# LIVE AT THE CENTER

**PROGRAM GUIDE**JANUARY-MARCH 2018





941.778.1908 www.centerami.org

# **WELCOME TO THE CENTER!**

The Center is a not for profit organization that is driven by its mission to enhance the overall wellbeing of individuals of all ages, while preserving a sense of community through creative programs and partnerships.

We strive for excellence in meeting the human service needs of all those living on or near our barrier island. We are focused on our community and open to all.

The Center is often seen as an "Educational Center," a "Recreational Center," a "Youth/Teen Center," and a "Senior Citizen Center." The Center is all of these and much more!





## **WHY THE CENTER?**

- Activities for all ages
- Fograms for your mind, body, and soul
- Community and friendships

## **Hours of Operation**

Monday 7:00 a.m. – 8:00 p.m.

Tuesday 7:00 a.m. - 9:00 p.m.

Wednesday 7:00 a.m. – 9:00 p.m.

Thursday 7:00 a.m. – 9:00 p.m.

Friday 7:00 a.m. – 8:00 p.m.

Saturday 9:00 a.m. – 3:00 p.m.

**Sunday Closed** 

Closed March 30th and 31st

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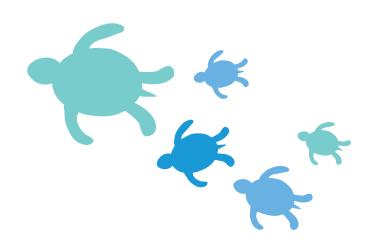
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## THE COMMUNITY'S GATHERING PLACE

We are a community-focused center that families, residents and visitors of Anna Maria Island have confidence and trust in to provide opportunities to gather, to socialize, and to deepen friendships and make new ones.

## Our Culture Is Created Around The Following:

- A not for profit organization serving as our communities gathering place.
- Inspired by our rich history we create meaningful experiences to enrich, connect, and celebrate the uniqueness of our island.
- Developing, promoting, and maintaining an Island "neighborhood."
- Provide year round programming for all ages that centers around preserving a sense of communit.
- Promotes and creates an inclusive environment that celebrates our community's diversity.
- Establish and enhance the overall wellbeing of those we serve through creative programming and mutually beneficial partnerships.
- Provide each individual we serve with a range of supportive services that will instill physical and mental wellbeing, a sense of belonging.
- Maintain financial strength and stability through prudent business decisions and sound operations.
- Practice the highest standards of integrity and professionalism.
- Be a positive influence and a responsible not for profit service provider in our community.
- Maintain our focus of serving people.



## **GIVING BACK**

#### SUPPORTING THE CENTER IS SUPPORTING YOUR COMMUNITY

- Every gift, no matter the size, directly impacts your friends and neighbors.
- \$1,000 could support a child in Summer Camp for the entire summer.
- \$500 could support a senior's membership for an entire year.
- \$250 could support a teen's annual membership.
- \$200 could support a future actor going to Drama Camp.
- \$150 could support a youth or adult participating in a Sports Program.
- \$100 could support a teen going to Summer Camp for a week.
- \$75 could support a child attending the Beyond the Classroom After School Program for a week.
- \$25 could support one senior going on a Senior Adventure.



#### **IMPACT OF DONATIONS: 2016-2017 FISCAL YEAR**

- \$20,640 was given out in reduced fees.
- 1,034 children played sports, came to one of our camps, participated in our after school program, or joined in one of our specialty classes.
- Volunteers gave 1,150 hours of their time.
- The Center provided 6,000 experiences to our seniors in programming.
- The Center served 3,376 people of all ages.

#### **VOLUNTEER**

- "Volunteers make our Community a Better Place."
- The Center's Volunteer program focuses on the talents and skills of the people in our community. It is one way that the Center reaches out for support. The Center offers effective training, interesting and meaningful work and provides a place for social connections. Please contact our Volunteer Director, Amy Talucci for information and opportunities, amy@centerami.org or (941) 778-1908.
- Join us for one of our Volunteer Orientations the first Thursday of every month at 12 p.m. or 6 p.m. on January 4<sup>th</sup>, February 1<sup>st</sup> and March 1<sup>st</sup>.



