



COUNCIL ON AGING OF MARTIN COUNTY, INC.

# HAPPENINGS

CONCERTS | EVENTS | MOVIES | CLASSES | FITNESS | SEMINARS | CAREGIVER CORNER

• 900 SE Salerno Road, Stuart, FL 34997 • 772.223.7800 • [www.kanecenter.org](http://www.kanecenter.org)

## MAY | JUNE 2017

**Kane center will be closed on  
Memorial Day-May 29th, 2017**

### EVENTS

**True Crew's Mother Day Dance Celebration | Sunday May 7th | 2:00 p.m. | \$10.00 |**

Dance program includes a cabaret selection of all forms of dance, musical theater and performing arts. Students range in age from 4 to 19. Treat your mom and special lady in your family to some fun filled dance performances.

**ADC Dinner Dance | Friday May 12th | 5:00 p.m. | \$15.00 |**

Join us for a delicious dinner prepared by our own Chef Chris Collier, with entertainment by Daryl Magill. Enjoy rosemary roast chicken quarters, mashed potatoes, green beans and dessert. A 50/50 drawing will be held and a cash bar will be available. *\*Tickets must be purchased by May 9th.*

**Come Rain or Come Shine | Sunday May 21st | 2:00 p.m. |**

**\$15.00 MEM | \$20.00 NON-MEM and CLUB MEM|**

Take a seat for an afternoon of music, song and dance to celebrate the music of Frank Sinatra with performances by Rich Canon, Pat Purello, Joe Russo and more! Refreshments are available during intermission.

**Fitness Festival! | Wednesday May 31st | 11:00 a.m. | FREE! |**

In celebration of National Senior Health & Fitness Day, the Kane Center will host a FREE Fitness Festival. Demonstrations of the Kane Center's fitness classes will be presented for you to participate in or observe. Also in store is Dr. Ellen Fisher, the keynote speaker for the event, will provide nutritional information in relation to an individual's genetic metabolic identity. Learn how to live a healthier life with increased energy and mental awareness. Complimentary samples of Kane Cuisine, created in the Kane kitchen, will be available for tasting.

## EVENTS

### **Hootenanny Hoe Down | Friday June 2nd | 6:00 p.m. | \$10.00 |**

Put on your hat and dancin' boots to enjoy an evening of dinner, a cash bar and line dancing.

Tickets must be purchased in advance. *No walk-in's please.*

*Must be 21 years of age or older.*

### **Tupperware Party with Dixie (Not Your Mother's Tupperware Party!)**

#### **Friday June 23rd | 6:00 p.m. | \$15.00 MEM | \$20.00 CLUB MEM and NON-MEM |**

She's back and sassier than ever! Get ready for plenty of outrageous fun, surprises, audience participation and the most fabulous assortment of Tupperware available. And yes, you'll have the opportunity to buy the latest and greatest "plastic crap" for yourself. You won't want to miss it!

Cash Bar. *\*Adult Content*

## MOVIES

### **"Florence Foster Jenkins" | Wednesday May 24th | 1:00 p.m. | \$7.00 |**

In the 1940s, New York socialite Florence Foster Jenkins (Meryl Streep) dreams of becoming a great opera singer. Unfortunately, her ambition far exceeds her talent. Her husband St. Clair, goes to extreme lengths to make sure his wife never finds out how awful she truly is. When Florence announces her plans for a concert at Carnegie Hall, St. Clair soon realizes that he's facing his greatest challenge yet.

### **"The Bucket List" | Wednesday June 21st | 1:00 p.m. | \$7.00 |**

Billionaire Edward Cole (Jack Nicholson) and car mechanic Carter Chambers (Morgan Freeman) are complete strangers, until fate lands them in the same hospital room. The men find they have two things in common: a need to come to terms with who they are and what they have done with their lives, and a desire to complete a list of things they want to see and do before they die. Against their doctor's advice, the men leave the hospital and set out on the adventure of a lifetime.

## CLASSES

### **Line Dancing (6 sessions) —Inst: Susan Parisi | Tuesday May 2,9,16,23,30 June 6 | 5:00 p.m. | \$30.00 MEM | \$36.00 CLUB MEM and NON-MEM|**

Join us for this fun-filled class! Come alone or with a friend – no partner is needed. You'll learn multiple dances, meet new people, make friends and get exercise at the same time.

# CLASSES

## **Brain Fitness (4-week Session) | Wednesday May 3,10,17,24, | 3:30 p.m. | \$16.00 |**

Join Ute Schwartz from Martin Health for a 4-week session on activities to stimulate your brain. This fun and educational workshop will include word games, memory games, puzzles, art projects and take-home exercises.

