

# MARCH 2019

CLASSES and EVENTS



COUNCIL ON AGING OF MARTIN COUNTY, INC.

MAIN & RSVP LINE  
(772) 223-7800

900 SE Salerno Road  
Stuart, FL 34997

www.kanecenter.org

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Zumba Gold 8:30-9:30	2
3	<b>4 NO ZUMBA</b> Pinochle 9-Noon Matter of Balance 9-11 <b>NO CHAIR YOGA</b> Senior Fitness 12:30-1:30 Bridge 12:30-4  Teepa Snow 9 am  Sugar Busters 4 pm	<b>5 Poker 8-2:30</b> Painting 9:30-4 Photography 10-11 Rummikub 10-12 Zumba Gold 10:30-11:30 Beginning French 12:30-1:30 Cribbage 1-4 Beginning Spanish 1:30-2:30 I Speak Italian 3-4:30 Zumba Gold 5:30-6:30	<b>6 Zumba Gold 9:15-10:15</b> Canasta 10-12 Knitting 1-3 Euchre 1-3 Ballroom Dancing 4-5  St. Patrick's Day Luncheon 11:30 am	<b>7 Chess 9-12</b> Tai Chi 10-11 Chair Yoga 11:15-12 Mah Jong 1-4:30 Senior Fitness 1:30-2:30 Parkinson's Exercise 4-5  Florida Rural Legal Services	<b>8 Zumba Gold 8:30-9:30</b> iPad Beginners 9:30-10:30 iPad Intermediate 11-12 iPhone 12:45-1:45 Matter of Balance 1-3	9
10	<b>11 Zumba Gold 9:15-10:15</b> Pinochle 9-Noon Matter of Balance 9-11 Chair Yoga 10:30-11:15 Senior Fitness 12:30-1:30 Bridge 12:30-4	<b>12 Poker 8-2:30</b> Painting 9:30-4 Photography 10-11 Rummikub 10-12 Zumba Gold 10:30-11:30 Beginning French 12:30-1:30 Cribbage 1-4 Beginning Spanish 1:30-2:30 I Speak Italian 3-4:30 Zumba Gold 5:30-6:30	<b>13 Zumba Gold 9:15-10:15</b> Canasta 10-12 Knitting 1-3 Euchre 1-3 Ballroom Dancing 4-5	<b>14 Chess 9-12</b> Widow's Friendship 10-12 Tai Chi 10-11 Chair Yoga 11:15-12 Mah Jong 1-4:30 Senior Fitness 1:30-2:30 Parkinson's Exercise 4-5	<b>15 Zumba Gold 8:30-9:30</b> Balance 9-11 iPad Beginners 9:30-10:30 iPad Intermediate 11-12 iPhone 12:45-1:45 Matter of Balance 1-3	16
17  Stuart Community Concert Band <i>The Wearing of the Green</i> 2 pm	<b>18 Zumba Gold 9:15-10:15</b> Pinochle 9-Noon Matter of Balance 9-11 <b>NO CHAIR YOGA</b> <b>NO SENIOR FITNESS</b> Bridge 12:30-4 Kane Travelers 2:30-3:30	<b>19 Poker 8-2:30</b> Painting 9:30-4 Photography 10-11 Rummikub 10-12 Zumba Gold 10:30-11:30 Cribbage 1-4 Zumba Gold 5:30-6:30	<b>20 Zumba Gold 9:15-10:15</b> Canasta 10-12 Knitting 1-3 Euchre 1-3 Ballroom Dancing 4-5  Free Movie - 1 pm Victoria & Abdul	<b>21 Chess 9-12</b> Tai Chi 10-11 Chair Yoga 11:15-12 Mah Jong 1-4:30 Kane Readers 1:30 Senior Fitness 1:30-2:30 Parkinson's Exercise 4-5  Florida Rural Legal Services	<b>22 Zumba Gold 8:30-9:30</b> iPad Beginners 9:30-10:30 iPad Intermediate 11-12 iPhone 12:45-1:45 Matter of Balance 1-3  AARP Smart Driver 10 am-4pm	23
24  31	<b>25 Zumba Gold 9:15-10:15</b> Pinochle 9-Noon Matter of Balance 9-11 Chair Yoga 10:30-11:15 Senior Fitness 12:30-1:30 Bridge 12:30-4	<b>26 Poker 8-2:30</b> Painting 9:30-4 Photography 10-11 Rummikub 10-12 Zumba Gold 10:30-11:30 Cribbage 1-4 Zumba Gold 5:30-6:30	<b>27 Zumba Gold 9:15-10:15</b> Canasta 10-12 Knitting 1-3 Euchre 1-3 Brain Fitness 3:30-4:30 Ballroom Dancing 4-5	<b>28 Chess 9-12</b> Widow's Friendship 10-12 Tai Chi 10-11 Chair Yoga 11:15-12 Mah Jong 1-4:30 Senior Fitness 1:30-2:30 Parkinson's Exercise 4-5	<b>29 Zumba Gold 8:30-9:30</b>	<b>30</b>  Sage Awards at Harbour Ridge 6 pm

