



## Message from Dr. Faffer

Dear Friends,

We have been here on Autumn Oaks Lane since early January. Sometimes it feels like forever, and sometimes it feels like yesterday. Community response has been phenomenal. I am sure by the time you read this we will have close to 800 new members!

It is a joy for me to talk with you, hear your suggestions and answer your questions about Baker Senior Center Naples. And, that gave us an idea! On May 31st I will be your speaker at lunch and I will tell you all you want to know about Baker Senior Center Naples, and take you “behind the scenes” so that you can have an idea of how our organization operates. In preparation for the luncheon program I invite you to submit any questions in advance to Amanda. You can do it by email, or you can drop off a written question. While I cannot promise to answer all, you can be sure I will use those questions as a framework for my presentation.

To our snowbirds who are returning north, safe travels, enjoy the summer and we look forward to seeing you next season!

All my best,

## Programs & Presentations, cont.

### Paul Pacter Presents Cuba & Its Capital City Monday May 1 at 3pm

America’s relationship with Cuba has been mostly confrontational since 1959, when Fidel Castro’s revolutionary army seized control and nationalized US-owned businesses. The trade embargo that the US imposed continues to this day. Lately – prompted by Cuba’s huge economic problems -- relations are starting to open up again. We will look at Cuba’s history, economy, culture, cuisine, classic cars, and its delightful and resourceful people. Yes, Americans can legally travel to Cuba. We will look at dozens of things to see and do in the Havana area.

### Senior Health & Wellness Series

**Mondays May 1, 8, 15, at 1pm and Thurs May 25 at 12pm**

This series presented by Dr. Denise McNulty is focused on improving the health and well-being of our members

**May 1 – Aging Gracefully**

**May 8 – The Heart & Soul of Health: Empowering Your Mind, Body, and Spirit**

**May 15 – Dealing with Loss, Grief, & Disappointment**

**May 25 – Coping with Stress in Everyday Life**

### Travelogue: Indonesia – Land Of Volcanoes And Dragons Monday May 15 at 3pm

Seldom visited by Americans, Indonesia is an awe-inspiring land. The world’s fourth most populous country spread over 17,000 islands and seemingly as many different cultures and peoples-- sea dwellings, mountain clans and jungle tribes whose homes are located in rainforests, on rivers, next to beautiful ocean beaches and aside active volcanoes. From the tourist magnet of Bali to the cultural heart of Java and the dragons that live on Komodo, we visit an enigmatic, exotic, breathtaking and unforgettable land.

### Animal Assisted Intervention Informational Session Monday May 22 at 1pm

Are you interested in learning more about activities involving animals? Join Dr. Brigitte Belanger of FGCU Occupational Therapy for an overview of a 4-week/8-session commitment M/W from 2-3pm for animal assisted interventions.

## Programs & Presentations

### 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.

**May 3 – Sounds of Yesteryear (Wear Your Derby Hat!)**

**May 10 – Rocco**

**May 17 – Dottie & Bruce**

**May 24 – Triple Play**

**May 31 – Dr. Jaclynn Faffer**



# May 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.



**May 2:** Clean Energy / Africa

**May 9:** Congress / Extremism

**May 16:** Electric Vehicles / Healthcare

**May 23:** Gun Control / Offshore Drilling

**May 30:** Crime / ESG – Environmental, Social, Governance

### Beginner Mah Jongg Lessons

Fridays May 5 & 26 at 11am

\*\*Group is limited to 8 players!



### 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.



### 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 May 3 at 2pm: Faraway

After inheriting a house on a Croatian island, a woman embarks on a spur-of-the-moment trip that reignites her joy in life and opens a door to new love.

Wed May 10 at 2pm: True Spirit

A tenacious Australian teen chases her dreams – and faces her fears – as she sets out to become the youngest person to sail solo around the world.

Wed May 17 at 2pm: A Man of Action

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 May 24 at 2pm: Murder Mystery 2

After starting their own detective agency, Nick & Audrey Spitz land a career-making case when their billionaire pal is kidnapped from his wedding.

Wed May 31 at 2pm: Deidra & Lainey Rob a Train

With their mother in jail and bills piling up, ambitious small-town teens Deidra & Laney plot a series of train robberies to keep themselves afloat.



## HEALTH & FITNESS

Total Fitness w/ Grace

Mondays at 9:30am \*\*New Time

Strength & Stretch w/ Diane

Begins 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

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 May Programs

## LEARNING LAB

### Museum Masterpieces: The Louvre

Monday May 8 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

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 Women of Copper County

Thursday May 18 at 12:30pm

After being stolen from her wealthy German parents and raised in the unforgiving wilderness of eastern Europe, a young woman finds herself alone in 1941 after her kidnapper dies. Her solitary existence is interrupted, however, when she happens upon a group of Jews fleeing Nazi persecution.

## ARTISTIC OUTLETS

### Creative Cards

Monday May 1 at 10am

Create your spring greeting or Mother's Day card.

### Empty Bowls

Monday May 8 at 10am

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

### Arts & Crafts w/ Kathy

Monday May 15 at 10am

### Fun w/ Sock Puppets

Monday May 22 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 May 4 at 1pm

Fun in a fold!



### Acrylic Art w/ Robyn & Faye

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!

### 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 May 8 & 22 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 May 5 at 11am and Monday May 15 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 May 11 at 1pm

Join us for fellowship and conversation.

### Veterans Flexibility and Mobility Class

Thursday May 18 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.





**Baker  
Senior Center  
Naples**

6200 Autumn Oaks Lane • Naples, FL 34119  
Telephone: (239) 325-4444 • Fax (239) 330-7947  
info@naplesseniorcenter.org • NaplesSeniorCenter.org

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

Facebook Page: Naples Senior Center

Email: [info@naplesseniorcenter.org](mailto:info@naplesseniorcenter.org)

Phone: 239-325-4444

For information regarding any program, please contact: [Aignasak@naplesseniorcenter.org](mailto:Aignasak@naplesseniorcenter.org)

**To Login and Sign up for Programs in Advance Enter:**

[myactivecenter.com/#centers/USA.FL.Naples.Naples-Senior-Center-at-JFCS](http://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”.

**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.



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.

**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**

**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**