## **Photography (5 sessions) —Inst: Paul Careccia| Tuesday May 2,9,16,23, June 6 | 10:00 a.m. | \$65.00 MEM | \$75.00 CLUB MEM and NON-MEM|**

Paul has more than 30 years of experience as a photographer. He will inspire you as you pursue this fantastic art form and find true joy in the process. Course Outline: WEEK ONE: Introduction to Photography (Developing an Eye); WEEK TWO: Cameras and Lenses (The Tools of the Trade) - Which ones to use and why, Camera Functions - How to use (the basics) Exposure/Focusing; WEEK THREE: Filters and Accessories (Equipment) - How to and why should I use filters, Flashes (Indoors and Outdoors); WEEK FOUR: The Image (Making Memorable Photographs) - Photographing People (Children/Babies/Friends/Special Events), Photographing Action (Freezing/ Blurring/Panning), Photographing Landscapes & Nature; WEEK FIVE: Taking Photographs and Sharing Results. **Be sure to bring your camera to class.**

## **Painting Class—Instructor Brenda Leigh | ON HIATUS UNTIL OCTOBER |**

## **Facebook for Beginners—Inst: Joe Stango | Friday June 2,9,16,23 | 9:15 a.m. | \$60.00 MEM | \$65.00 CLUB MEM and NON-MEM|**

Classes will touch on subjects such as creating a Facebook account, changing settings, joining groups, searching for people and much more! Remember to bring your phone to class.

**Equipment not provided.**

## **Brain Fitness (4-week Session) | Wednesday June 7,14,21,28 | 3:30 p.m. | \$16.00 |**

Join Ute Schwartz from Martin Health for a 4-week session on activities to stimulate your brain. This fun and educational workshop will include word games, memory games, puzzles, art projects and take-home exercises.

## **iPhone —Inst: Joe Stango | Friday June 2,9,16,23 | 2:00 p.m. | \$60.00 MEM | \$65.00 CLUB MEM and NON-MEM|**

For this class you will need to have an **iPhone 4S or higher running software up to Version 9**. Before class you must have your Apple ID and password. If you do not know the version of your phone or software or your ID and password, call 1-800-MY-APPLE. This information **MUST** be verified prior to signing up. Classes will touch on subjects such as voicemail, making and receiving calls, contacts, text messaging, Facetime, email, photos and the App Store.

Remember to bring your phone to class— **equipment not provided.**

# CLASSES

**iPad Beginners—Inst: Joe Stango | Friday June 2,9,16,23 | 10:30 a.m. |  
\$60.00 MEM | \$65.00 CLUB MEM and NON-MEM|**

One of our most popular classes! Have an iPad you are struggling to learn to use? Attend this informative class to get all of the benefits from your Apple device.

Remember to bring your device to class

**Equipment not provided.**

**iPad Intermediate—Inst: Joe Stango | Friday June 2,9,16,23 | 12:30 p.m. |  
\$60.00 MEM | \$65.00 CLUB MEM and NON-MEM|**

For those of you who took Joe Stango's Beginner iPad class and wish to learn more, this class is for you! Remember to bring your device to class – **equipment not provided.**

**ALL Classes require registration.  
Please call (772) 223-7800 or visit us at  
[www.kanecenter.org](http://www.kanecenter.org) to register**

# FITNESS

**NEW CLASS! Dance Fitness —Inst: Heidron Treutner-Lind | Thursday May 18th, | 5:30 p.m.  
\$5.00 MEM | \$6.00 CLUB MEM and NON-MEM |**

A great workout filled with dance steps. Different dance routines every time like: Disco from the 70s and 80s, Hip Hop, Bollywood, Merengue/Salsa, Jive and Jazz Style. One hour full of fun, great music and dance steps.

**Senior Fitness—Inst: Osvaldo Parrotta | Monday 12:30 p.m. | Thursday 1:00 p.m. |  
\$6.00 MEM | \$7.00 CLUB MEM and NON-MEM |**

Enjoyable exercise program designed to help those 55 and better live healthy, active lifestyles while getting fit, having fun and making friends. The class emphasizes muscle range of motion, flexibility and coordination.

**Tai Chi for Balance—Inst: Grace Coffey | Thursday 10:15 a.m. |  
\$8.00 MEM | \$10.00 CLUB MEM and NON-MEM |**

Tai Chi is enjoyable, easy to learn and provides many health benefits. It is often described as “meditation in motion,” but it might well be called “medication in motion.” The program is a safe and effective system that enhances strength and flexibility, while reducing joint pain and stress. Qigong coordinates body posture and movement, breathing, and meditation used for health and relaxation.

# FITNESS

**Ballroom Dancing—Inst: Craig Galvin | Wednesday 4:00 p.m. |  
\$8.00 MEM | \$10.00 CLUB MEM and NON-MEM |**

This program is structured to take beginning dancers and methodically teach them the basics of stepping to the music.

