

THE FRIENDSHIP CENTER SARASOTA

A Nationally Accredited Senior Center • 1888 Brother Geenen Way • Sarasota

Open weekdays 8 a.m. to 5 p.m.
Pool/Billiards daily, 8 a.m.

Are you 60+? Join us for lunch! Noon, suggested donation \$2-\$4.

Reservations required 24 hours in advance, call 556.3212.

For information on Center activities, call 556.3214.

TAX ASSISTANCE available Tuesdays, 9 a.m. - 2 p.m., beginning Feb. 2 through April 13.

MAINTAINING GOOD EYE HEALTH Thursday, Feb. 11, 2 p.m.
Final in a series, Dr. Robert Kantor will be with us to discuss cataracts.

SWEETHEART DANCE – Thursday, Feb. 11, 1-3 p.m. Bring your sweetie or put on your dancing shoes and come to make new friends at this afternoon of dancing and listening music by Lillette Jenkins-Wisner, world renown “Queen of the Keys” and special guest performance Duette, her daughter Michelle Carter and granddaughter Tanya Stargell. “Sweets for the sweet” provided by Magnolia Health and Rehabilitation. \$5 donation for Center.

TRAVEL THROUGH NEW ZEALAND Thursday, Feb. 18, 10 a.m. - 12 p.m. This second slide show lecture by Dr. Ken Erb will take us “down under” to a land of unforgettable beauty with snow-capped moun-

tains, glacier-fed rivers and lakes, seacoasts, dark forests and farmland.

ALL YOU NEED TO KNOW ABOUT SOCIAL SECURITY

Thursday, Feb. 25, 10 -11:30 a.m.
Paul Greene from Social Security will present the latest information about Social Security guidelines and benefits. Complimentary refreshments provided by Alderman Oaks.

MONEY SMART: KEEP IT SAFE

Feb. 17 9-11 a.m. Dwyer Room
Financial education by SunTrust and FDIC. Learn how to protect your money and your identity. Laws and regulations to protect deposits, guard against predatory lending practices and how to be financially prepared

for disasters. Refreshments provided by SunTrust.

BLOOD PRESSURE, Feb. 10 (second Wednesday) by Mederi Caretenders, 11 a.m., Library.

COMPLIMENTARY ATTORNEY CONSULTATIONS Call 556-3274 for an appointment. Second Wednesday, Feb. 10.

ASSOCIATED MEDICARE

PATIENTS (AMP) - Volunteers help seniors navigate through Medicare issues. Services are FREE- - donations tax-deductible are Welcome! Monday and Wednesdays, 10 a.m. to 2 p.m., Library. Volunteers needed, contact BEVERLY at 941.584.0051.

THINGS TO DO!

MONDAYS

- Mah-jongg, 9 a.m.
- NEW! Beginners Tap Dance, 9 a.m.
- Camera Club, 2nd Mon., 9:30 a.m.
- Balance Movement, CHA 9 - 10 a.m.
- Ceramics, 9:30 a.m.
- Wisdom Group, 10 a.m. - noon
- Music by BC, 11 a.m. - noon 1st and 3rd Mon.
- Music by Augusto Amador, piano 10 - noon, 2nd and 4th Mon.

LUNCH noon - 1 p.m.

- Music Sensation, 1 p.m.
- Beg. Mah-jongg, 1 p.m.
- Creative Writing, 1 -2:30 p.m.
- Duplicate Bridge, 1:30 p.m.
- Ballroom Dance Lessons, 3 p.m.

TUESDAYS

- Music by Chick Skyler & Music Makers, 9 a.m.

- Woodcarving, 9:30 a.m.
- Embroidery Guild, 1st Tuesday of the month, 10 a.m. - 3:30 p.m.
- Conversational French, 10 a.m.
- Bingo, 10 a.m.
- Senior Fitness, 11 a.m.

LUNCH noon - 1 p.m.

