

NOVEMBER 2017




CLASSES and ACTIVITIES



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 Knitting Club 1-3 Euchre Club 1-3 Ballroom Dancing 4-5 Movie: It Happened on 5th Avenue 1 PM	2 Chess 9-Noon Dance Fitness 9-10 Tai Chi 10:15-11:15 Chair Yoga 11:30-12:30 Mah Jong 12:30-3:30 Senior Fitness 1-2 Parkinson's Exercise 4-5 Florida Rural Legal Services	3 Zumba Gold 8:30-9:30 Dinner & Dancing Party 5 PM	4
5 SCCB: Broadway at its Best 2 PM	6 Zumba Gold 9:15-10:15 Pinochle 9-Noon Chair Yoga 10:30-11:30 Senior Fitness 12:30-1:30 Bridge Club 1-4 Sugar Busters 4:30	7 Poker 9-2 Photography 10:00 Cribbage 1-4 Painting 1-4:30	8 Zumba Gold 9:15-10:15 Travel Club 10:30-12 Knitting Club 1-3 Euchre Club 1-3 Brain Fitness 3:30-4:30 Ballroom Dancing 4-5 Hearing Loss Seminar 10 AM-1 PM Caregiver Celebration 3-5 PM	9 Chess 9-Noon Dance Fitness 9-10 Tai Chi 10:15-11:15 Chair Yoga 11:30-12:30 Mah Jong 12:30-3:30 Senior Fitness 1-2 Parkinson's Exercise 4-5 Will Reviews	10  Veterans Day	11
12 True Crew: On Broadway 2 PM	13 Zumba Gold 9:15-10:15 Pinochle 9-Noon Widow's Friendship 10:00 Chair Yoga 10:30-11:30 Senior Fitness 12:30-1:30 Bridge Club 1-4	14 Poker 9-2 Photography 10:00 Zumba Gold 10:30-11:30 Senior Fitness 12:30-1:30 Cribbage 1-4 Painting 1-4:30 AARP	15 Zumba Gold 9:15-10:15 Knitting Club 1-3 Euchre Club 1-3 Brain Fitness 3:30-4:30 Ballroom Dancing 4-5	16 Chess 9-Noon Dance Fitness 9-10 Tai Chi 10:15-11:15 Chair Yoga 11:30-12:30 Mah Jong 12:30-3:30 Senior Fitness 1-2 Parkinson's Exercise 4-5 Florida Rural Legal Services	17 Zumba Gold 8:30-9:30 Dear Jane Quilting 1:00 Memory Screenings	18
19  Kane Craft Fair 12-4 PM	20 Zumba Gold 9:15-10:15 Pinochle 9-Noon Chair Yoga 10:30-11:30 Senior Fitness 12:30-1:30 Bridge Club 1-4	21 Poker 9-2 Photography 10:00 Zumba Gold 10:30-11:30 Senior Fitness 12:30-1:30 Book Club 1:30 Cribbage 1-4 Painting 1-4:30	22 Zumba Gold 9:15-10:15 Knitting Club 1-3 Euchre Club 1-3 Brain Fitness 3:30-4:30 Ballroom Dancing 4-5	23  Happy Thanksgiving	24	25
26	27 Zumba Gold 9:15-10:15 Pinochle 9-Noon Widow's Friendship 10:00 Chair Yoga 10:30-11:30 Senior Fitness 12:30-1:30 Bridge Club 1-4	28 Poker 9-2 Photography 10:00 Zumba Gold 10:30-11:30 Senior Fitness 12:30-1:30 Cribbage 1-4 Painting 1-4:30 Line Dancing 5-6	29 Zumba Gold 9:15-10:15 Knitting Club 1-3 Euchre Club 1-3 Brain Fitness 3:30-4:30 Ballroom Dancing 4-5	30 Chess 9-Noon Dance Fitness 9-10 Tai Chi 10:15-11:15 Chair Yoga 11:30-12:30 Mah Jong 12:30-3:30 Senior Fitness 1-2 Parkinson's Exercise 4-5 Memory Screenings		

