



## Message from Dr. Faffer

Dear Friends,

I am writing this just following our very first Town Hall meeting. I was thrilled to see more than 130 members in attendance. Let me highlight the key points we covered:

- At this point our membership totals 1,965 (I am sure there will be more when you read my message). Our lunches have had more than 300 in attendance, and this is in August!
- The numbers we are seeing are those we projected for our third and fourth year in our new building....not after 8 months!

Clearly, this has a significant impact on our operations, both programmatically and financially. To address this, I spoke about several steps we are initiating:

### Program

- In October we will have 2 seatings for our Wednesday Lunch and More. The first will be from 11-12, and the second from 1-2. This way we can accommodate all who want to attend this very special weekly event.
- We are aware that some of our members are having a difficult time getting into classes and have spoken about being on a "waiting list". After careful exploration we found that it is not a space problem, but rather that we do not have enough volunteers to teach the number of classes requested. We are looking into a different model that we hope will enable us to engage teachers/facilitators, particularly in the fitness and art areas.

### Financial Sustainability

- Effective January 1, 2024, the annual membership dues will increase to \$100.00. Of course we will have scholarships for those who feel this is a hardship, as well as special veterans membership fees. **No one will ever be turned away because of inability to pay.**
- BSCN Advocates Society has been established for those members who wish to take a role in lending support to the organization. The annual fee to belong to the BSCN Advocates Society is \$1,000. (You will be receiving more information about this in the mail). Even before the mailing goes out we have one fully paid member and 5 who have expressed the wish to join as soon as we send out our mailing.

During the Town Hall, these were among the comments I heard:

- This is my clubhouse.
- I live alone, this is my community.
- I live with my daughter and she took me to several places that I did not like. As soon as she brought me here and I walked in the door I knew this was the place for me.

As we say at BSCN, we are always looking forward. I look forward to more Town Hall meetings, and growing together as we continue to advocate for the best for you and the entire older adult community.

Thank you,

## Social Groups

### **Current Events w/ Sandy – New Second Session! Tuesdays & Thursdays at 12:30pm**

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



- October 3/5:** Ukraine Revisited / Clean Energy
- October 10/12:** Human Trafficking / Crime
- October 17/19:** Foreign Hacking / Nuclear Energy
- October 24/26:** Journalism in China / Is College Worth It?
- October 30:** Outsourcing / Recreational Marijuana

### **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.

### **Wednesday Lunch – Now with 2 Seatings!**

**11 am – 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 Ann. Meet some new players



# October Programming

## Programs & Presentations

### Far West China

Monday October 2 at 3pm

Xinjiang Uyghur Autonomous Region is unlike any other parts of China you may have visited. Remote, rugged, and mostly desert and rocky mountains. While the people in most of China ethnically are Han Chinese Buddhists whose main language is Mandarin, the people in Xinjiang are Uyghur Muslims who speak Uyghur and write in Arabic script. Paul Pacter will speak openly about the political issues. And he will take us to Urumqi, Turpan, and Kashgar in Xinjiang. We will see the ruins of ancient city-states such as Gaochang and Jiaohe. We will drive the Karakorum Highway to Karakuri Lake a few miles from the Afghan border. In Gansu Province, we will visit the Gobi Desert, the original Great Wall (200 AD) and the Mogao Grottoes (4th-14th c AD).

### Artifact Presentation featuring Matt Paxton

Thursday October 26 at 1pm

Join us for a fun and interesting presentation by Matt Paxton, Host of Legacy List and Author of *Keep The Memories Lose The Stuff*. Attendees may bring articles that they would like to "Artifact" and Matt will provide the story/history behind the article. Matt and his team will be available to demonstrate how to "Artifact" an item and stay as long as needed for any attendees who wish to discuss items they have brought. RSVP Required.

### Challenges of Aging

Thursday October 19 at 2pm

Aging impacts many of us physically, socially and financially. Come discuss these and other challenges of aging while learning how to address these impacts in healthy ways.

### CapTel Captioned Phones

Tuesday October 17 at 2pm

Can't hear on the phone? Come learn about a telephone service that can help at no cost to the user. The CapTel® Captioned Telephone allows people with hearing loss to listen to their caller and read everything the caller says. Like captions on TV— for your phone! CapTel is available at no cost for those with certified hearing loss, and includes free installation and the no-cost captioning service. No monthly fees or contracts required.

### Estate Planning with Ave Maria School of Law (Naples)

Tuesday October 10 at 3:30pm

Law students from Ave Maria School of Law will be providing BSCN members with an educational seminar on Estate Planning. This does not constitute legal advice and is under supervision of Clinic Attorney Lisa Williams. Members will have the opportunity to set up one-on-one consultations with the students after the seminar to be provided on Tuesday, October 24 at 3:30pm.

