

FALL EDITION

SEPTEMBER 2017



CLASSES and ACTIVITIES

COUNCIL ON AGING OF MARTIN COUNTY, INC.

MAIN & RSVP LINE
(772) 223-7800

900 SE Salerno Road
www.kanecenter.org

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Zumba Gold 8:30-9:30	2
3	4 	5 Poker 9-2 Cribbage 1-4	6 Zumba Gold 9:15-10:15 Knitting Club 1-3 Euchre Club 1-3 Ballroom Dancing 4-5	7 Chess Club 9-Noon Dance Fitness 9-10 Tai Chi 10:15-11:15 Chair Yoga 11:30-12:15 Mah Jong Club 12:30-3:30 Senior Fitness 1-2 Parkinson's Exercise Class 4-5 Florida Rural Legal Services	8 Beginner iPad 9:45-10:45 Intermed. iPad 11:00-12:00 iPhone 12:45-1:45 Facebook 2:00-3:00 Memory Screening	9
10 George Burns and Gracie Allen Tribute Concert 2 P.M. 	11 Zumba Gold 9:15-10:15 Pinochle 9-Noon Widow's Friendship Club 10:00 Chair Yoga 10:30-11:15 Senior Fitness 12:30-1:30 Bridge Club 1-4	12 Poker 9-2 Cribbage 1-4 Line Dancing 5-6	13 Zumba Gold 9:15-10:15 Knitting Club 1-3 Euchre Club 1-3 Ballroom Dancing 4-5	14 Chess Club 9-Noon Dance Fitness 9-10 Tai Chi 10:15-11:15 Chair Yoga 11:30-12:15 Mah Jong Club 12:30-3:30 Senior Fitness 1-2 Parkinson's Exercise Class 4-5 Will Reviews	15 Zumba Gold 8:30-9:30 Beginner iPad 9:45-10:45 Intermed. iPad 11:00-12:00 iPhone 12:45-1:45 Dear Jane Quilting 1:00 Facebook 2:00-3:00	16
17	18 Zumba Gold 9:15-10:15 Pinochle 9-Noon Chair Yoga 10:30-11:15 Senior Fitness 12:30-1:30 Bridge Club 1-4	19 Poker 9-2 Cribbage 1-4 Line Dancing 5-6  CHILI'S Give Back Event	20 Zumba Gold 9:15-10:15 Knitting Club 1-3 Euchre Club 1-3 Ballroom Dancing 4-5	21 Chess Club 9-Noon Dance Fitness 9-10 Tai Chi 10:15-11:15 Chair Yoga 11:30-12:15 Mah Jong Club 12:30-3:30 Senior Fitness 1-2 Parkinson's Exercise Class 4-5 Florida Rural Legal Services	22 Zumba Gold 8:30-9:30 Beginner iPad 9:45-10:45 Intermed. iPad 11:00-12:00 iPhone 12:45-1:45 Facebook 2:00-3:00 AARP Memory Screening	23
24	25 Zumba Gold 9:15-10:15 Pinochle 9-Noon Widow's Friendship Club 10:00 Chair Yoga 10:30-11:15 Senior Fitness 12:30-1:30 Bridge Club 1-4	26 Poker 9-2 Cribbage 1-4 Line Dancing 5-6	27 Zumba Gold 9:15-10:15 Travel Club 10:30-Noon Knitting Club 1-3 Euchre Club 1-3 Ballroom Dancing 4-5	28 Chess Club 9-Noon Dance Fitness 9-10 Tai Chi 10:15-11:15 Chair Yoga 11:30-12:15 Mah Jong Club 12:30-3:30 Senior Fitness 1-2 Parkinson's Exercise Class 4-5	29 Zumba Gold 8:30-9:30 Beginner iPad 9:45-10:45 Intermed. iPad 11:00-12:00 iPhone 12:45-1:45 Facebook 2:00-3:00 Hootenanny Hoedown 6 P.M. 	30

FALL EDITION
OCTOBER 2017
 CLASSES and ACTIVITIES



MAIN & RSVP LINE
(772)223-7800
 900 SE Salerno Road
 Stuart, FL 34997
 www.kanecenter.org