**Chair Yoga—Inst: Grace Coffey | Monday 10:30 a.m. | Thursday 11:30 a.m. |  
\$8.00 MEM | \$10.00 CLUB MEM and NON-MEM | [Cancelled MAY 22](#)**

Chair Yoga introduces participants to health-enhancing yoga postures, breathing techniques and meditation in a fun, nurturing and safe environment. It has been described as providing “physical lightness, mental calmness and emotional tranquility.” Students can choose to use either mats or chairs. The class, which is appropriate for all levels (beginner, intermediate and advanced), allows students to work according to their own flexibility and strength.

**Zumba Gold—Inst: Osvaldo Parrotta | Monday & Wednesday 9:15 a.m. | Friday 8:30 a.m.  
\$6.00 MEM | \$7.00 CLUB MEM and NON-MEM | [Cancelled MAY 31](#)**

Zumba Gold is a senior-friendly version of the popular Latin-inspired fitness dance workout. This very popular class is ideal for beginners and those who want an effective – and fun! – lower intensity, low impact workout.

**Total Body Workout—Inst: Osvaldo Parrotta | Wednesday 10:30 a.m. | [Cancelled MAY 31](#)  
\$6.00 MEM | \$7.00 CLUB MEM and NON-MEM |**

Advanced one-hour exercise class for active seniors is designed to tone and strengthen muscles while building range of motion. It begins with 15 minutes of cardiovascular exercise, moves to exercises using hand-held weights and elastic bands, and ends with a cool down and stretching. Exercises are done on floor mats, but can be done using chairs if necessary.

The Kane Center is Looking for Your Input on  
NEW Classes, Clubs, Seminar's and Entertainment.  
Please Call Lisa Bharath with Your Suggestions  
(772) 223-7800

# SEMINAR

## **Money Mentoring for Seniors “Saving & Investing in Retirement” | Wednesday May 3rd 1:30 p.m. | FREE! |**

The Money Mentoring for Seniors program is designed to help Seniors manage their finances successfully. This session, Saving and Investing in Retirement, will discuss managing your retirement nest egg, estate planning overview, insurance in retirement and include a question and answer period. Light refreshments will be provided. Please RSVP (772)223-7800

## **Will Reviews | Thursday May 11th and June 8th 9:00—11:30 a.m. | FREE! |**

The Kane Center is offering free will reviews. Confidential reviews are approximately 30 minutes in length. Participants should bring copies of their wills, codicils, powers of attorney and other pertinent legal documents to the appointment. **Appointments must be scheduled in advance at (772) 223-7800**

May 11 – Mary K. Gilmour, Attorney at Law, 428 SW 7th Street, Stuart

June 8 - Shaun W. Wiedrick, Esq., Wiedrick Law, 1801 S Kanner Hwy., Stuart

## **Medicare Information Session | Thursday May 25th 10:30 a.m. | FREE! |**

Join us at the Kane Center for this free, informative seminar. Sharon Bateman will be here to cover topics such as: Understanding Medicare Coverage, annual deductibles, prescription drug plans, Medicare supplements vs. Advantage plans and your choice of options.

Bring your questions! **RSVP at (772) 223-7800**

## **Memory Screenings | Thursday May 25th and June 22nd | FREE! |**

These screenings are performed by the Brain Matters Research organization and take approximately 20 minutes to conduct. They involve asking the individual questions involving orientation, recall, language, attention, etc. The screenings are geared to help individuals know if they are experiencing memory loss as it relates to cognitive deficits.

**Appointments must be scheduled in advance at (772) 223-7800**

## **Optimizing Your Social Security Benefits | Friday June 16th 9:30 a.m. | FREE! |**

Take charge of your retirement. Learn how to maximize your Social Security benefits. Mike Tommeraas, financial advisor for Feiretag Financial Group, will provide important insights on optimizing Social Security benefits. Learn about strategies that could make retirement even more rewarding. **RSVP at (772) 223-7800**

## **The Virtual Dementia Tour: Your Window to Their World | Tuesday May 9th | FREE! |**

Open yourself to experiencing the world around you in a completely different way and gain a clear perspective into the daily lives of those with dementia. The Virtual Dementia Tour sensitivity training program enables participants to gain a greater understanding of dementia and shift their thinking from fear to action. The experience takes approximately 25 minutes.

**Reservations MUST be made in advance by calling 772-463-1112.**

## **Understanding and Responding to Dementia Related Behaviors | Thursday May 11th | 3:00 p.m. | FREE! |**

Behavior is a powerful form of communication and is one of the primary ways for people with dementia to communicate their needs and feelings as the ability to use language is lost. However, some behaviors can present real challenges for caregivers to manage. Join us to learn to decode behavioral messages, identify common behavior triggers and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer's disease.

