



Message from Dr. Faffer

Dear Friends,

I have been told that July is “Social Wellness Month”, although when you look at our calendar of events we celebrate social wellness everyday with our wide range of programs. It is timely to give a few reminders about how to take care of ourselves during this time of year.

For those of you still with us in Florida, we know that the temperature is already in the 90s, humidity is high and fortunately the rains are slowly returning. While it is always important to stay hydrated it is particularly important this time of year. Throughout the center we have water fountains, water bottle refilling stations and the café. Be sure to drink some water after our many fitness classes, and take a break before moving on to your next activity, whether in our building or not.

Putting on sun screen is another important task to remember. The best method is to put it on in the morning, and then replenish throughout the day.

We have many programs to interest you during the month of July. Stay out of the sun and stay hydrated by joining us for all we have to offer, within the air conditioned walls of our beautiful Baker Senior Center Naples building.

Stay cool and stay healthy,

Programs & Presentations

Androids Assemble! *FOR: Android users.*

Thursday July 6 at 1pm

A walkthrough of basic Android features and settings. We will cover all “front-facing” interactions, including general settings, customization, and integrations. This lecture will give you a stronger understanding of the Android system.

Taiwan: Taipei, the Capital City

Monday July 3 at 3pm

China annexed Taiwan in the 1680s and held it until 1895, when it was ceded to Japan. Japan lost Taiwan at the end of WW2, but its status remains unsettled to this day. Is it a province of China or an independent country? And is Chiang Kai-shek, who tried to rule mainland China from Taiwan, viewed as a hero or a villain? Paul Pacter, who lived in Hong Kong for 20 years and visited Taiwan frequently, will discuss these thorny questions. We will also have lots of time to look at Taipei’s fabulous temples, Chinese antiquities, cuisine, night markets, and hot springs.

Seeing Art in New Ways

Mondays at 1pm (starting July 10)

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!

Travelogue: An African Safari - Following the Herds and Predators

Monday July 17 at 3pm

Come with us as we go on an African safari in quest of the holy grail of all African explorers, the “Big Five”. From the Ngorongoro Crater to Mt Kilimanjaro to the Serengeti Plain sit in the jeep with us as we search for the lion, elephant, Cape buffalo, leopard, and the rhinoceros as well as many other beasts such as the cheetah and hippo.



July 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.

July 11: Lobbying / Clean Energy

July 18: Healthcare / Extremeism

July 25: Social Security / Is College Worth It?

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.

July 5: HUGS - Happy Ukulele Group

July 12: Rocco

July 19: Sounds of Yesteryear

July 26: 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 July 5 at 2pm: *Hunger*

A talented young street-food cook pushes herself to the limit after accepting an invitation to train under and infamous and ruthless chef.

Wed July 12 at 2pm: *A Tourist's Guide to Love*

Work brings an American travel executive to Vietnam, where a free-spirited tour guide helps her open her eyes to a beautifully adventurous way of life.

Wed July 19 at 2pm: *Still Time*

In this time-jumping dramedy, a workaholic who's always in a rush now wants life to slow down when he finds himself leaping ahead a year every few hours.

Wed July 26 at 2pm: *Lulli*

A brilliant but self-centered medical student seems incapable of listening to others – until an accident gives her the ability to hear people's thoughts.



HEALTH & FITNESS

Total Fitness w/ Grace

Mondays at 9:30am

Strength & Stretch w/ Diane

Mondays at 10:30am

Chair Yoga DVD

Mondays July 3, 10, & 24 at 2pm

Mindfulness & Meditation

Mondays July 17 and 31 at 2pm

Partake in a 30-minute mindfulness meditation practice offered by **Theresa Hudziak**, MS and qualified Mindfulness-Based Stress Reduction teacher. The practice will open with 10 minutes of mindful movement (for example yoga) and transition to 15 minutes seated meditation and close with an opportunity for discussion.

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

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.



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 July 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 Beekeeper of Aleppo* by Christy Lefteri

Thursday July 20 at 12:30pm

The unforgettable love story of a mother blinded by loss and her husband who insists on their survival as they undertake the Syrian refugee trail to Europe.

Let Me Tell You My Story

Monday July 31 at 3pm

We all have stories from years ago, today, and last year. They make us who we are. Join Natalie L for a group experience writing and sharing your story.

ARTISTIC OUTLETS

Creative Cards

Monday July 3 at 10am

Summer greetings!

Empty Bowls

Monday July 10 at 10am

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

Make Your Own “book”Mark

Monday July 17 at 10am

Join Delores to create your own bookmark and some for the BSCN Library!

Arts & Crafts w/ Kathy

Monday July 24 at 10am

Fun w/ Sock Puppets

Monday July 31 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



Acrylic Art w/ Robyn

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 July 10 & 24 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

Monday July 17 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!



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 July 13 at 1pm

Join us for fellowship and conversation.

Veterans Flexibility and Mobility Class

Thursday July 6 & 20 at 12pm

Our VIP Group has partnered with Home Base to bring our veterans this program provided by Certified Strength & Conditioning Specialist, Jaime Fernandez. Special guest Karen of Veterans Yoga Project on July 6.

Veteran Author Series featuring Ralph Ohlers & Commitment

Thursday July 27 at 1pm

The author's unique writing draws from a diverse wealth of experience. His career began with his military service following college. He later founded a national real estate development company and designed numerous commercial and residential developments and served as a consultant for the City of Chicago on their redevelopment of Chicago's celebrated Navy Pier. As an outgrowth of research while writing Commitment he works with veteran's organizations, private companies, non-profits and municipalities on the strategic redevelopment of inner city neighborhoods.

SHINE

(Serving Health Insurance Needs of Elders)

Wednesday July 12 by appointment. Call to schedule
Free in-person Medicare counseling available through SHINE. Program volunteer. 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.



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
Amanda Ignasak, Chief Senior Center Officer
Marisa Luizzi, Chief Cognitive Health Officer
Geri 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 MSW, Social Worker
Carpel, M. MSW, 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

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.