## **JOIN THE CENTER**

#### BENEFITS OF A CENTER MEMBERSHIP



Unlimited league sports with processing fee

Access to the Fitness Center

Tennis courts

Pickleball

Discount on specialty classes, sports, and camps

Drop-in child care

Member Socials

Open gym and field time

Playground

And more!!!



## **MEMBERSHIP FEES**

TERM	GROUP	PRICE
Annual	Youth (ages 4 to 17)	\$21/month
Annual	Adult (ages 18 to 59)	\$52.50/month
Annual	Senior (ages 60+)	\$36.75/month
Annual	Family*	\$105/month

## **CENTER PASSES**

Daily, weekly, and monthly passes available. Included in passes:

Fitness Center

Fitness and Wellness Classes

Tennis Courts

Pickleball

Open Gymnasium and Field Time

Playground



## COST

Length	Group	Price	
Day Pass	Individual	\$15.00	
Weekly Pass	Individual	\$45.00	
Monthly Pass	Individual	\$105.00	
Day Pass	Family	\$40.00	
Weekly Pass	Family	\$150.00	
Monthly Pass	Family	\$260.00	

## **SNOWBIRD SPECIAL**

Now until March 31, 2018 get a monthly membership for only \$60. We ask that seasonal members bring in their rental agreement or if they own their "Florida home" show out of state ID or some proof of residency elsewhere in order to get the snowbird special rates!

#### **INCLUDED IN SPECIAL**

Unlimited Group Fitness and Wellness Classes

Fitness Center

Tennis Courts

Pickleball

Discount on Specialty Classes and Sports

Drop-in Child Care

Open Gym and Field Time

Playground

## YOUTH CENTER

#### YOUTH KARATE CLASSES

Come learn why so many people have made martial arts a part of their life. You will receive excellent martial arts instruction, as well as life skills that impacts kids in a safe and friendly environment.

Instructor Omar Schwanzer Monday and Thursday 5:30 pm – 6:30 pm Fee: Members \$85 per month and non-members \$99 per month



#### **ADVENTURE TIME TEENS**

Our awesome Teen Room is an amazing space set aside for adolescents who are in 6th grade and up! A place they can gather with friends to chill playing pool, ping pong, or foosball. They can kick back and relax and enjoy a show on the huge 60" TV or play video games.

We have created a space with motivational wall art and welcoming furniture to allow them a space of their own.

Adolescence is the pivotal period between childhood and adulthood. It is a time when youth need to acquire the social skills, competencies, values and right attitude to carry them forward to successful adulthood.

We feel that the Center allows our youth/teen members some independence while at the same time providing a space they can avoid the choices that may be presented to them in a completely unsupervised setting.

Our staff feels that is important to help our youth navigate through this phase in their life with hopes to steer them in the right direction. When the kids are here, they are engaging in activities and rarely consumed by social media!



## YOUTH DANCE

No more trips off the island for dance class! This class is for all levels and ages 5-16. (Classes to be eventually split as levels and age groups grow.) Your child will learn technique, discipline, and how to encourage and work with other students in an environment where they can learn and grow. Dance is great for motor skills, fine motor skills, confidence, positive social interaction and release of energy. The class will concentrate on Ballet, Jazz & Hip Hop.

Instructor Olivia Maramenides

Tuesday and Friday 5:15 p.m. – 6:15 p.m.

Fee: members \$60 per month and non-member \$70 per month

## BEYOND THE CLASSROOM

The Center offers a variety of fun and engaging activities for children to choose from in our Beyond the Classroom program. The program hosts children in Kindergarten through 5th Grade and the program serves our community as an After School Program, as well as Full Day and Seasonal Break Camps.

Our goal in the Beyond the Classroom is to promote enrichment activities for our youth everyday while providing a fun, safe, and social environment for them. We believe in the uniqueness of each child and work to provide an array of activities to ensure each of their needs and talents are explored. This quarter we are excited to include Tennis with our pro EJ Sanford, Archery Clinic, Music with local artists, Nature Labs with Manatee Parks & Resources, and specialty Art Workshops. For more information please contact Lisa Coba, Youth Program Manager, at Lisa@centerami.org or (941)778-1908 ext. 9207.

