

November '18 "Extra" Bulletin

Saint James City Civic Association
PO Box 605 / 3300 Fourth Ave, St. James City, FL 33956
Phone: (239) 283-0242 Email: info@sjccapi.org



Thanksgiving is a special celebration since it gives us another chance to spread joy, reminisce on wonderful memories, contemplate on the lessons we have learned and appreciate the people in our lives. We wish you and your family an incredible Thanksgiving Day!

And in case you didn't know:

- Benjamin Franklin chose the turkey to represent our country and thought the bald eagle was of bad moral character - "the turkey is a more respectable bird"
- Only the males gobble
- The droopy red thing on top of a turkey's beak is called a snood
- Males with longer snoods attract more females - I'm not going there!
- Turkeys three times greater vision than humans standard 20/20
- The first "TV Dinner" was produced in 1953 by C.A. Swanson & Sons included turkey, cornbread dressing, peas and sweet potatoes

Rummage Sale & Big Breakfast - Happy Dance!

Our first Rummage Sale and Big Breakfast of the season was a **phenomenal success!** The rummage sale and vendor table rental raked in \$2,060. Breakfast was served to 220 people (over 50 more plates than last November!) and brought in \$1,180 in breakfast sales & tips.

Thank You! to everyone who **donated items** for the rummage sale, **donated their time** to help set up and clean up and **volunteered** to cook & serve a delicious breakfast and to our members for showing their support. **Your efforts helped make our first fundraiser of the season a huge success!**

Concert Ticket Sales - Cindy Bickford was on hand Saturday during the breakfast selling tickets to all three events scheduled for 2019 (see below). Tickets sales were brisk! **Call Cindy 239.282.9478 to get your tickets** - all three shows have limited seating and are for one night only!

The Pine Island Food Pantry needs our help!

The holiday season has started and many people on our beautiful island are struggling. Red tide and blue-green algae affected many businesses and their employees. The **Food Pantry is having trouble keeping shelves stocked** due to increased demand, so let's help them out!

Just think **if every member dropped off a can of soup, box of spaghetti, coffee, cereal, hamburger helper** when they attend an activity or at the Holiday Dinner - **what an impact we can make!**

Please bring a little something with you next time you visit the Civic Center - **Thank You! Pat Johnsen**

****Updated and Corrected****

Activity Information

Book Club - second Monday each month - 9:00 - 10:30 am *Carol Roscher*

Bridge: Mondays - Happy Islanders - 12:30 pm *Kay Winter / Mary Tobias*

Wednesday- Slambidders - 12:30 pm *Kay Winter* (until Joyce Coryell returns)

Fridays - Open Bridge - 7:00 pm *Bonnie Love*

Cribbage - Thursdays (Nov 29 - Apr) 6:45 - 9:30 pm *Mike Mulder*

Island Crafters - Wednesdays 9:00 am - 12:00 pm *Ellie Fenyohazi*

Euchre - Wednesdays 6:30 - 8:30 pm *Darlene Bender / Jan Robertson*

Exercise - Tuesday and Thursdays 8:30 - 9:30 am *Jodee McCollum*

Golden Brush - Tuesdays 10:00 am - 1:00 pm *Linda Selleck*

Line Dancing - Mondays 4:00 - 5:50 pm *Chris Miley*

Mah Jongg - Thursdays 1:00 - 5:00 pm *BJ Skribiski*

Ping Pong - Mondays and Thursdays 9:00 - 11:30 am *Jim Sullivan*

Photo Club - second & fourth Mondays Jan thru Mar (Nov&Dec see calendar) 6:30 - 8:00 pm *Andy Bergsten*

Shuffleboard - Tuesdays 9:00 am & Fridays 9:00 am *R Cleenput / Mike Schreiber*

Yoga Jaime Boswell - Thursdays 10:30 am and Fridays 8:30 am

Yoga Tune-Up with Michelle Jordahl - Mondays 11:00 - 12:00 am

Events and Gatherings

Big Breakfast - Nov 17, Jan 19, Feb 16 & Mar 9 Sat morning *Denny Dekker*

Rummage Sale - Nov 17, Feb 16 Sat morning *Shelley McManus*

Holiday Dinner - Dec 15, Saturday 11:30 am *bring your 2018 member card!*

Spaghetti Dinner - Mar 5, Tuesday 4:00 pm *Ellie Fenyo*

Concerts: Uproot Hootenanny - Jan 6, Sunday 6:00 pm *Cindy Bickford*

Dueling Pianos - Feb 17, Sunday 6:00 pm *Cindy Bickford*

Duos & Duets - Mar 10, Sunday 6:30 pm *Cindy Bickford*

Nurses in the Neighborhood - First Saturday each month at 10:00 am starting December 1 ****NEW****
details to be finalized

Open House - Jan 6, Sunday 12:00 *Carlos Gomez*

Card & Game Party - Feb 13, Wednesday *Pat Johnsen*

Photo Expo - Feb 22 / 23, Friday / Saturday *Andy Bergsten*

Breastfest - Mar 9, Saturday *Jodee McCollum*

Golden Brush Workshops: *Linda Selleck*

Janet Sams - Glass Art Jan 22, Tuesday 1:00 pm

Mel Meo - Acrylics Jan 29, Tuesday 1:00 pm

Jean Curley - Watercolor Feb 19th, Tuesday 1:00 pm

A little more about.....Yoga Classes at the Civic Center - Jaime Boswell and Michelle Jordahl are back again this year!