**RSVP at (772) 223-7800**

## **"Finding Joy in the Journey" | Tuesday May 23rd 3:00 p.m. | FREE! |**

The journey that is Alzheimer's disease is unique for each person and family. Tino Negri, co-president of ComForcare Senior Services will show you how to accentuate the positive, tap into the power of music and communicate effectively and therapeutically with our loved ones. **RSVP at (772) 223-7800**

## **NEW! Exercise Class for Parkinson's Disease Patients and Caregivers | Every Thursday 4:00-5:00 p.m. | FREE! |**

Group exercise class that is specific to the needs of Parkinson's disease patients, caregivers and others with Parkinson's disease-related symptoms. These classes are taught by licensed therapists and certified professionals.

Free Caregiver support groups **held on the third Wednesday of each month** at the Kane Center:

Morning caregiver session focuses on caring for a frail senior.

10:30 a.m. - Noon

Afternoon session focuses on adult children caring for their aging parents.

3:30 to 5:00 p.m.

No RSVP is required

Free respite care for your senior or loved one while you attend the session- RSVP to Crystal Collier

Program Manager of Adult Day Health at 772-223-7843 or at [cecollier@kanecenter.org](mailto:cecollier@kanecenter.org).

For more information about caregiver support group, contact

Laura Zel Kremer at 561-209-6124 or [laurak@morselife.org](mailto:laurak@morselife.org)

(funded by Florida Dept. of Elder Affairs and Area Agency on Aging)

# AARP

## **AARP SMART DRIVER PROGRAM | Friday May 26th or June 23rd | 10:00 a.m. - 4:00 p.m. |**

The AARP Smart Driver Program is the nation's first and largest course for drivers age 50 and over. You'll learn defensive driving techniques, and how to operate your vehicle safely in today's environment. You'll also learn how to accommodate common age-related changes in vision, hearing and reaction time. *After completing the course, you may be eligible to receive an insurance discount, so consult your agent for details.*

**Call Instructor Marty Post to Register at 772-545-7369**

# FREE EXPERTISE

## **Florida Rural Legal Services (FRLS) | 1st and 3rd Thursdays every month | FREE! |**

Florida Rural Legal Services (FRLS): FRLS lawyers come to Kane the 1st and 3rd Thursdays of each month, and can provide you with advice on a range of issues, including wills, family law, estate planning, bankruptcy, tenant/landlord concerns and more.

**Schedule your appointment by calling 1-888-582-3410.**

## **SHINE (Serving Health Insurance Needs of Elders) | By Appt Only | FREE! |**

Confused by your Medicare choices?

SHINE can help you determine which option is best for you. Schedule a consultation with a SHINE counselor by calling 1-866-684-5885. Counselors are available by appointment Monday through Friday at the Kane Center. You can learn more about SHINE at [www.floridashine.org](http://www.floridashine.org).

# LECTURE

## **Medicare Basics Presentation | Monday June 19th | 2:00 p.m. | FREE! |**

SHINE (Serving Health Insurance Needs of Elders) and the Florida Department of Elder Affairs will be holding a free Medicare basics presentation. Topics that will be discussed include: Original Medicare, Medicare Advantage Plans, Medicare Prescription drug Coverage, Medicare Supplement Insurance Policies and Medicare Prescription Drug Low-income Subsidy. A question and answer period will follow. **RSVP at (772) 223-7800**

# KANE CLUBS

## Kane Clubs

**\$25.00/ annually \* excludes discounts on classes and concerts**

You don't need to RSVP for Kane Clubs. Just show up and have fun!

Note: Club activities require Kane Membership or Club Membership to participate.

ALL Clubs require membership.

**Travel Club**, May 10 and June 7, 2017, 10:30 a.m. – Noon

**Pinochle Club**, Mondays from 9:00 a.m. – 12:00 p.m.

**Bridge Club**, Mondays at 1:00 p.m.: This “just for fun” bridge club is not sanctioned or duplicate bridge.

**Mah Jong**, Thursdays at 1:00 p.m.—want to learn to play Mah Jong? Join us and play for fun and love of the game,

**Poker Club**, Tuesdays from 9:00 a.m. to 2:00 p.m.: Play for chips, play for fun, play for the bragging rights!

**Euchre Club**, Wednesdays from 1:00 to 3:00 p.m.

**Knitting Club**, Wednesdays at 1:00 p.m.: If you're into crocheting or knitting, come share your projects, tips and techniques . . . along with plenty of laughter! Bring your latest project with you. If you have any questions, contact Joan at 772-287-9146.

**Chess Club**, Thursdays 9 a.m. – Noon

**Cribbage**, Tuesdays at 1:00 p.m.

# KANE BISTRO

**Kane Bistro | Monday—Friday | 8:30 a.m. - 4:00 p.m. |**

Enjoy a meal with your friends at the Kane Bistro! Soup, sandwiches, snacks, ice cream and soft drinks are available. Checkout our specials!