DECEMBER 2017

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Zumba Gold 8:30-9:30 AARP	2
3 SCCB: Holidays Around the World 2 PM	4 Zumba Gold 9:15-10:15 Pinochle 9-Noon Chair Yoga 10:30-11:30 Senior Fitness 12:30-1:30 Bridge Club 1-4 Sugar Busters 4:30 SHINE Medicare Seminar 2 PM	5 Poker 9-2 Photography 10:00 Zumba Gold 10:30-11:30 Senior Fitness 12:30-1:30 Cribbage 1-4 Painting 1-4:30 Line Dancing 5-6	6  Poinsettia Power! 10 AM-2PM Brain Fitness 3:30-4:30 Ballroom Dancing 4-5	7 Chess 9-Noon Dance Fitness 9-10 Tai Chi 10:15-11:15 Chair Yoga 11:30-12:30 Mah Jong 12:30-3:30 Senior Fitness 1-2 Parkinson's Exercise 4-5 Teeth Whitening 11AM-1PM Florida Rural Legal Services	8 Zumba Gold 8:30-9:30	9
10 True Crew: The Grinch Stole Crewmas Two Shows: 1 PM & 4:30 PM	11 Zumba Gold 9:15-10:15 Pinochle 9-Noon Widow's Friendship 10:00 Chair Yoga 10:30-11:30 Senior Fitness 12:30-1:30 Bridge Club 1-4	12 Poker 9-2 Zumba Gold 10:30-11:30 Senior Fitness 12:30-1:30 Cribbage 1-4 Painting 1-4:30 Line Dancing 5-6  Highwaymen Art Show 2 PM Estate Planning 2 PM	13 Zumba Gold 9:15-10:15 Knitting Club 1-3 Euchre Club 1-3 Brain Fitness 3:30-4:30 Ballroom Dancing 4-5	14 Chess 9-Noon Dance Fitness 9-10 Tai Chi 10:15-11:15 Chair Yoga 11:30-12:30 Mah Jong 12:30-3:30 Senior Fitness 1-2 Parkinson's Exercise 4-5 Will Reviews	15 Zumba Gold 8:30-9:30 iPad Beginners 9:45-10:45 iPad Intermediate 11-12 iPhone 12:45-1:45 Dear Jane Quilting 1:00 Facebook 2-3 Memory Screenings	16
17  Swing Sisters 2 PM	18 Zumba Gold 9:15-10:15 Pinochle 9-Noon Chair Yoga 10:30-11:30 Senior Fitness 12:30-1:30 Bridge Club 1-4	19 Poker 9-2 Zumba Gold 10:30-11:30 Senior Fitness 12:30-1:30 Book Club 1:30 Cribbage 1-4 Painting 1-4:30 Line Dancing 5-6	20 Zumba Gold 9:15-10:15 Knitting Club 1-3 Euchre Club 1-3 Brain Fitness 3:30-4:30 Ballroom Dancing 4-5	21 Chess 9-Noon Dance Fitness 9-10 Tai Chi 10:15-11:15 Chair Yoga 11:30-12:30 Mah Jong 12:30-3:30 Senior Fitness 1-2 Parkinson's Exercise 4-5 Florida Rural Legal Services	22 Zumba Gold 8:30-9:30 iPad Beginners 9:45-10:45 iPad Intermediate 11-12 iPhone 12:45-1:45 Facebook 2-3	23
24 31	25 	26 Poker 9-2 Zumba Gold 10:30-11:30 Senior Fitness 12:30-1:30 Cribbage 1-4 Painting 1-4:30 Line Dancing 5-6	27 Zumba Gold 9:15-10:15 Knitting Club 1-3 Euchre Club 1-3 Brain Fitness 3:30-4:30 Ballroom Dancing 4-5	28 Chess Club 9-Noon Dance Fitness 9-10 Tai Chi 10:15-11:15 Chair Yoga 11:30-12:30 Mah Jong 12:30-3:30 Senior Fitness 1-2 Parkinson's Exercise 4-5	29 Zumba Gold 8:30-9:30 iPad Beginners 9:45-10:45 iPad Intermediate 11-12 iPhone 12:45-1:45 Facebook 2-3	30