

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> <b>9-9:45AM</b> Total Body Workout <b>10-11AM</b> Workout with Weights (Chair) <b>12:15-1PM</b> Tai Chi for Arthritis <b>1:15-3:30PM</b> Chinese Mahjong	<b>2</b> <b>8:30-9:30AM</b> Walk with Ease-Indian Riverside Park*** <b>10-11AM</b> Tone it Up (Chair) <b>12:30-3PM</b> Art is Everything <b>1-3PM</b> Mexican Train Dominoes	<b>3</b> <b>9-9:45AM</b> Forever Fit (Chair) <b>10-11AM</b> Workout with Weights(Chair) <b>11-12PM</b> TRUA Senior Living Locators*	<b>4</b> <b>8:30-930AM</b> Walk with Ease-Indian Riverside Park*** <b>10-11AM</b> Mindful Movements (Chair) <b>12:30-3:30PM</b> American Mahjong	<b>5</b> <b>9-9:45AM</b> Total Body Workout <b>9:30-11AM</b> Cribbage <b>10-11AM</b> Workout with Weights (Chair)
<b>8</b> <b>9:45AM</b> Total Body Workout <b>10-11AM</b> Workout with Weights (Chair) <b>12:15-1PM</b> Tai Chi Arthritis <b>1:15-3:30PM</b> Chinese Mahjong	<b>9</b> <b>8:30-9:30AM</b> Walk with Ease-Indian Riverside Park*** <b>10-11AM</b> Tone it Up (Chair) <b>12-1PM</b> TC Food Bank-Vary your Protein Nutrition Class** <b>12:30-3PM</b> Art is Everything <b>1-3PM</b> Mexican Train Dominoes	<b>10</b> <b>9-9:45AM</b> Forever Fit (Chair) <b>10-11AM</b> Workout with Weights(Chair) <b>11-12PM</b> PACE* <b>1-2PM</b> Book Club Discussion-Tomorrow, Tomorrow & Tomorrow**	<b>11</b> <b>8:30-9:30AM</b> Walk with Ease-Indian Riverside Park*** <b>9:15-9:45AM</b> A Moment of Zen <b>10-11AM</b> Mindful Movements (Chair) <b>12:30-3:30PM</b> American Mahjong	<b>12</b> <b>9-9:45AM</b> Total Body Workout <b>9:30-11AM</b> Cribbage <b>10-11AM</b> Workout with Weights (Chair) <b>12-1PM</b> Brain Fitness
<b>15</b> <b>9-9:45AM</b> Total Body Workout <b>10-11AM</b> Workout with Weights (Chair) <b>12:15-1PM</b> Tai Chi for Arthritis <b>1:15-3:30PM</b> Chinese Mahjong	<b>16</b> <b>8:30-9:30AM</b> Walk with Ease-Indian Riverside Park*** <b>10-11AM</b> Tone it Up (Chair) <b>12:30-3PM</b> Art is Everything <b>1-3PM</b> Mexican Train Dominoes	<b>17</b> <b>9-9:45AM</b> Forever Fit (Chair) <b>10-11AM</b> Workout with Weights(Chair) <b>11-12PM</b> Tech Class with MC Library*	<b>18</b> <b>8:30-9:30AM</b> Walk with Ease-Indian Riverside Park*** <b>10-11AM</b> Mindful Movements (Chair) <b>12:30-3:30PM</b> American Mahjong	<b>19</b> <b>9-9:45AM</b> Total Body Workout <b>9:30-11AM</b> Cribbage <b>10-11AM</b> Workout with Weights (Chair) <b>1-3PM</b> Creative Expressions-Red, White & Blue**
<b>22</b> <b>9-9:45AM</b> Total Body Workout <b>10-11AM</b> Workout with Weights (Chair) <b>12:15-1PM</b> Tai Chi for Arthritis <b>1:15-3:30PM</b> Chinese Mahjong	<b>23</b> <b>8:30-9:30AM</b> Walk with Ease-Indian Riverside Park*** <b>10-11AM</b> Tone it Up (Chair) <b>12:30-3PM</b> Art is Everything <b>1-3PM</b> Mexican Train Dominoes	<b>24</b> <b>9-9:45AM</b> Forever Fit (Chair) <b>10-11AM</b> Workout with Weights (Chair) <b>11:30-12:30PM</b> Village Arts and Crafts with Vicky* <b>1-2:30PM</b> Music Bingo	<b>25</b> <b>8:30-9:30AM</b> Walk with Ease-Indian Riverside Park*** <b>9:15-9:45AM</b> A Moment of Zen <b>10-11AM</b> Mindful Movements (Chair) <b>12:30-3:30PM</b> American Mahjong	<b>26</b> <b>9-9:45AM</b> Total Body Workout <b>9:30-11AM</b> Cribbage <b>10-11AM</b> Workout with Weights (Chair) <b>2-3PM</b> Vocal Expressions-Learn to Sing
<b>29</b> <b>9-9:45AM</b> Total Body Workout <b>10-11AM</b> Workout with Weights (Chair) <b>12:15-1PM</b> Tai Chi for Arthritis <b>1:15-3:30PM</b> Chinese Mahjong	<b>30</b> <b>8:30-9:30AM</b> Walk with Ease-Indian Riverside Park*** <b>10-11AM</b> Tone it Up (Chair) <b>12:30-3PM</b> Art is Everything <b>1-3PM</b> Mexican Train Dominoes	<div data-bbox="1398 1491 2268 1653" data-label="Section-Header"> <h1>JUNE 2026</h1> </div> <div data-bbox="2362 1411 2921 1673" data-label="Image"> </div>		

**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  
 \*\*\*Will take place at Indian Riverside Park

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