#### COST:

- Weekly Monday-Friday Family Members: \$75 Non-Members: \$80
- Monday, Wednesday, & Friday: \$60
- Tuesday & Thursday: \$40
- Early outs are included in weekly rates or available for at a daily rate of \$25
- All Day Camps cost \$45 per day
- \*\*Must register the Thursday prior to care

## **Early Outs**

- February 7
- March 7
- March 23

## All Day Camps K-5th grade:

- January 2-5 (\$135 full week camp)
- January 15
- February 19
- March 16
- March 26-29 (\$135 full week camp)

## **SPORTS CENTER:**

#### YOUTH SPORTS LEAGUES



#### Youth Basketball

- February 3<sup>rd</sup> last day to register
- Evaluations are on Wednesday, February 14th.
- Games start Saturday, February 24th.
- Championship Games on Saturday, March 24th.
- Cost is \$10 for members and \$126 for non-members

## Youth Soccer

- March 3<sup>rd</sup> last day to register
- Evaluations will be on Wednesday, April 4<sup>th</sup>
- Games start Saturday, April 14<sup>th</sup>.
- Championship Games are the week of May 21st.
- Cost is \$10 for members and \$126 for non-members





## **Youth Baseball**

- April 7<sup>th</sup> last day to register
- Evaluations will be on Wednesday, April 11th.
- Games start Tuesday, April 17<sup>th</sup>
- · Championship Games on Tuesday, May 29th.
- Cost is \$10 for members and \$126 for non-members

## COACHING

Please consider sharing your passion with our youth, by being a coach and mentor to our Center kids! The value of sports for each child in our programs depends so much on the values of our coaches. A coach is an influential role model to many young people who place great importance on playing sports. Often as a coach, you are one of the first significant adults in the child's life other than the parents.

## **ADULT SPORTS LEAGUES**

## **Up-Coming Adult Sports**

## **Adult Volleyball**

Last Day to register Jan. 6th, 2018

## **Adult Spring Soccer**

Last Day to register March 10th, 2018

#### **Adult Basketball**

Last Day to register March 31th, 2018

If you are interested in sponsoring a team or have questions about the league, please contact Will Schenerlein, Recreation Director, for more information will@centerami.org or (941) 778-1908 ext. 9205



## **SPONSORS**

We are currently looking for sports sponsors. Marketing and sponsorships are important to both you and The Center. Your sponsorship helps move The Center forward and ensures that no one is ever turned away for their inability to pay.

You will also help us in continuing to build an excellent sports program for our community. Last fiscal year, The Center managed 136 sports team with 158 youth and 178 adults participants.

The marketing prospects for your business is fantastic. Your business name will be seen by over 1,000 participants along with numerous spectators and that does not include the number of people reading our local newspaper that report on The Center's sports weekly.

## You won't want to miss this opportunity!

Contact: Will Schenerlein

will@centerami.org

(941)778-1908 ext. 9205 for more information

#### **PICKLEBALL**

A paddle sport for all ages and skill levels. The rules are simple and the game is easy for beginners to learn. It can develop into a quick, fast-paced, competitive game. Pickleball is a fun sport that combines many elements of tennis, badminton and ping-pong.

Played both indoors or outdoors on a badminton-sized court with a slightly modified tennis net. The Center has six courts in all. Our Pickleball group plays Monday to Saturday on our indoor courts. Players can use the outdoor courts in the afternoon as well.

Visit The Center or go on-line to www.centerami.org for a complete daily schedule.

#### **TENNIS**

- The Center boasts three outdoor courts that were resurfaced in December 2015.
- Currently there are two organized tennis clubs.
- The Round-Robin group plays Monday through Friday, 7:30 10:30 a.m. and Saturday, 9:00 10:30 a.m. Round-Robin is open to all who would like to join.
- The Legends group is a more experienced level of play and have the courts Tuesday, Thursday, and Saturday from 10:30 a.m. 1 p.m.
- All other times are open play for all individuals. Also, The Center provides a free automatic ball machine for the single player or anyone wanting to brush up their skills.

#### **TENNIS LESSONS**

The Center is proud to announce the addition of EJ Sanford as The Center Tennis Pro. Lessons are open to all ages and skill levels. Reservations are required for all lessons.

