



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

## SEPT | OCT 2017

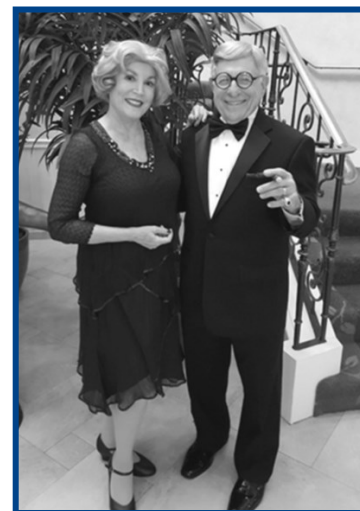
**Kane Center will be closed on  
Labor Day-September 4th, 2017**

## CONCERTS

**George Burns and Gracie Allen Tribute | Sunday, Sept. 10th  
2:00 p.m. | \$15.00 Kane Member | \$20.00 Club & Non-Members**

Actors Betsy Wickard and Peter Salzer embody the effortless presence and chemistry of George Burns and Gracie Allen in "Together Again". With humor and songs, you will be reminded of the candor and style of the late greats. This talented duo will give you a show that will be long remembered.

Sponsored by:



**Magic Moments in Music | Sunday, Oct. 22nd | 2:00 p.m. | \$20.00**

The Barn Theater's highly praised concert "Magic Moments in Music" is coming to the Kane Center! Join us as the amazing cast sing, dance and tap their way down memory lane through those magical moments of music. With songs from the Jazz Era, 50s, 60s, Disco and Latin beats, you will cha cha and tap your feet all afternoon. Get ready for an exhilarating experience, filled with moments you won't forget!

**Check out our NEW!**



**Sneak Peek Page**



**in the back!**

# EVENTS

## Chili's Give Back Event | Tuesday, Sept. 19th

**4:00 – 9:00 p.m. | Must Present Flyer to Participate**

Let Chili's do the cooking on September 19th in support of the Council on Aging of Martin County. With each flyer presented on Tuesday, September 19th, Chili's will donate 15% of the event day sales. The **flyer can be printed by visiting [www.kanecenter.org](http://www.kanecenter.org)**. Flyer must be presented in order to participate. The participating Chili's is located at:

**4205 SE Federal Hwy, Stuart, FL 34997, 772.283.7712 - [www.chilis.com](http://www.chilis.com)**

## Low-cost Veterinary Spay / Neuter Surgery | September 29th

**8:00 a.m. - 5:00 p.m. | Kane Center East Parking Lot | Call to Schedule: 772.222.7717**

Pets bring incredible joy and support to our lives. We are here to help provide basic care to our best furry friends. Operation S.O.S. is a 501(c)(3) nonprofit sponsoring a Veterinarian and Technician in a 35' mobile surgery unit. We surgically sterilize up to twenty-five patients in a given day of outreach, following the ASPCA model of Humane Alliance as our Standard of Care. This ensures each patient is given the best care available in a High-Quality High-Volume (HQHV) setting. **Dogs \$100 and Cats \$50**

## Oktoberfest! | Wednesday, October 11th | 12:30-2:00 p.m.

**\$15.00 Kane Members | \$17 Club & Non-Members**

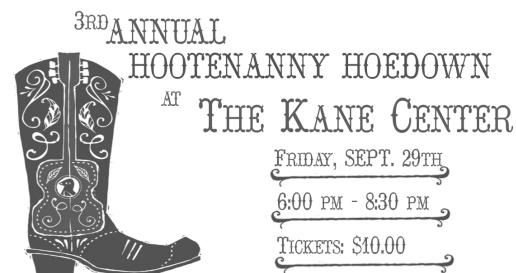
Join us for Oktoberfest at the Kane Center! With a traditional German lunch featuring: bratwurst, sauerkraut, German Goulash, German potato salad, German desserts and more! Our buffet style feast is sure to please. Come out and enjoy delicious food, entertainment and all the festivities of the Kane Oktoberfest!

**RSVP to 772.223.7800. Cash bar will be available\***



## 3rd Annual Hootenanny Hoedown | Friday, September 29th 6:00-8:30 p.m. | \$10.00

Put on your hat and dancin' boots to enjoy an evening of dinner, a cash bar and line dancing. Dinner will be served from 6:00-7:00 p.m. only. Tickets must be purchased in advance. *No walk-in's please. Must be 21 years of age or older.*



# EVENTS

## OPEN HOUSE!

### Memory Enhancement at the Kane Center | Tuesday, September 26th

**4:00-5:30 p.m.**

Join us for a special celebration of the grand opening of Memory Enhancement at the Kane Center. The space that had previously been the medical clinic has been transformed into a hub for our Integrative Memory Enhancement Program (IMEP) along with a comprehensive array of complementary programs dedicated to serving those who are in the early stages of memory loss or have recently been diagnosed with a cognitive disorder. Learn more about Memory Enhancement at the Kane Center and take a tour of the beautiful new space. Light hors d'oeuvres and refreshments will be served. **RSVP to 772.223.7800.**