- Music: Skip's Dixie Mix, 1 p.m.
- Party Bridge, 1 p.m.
- Duplicate Bridge, 1:30 p.m.
- Yoga, 2 p.m., CHA

WEDNESDAYS

- Learn & Play Bridge, 9 a.m.
- Acrylic Painting, 10 a.m.
- Writers Club, 10 a.m. 2nd & 4th Wednesday
- Music: Keith & Nancy & Friends, 10 a.m. - noon
- Balance Movement, 9 a.m. & 10 a.m., CHA
- Balance Movement Plus, 11-11:45 a.m., CHA

- Mind Your Mind, 11 a.m.
- LUNCH noon - 1 p.m.
- Dance: Pure Gold, 1 p.m.
 - Caribbean Dominoes, 1 p.m.
 - Conversational Spanish, 2:30 - 4 p.m.
 - Tap Dance with Bev Dye, 3 p.m.

THURSDAYS

- Scrabble, 9:30 a.m.
 - Music: Joe Garafalo, 9 - 11 a.m.
 - Conversational Italian, 10 a.m.
 - Hula Dancing, 10:30 a.m.
 - Senior Fitness, 11 a.m.
- LUNCH noon - 1 p.m.
- Lillette Jenkins Wisner, 1 p.m.
 - Pinochle, 1 p.m.
 - NEW! YOGA, 2 p.m. CHA
 - Mah-jongg, 1 p.m.
 - Duplicate Bridge, 1:30 p.m.
 - Sr. Theater Tap, 4 p.m.

FRIDAYS

- Beginning Qigong 9 - 10 a.m.
 - Tai Chi, CHA, 9:30 a.m.
 - Rick and The Boys, 10 a.m.- noon
 - Bingo, 10 - noon
 - Pine Needle Weaving, 10 a.m.
 - Wisdom Group, 10 - noon
- LUNCH noon - 1 p.m.
- Chess Club, 12 - 4 p.m.,
 - Dance: Just Sweet Jazz 1 p.m.
 - Duplicate Bridge, 1:30 p.m.
 - Euchre, 1 p.m.

NEW! RELAX & STRETCH FOR LIFE a chair yoga program. (See page) Register now (required) for Watercolor, Sumi-e, Low Impact Aerobics, Beginner Bridge and Stretch for Life. Call 941. 556.3214, for more information.

CATLIN FRIENDSHIP CENTER VENICE

A Nationally Accredited Senior Center • 2350 Scenic Drive • Venice

Open weekdays 8:15 - 4:30 p.m.
Pool and billiards daily.

Are you 60+? Join us for lunch, Suggested donation \$2 - \$4. Reservations required 24 hours in advance by calling 584.0090 or 584.0067.

For information on Center activities call 584.0075.

Balance Movement fee is \$4 per class. Scholarships may be available. Please contact Tom Harlow at 556.3259 if you think you qualify.

Activities and program fees: \$3 per class.

MEDICAID QUESTIONS

ANSWERED Tuesday, Feb. 2, 10 a.m. Attorney Marcella Mika and long time Medicaid specialist/planner Elmer Botrager will clarify various ways to protect savings and provide peace of mind for your family. Refreshments provided.

BASKET WEAVING INSTRUCTOR

NEEDED! With a roomful of supplies and participants eager to learn, all we need is someone to lead the group. Call Daisy at 584.0075 to volunteer.

MAH JONGG GROUP TRYING

TO RECONNECT – Members have returned and connect with others to play. Call Daisy 584.0075 for details.

FREE LEGAL CONSULTATION

Call for appointment. 584.0075

AS SWEET AS IT GETS! Friday, Feb. 12, 1-3 p.m. The Sweetheart Ball. Music provided by The UpBeat Gang. \$5. Suggested donation for an afternoon of music, refreshments and romance!

LOVE LETTERS – Sunday, Feb. 14, 4 p.m. Dr. Joel Kreiss and Iris Blankman star in this Pulitzer Prize winning drama by A.R. Gurney. A champagne reception follows. \$12 tickets limited and must be purchased prior to the day of the show. Call 584.0075 for reservations.

SAVE THE DATE! Wednesday, March 17 – Celebrate St. Patrick's Day at the Friendship Center for **CASINO DAY** bigger and better than ever before.

INSTRUCTOR OF THE MONTH: GARY MARIA – WATERCOLOR.

Gary leads the group Wednesdays at 9 a.m. in the absence of long time teacher Dama Moore until she is able to return to the group. Gary comes to us with many years of professional experience including being a cover illustrator for Silhouette and Heartsong publications. Gary has studied in New York under several famous League artists and is an award winning artist at the Venice Art Center.