- Lessons: Work on stroke technique and fundamentals, footwork, match strategy, and mental toughness. Cost is \$72 per hour
- Hitting Sessions: Hitting partner (non-instructional). Cost is \$72 per hour
- Semi-Private Lesson (2 players): Join a friend for a lesson and have a fun learning the game and working out together. Cost is \$96 per hour
- Video Lesson: Take an hour video lesson with our pro and review it with him afterwards to take your game to the next level. Cost is \$120 per hour
- Clinic (Minimum of 4): Join your friends for a fun instructional workout in a group lesson. Cost is \$25 per hour/per person
- Footwork and Conditioning Session: Get fit with a top-notch tennis pro, improving your footwork on court and overall fitness. Cost is \$60 per hour

## **OPEN GYMNASIUM**

Practice your moves, meet your friends, prepare for leagues, and stay active in the community center gym. Drop in for basketball, pick-up hockey, or other games. No reservations are necessary or accepted for open gym programs. Courts are available on a first-come, first-served basis. Visit The Center or go on-line to www.centerami.org for open gym times.

## **FITNESS CENTER**

#### ISLAND FITNESS AT THE CENTER

The Fitness Center at The Center of Anna Maria Island is open when The Center is open and is made up of our:



Cardio Center



Weight Center



Stretch and Mobility Room



Specialty Fitness Room



Fitness Classes



**FITNESS CLASSES:** Classes are being added all the time. Visit www.centerami.org for an updated list of Fitness Classes and the Fitness Schedule. For more information contact islandfitness@centerami.org

All Fitness Classes are included in membership! Classes are \$15 for non-members and are included in all day passes.

## FITNESS ORIENTATION

The Fitness Center offers a weight room with the equipment to maximize your workout, including an elliptical, treadmills, stationary bikes, free weights, and an all-in-one weight machine. You will be taught how to use the equipment step-by step during our Fitness Orientation. Please visit The Center's front desk to arrange your orientation time.

## PERSONAL TRAINING

Looking for a change in your routine? Need a jump start? Hire a personal trainer! The trainer will design a program that is best for you depending on your fitness goals and work one—on—one with you to help you reach your goals, go over nutrition, and help you with increase your flexibility. See front desk for schedule availability.

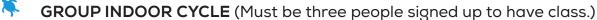
#### **FITNESS CLASSES**

## CARDIO FLEX

Cardio Flex is a class emphasizing basic arm, hand, leg and foot movements to increase an individual's heart rate. This format will also encompass a wide variety of exercises with the intention to improve a participant's aerobic ability, coordination, strength, balance, posture, alignment, and mobility, flexibility, and muscle tone.

Instructor: Reba Moeller

Schedule: Mondays and Wednesdays 11am - 12pm



Cycle is one of the best ways to create a high-level interval workout, without any hard impact on the body. Your instructor will be taking you up "hills" using resistance, showing safe, effective ways to maximize your movements and workout. \*SPACE IS LIMITED. SIGN UP IS REQUIRED AT FRONT DESK\*

Instructor: Debbie Haynes

Schedule: Wednesdays, 5:30pm-6:30pm

Fridays, 9am-10am

Members: Free Non-Members: \$15

#### RESTORATIVE YOGA

Restorative Yoga is simply that—restorative. It is the centering of your breath and body, aligning the physical and the mental by practicing stillness or gentle movement for extended periods of time. Props, such as yoga blocks are used that will assist in helping you hold poses longer and completely relax and reset.

Instructor: Amy Stickler

Schedule: Tuesdays and Thursdays, 9:30am-10:30am

Members: Free Non-Members: \$15

#### INTERMEDIATE VINYASA

Intermediate Vinyasa is Foundational Yoga grounded in traditional Vinyasa flow, increasing flexibility, strength, balance, and focus. Geared toward improving ability, this class is perfect for the yoga student who is interested in progressing their practice with each class. Not just following along, but guided to new ability.

Instructor: Sharon Meier

Schedule: Mondays & Wednesday, 8:30am-9:30am

Members: Free Non-Members: \$15

#### IRON YOGA

If traditional Yoga doesn't fire up your muscles, try lifting weights while striking a pose. That's exactly what's involved in Iron Yoga, a hybrid of Yoga and strength training.

