

Happenings at The Sanibel Community House- For Immediate Publication 9/21/22

- Every Monday: **Shellcrafters** - observe these artists at work from 9:00 am-1:00 pm. A shell crafting class begins at 10:00 am. The class is free; participants pay for supply costs starting at \$5.
- Every Monday, Wednesday, and Friday: **Aerobics** with Mahnaz Bassiri, one class is offered: 9:30 am-10:30 am. Bring your own weights (optional). The cost is \$5 for members or \$10 for guests per class.
- Every Thursday: **Chair Stretching** Exercises with Mahnaz Bassiri from 1:00 pm-2:00 pm, \$10 for members or \$15 for guests per class.
- Every Friday- **Sanibel Hearts Club** meets from 1:00 pm-3:00 pm to play the card game Hearts. From beginners to experts, all are welcome. The cost is \$5 to participate.
- **Fruits & Vegies Wanted!** Chef John and The Community House are looking for your locally grown fruits & vegies. We use locally sourced ingredients for Kids Cooking Classes to teach kids delicious healthy recipes. Our chef also uses fresh fruits and vegetables for our chutneys and salsas, which are sold to raise funds for SCH culinary scholarships. If you have fruits and vegetables and are willing to share its bounty please let us know. Please contact us at 239-472-2155 or info@sanibelcommunityhouse.net.

Come and Join us for a **class on Dealing with Breast Cancer** on Tuesday, Oct 4th from 1:00 pm – 2:30 pm. Learn breathing and grounding exercises to deal with the stress and learn how to confront and deal with the fear. Questions and Answers will follow the class.

Sanibel-Captiva Art League will be exhibiting works by SCAL artists JoAnn LaPadula and Julia Tamblyn for the month of September. The exhibit can be viewed from 9:00 am-1:00 pm, Monday through Friday through September 30th.

Plan ahead for our next **Community Social** on Tuesday, Oct 18 and enjoy a mini Oktoberfest evening . Call ahead and reserve your meal. Pick up @5:00pm, Eat in @ 6:00pm. \$25 for members, \$30 for guests.

The Memory Café meets on the 4th Tuesday of the Month at 9:00 a.m. No reservation needed, come and join the discussion on Tues Sept 27.

The Rotary Club meets every Friday morning at 6:30 a.m.

Please visit our website www.sanibelcommunityhouse.net for ALL events taking place at **The Community House**.

The next **Arts and Crafts Fair** is on October 23rd. Although it may seem early, spots are filling up quickly. If you are a local artist and would like to apply for a table at the fair, please email marketing@sanibelcommunityhouse.net for an application. The price for a table is \$75.

- *Shell Critter Kits* are available for purchase or to ship. Choose from a variety of critters for you to assemble at home. \$5 per kit, shipping \$10 additional. You can pick one up at The Community House from 9:00 am-1:00 pm Monday-Friday. Proceeds to benefit The Community House Operations.
- *Shell Necklace Kits* are available for purchase or to ship. \$20 per kit, shipping an additional \$10. All materials and instructions included. Proceeds to benefit The Community House Operations. Necklaces can be picked up Monday-Friday 9:00 am-1:00 pm.
- *Art Kits* are available for purchase or to ship. Eight different postcards to color and Zentangle. Sharpie and educational video link included -\$20 per kit. Proceeds to benefit The Community House Operations.