OCTOBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 **9:45-10:30AM** Mindful Movements (**C**hair) **10:30-11AM** A Moment of Zen **12:30-3:30PM** American Mahjong	2 **9-9:45AM** Total Body Workout **9:30-11AM** Cribbage **10-11AM** Workout with Weights (Chair)
5 **9-9:45AM** Total Body Workout **10-11AM** Workout with Weights (Chair) **12:15-1:15PM** Tai Chi for Arthritis **1:30-3:30PM** Chinese Mahjong	6 **10-11AM** Tone it Up (Chair) **12:30-3PM** Art is Everything **1-3PM** Mexican Train Dominoes	7 **10-11AM** Workout with Weights(Chair) **11-12PM Council on Aging's Intgrative Memory Enhancement Program***	8 **9:45-10:45AM** Mindful Movements (Chair) **12:30-3:30PM** American Mahjong	9 **9-9:45AM** Total Body Workout **9:30-11AM** Cribbage **10-11AM** Workout with Weights (Chair) **12-1PM** Brain Fitness **1:30-3PM** Music Bingo
12 **9-9:45AM** Total Body Workout **10-11AM** Workout with Weights (Chair) **12:15-1:15PM** Tai Chi for Arthritis **1:30-3:30PM** Chinese Mahjong	13 **10-11AM** Tone it Up (Chair) **12:30-3PM** Art is Everything **1-3PM** Mexican Train Dominoes	14 **10-11AM** Workout with Weights (Chair) **11:30-12:30PM Village Art & Crafts with Vicki*** **1-2PM Book Club Discussion-The Barefoot Mailman****	15 **9:45-10:30AM** Mindful Movements **(Chair)** **10:30-11AM** A Moment of Zen **12:30-3:30PM** American Mahjong	16 **9-9:45AM** Total Body Workout **9:30-11AM** Cribbage **10-11AM** Workout with Weights (Chair) **1-3PM A Matter of Balance Workshop****
19 **9-9:45AM** Total Body Workout **10-11AM** Workout with Weights (Chair) **12:15-1:15PM** Tai Chi for Arthritis **1:30-3:30PM** Chinese Mahjong	20 **10-11AM** Tone it Up (Chair) **12:30-3PM** Art is Everything **1-3PM** Mexican Train Dominoes	21 **10-11AM** Workout with W**ei**ghts (Chair) **11-12PM Council on Aging Resources*** **1-3:30PM Movie & Popcorn****	22 **9:45-10:45AM** Mindful Movements (Chair) **12:30-3:30PM** American Mahjong	23 **9-9:45AM** Total Body Workout **9:30-11AM** Cribbage **10-11AM** Workout with Weights (Chair) **1-3PM A Matter of Balance Workshop****
26 **9-9:45AM** Total Body Workout **10-11AM** Workout with Weights (Chair) **12:15-1:15PM** Tai Chi for Arthritis **1:30-3:30PM** Chinese Mahjong	27 **10-11AM** Tone it Up (Chair) **12:30-3PM** Art is Everything **1-3PM** Mexican Train Dominoes	28 **10-11AM** Workout with Weights(Chair**)** **11-12PM Martin County Library*** **1-3PM Creative Expressions-A Touch of Autumn****	29 **9:45-10:30AM** Mindful Movements (Chair) **10:30-11AM** A Moment of Zen **12:30-3:30PM** American Mahjong	30 **9-9:45AM** Total Body Workout **9:30-11AM** Cribbage **10-11AM** Workout with Weights **(Chair)** **2-3PM Halloween Tea Party****

Log Cabin Senior Center
Located in Langford Park at
2369 NE Dixie Hwy, Jensen Beach
Hours: Monday - Friday 9AM - 4PM

***Presentation by the Council on Aging of Martin County**

****Please call to reserve your seat**

For questions or more information, please contact us at (772) 334-2926 or email at seniors@martin.fl.us