

# MAY 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
			<b>1</b> Zumba Gold 9:15-10:15 Canasta 10-12 Knitting 1-3 Euchre 1-3	<b>2</b> Chess 9-12 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>Florida Rural Legal Services</b>	<b>3</b> Zumba Gold 8:30-9:30 iPad Beginners 9:30-10:30 iPad Intermediate 11-12 iPhone 12:45-1:45 <b>AARP Smart Driver 10 am-4pm</b>	<b>4</b>
<b>5</b> <b>The Barn Theatre presents Steppin' Out with My Baby 2 pm</b>	<b>6</b> Zumba Gold 9:15-10:15 Pinochle 9-Noon Chair Yoga 10:30-11:15 Senior Fitness 1:30-2:30 Bridge 12:30-4 <b>Sugar Busters 4 pm</b>	<b>7</b> Poker 8-2:30 Photography 10-11 Rummikub 10-12 Zumba Gold 10:30-11:30 Cribbage 1-4 Zumba Gold 5:30-6:30	<b>8</b> Zumba Gold 9:15-10:15 Canasta 10-12 Knitting 1-3 Euchre 1-3 Brain Fitness 3:30-4:30 Lecture: <b>Forrest "Woody" S. Tucker 11 am</b>	<b>9</b> Chess 9-12 Tai Chi 10-11 Chair Yoga 11:15-12 Widow's Friendship 10-12 Mah Jong 1-4:30 Senior Fitness 1:30-2:30 Parkinson's Exercise 4-5	<b>10</b> Zumba Gold 8:30-9:30 iPad Beginners 9:30-10:30 iPad Intermediate 11-12 iPhone 12:45-1:45	<b>11</b>
<b>12</b>  <b>Mothers Day</b>	<b>13</b> Zumba Gold 9:15-10:15 Pinochle 9-Noon Chair Yoga 10:30-11:15 Senior Fitness 1:30-2:30 Bridge 12:30-4 Project Linus 2-4	<b>14</b> Poker 8-2:30 Photography 10-11 Rummikub 10-12 Zumba Gold 10:30-11:30 Cribbage 1-4 Zumba Gold 5:30-6:30  <b>HUGS Community Training 3-5 pm</b>	<b>15 NO ZUMBA GOLD</b> Canasta 10-12 Knitting 1-3 Euchre 1-3 Brain Fitness 3:30-4:30  <b>Kane Fitness Fest 9 to 11:30 am</b>	<b>16</b> Chess 9-12 Tai Chi 10-11 Chair Yoga 11:15-12 Mah Jong 1-4:30 Senior Fitness 1:30-2:30 Kane Readers 1:30 Parkinson's Exercise 4-5 <b>Florida Rural Legal Services</b>	<b>17 Zumba Gold 8-9</b> <b>**Special Time**</b> iPad Beginners 9:30-10:30 iPad Intermediate 11-12 iPhone 12:45-1:45  <b>Be Stroke Smart! Cleveland Clinic Martin Health 9:30 am-12 pm</b>	<b>18</b>
<b>19</b> <b>William Cintron as Tom Jones &amp; Engelbert Humperdinck 2 pm</b>	<b>20</b> Zumba Gold 9:15-10:15 Pinochle 9-Noon Chair Yoga 10:30-11:15 Senior Fitness 1:30-2:30 Bridge 12:30-4 Kane Travelers 2:30-3:30	<b>21</b> Poker 8-2:30 Photography 10-11 Rummikub 10-12 Zumba Gold 10:30-11:30 Cribbage 1-4 Zumba Gold 5:30-6:30	<b>22</b> Zumba Gold 9:15-10:15 Canasta 10-12 Knitting 1-3 Euchre 1-3 Brain Fitness 3:30-4:30  <b>Free Movie - 1 pm Operation Finale</b>	<b>23</b> Chess 9-12 Tai Chi 10-11 Widow's Friendship 10-12 Chair Yoga 11:15-12 Mah Jong 1-4:30 Senior Fitness 1:30-2:30 Parkinson's Exercise 4-5	<b>24</b> Zumba Gold 8:30-9:30 iPad Beginners 9:30-10:30 iPad Intermediate 11-12 iPhone 12:45-1:45  <b>Turning Point: The Quest for a Cure Documentary Screening 11 am</b>	<b>25</b>
<b>26</b>	<b>27</b>  <b>Memorial DAY</b>	<b>28</b> Poker 8-2:30 Photography 10-11 Rummikub 10-12 <b>NO ZUMBA GOLD</b> Cribbage 1-4 Zumba Gold 5:30-6:30	<b>29</b> Zumba Gold 9:15-10:15 Canasta 10-12 Knitting 1-3 Euchre 1-3 Brain Fitness 3:30-4:30	<b>30</b> Chess 9-12 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>31</b> Zumba Gold 8:30-9:30	