## MOVIE MATINEE



[\\*See separate flyer available at Front Desk & online](#)

## HEALTH & FITNESS

### Total Fitness w/ Grace

Mondays at 9:30am

### Chair Yoga DVD

Mondays at 2pm & Fridays at 9:45am

### Bone Building Fitness

Tuesdays & Thursdays at 10am

One hour weight program to strengthen head to toe.

### 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.

### 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.



## 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.

### 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 October Programs

## LEARNING LAB

**Medicare Update Seminar w/ SHINE**  
(Serving Health Insurance Needs of Elders)  
Thursday October 5 at 1pm



Join SHINE counselors as they review new changes to and benefits of Medicare along with coverage options, and other Medicare issues, and help determine whether you qualify for any federal, state or other assistance with health and drug needs.

**Which Way? Navigating Navigation**  
Monday October 9 at 1pm

Join Erick as he reviews how to navigate the use of GPS and map apps on your different devices.

**Travelogue w/ Jim: The Baltic Sea**  
Monday October 16 at 3pm

Denmark, Sweden, Germany, Poland, Latvia, Estonia, Finland and Russia. Many Americans have ancestors from lands bordering the Baltic. Experience the cultures of the many different peoples who live on the shores of this great body of water.

**Writing for the Fun of It!**

Tuesdays at 2:30pm (Except October 17 & 24)

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.

**LGBT Q&A+**

Friday October 20 at 2pm

This is an opportunity for interested persons--parents, grandparents, other family members or friends--to ask whatever questions they may have.. A representative of the Naples LGBTQ community will answer your personal inquiries and, if you wish, offer helpful advice.

**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 Thursday Murder Club by Richard Osman**  
Thursday October 19 at 12:30pm

In a peaceful retirement village, four unlikely friends meet up once a week to investigate unsolved murders. But when a brutal killing takes place on their very doorstep, the Thursday Murder Club find themselves in the middle of their first live case.

**Let Me Tell You My Story**

Monday October 23 at 1:30pm

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

**Arts & Crafts w/ Kathy**

Mondays October 2 & 23 at 10am

Create your own apron on 10.2 (if you don't have one). And Fall Fun on 10.23!



**Empty Bowls Painting Class**

Monday October 9 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.

**Origami with Ellen**

Thursday October 12 at 1pm

This class is fun in a fold! Try it out!



**Creative Cards with Delores**

Monday October 16 at 10am

Fall or Halloween Greetings!

**Fun w/ Sock Puppets**

Monday October 30 at 10am

Join Jackie M for a fun day of creating your own puppet!

**Needleworks**

Tuesdays at 10am

Knitting & Crochet



**Watercolor Painting w/ Ava**

Wednesdays at 1:15pm

**Crafts & Cookies w/ Claudia**

Fridays October 13 & 27 at 10am

Join Claudia for a creative craft outlet.

**Acrylic Art w/ Robyn**

Fridays October 6 & 20 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**

Monday October 9 & 23 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.

**Drum Circle**

Friday October 6 at 11:15am & Monday October 16 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**

Tuesday October 3 at 3pm w/ Dottie & Bruce  
Tuesday October 24 at 2:30pm with Dave



**HUGS – Happy Ukulele Group**

Wednesdays at 3pm

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 October 12 at 1pm

Join us for fellowship and conversation.

### Veterans Flexibility and Mobility Class

Thursday October 5 & 19 at 12pm

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



## Halloween Party

Monday October 30 at 2:30pm

Come in costume and mingle with your BSCN friends. Enjoy refreshments, music, and a prize or 2 for our best costumes!



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)

### 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.



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

Alexandra Barba-Rodriguez, Senior Center Assistant

Catherine Boniello, Licensed Clinical Social Worker

Stephanie Cakov MSW, Social Worker

Carpel, M. 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

Debbie Lageman, Volunteer Services Manager

Marisa Luizzi, Chief Cognitive Health Officer

Tim Morrison, Chief Development Officer

Pam Osborne LCSW, Chief Clinical Officer

Dr. Ursula Pfahl, Chief Strategic Engagement Officer

Gerri Poletti LCSW, Director of Social Work Services

Wanda Rodriguez, CFO/COO

Jodi Rubenstein, Case Manager Supervisor

Jayne Schandl, Development Database Manager

Katie Slominski, Geriatric Case Manager

Beata Sulek, Director of Finance

Penny Taylor, Disaster Response Coordinator