## MOVIES

### “Sully” | Wednesday, October 18th | 1:00 p.m. | \$7.00\*

On Jan. 15, 2009, Capt. Chesley "Sully" Sullenberger (Tom Hanks) tries to make an emergency landing in New York's Hudson River after US Airways Flight 1549 strikes a flock of geese. Miraculously, all of the 155 passengers and crew survive the harrowing ordeal, and Sullenberger becomes a national hero in the eyes of the public and the media. Despite the accolades, the famed pilot now faces an investigation that threatens to destroy his career and reputation. ***\*Includes free popcorn and drink.***



Have a movie, you would like to  
see added to our line-up?  
Contact Lisa Bharath with Your Suggestions.  
772.223.7800

# CLASSES

## **Line Dancing (6 sessions) —Inst: Susan Parisi**

**Tuesdays: September 12, 19, 26 and October 3, 10, 17 | 5:00 p.m.**

**\$30.00 Kane Members | \$36.00 CLUB MEMBERS and NON-MEMBERS**

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.

## **Brain Fitness (for active independent seniors) -4 week Session—Inst: Ute Schwartz | \$20**

**Wednesdays: October 4, 11, 18, 25 | 3:30 p.m.**

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.

## **Drawing Class (4 week Session)—Inst: Brenda Leigh**

**Tuesday: October 3, 10, 17, 24 | 10:00 a.m. –11:30 a.m.**

**\$40.00 Kane Members | \$48.00 Club & Non-Members**

The 4-week session covers basic skills and an approach to all drawing problems. This is not a pay as you go class. **Please contact the instructor at 772-221-7640 for a complete list of supplies that will be needed.**

## **Beginner Painting Class —Inst: Brenda Leigh | Every Tuesday | 1:00 p.m.— 4:30 p.m.**

**\$20.00 Kane Members | \$25.00 Club & Non-Members**

Appropriate for all skill levels! Learn a new skill or improve your painting technique. All mediums are encouraged, but beginners will use acrylics. Guaranteed to be fun, informative and inspiring on all levels! **Please contact the instructor at 772-221-7640 for a complete list of supplies that will be needed.**

## **iPad Beginners—Inst: Joe Stango | Fridays: September 8,15,22,29 | 9:45 a.m.**

**October 6,13,20,27 | 9:45 a.m.**

**\$80.00 Kane Members | \$85.00 Club & Non-Members**

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 | Fridays: September 8,15,22,29 | 11:00 a.m.**

**October 6,13,20,27 | 11:00 a.m. | \$80.00 Kane Members | \$85.00 Club & Non-Members**

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.**

# CLASSES

**iPhone —Inst: Joe Stango | Fridays: September 8,15,22,29 | 12:45 p.m.**

**October 6,13,20,27 | \$80.00 Kane Members | \$85.00 Club & Non-Members**

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.**

**Facebook for Beginners—Inst: Joe Stango, Fridays: September 8,15,22,29 | 2:00 p.m.**

**October 6,13,20,27 | \$80.00 Kane Members | \$85.00 Club & Non-Members**

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 device to class. **Equipment not provided.**

**Photography Class—Inst: Paul Careccia, Tuesdays: October 3,10,17,24,31 | 10:00 a.m.**

**\$60.00 Kane Members | \$65.00 Club & Non-Members**

Paul has more than 30 years of experience as a photographer. He will inspire you as you pursue fantastic art form and find true joy in the process. The class will cover topics such as developing an eye for photographs, cameras and lenses—which ones to use and why, camera basics including exposure and focusing, photographing people, action, landscapes, nature and much more.

**Equipment not provided.**

***ALL classes require registration.***

*Please call 772.223.7800 or visit [www.kanecenter.org](http://www.kanecenter.org) to register.*

# FITNESS

**Senior Fitness—Inst: Osvaldo Parrotta | Mondays 12:30 p.m. | Thursdays 1:00 p.m.**

**\$6.00 Kane Members | \$7.00 Club & Non-Members**

This program is 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.

# FITNESS

**Tai Chi for Balance—Inst: Grace Coffey | Thursdays 10:15 a.m.**

**\$8.00 Kane Members | \$10.00 Club & Non-Members**

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.

**Ballroom Dancing—Inst: Craig Galvin | Wednesdays 4:00 p.m.**

**\$8.00 Kane Members | \$10.00 Club & Non-Members**

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

**Chair Yoga—Inst: Grace Coffey | Mondays 10:30 a.m. | Thursdays 11:30 a.m.**

**\$8.00 Kane Members | \$10.00 Club & Non-Members**

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 | Mondays & Wednesdays 9:15 a.m. | Fridays 8:30 a.m.**

**\$6.00 Kane Members | \$7.00 Club & Non-Members**

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.