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
1	2 Zumba Gold 9:15-10:15 Pinochle 9-Noon Chair Yoga 10:30-11:15 Senior Fitness 12:30-1:30 Bridge Club 1-4 SHINE Medicare Seminar 2 P.M.	3 Poker 9-2 Photography Class 10-11 Cribbage 1-4 Drawing 10-11:30 Painting 1-4:30 Line Dancing 5-6	4 Zumba Gold 9:15-10:15 Knitting Club 1-3 Euchre Club 1-3 Brain Fitness 3:30-4:30 Ballroom Dancing 4-5	5 Chess Club 9-Noon Dance Fitness 9-10 Chair Yoga 11:30-12:15 Mah Jong Club 12:30-3:30 Senior Fitness 1-2 Parkinson's Exercise Class 4-5 Florida Legal Services	6 Zumba Gold 8:30-9:30 Beginner iPad 9:45-10:45 Intermed.iPad 11:00-12:00 iPhone 12:45-1:45 Facebook 2:00-3:00 Memory Screening	7	
8	9 Zumba Gold 9:15-10:15 Pinochle 9-Noon Widow's Friendship Club 10:00 Chair Yoga 10:30-11:15 Senior Fitness 12:30-1:30 Bridge Club 1-4	10 Poker 9-2 Photography Class 10-11 Cribbage 1-4 Drawing 10-11:30 Painting 1-4:30 Line Dancing 5-6	11 Zumba Gold 9:15-10:15 Knitting Club 1-3 Euchre Club 1-3 Brain Fitness 3:30-4:30 Ballroom Dancing 4-5 12:30-2:00PM	12 Chess Club 9-Noon Dance Fitness 9-10 Chair Yoga 11:30-12:15 Mah Jong Club 12:30-3:30 Senior Fitness 1-2 Parkinson's Exercise Class 4-5 Will Reviews	13 Zumba Gold 8:30-9:30 Beginner iPad 9:45-10:45 Intermed.iPad 11:00-12:00 iPhone 12:45-1:45 Facebook 2:00-3:00 Medicare 101 10 A.M.	14	
15	16 Zumba Gold 9:15-10:15 Pinochle 9-Noon Chair Yoga 10:30-11:15 Bridge Club 1-4 Senior Fitness 12:30-1:30	17 Poker 9-2 Photography Class 10-11 Drawing 10-11:30 Painting 1-4:30 Book Club 1:30 Cribbage 1-4 Line Dancing 5-6	18 Zumba Gold 9:15-10:15 Knitting Club 1-3 Euchre Club 1-3 Brain Fitness 3:30-4:30 Ballroom Dancing 4-5 Afternoon Movie "Sully" 1 P.M.	19 Chess Club 9-Noon Dance Fitness 9-10 Chair Yoga 11:30-12:15 Mah Jong Club 12:30-3:30 Senior Fitness 1-2 Parkinson's Exercise Class 4-5 Florida Legal Services	20 Zumba Gold 8:30-9:30 Beginner iPad 9:45-10:45 Intermed.iPad 11:00-12:00 iPhone 12:45-1:45 Dear Jane Quilting 1:00 Facebook 2:00-3:00	21	
22	23 Zumba Gold 9:15-10:15 Pinochle 9-Noon Widows Friendship Club 10:00 Chair Yoga 10:30-11:15 Senior Fitness 12:30-1:30 Bridge Club 1-4 Magic Moments in Music Concert 2 P.M. 	24 Poker 9-2 Photography Class 10-11 Drawing 10-11:30 Painting 1-4:30 Cribbage 1-4	25 Zumba Gold 9:15-10:15 Travel Club 10:30-Noon Knitting Club 1-3 Euchre Club 1-3 Brain Fitness 3:30-4:30 Ballroom Dancing 4-5	26 Chess Club 9-Noon Dance Fitness 9-10 Chair Yoga 11:30-12:15 Mah Jong Club 12:30-3:30 Senior Fitness 1-2 Parkinson's Exercise Class 4-5 Memory Screening	27 Zumba Gold 8:30-9:30 Beginner iPad 9:45-10:45 Intermed.iPad 11:00-12:00 iPhone 12:45-1:45 Facebook 2:00-3:00 AARP	28	
29	30 Zumba Gold 9:15-10:15 Pinochle 9-Noon Chair Yoga 10:30-11:15 Senior Fitness 12:30-1:30 Bridge Club 1-4	31 Poker 9-2 Photography Class 10-11 Painting 1-4:30 Cribbage 1-4 					