Instructor: Laura Bennett

Schedule: Saturdays, 9am-10am

Members: Free Non-Members: \$15

## PILATES/YOGA MIX

The strongest abs and back, long lean muscles, excellent grace of movement, and control and concentration, this class will build core strength and flexibility. The technique is one of the most effective and challenging forms of exercise. Consistent training in the Pilates method will make you better at everything you do.

Instructor: Laura Bennett

Schedule: Saturdays, 9am-10am

## POWER YOGA

A fitness-based Vinyasa practice. Branching off of Ashtanga Yoga, this free flowing and dynamic mix of Yoga postures incorporate breath and strength, building internal heat to enhance flexibility, stamina and focus while helping to reduce stress.

Instructor: Sharon Meier

Schedule: Saturdays, 10am-11am

Members: Free Non-Members: \$15

#### STRENGTHEN AND LENGTHEN

Strengthen and Lengthen provides a challenging workout for participants at all fitness levels. A few of the many focus points are: muscle tone, muscle strength and muscular endurance, flexibility and balance, proper body alignment, range of motion and posture, and movement coordination. Recommended equipment: small hand weights (1–5lbs.) and a yoga mat.

Instructor: Reba Moeller

Schedule: Mondays and Wednesdays, 10am – 11am

Members: Free Non-Members: \$15

#### TAI CHI

The benefits of this ancient Chinese art include improvement in mental clarity, balance, footwork and stepping. Tai Chi is a gentle healing practice, an excellent way to open up the joints and stretch the tendons. Suitable for all ages and levels.

Instructor: Sensei Brian Nell

Schedule: Wednesdays and Fridays, 9am - 10am

Members: Free Non-Members: \$15

#### BODY BLAST

A class that focuses on fat-burning cardio coupled with muscle sculpting work for the abs, arms and legs. A great workout that works the entire body. Are you ready for the challenge?

Instructor: Kathy O'Connell

Schedule: Mondays, 8:30-9:30am

Members: Free Non-Members: \$15

## MUSCLE WORKS

A great strength training class that works your muscles from head to toe. A great Full body weight training workout. Great for ALL levels of fitness.

Instructor: Amy Stickler

Schedule: Tuesdays, 8:00am-9:00am

## BALANCE AND CORE

Build a solid foundation while you work on the core muscles in your hips, abdomen, and lower back that help maintain balance and stability by doing exercises using your own body weight and small hand weights. Working on balance with specific exercises can help prevent falls and avoid the disability that may result from falling.

Instructor: Tammy Bryant

Schedule: Wednesdays, 8:00am-8:50am

Members: Free Non-Members: \$15

#### BODY R&R

Body R&R is the ultimate recovery workout that will help prevent injury, increase flexibility, and reduce muscle soreness. Each class includes body awareness exercises, yoga stretching, self-massage, myofascial release, and both foam and ball rolling. \*SPACE IS LIMITED SIGN UP IS REQUIRED AT FRONT DESK\*

Instructor: Ronnie Fulton

Schedule: Wednesdays, 9:45am - 10:45am & 11:00-12:00pm

Members: Free Non-Members: \$15

#### 🦣 GUTTS & BUTTS

As the name implies, an hour of focus on those areas that are so visually important to us, the abdominal muscles, the gluteal muscles, and the hips using dumbells, resistance tubing, resist-a-balls, and/or anything else that the instructor chooses to use from our little "toy box."

Instructor: Brenda Canning

Schedule: Thursdays, 8:00am-9:00am

Members: Free Non-Members: \$15

## **>** 20/20/20

A class that focuses on fat burning cardio coupled with muscle sculpting work for the abs, arms and legs, and finishing up with core and stretching exercises. A great overall body workout.

Instructor: Kathy O'Connell

Schedule: Fridays, 8:00am-8:50am

Members: Free Non-Members: \$15

## ACTIVE ISLOLATED STRETCHING

Active Isolated Stretching (AIS) is a technique that helps people maximize the effectiveness of stretching without causing the sort of discomfort that keeps a lot of us away from it ... Isolated the muscle to be stretched. Repeat the stretch for a few sets, and a hold of each stretch for about three seconds.