# JUNE 2019


CLASSES and EVENTS



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MAIN & RSVP LINE  
(772)223-7800

900 SE Salerno Road  
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Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1  Mystery Lane as The Eltones 7 pm
2	3 Pinochle 9-Noon Zumba Gold 9:15-10:15 Chair Yoga 10:30-11:15 Senior Fitness 1:30-2:30 Bridge 12:30-4  Sugar Busters 4 pm	4 Poker 8-2:30 Photography 10-11 Rummikub 10-12 Zumba Gold 10:30-11:30 Cribbage 1-4 Zumba Gold 5:30-6:30	5 Zumba Gold 9:15-10:15 Canasta 10-12 Knitting 1-3 Euchre 1-3 Brain Fitness 3:30-4:30	6 Chess 9-12 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  Florida Rural Legal Services	7 Zumba Gold 8:30-9:30 iPad Beginners 9:30-10:30 iPad Intermediate 11-12 iPhone 12:45-1:45	8
9	10 Pinochle 9-Noon Zumba Gold 9:15-10:15 Chair Yoga 10:30-11:15 Senior Fitness 1:30-2:30 Bridge 12:30-4 Project Linus 2-4	11 Poker 8-2:30 Painting 9:30-4 Rummikub 10-12 Zumba Gold 10:30-11:30 Cribbage 1-4 Zumba Gold 5:30-6:30  HUGS Community Training 3-5 pm	12 Zumba Gold 9:15-10:15 Canasta 10-12 Knitting 1-3 Euchre 1-3 Brain Fitness 3:30-4:30  Lecture: Raw & Untamed Pioneer Life of Stuart and Jensen 11 am	13 Chess 9-12 Tai Chi 10-11 Widow's Friendship 10-12 Chair Yoga 11:15-12 Mah Jong 1-4:30 Senior Fitness 1:30-2:30 Parkinson's Exercise 4-5	14 Zumba Gold 8:30-9:30 iPad Beginners 9:30-10:30 iPad Intermediate 11-12 iPhone 12:45-1:45	15
16 	17 Pinochle 9-Noon Zumba Gold 9:15-10:15 Chair Yoga 10:30-11:15 Senior Fitness 1:30-2:30 Bridge 12:30-4	18 Poker 8-2:30 Painting 9:30-4 Rummikub 10-12 Zumba Gold 10:30-11:30 Cribbage 1-4 Zumba Gold 5:30-6:30	19 Zumba Gold 9:15-10:15 Canasta 10-12 Knitting 1-3 Euchre 1-3 Brain Fitness 3:30-4:30  Teeth Whitening 10 am-4 pm	20 Chess 9-12 Tai Chi 10-11 Chair Yoga 11:15-12 Mah Jong 1-4:30 Senior Fitness 1:30-2:30 Kane Readers 1:30 Parkinson's Exercise 4-5 Florida Rural Legal Services	21 Zumba Gold 8:30-9:30 iPad Beginners 9:30-10:30 iPad Intermediate 11-12 iPhone 12:45-1:45  United Healthcare Medicare Basics 11 am	22
23  30	24 Pinochle 9-Noon Zumba Gold 9:15-10:15 Chair Yoga 10:30-11:15 Senior Fitness 1:30-2:30 Bridge 12:30-4	25 Poker 8-2:30 Painting 9:30-4 Rummikub 10-12 Zumba Gold 10:30-11:30 Cribbage 1-4 Zumba Gold 5:30-6:30	26 Zumba Gold 9:15-10:15 Canasta 10-12 Knitting 1-3 Euchre 1-3 Brain Fitness 3:30-4:30  Free Movie - 1 pm Murder on the Orient Express	27 Chess 9-12 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	28 Zumba Gold 8:30-9:30 iPad Beginners 9:30-10:30 iPad Intermediate 11-12 iPhone 12:45-1:45	29