THINGS TO DO!

MONDAYS

- Small Appliance Repair Shop, 9 a.m. - noon
- Video Fitness 1, 9 a.m.
- Intro. To Life History Writing, with Fran, 9 a.m.
- Life History Writing, 9:30 a.m.
- Mah-jongg, 9:30 a.m.
- Sr. Friendly Aerobics 10 a.m.
- Ballroom Dance Lessons with Ken & Fern, 11 a.m.
- Associated Medicare Counselors 10 a.m. - 4 p.m., Pat Buster Room. No appointment needed.

LUNCH noon - 1 p.m.

- Music with the Upbeat Gang, 1 p.m.
- Duplicate Bridge, 12:50 p.m.
- Cards, 1 p.m.
- Spanish, 2 p.m.

TUESDAYS

- Video Fitness 2, 8:45 a.m.
 - Yogarobics, 9 a.m.
 - Woodcarving, 9 a.m.
 - Quilting, 10 a.m.
 - Latin Dance Lesson with The Hutchisons, 10 a.m.
- LUNCH noon - 1 p.m.
- Craft Room, 12 p.m.
 - Single Deck Progressive Pinochle, 12:30 p.m.
 - Cards, 1 p.m.
 - Music with Tin Pan Alley, 1 p.m.
 - Showtime Tappercise, 3 p.m.

WEDNESDAYS

- Small Appliance Repair Shop, 9 a.m. - noon
- Sr. Friendly Aerobics, 9 a.m.

- TOPS (Take Off Pounds Sensibly) 9:30 a.m.
 - Watercolor Art, 9:30 a.m.
 - Euchre, 10 a.m.
 - Associated Medicare Counselors, 10 a.m.- 2 p.m., Pat Buster Room. No appointment needed.
 - Line Dancing, 10:30 a.m.
- LUNCH noon - 1 p.m.
- Friendly Bridge, 12:30 p.m.
 - Music: Joe Rivers & Friends, 1 p.m.

THURSDAYS

- SHINE, Serving Health Insurance Needs of Elders Medicare Assistance, 9 - noon
- Yogarobics, 9 a.m.
- Hand & Foot Game, 9 a.m.
- Sr. Friendly Aerobics, 9 a.m.
- Tai Chi, 10 a.m.

- Line Dancing, 10 a.m.
- Easy Yoga, 11 a.m.

LUNCH noon - 1 p.m.
• Cards, 1 p.m.

FRIDAYS

- Video Fitness 3, 8:45 a.m.
- Yarn Crafts, 9 a.m.
- Friendly Bridge 9 a.m.
- Yoga, 9 a.m.
- Balance Movement, 9:30 a.m.
- Hula, 10:30 a.m.

LUNCH noon - 1 p.m.

- Duplicate Bridge, 12:50
- Music with the Upbeat Gang 1 p.m.
- Cards, 1 p.m.

NORTH SARASOTA COUNTY NEIGHBORHOOD CENTERS

ROBERT L. TAYLOR COMMUNITY CENTER (NCC) 1845 34th Street, Sarasota

Hours: Mondays, 11 a.m. - 1 p.m.
Tuesdays & Thursdays 10 a.m. - 2
p.m.

NEWTOWN ESTATES (NE) 2800 Newtown Boulevard, Sarasota.

Hours: Wednesday & Friday, 10
a.m. - 2 p.m.

HIGHLIGHTS

• CIRCUS SARASOTA OUTING

Thursday, Feb. 18

• LUNCHTIME CINEMA, Friday, Feb.
19, 10:30 a.m., North Sarasota
Library

• SING ALONG WITH LILLETTE

NCC, Thursday, Feb. 25, 1 p.m.

• COMPUTER CLASSES Fridays, Dec.

4, 11, 18 10 - noon.

Mondays

• NCC, Pokeno, 10:30 am

Tuesdays

• NCC, Rug Hooking, 11 am

• NCC, Balance Movement, Dec. 1,
8, 15, 22, 11:15 a.m. - noon

• NCC, Bingo, 10:30 a.m.

• NCC, Bingo, 10:30 a.m.

Wednesdays

• NE, Quilting Circle, 10 a.m.- 3 p.m.