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1 Pinochle 9-Noon</b> Zumba Gold 9:15-10:15 Chair Yoga 10:30-11:15 Senior Fitness 12:30-1:30 Bridge 12:30-4  <b>Sugar Busters 4 pm</b>	<b>2 Poker 8-2:30</b> Painting 9:30-4 Photography 10-11 Rummikub 10-12 Zumba Gold 10:30-11:30 Cribbage 1-4 Beginning Italian 3-4 Intermediate Italian 4:15-5:15 Zumba Gold 5:30-6:30	<b>3 Zumba Gold 9:15-10:15</b> Canasta 10-12 Knitting 1-3 Euchre 1-3 Brain Fitness 3:30-4:30 Ballroom Dancing 4-5  <b>Trapper Nelson Tour 9:30 am</b>	<b>4 Chess 9-12</b> Tai Chi 10-11 Chair Yoga 11:15-12 Mah Jong 1-4:30 Senior Fitness 1:30-2:30 Parkinson's Exercise 4-5  <b>Florida Rural Legal Services</b>	<b>5 Zumba Gold 8:30-9:30</b> iPad Beginners 9:30-10:30 iPad Intermediate 11-12 iPhone 12:45-1:45  <b>Family Caregiver Workshop 10:45 am</b>	<b>6</b>
<b>7</b>	<b>8 Pinochle 9-Noon</b> Zumba Gold 9:15-10:15 Chair Yoga 10:30-11:15 Senior Fitness 12:30-1:30 Bridge 12:30-4	<b>9 Poker 8-2:30</b> Painting 9:30-4 Rummikub 10-12 Zumba Gold 10:30-11:30 Cribbage 1-4 Beginning Italian 3-4 Intermediate Italian 4:15-5:15 Zumba Gold 5:30-6:30	<b>10 Zumba Gold 9:15-10:15</b> Canasta 10-12 Knitting 1-3 Euchre 1-3 Brain Fitness 3:30-4:30 Ballroom Dancing 4-5  <b>Teeth Whitening - 10-4</b>	<b>11 Chess 9-12</b> Widow's Friendship 10-12 Tai Chi 10-11 Chair Yoga 11:15-12 Mah Jong 1-4:30 Senior Fitness 1:30-2:30 Parkinson's Exercise 4-5	<b>12 Zumba Gold 8-9</b> <b>**Special Time**</b>  <b>Fall Prevention 9:30 am-12 pm</b>	<b>13</b>
<b>14</b>  <b>Neil Zirconia 2 pm</b>	<b>15 Pinochle 9-Noon</b> Zumba Gold 9:15-10:15 Chair Yoga 10:30-11:15 Senior Fitness 12:30-1:30 Bridge 12:30-4  <b>Medicare Basics 2 pm</b>	<b>16 Poker 8-2:30</b> Painting 9:30-4 Rummikub 10-12 Zumba Gold 10:30-11:30 Cribbage 1-4 Beginning Italian 3-4 Intermediate Italian 4:15-5:15 Zumba Gold 5:30-6:30	<b>17 Zumba Gold 9:15-10:15</b> Canasta 10-12 Knitting 1-3 Euchre 1-3 Brain Fitness 3:30-4:30 Ballroom Dancing 4-5  <b>Live Well at the Kane Center 11:30 am</b>	<b>18 Chess 9-12</b> Tai Chi 10-11 Chair Yoga 11:15-12 Mah Jong 1-4:30 Kane Readers 1:30 Senior Fitness 1:30-2:30 Parkinson's Exercise 4-5  <b>Florida Rural Legal Services</b>	<b>19 Zumba Gold 8:30-9:30</b>	<b>20</b>
<b>21</b>	<b>22 Pinochle 9-Noon</b> Zumba Gold 9:15-10:15 Chair Yoga 10:30-11:15 Senior Fitness 12:30-1:30 Bridge 12:30-4 Kane Travelers 2:30-3:30	<b>23 Poker 8-2:30</b> Painting 9:30-4 Rummikub 10-12 Zumba Gold 10:30-11:30 Cribbage 1-4 Beginning Italian 3-4 Intermediate Italian 4:15-5:15 Zumba Gold 5:30-6:30	<b>24 Zumba Gold 9:15-10:15</b> Canasta 10-12 Knitting 1-3 Euchre 1-3 Ballroom Dancing 4-5  <b>Free Movie - 1 pm</b> <i>The Zookeeper's Wife</i> <b>Ashley Gang Lecture 11 am</b>	<b>25 NO CHESS</b> <b>NO WIDOW'S FRIENDSHIP</b> <b>NO CHAIR YOGA</b> <b>NO TAI CHI</b> <b>NO MAH JONG</b> <b>NO SENIOR FITNESS</b> Parkinson's Exercise 4-5 Line Dancing 5-6	<b>26 Zumba Gold 8:30-9:30</b>	<b>27</b>
<b>28</b>  <b>Stuart Community Concert Band</b> <i>Audience Favorites</i> <b>2 pm</b>	<b>29 Pinochle 9-Noon</b> Zumba Gold 9:15-10:15 Chair Yoga 10:30-11:15 Senior Fitness 12:30-1:30 Bridge 12:30-4	<b>30 Poker 8-2:30</b> Painting 9:30-4 Rummikub 10-12 Zumba Gold 10:30-11:30 Cribbage 1-4 Beginning Italian 3-4 Intermediate Italian 4:15-5:15 Zumba Gold 5:30-6:30				