Jaime Boswell is excited to be **offering two classes** at St James City Civic Association this November & December. Her **Thursday (10:30-11:45am)** class will be the same style offered last year. In this class Jaime provides a strengthening practice that can be tailored to meet the needs of a wide array of students. The class is made accessible to most people by providing modified poses where students do not need to bear weight on hands and knees. The main focus of the class is building a sense of strength and stability around the joints, increasing balance, and releasing unnecessary tension.

The **new Friday morning class (8:30 - 9:30 am)** is a Slow Flow class that gets the whole body moving along with the breath in a mindful way. This class is accessible to beginners who find relative ease in their body, and can place weight on the hands and knees. If you are not sure what class is for you, feel free to **contact Jaime at jaimeboswell@live.com or 239-851-5351**

Classes begin on November 1 & 2 and run through December 20 & 21 with no class Thanksgiving week, for a total of seven classes in each series. If you are a member of SJCCA you can sign up for a seven-week series for \$70 or drop-in for single classes for \$12. Non-members can pay for the series for \$90 or drop-in for \$15. Please bring a mat, a small blanket or beach towel, and if possible 2 - 4" blocks, and an 8-foot yoga strap. Some props are available to borrow.

Michelle Jordahl

Yoga Tune Up® is a fitness therapy program built around the three P's Pain, Posture and Performance. using the Yoga Tune Up® Therapy balls you will discover tools and techniques of self-myofascial release to alleviate knots and tension in the muscle fascia. Combined with Vinyasa yoga this easy and effective class will add to whatever movement practice you most enjoy.

Classes begin **Monday mornings (11:00 am - 12:00 pm)** Nov 5th thru December 17th, there will be a two-week break for the Holidays.

*****NEW*** Yoga Flow six week series Wednesday nights (4:00 - 5:00 pm) January 2nd through February 13th**

This vinyasa flow yoga classes uses a progressive series of poses while performed breathing exercises. Yoga uses both breathing techniques and physical movement and exercise to help you achieve a physical and mental well-being. ... Vinyasa flow yoga means in Sanskrit a breath-synchronized movement. All Levels Welcome!

The cost for each series: If you are a member of SJCCA you can sign up for a seven-week series for \$70 or drop-in for single classes for \$12. Non-members can pay for the series for \$90 or drop-in for \$15.

Michelle Spernick Jordahl Mjordahl5@gmail.com 
952-221-6256 [Facebook.com/movementandyogabymichelle](https://www.facebook.com/movementandyogabymichelle)
<https://restore.offeringtree.com>

Come enjoy 'Easy Does It' Line Dancing classes every Monday at 4 pm, beginning **Monday December 3**, with an exciting new format. Class time will be extended 20 minutes from prior years, and will run from 4 pm to 5:50. This will allow time to focus on beginner dances early in the class, more challenging dances during the last portion of the class, and formation of a dance team. Come join us! Beginners are always welcome. No experience necessary, no special equipment required (just wear comfortable shoes). Member cost \$5 per class. **Contact: Chris Miley**



and renew your membership for 2019 at the Rummage Sale/Big Breakfast! Remember to bring your membership card with you to all activities and events. If you paid your membership dues but did not receive your membership card, please check the "Membership Applications" bin next to the ladies room. Unclaimed membership cards for 2018 and 2019 are in the bin - ask any board member or activity leader for help!

2019 Membership Dues
Annual Membership Dues are \$25 for the 2019 calendar year - beat the rush during the holidays

Reminders and Clarifications



If you have ideas, suggestions, pictures or articles for our newsletter, our website, or our Facebook page, please contact us! We want to know how we are doing and if we can improve. Feel free to share your news or celebrations with other members in our newsletter - **Email: info@sjccapi.org**

****We no longer have the resources to mail out Newsletters through the post office. However, if you are a current member and provide us with your email address, we will add you to our list! If you would like to print out a Newsletter (current or older), please go to our website at the link below and select the Newsletter tab. The email version of our Newsletter is for viewing/reading.**

****SJCCA Contact Information:** We have **removed all personal phone numbers and email addresses** for our board of directors, activity leaders, and event contacts from the public pages of our website. A list of contact information is located on a **new page** that is private and can only be viewed by **registered members of the SJCCA**. If you have not yet registered as a member on our website, click on the "Help" button below the "Members Only" tab for instructions. We will continue to post contact information on the bulletin board at the Civic Center if you do not wish to register as a member on the website. Inactive members and the public can complete the "Contact Us" section on our website and their inquiry will be forwarded to the appropriate contact person.

****A Members Only page** was created to provide our members with information such as financial reports and minutes to board/association meetings. To access the Members Only page you must first **"Sign Up" to be approved** as a valid Member of the SJCCA. Once approved, you need to "Log In" each time you enter the Members Only page. **For Help - click on the "Help" button by the Members Only menu tab.**

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