• NE, Rug Hooking, 11 a.m.

Thursdays

• NCC, Ceramics, 10:30 a.m.

• NCC, Line Dance, 10 a.m.

• NCC, Bingo, 10:30 a.m.

Fridays

• NE, Rug Hooking, 11 a.m.

• NE, Pokeno, 10:30 a.m.

Wednesdays

• Pinochle, 9 a.m.

Wednesdays & Fridays,

Line Dance/Exercise, 10 a.m.

INCARNATION FELLOWSHIP

HALL Incarnation Catholic Church,
Bee Ridge Road

BALANCE MOVEMENT & FALLS PREVENTION

Are you having concerns about your balance and mobility?

Why not consider one of our Balance
Movement classes offered weekly from
Newtown to North Port.

Senior Friendship Centers' continues
to offer Balance Movement Classes
in response to the continuous need in

the community to reduce the number
of falls experienced by residents aged
60 and over.

Each class is open to the public for a
nominal fee.

Please wear comfortable clothing and
bring bottled water.

BALANCE MOVEMENT Reduce your risk of falling, while
improving balance, flexibility, strength and confidence.

Sarasota

• SENIOR FRIENDSHIP CENTERS, Rubin Center for
Healthy Aging, 1900 Brother Geenen Way, Mondays
& Wednesdays, 9 a.m. & 10 a.m. Feb. 1, 3, 8, 10,
15,17,22,24

BALANCE MOVEMENT PLUS – An ongoing class, simi-
lar to the Balance Movement Class but with more individual
attention and a slower pace.

• SENIOR FRIENDSHIP CENTERS Rubin Center for Healthy
Aging, 1900 Brother Geenen Way, Wednesdays, 11-11:45
a.m., Jan. 3, 10, 17, 24.

North Sarasota/Newtown

• ROBERT L. TAYLOR COMMUNITY CENTER, 1845 34th
Sarasota, Tuesdays, 11:15 - noon, Feb. 2, 9, 16

Venice

• KATHLEEN CATLIN FRIENDSHIP CENTER 2350 Scenic
Drive, Great Room Fridays, Feb. 5, 12, 19, 26,

Englewood

• COMMUNITY PRESBYTERIAN CHURCH, 405 S. McCall
Rd. Fridays, 11-11:45 a.m. Feb. 5, 12, 19, 26

North Port

• NORTH PORT EDUCATION CENTER, 4940 Pan American
Blvd. Thursdays, 12:30 - 1:15 p.m. Feb. 4, 11, 18, 25

ASSISTANCE

SENIOR SCAM PREVENTION

SENIORS VS. CRIME - Counseling
related to scams

SCAMBEE - Scam Education
Friendship Center Library, 1888
Brother Geenen Way, Sarasota
941.954.5566.

ASSOCIATED MEDICARE PATIENTS (AMP) Trained Volunteers provide

Medicare counseling

SARASOTA: The Friendship Center,
1888 Brother Geenen Way, Library,
hours, Monday 10 -4 p.m., Wednes-
days, 10 a.m. - 2 p.m.
Telephone 556.3248, Ext. 1202.

VENICE: Kathleen K. Catlin Friendship
Center, 2350 Scenic Drive, Pat Buster
Medical Building 2nd floor, phone
584.0051.

Associated Medicare Needs

Volunteers!! To volunteer, please call
BEVERLY at 941-584-0051

TAX ASSISTANCE

AARP Tax Aide Volunteers will be
available to assist older adults with
tax preparation at our Centers in
Sarasota and Venice beginning in
February.

SARASOTA: The Friendship Center
Every Tuesday, Feb. 2 til April 13,
9 a.m. - 2 p.m. in Room 185, on a
first-come, first served basis.

ELDER HELPLINE

Need to make
a connection with area services
and information? Call the ELDER
HELPLINE at the Area Agency on Ag-
ing for Southwest Florida TOLL FREE
866.413.5337

This is your starting point to access
services for many local, state and fed-
erally funded assistance programs.



Wondering what to
give a loved one,
friend or your
sweetheart
for Valentine's Day?

Looking for
something
different?

How about a one
month membership in
our Fitness Room for
\$15?

Call Tom Harlow at
941-556-3259
for details.