




Baker Senior Center Naples | September 2023

Mon	Tue	Wed	Thur	Fri
 <p>Baker Senior Center Naples</p> <p>**Technology Assistance Available by Appointment. Please call to schedule.</p>	<p>6200 Autumn Oaks Lane Naples, FL 34119 239-325-4444</p> <p>https://www.naplesseniorcenter.org/senior-center/</p>	<p>Celebrating September as National Senior Center Month</p>  <p>HEALTHY AGING never gets old</p>		<p>1 9:30 Just Bridge 9:45 Chair Yoga DVD 10:00 Crafts & Cookies w/ Claudia 11:00 Advanced Tai Chi 11:00 Drum Circle 12:00 Garden Club 12:30-3:30 Cards & Games 12:30 Chess 2:00 Our Planet II</p>
<p>4 CLOSED IN OBSERVANCE</p> 	<p>5 10:00 Bone Building Fitness 10:00 Needleworks 11:00 Gentleness in Motion – Senior Karate 12:30 Current Events Group <u>1:00 Artistic Expressions Zoom</u> 1:00 Beijing 24 2:30 Writing for the Fun of It! 3:00 Sing Along</p>	<p>6 9:45 Get Fit with Irene 10:45 Senior Stretch DVD 11:00 Lunch & More – featuring <i>Doug Williams</i> **Lunch is Served at 12pm 1:00 Café Karaoke 1:15 Watercolor with Ava 2:00 Ukulele Lessons 2:00 Movie Matinee: <i>The Glass Castle</i> 3:00 HUGS; Happy Ukulele Group</p>	<p>7 10:00 Bone Building Fitness 10:00 Guy Time 11:00 Beijing 24 12:00 Veterans Stretch & Mobility 1:00 FPL Conservation Program 1:30 Senior Fitness w/ Paula 2:00 Beginner Line Dancing 3:00 Line Dancing</p>	<p>8 9:30 Just Bridge 9:45 Chair Yoga DVD 10:00 Acrylic Art w/ Robyn 11:00 Advanced Tai Chi 12:00 Garden Club 12:30-3:30 Cards & Games 12:30 Chess 2:00 Our Planet II</p>
<p>11 9:30 Total Fitness w/ Grace 10:00 Empty Bowls Painting Class 10:30 Chair Exercise DVD 11:00 The Island of Sea Wolves (Netflix) 11:00 Simple Tai Chi 1:00 Cambodia Presentation w Paul Pacter 2:00 Chair Yoga DVD 3:00 Afternoon Piano w/ Doug Williams</p>	<p>12 10:00 Bone Building Fitness 10:00 Needleworks 11:00 Gentleness in Motion – Senior Karate 12:30 Current Events Group <u>1:00 Artistic Expressions Zoom</u> 1:00 Beijing 24 2:00 LGBT Q&A + 3:00 Sing Along</p>	<p>13 9:45 Get Fit with Irene 10:45 Senior Stretch DVD 11:00 Lunch & More – featuring <i>Dottie & Bruce</i> **Lunch is Served at 12pm 1:00 Café Karaoke 1:15 Watercolor with Ava 2:00 Ukulele Lessons 2:00 Movie Matinee: <i>Chupa</i> 3:00 HUGS; Happy Ukulele Group</p>	<p>14 10:00 Bone Building Fitness 10:00 Guy Time 11:00 Beijing 24 1:00 Origami 1:00 VIP – Veterans in Paradise 1:30 Senior Fitness w/ Paula 2:00 Beginner Line Dancing 3:00 Line Dancing</p>	<p>15 9:30 Just Bridge 9:45 Chair Yoga DVD 10:00 Crafts & Cookies w/ Claudia 11:00 Advanced Tai Chi 12:00 Garden Club 12:30-3:30 Cards & Games 12:30 Chess 2:00 Our Planet II</p>
<p>18 9:30 Fitness DVD 10:00 Arts & Crafts w/ Kathy 10:30 Chair Exercise DVD 11:00 The Island of Sea Wolves (Netflix) 11:00 Simple Tai Chi 12:00 Step Smart Fall Prevention Event 1:30 Drum Circle 2:00 Chair Yoga DVD 3:00 Travelogue w/ Jim -The Great Silk Road</p>	<p>19 10:00 Bone Building Fitness 10:00 Needleworks 11:00 Gentleness in Motion – Senior Karate <u>1:00 Artistic Expressions Zoom</u> 1:00 Beijing 24 2:30 Writing for the Fun of It! 3:00 Sing Along</p>	<p>20 9:45 Get Fit with Irene 10:45 Senior Stretch DVD 11:00 Lunch & More – featuring <i>Sounds of Yesteryear</i> **Lunch is Served at 12pm 1:00 Café Karaoke 1:15 Watercolor with Ava 2:00 Ukulele Lessons 2:00 Movie Matinee: <i>Happiness for Beginners</i> 3:00 HUGS; Happy Ukulele Group</p>	<p>21 10:00 Bone Building Fitness 10:00 Guy Time 11:00 Beijing 24 12:00 Veterans Stretch & Mobility 12:30 Book Club: <i>The Only Woman in the Room</i> 1:30 Senior Fitness w/ Paula 2:00 Beginner Line Dancing 3:00 Line Dancing</p>	<p>22 9:30 Just Bridge 9:45 Chair Yoga DVD 10:00 Acrylic Art w/ Robyn 11:00 Advanced Tai Chi 12:00 Garden Club 12:30-3:30 Cards & Games 12:30 Chess 1:30 Let Me Tell You My Story 2:00 Our Planet II</p>
<p>25 CLOSED FOR HOLIDAY</p>	<p>26 10:00 Bone Building Fitness 10:00 Needleworks 11:00 Gentleness in Motion – Senior Karate 12:30 Current Events Group <u>1:00 Artistic Expressions Zoom</u> 1:00 Beijing 24 2:30 Writing for the Fun of It! 3:00 Sing Along</p>	<p>27 9:45 Get Fit with Irene 10:45 Senior Stretch DVD 11:00 Lunch & More – featuring <i>Michael Digio - 5th Ave Sax</i> **Lunch is Served at 12pm 1:00 Café Karaoke 1:15 Watercolor with Ava 2:00 Ukulele Lessons 2:00 Movie Matinee: <i>Johnny</i> 3:00 HUGS; Happy Ukulele Group</p>	<p>28 10:00 Bone Building Fitness 10:00 Guy Time 11:00 Beijing 24 1:00 Veteran Author Series featuring J Robert Gould “Last of the Greatest Generation” 1:30 Senior Fitness w/ Paula 2:00 Fun w/ Sock Puppet 3:00 Line Dancing</p>	<p>29 9:30 Just Bridge 9:45 Chair Yoga DVD 10:00 Crafts & Cookies w/ Claudia 11:00 Advanced Tai Chi 12:00 Garden Club 12:30-3:30 Cards & Games 12:30 Chess 2:00 Our Planet II</p>