

JULY 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 9:15-10:15 Pinochle 9-Noon Chair Yoga 10:30-11:15 Senior Fitness 1:30-2:30 Bridge 12:30-4 Sugar Busters 4 pm	2 Poker 8-2:30 Rummikub 10-12 Zumba Gold 10:30-11:30 Cribbage 1-4 Zumba Gold 5:30-6:30	3 Zumba Gold 9:15-10:15 Canasta 10-12 Knitting 1-3 Euchre 1-3	4  Closed	5 Zumba Gold 8:30-9:30	6
7	8 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	9 Poker 8-2:30 Rummikub 10-12 Zumba Gold 10:30-11:30 Cribbage 1-4 Zumba Gold 5:30-6:30	10 Zumba Gold 9:15-10:15 Canasta 10-12 Knitting 1-3 Euchre 1-3 HUGS Community Training 3-5 pm	11 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	12 Zumba Gold 8:30-9:30 iPad Beginners 9:30-10:30 iPad Intermediate 11-12 iPhone 12:45-1:45 Country Line Dancing Party featuring THUNDER ROAD 7 pm	13
14	15 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	16 Poker 8-2:30 Rummikub 10-12 Zumba Gold 10:30-11:30 Cribbage 1-4 Zumba Gold 5:30-6:30	17 Zumba Gold 9:15-10:15 Canasta 10-12 Knitting 1-3 Euchre 1-3	18 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	19 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	20 ZUMBA-THON! 10 am -12 pm
21	22 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	23 Poker 8-2:30 Rummikub 10-12 Zumba Gold 10:30-11:30 Cribbage 1-4 Zumba Gold 5:30-6:30	24 Zumba Gold 9:15-10:15 Canasta 10-12 Knitting 1-3 Euchre 1-3 Lecture: Captain Adams 11 am Free Movie - 1 pm LBJ	25 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	26 Zumba Gold 8:30-9:30 iPad Beginners 9:30-10:30 iPad Intermediate 11-12 iPhone 12:45-1:45 AARP Smart Driver 10 am-4pm	27
28	29 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	30 Poker 8-2:30 Rummikub 10-12 Zumba Gold 10:30-11:30 Cribbage 1-4 Zumba Gold 5:30-6:30	31 Zumba Gold 9:15-10:15 Canasta 10-12 Knitting 1-3 Euchre 1-3			

AUGUST 2019

CLASSES and EVENTS



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Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 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 Line Dancing 5-6 Florida Rural Legal Services	2 Zumba Gold 8:30-9:30 iPad Beginners 9:30-10:30 iPad Intermediate 11-12 iPhone 12:45-1:45	3
4 Nicky Wood's 20th Century Broadway 2 pm	5 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	6 Poker 8-2:30 Rummikub 10-12 Zumba Gold 10:30-11:30 Cribbage 1-4 Zumba Gold 5:30-6:30 Seniors vs. Crime 12 pm	7 Zumba Gold 9:15-10:15 Canasta 10-12 Knitting 1-3 Euchre 1-3	8 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 Line Dancing 5-6	9 Zumba Gold 8:30-9:30	10 Parkinson's Education 9:30 am-2 pm
11	12 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	13 Poker 8-2:30 Rummikub 10-12 Zumba Gold 10:30-11:30 Cribbage 1-4 Zumba Gold 5:30-6:30 HUGS Community Training 3-5 pm	14 Zumba Gold 9:15-10:15 Canasta 10-12 Knitting 1-3 Euchre 1-3 Teeth Whitening 10 am-4 pm	15 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 Line Dancing 5-6 Florida Rural Legal Services	16 Zumba Gold 8:30-9:30	17
18	19 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 Medicare Basics 2 pm	20 Poker 8-2:30 Rummikub 10-12 Zumba Gold 10:30-11:30 Cribbage 1-4 Zumba Gold 5:30-6:30	21 Zumba Gold 9:15-10:15 Canasta 10-12 Knitting 1-3 Euchre 1-3	22 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 Line Dancing 5-6	23 Zumba Gold 8:30-9:30	24
25	26 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 Kane Travelers 2:30-3:30	27 Poker 8-2:30 Rummikub 10-12 Zumba Gold 10:30-11:30 Cribbage 1-4 Zumba Gold 5:30-6:30	28 Zumba Gold 9:15-10:15 Canasta 10-12 Knitting 1-3 Euchre 1-3 Free Movie - 1 pm <i>The Upside</i>	29 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 Line Dancing 5-6	30 Zumba Gold 8:30-9:30	31