Instructor: Brenda Canning

Schedule: Tuesdays 7:15am-8:00am

## **CROSSFIT**

#### **CROSSFIT KIDS!**

CrossFit Kids is a method for teaching CrossFit to children ages 6-17. Based on the principle of Mechanics, Consistency and then Intensity,

CrossFit Kids emphasizes good movement throughout childhood and adolescence. Consistently good mechanics translates to physical



literacy, enhanced sports performance and fewer sports injuries for kids.

Not only that, a vast body of research indicates that exercise is beneficial to cognitive function, which means consistent adherence to the program can have a positive impact on children's academic achievement.

CrossFit Kids is meant to be BIG fun for all ages. Broad-Inclusive-General fun. Fun means we provide an active alternative to sedentary pursuits, which means less childhood obesity and all-around better health for our children.

Further, the needs of second graders and high-school varsity wrestlers differ by degree and not kind; the program is scalable for any age or experience level and accounts for the varied maturation status one can find in a class full of kids.

CrossFit Kids is designed to be minimalist; it is inexpensive and often requires little equipment, allowing a wide array of socioeconomic groups an opportunity to be physically fit and physically active throughout their lives.

#### ANNA MARIA CROSSFIT

CrossFit is constantly varied functional movements performed at relatively high intensity. All CrossFit workouts are based on functional movements, and these movements reflect the best aspects of gymnastics, weightlifting, running, rowing and more.



These are the core movements of life. They move the largest loads the longest distances, so they are ideal for maximizing the amount of work done in the shortest time. Intensity is essential for results and is measurable as work divided by time—or power.

The more work you do in less time, or the higher the power output, the more intense the effort. By employing a constantly varied approach to training, functional movements and intensity lead to dramatic gains in fitness

For more information on how to participate, please contact Anna Maria CrossFit and Owner Shay Coleman directly at: annamariacrossfit@gmail.com or (941)216-5058.

## **CULTURE/EDUCATION**

The Art of Mediation in Partnership with Kadampa Meditation Center Florida





# MEDITATIONS FOR A MEANINGFUL LIFE with Kelsang Sangzin

These weekly meditation classes teach simple, practical meditation techniques based on the teachings of Kadampa Buddhism. These classes are suitable for both beginners and more advanced meditation practitioners. Their intent is to help people to gain a personal experience of inner peace, overcome their daily problems, and find real happiness in their hearts.

Although these meditation classes are generally given as a series, they can also be taken individually. Please feel free to drop in on a class-by-class basis.

Starts: January 17th

Wednesday's from 7pm-8:15pm

Cost per class: \$5 for members/\$10 for non-members



#### **TECHNOLOGY UNIVERSITY**

Tech U will cover both iPhone and iPad topics dependent on the interests of the people attending the class. Some potential topics are digital photography, security, find my phone, how to use settings, sharing photos, text messaging, and siri.

Instructor: Loretta Estabrooks

Cost per class: \$5 for members/\$10 for non-members

Tuesdays 10:30am-11:30am

Jan. 9- iPhone and iPad Basics

Jan. 16- Digital photography using your iPhone or iPad

Jan. 23 - iPhone/iPad - Beyond the Basics

Jan. 30 – Ask your questions about smartphones/tablets

Feb. 20- iPhone/iPad - Beyond the Basics

Feb. 27 - Digital photography using your iPhone or iPad

Mar. 6 - iPhone and iPad Basics

Mar. 13 - iPhone/iPad - beyond the basics



#### LINE DANCING

Line dancing is exactly that: A group of lines that do a set number of moves to all four walls of a room. Some of the dances only require two walls. The dances usually range from 16 counts to 64 counts of movements. This is a fun genre of dance. It is easy for most to pick up quickly. Come and give it a try!

Instructors: Bonnie and Bob Hendrickson

Date: January 11th - March 29th

Day: Thursday Time: 2pm-3:30pm

Cost: Free for members/\$5 per class for non-members



## **CULTURE/EDUCATION**



#### RINGLING COLLEGE LIFE LONG LEARNING

#### THE ESSENTIALS OF LIFELONG VITALITY

We will explore the issues surrounding lifelong physical, mental, and emotional wellbeing in the ever-expanding field of Holistic Health. For example, how can we increase our energy, flexibility, and strength; enhance focus and clarity; feel younger and pain-free; and become more creative and goal directed? To answer these questions, we will investigate multiple approaches; from ancient wisdom to modern neuroscience. The primary text for the class is "Move Into Life" by Anat Baniel (available from online vendors). Also, the instructor will provide handouts and other reference materials. There will be experiential exercises for wellness. Five Sessions: Jan. 8-Feb. 5; Note: Class will meet on Jan. 15, Mondays: 3-4:30 p.m. Betty Rogers, Course Fee: \$85; Member Fee: \$76.50.

