 at 12:30pm

"This emotionally rich espionage story set in present-day Ireland looks at a country divided, the invisibility of motherhood, and the bonds of family that can supersede all else. It is the story of two sisters, one a paramedic and one a BBC news service employee. When one sister is apparently part of an IRA attack, the other refuses to believe it and sets out to prove her sister's innocence.

## Let Me Tell You My Story

Monday April 15 at 1:30pm

A group experience for writing & sharing your story.

## ARTISTIC OUTLETS

### Arts & Crafts w/ Kathy

Monday April 1 & 29 at 10am

Derby Hats on 4.29

### Empty Bowls Painting Class

Monday April 8 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.

### Make & Take

Monday April 15 at 10am

Create your own garden, desk, or plant ornament.

### Creative Cards

Monday April 22 at 10am

Spring Greetings!

### 'Seeing ART In NEW Ways'

Mondays at 11:30am

In this fun, lively and interactive course you'll discover new ways to look at, understand, discuss and form your own opinions about a wide variety of artworks, from the Renaissance to Modern Art. Feel free to participate as you choose while learning new ways to see and enjoy art!

### 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.

### Watercolor Painting w/ Ava

Wednesdays at 1:15pm

### Fluid Art Pour

Wednesdays April 24 (& May 1) at 10am

Lots of paint - Pour your own masterpiece!

### Crafts & Cookies w/ Claudia

Fridays April 12 & 26 at 10am

Join Claudia for a creative craft outlet.

### Sock Puppets on Parade

Friday April 5 at 1:30pm

See the show of creativity as the sock puppets come to life during this special display!

## Acrylic Art w/ Robyn

Fridays April 5 & 19 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

### Opera For Everyone – Otello

Friday April 12 at 12:30pm

Metropolitan Opera's bold production of Giuseppe Verdi's opera "Otello", Shakespeare's great tragedy, tells the story of the triumphant general of the Venetian army who is ultimately brought down by the sly insinuations of his friend Iago. Featuring Aleksandrs Antonenko, Željko Lucic, Sonya Yoncheva and conducted by Yannick Nézet-Séguin in a Met Opera 2015 performance.

### Opera For Everyone – Rigoletto

Friday April 19 at 12:30pm

Verdi's tense and heartbreaking tale of a court jester working for a Duke who is caught in a web of corruption, lechery and revenge runs the full emotional gamut in true operatic fashion. This 1981 DVD production of Giuseppe Verdi's opera "Rigoletto" was filmed live on location at various Italian Renaissance landmarks and features Luciano Pavarotti, Ingvar Wixell, and Edita Gruberova in starring roles.



### An Afternoon w/ Pianist Doug Williams

Monday April 8 & 22 at 3pm

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 April 2, 9, & 16 at 3pm

### Piano Sing Alongs with Dottie

Tuesday April 23 at 3pm

### Piano Sing Along with Dave

Tuesday April 30 at 3pm

### The "String"-Along

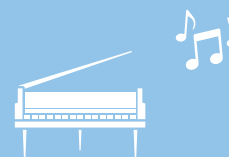
Fridays at 9:30am

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

Fridays at 11:15am & Monday April 15 at 1:30pm

Drum circles have been around for millennium, but recent research points to possible mental and physical health benefits.







### **MUSIC & MORE cont.**

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!



### **VETERANS PROGRAMMING**

#### **VIP – Veterans in Paradise**

**Thursday April 11 at 1pm**

The guest speaker in March will be David Soldano from the VA.

#### **Veterans Flexibility and Mobility Class**

**Thursday April 4 & 18 at 12pm**

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



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.

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)

**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**

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

**Catherine Boniello, Licensed Clinical Social Worker**

**Stephanie Cakov MSW, Social Worker**

**Gisela Chamberlin, Senior Accountant**

**John Colgin, Facilities Manager**

**Renee Del Duca, Executive Assistant**

**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**

**Dr. Ursula Pfahl, Chief Strategic Engagement Officer**

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

**Wanda Rodriguez, CFO/COO**

**Jodi Rubenstein, Case Manager Supervisor**

**Jayne Schandl, Development Database Manager**

**Beata Sulek, Director of Finance**