**Dance Fitness —Inst: Craig Galvin | Thursdays 9:00 a.m.**

**\$5.00 Kane Members | \$6.00 Club & Non-Members**

A great, fun-filled workout where you can harness your inner dancer. Try different dance routines each session: everything from Disco from the 70’s and 80’s to Hip Hop, Bollywood, Merengue/Salsa, Jive and Jazz Style. It’s an hour full of fun, great music and dance.



# SEMINARS

## **Memory Screenings | September 12th & 22th and October 6th & 26th | FREE!**

Screenings are performed by a representative from Brain Matters Research, a leading Alzheimer's disease research facility located in Delray Beach. Each screening takes approximately 20 minutes. Participants will be asked questions regarding language, attention, recollecting events, and more.

**Appointments must be scheduled in advance by calling 772.223.7800.**

## **Medicare Basics Presentation | Monday October 2nd | 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 772.223.7800.**

## **Medicare 101 Understanding Medicare Options | Friday October 13th**

**10:00 a.m. | FREE!**

Are you having difficulty understanding your Medicare options and benefits? Join SHINE for a free Medicare 101 presentation. They will cover the 5 different parts of Medicare and how to decide between Original Medicare and a Medicare Advantage plan. Also included in the session are updates on changes in networks and coverage, as well as timing/deadlines for this year's Annual Enrollment Period, which runs from October 15 to December 7. This FREE two-hour program is an excellent investment in your health care! **RSVP 772.223.7800.**

## **Will Reviews | Thursday, September 14th and October 12th | 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. *Attorneys in attendance below.*

*Thursday September 14 John J Mangan, Jr. Atty & Counselor at Law*

*Thursday October 12 Nicola J Melby CELA Cert., Certified Elder Law Specialist*

**Appointments must be scheduled in advance by calling 772.223.7800.**



# CAREGIVER CORNER

## **Healthy Eating Presentation | Friday September 1st | 4:00 p.m. | FREE!**

Choosing a balanced diet and maintaining a healthy eating plan will boost your energy, help you to shed extra weight and overall improve your lifestyle. Learn what a nutritional meal consists of and how you can keep hunger pangs at bay all while eating healthy. This presentation will encourage you to start eating healthier today!

**Please RSVP by calling—772-463-1112.**

## **Support Group for Individuals Who Suffer from a Memory Disorder**

**Wednesday, September 6th (1st & 3rd Wednesday of each month)**

**10:30-11:30 a.m. | FREE!**

Whenever facing difficult times, having a good support network you can turn to for advice and encouragement may help you feel socially connected and give you a sense of belonging and purpose. Connecting with others like you may help put your own experiences living with the disease in perspective, and provide you with the support and encouragement necessary to move beyond your diagnosis. These groups are designed for persons with mild memory loss due to Early Stage Alzheimer's or related disorder. Separate, concurrent groups for family members are available. Meet others in similar situations and share strategies for living with Alzheimer's disease or a related disorder. Groups are led by compassionate, professional facilitators. Prescreening is required prior to enrollment and receiving group meeting details. ***Please contact Crystal Collier 772-223-7843 for prescreening.***

## **The Virtual Dementia Tour: Your Window to Their World**

**Wednesday, September 6th | 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.**

## **Sugar Busters: Diabetes Support Group | Monday, September 11th 4:30 p.m.**

**1st Monday of each month | FREE!**

Designed for individuals with diabetes, their family members or caregivers, this group offers tools to help understand and manage the disease. With a focus on fitness and staying healthy at home, you are sure to walk away with great take-aways. Join us as we share with you how to get off of the sugar rollercoaster!



# CAREGIVER CORNER

## **Presentation by Gregory G. Keane, Esq. | Thursday, September 14th | 3:00 p.m. | FREE!**

Gregory Keane is a Florida Bar Board Certified Attorney in Wills, Trusts & Estate Planning, and in Tax Law and is well versed in estate planning, estate administration, will and trusts, public benefits, Medicaid and more! Planning for the future is the best way to avoid unnecessary problems. Attorney Gregory Keane is here to share his expertise and answer your questions on health care directives and Medicaid Asset protection planning for your spouse and children without spending down your assets. Medicare does not pay for long-term care only Medicaid. Come with your questions ready! **Reservations MUST be made in advance by calling 772.223.7800.**

## **Alzheimer's Caregiver Strategies and Techniques for Everyday Life**

**Tuesday: September 19th & October 17th | 3:00 p.m. | FREE!**

If you or someone you know is affected by Alzheimer's disease or dementia, it's time to learn the facts. This program provides information on detection, causes and risk factors, stages of the disease, treatment, and much more. Presented by Donna True from the Alzheimer's Association Southeast Florida Chapter. **RSVP to 772.223.7800.**