#### **EINSTEIN'S CIRCLE ON ANNA MARIA ISLAND**

Einstein's Circle is a place where people gather to engage in an open exchange of ideas, opinions, and information on a variety of topics. These popular give-and-take discussions focus on political, social, and economic issues, as well as current events and concerns. Topics to be decided closer to the discussion dates. Wednesdays: January 10, 17 & 31; February 7, 14 & 28 • 11 a.m..-12:30 p.m. Einstein's Circle discussions are free and open to the public. No prior registration required.

#### **SCIENCE MONDAYS**

1:0pm - 2:30pm

Course Fee: \$90; Member Fee: \$81.

Science Mondays Topics:

- Jan. 15 "Human Consciousness: The Last Frontier of Science"
- Jan. 22 "From Atoms to the Atomic Bomb" with Jan Skalny
- Jan. 29 "Evolution In and Out of Textbooks" with Joe Kerata
- Feb. 5 "Fossils: Hard Won Facts and Evidence of Change" with Jeff Rodgers
- Feb. 12 "Feeling Nervous" with Joe Kerata
- Feb. 19 "The Biggest of Pictures-A Guided Tour of Your Universe" with Jeff Rodgers

## **SENIORS**

The Center offers a variety of programs for people 60 years of age and older. Activities include traveling, pursuing old hobbies and learning new ones, socializing with friends, meeting new people, increasing knowledge, becoming and staying physically fit, and much more!

#### **SENIOR ADVENTURES**

The Center is excited to have a partnership with the Annie Silver Community Center. This partnership allows for seniors to go on weekly adventures to a variety of different places around our area. Space is limited for trips. To reserve your spot or to find out what the next adventure is please call Peg at (941) 778-3106.

#### **SENIOR FITNESS**

The Center offers a variety of Fitness Classes for all abilities. The Fitness Center offers a weight room with the equipment to maximize your workout, including an elliptical, treadmills, stationary bikes, free weights, and a full circuit line of selectorized equipment. You will be taught how to use the equipment step by step during our Senior Fitness Orientation. Please visit The Center's front desk to arrange your orientation time.

## THINGS TO KNOW ABOUT THE CENTER

#### **CHECK-IN**

All members and guests must check in at The Front Desk

#### **DROP-IN CHILD CARE**

- Free for Members
- Need Care When Working Out or Taking a Class?
- 👫 Available Monday through Friday 9 a.m. 1 p.m.
- 🔽 Tuesday, Thursday, & Friday 5:30 7:30 p.m.
- 🧍 Monday & Wednesday 5:30-8pm
- 🦒 Saturdays 9 a.m. 11 a.m.

#### YOUTH POLICY

Children under 10 are not allowed left alone at The Center without an adult caregiver, unless they are in a Center program. At age 11 children must be a member of The Center in order to be in the building without an adult caregiver.

## YOUTH POLICY FOR FITNESS

Children under the age of 10 are not allowed in the Fitness Center. Children 10-15 may be in the Fitness area as long as they are exercising under direct adult supervision. Those 16 and up may use Fitness Center if they are Center members or have a Center Pass.

## **PROGRAM PARTICIPANTS**

All participants must fill out a Center Annual Application before they can participate at The Center. Participants in Summer Camp must fill out a Registration Form in order to attend camp. Paperwork must be completed and turned into front desk prior to participation

## **SLIDING SCALE FEES**

- No one is turned away from The Center for the inability to pay
- A Sliding Scale Fee Application must be filled out and required documents must be included in packet
- See front desk for an application or for questions



## **SAVE THE DATE!**

10<sup>th</sup> Annual Murder Mystery: February 16<sup>th</sup> & 17<sup>th</sup> 25<sup>th</sup> Annual Tour of Homes March 17<sup>th</sup>

"The Community's Gathering Place"