***Tuesday, September 19th— "Know the 10 Warning Signs"***

***Tuesday October 17th— "Understanding and Responding to Dementia-Related Behavior"***

*Complimentary respite care is available, but must be secured in advance by contacting Crystal Collier, Adult Day Club Program Manager, at 772.223.7843 or cecollier@kanecenter.org.*

## **Presentation on Empowering Caregivers | Tuesday, September 26th | 3:00 p.m. | FREE!**

Certified Dementia Practitioner Lindsay Guyer MA, SLP, CDP will focus on the art of caregiving. With tips on how to reduce stress and be the best caregiver you can be. This session will help you stay positive and improve your relationships. This will be an open forum along with the presentation, so please come with questions, concerns and ideas for future presentations!

**RSVP to 772.223.7800.**

# AARP

## **AARP Smart Driver Program, Friday September 22nd and October 27th | 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** 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

For complimentary respite care for your senior or loved one, RSVP to Crystal Collier,

Program Manager of the Adult Day Club, at 772.223.7843 or at

[cecollier@kanecenter.org](mailto:cecollier@kanecenter.org).

For more information about caregiver support groups, contact

Laura Zel Kremer at 561.209.6124 or [laurak@morselife.org](mailto:laurak@morselife.org)

(Funded by the Florida Dept. of Elder Affairs and the

Area Agency on Aging.)

## FREE EXPERTISE

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

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. 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). **Schedule a consultation with a SHINE counselor by calling 1.866.684.5885.**

## KANE BISTRO

**Kane Bistro is Open Monday-Friday**

**from 8:30 a.m. to 4:00 p.m.**

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



# 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 Kane Club Membership to participate.

## **ALL CLUBS REQUIRE MEMBERSHIP**

**Travel Club**, Wednesday, Sept. 27th & Oct. 25th from 10:30 a.m. to Noon

**Pinochle Club**, Mondays from 9:00 a.m. to Noon

**Bridge Club**, Mondays at 1:00 p.m.

*This "just for fun" bridge club is not sanctioned or duplicate bridge.*

**Mah Jong**, Thursdays from 12:30 to 3:30 p.m.

*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 from 9 a.m. to Noon

**Cribbage**, Tuesdays from 1:00 to 4:00 p.m.

**"Dear Jane" – Hand Piecing and Quilting** – 3rd Friday of each month at 1:00 p.m. *Beginners are welcome! Contact Gail Hodge 772-283-7055 for information on this club.*

**Widow's Friendship Club**, If you or someone you know has lost someone and is having trouble taking the "next step," why not come out to the Kane Center and make new friends? If you plan to attend, please call Leslie Bell at 772-678-6968 or Edna Stackhouse at 772-220-9793. **Sept. 11th, 25th & Oct. 9th, 23rd. at 10:00 a.m. (2nd and 4th Mondays)**

**Book Club**, October 17th at 1:30 p.m.— Book Selection: *"A Man Called Ove"*



# SNEAK PEEK

## **Kane Center Kraft Fair | Sunday November, 19th | 12:00-4:00 p.m. | FREE!**

The Kane Center will be hosting their first ever “Kane Center Kraft Fair”. With local vendors and food, this is an event you don’t want to miss. If you or someone you know is interested in becoming a vendor at the Kane Center Kraft Fair, please contact **Lisa Bharath at 772.223.7800**.

## **Stuart Community Concert Band | Sunday, November 5th & December 3rd**

**2:00 p.m. | \$10.00 per show or \$40.00 for all five shows.**

We kick off our season November 5th, 2017 with "A Seat at the Matinee" : Broadway at its' best. This concert will feature some of the greatest music ever written for Broadway. Among the pieces to be selected are *A Chorus Line, West Side Story, Gigi, Hello Dolly, The King and I, Phantom of the Opera, and Les Miserables*. This is all timeless music written by renowned composers. It will surely evoke some wonderful memories. ***Tickets go on sale Sept. 8th! Series tickets on sale until Nov. 5th.***

### **December 3rd**

"*Holidays Around the World*" (December 3rd, 2017) will be a tribute to Christmas and Chanukah music heard worldwide. Among the pieces slated to be performed are: *C'est Noel, Russian Christmas Music, Merry Christmas Darling*, selections from the Nutcracker, and the famous *Radetzky March*.

## **Kane Concert Series**

Introducing the NEW! Kane Night Series. The Kane Center’s signature entertainment series featuring premier musical performers paying tribute to some of the greatest music of the 20th Century. High-level professional entertainment from us to you! ***Tickets go on sale Nov. 1st!***

***January 12th: Atlantic City Boys***

***February 16th: An Evening with James Taylor featuring Andrew Moffitt***

***March 16th: Carla DelVillagio as Barbra Streisand***