



Monday

Tuesday

Wednesday

Thursday

Friday

April

Log Cabin

Located in Langford Park at 2369 NE Dixie Hwy, Jensen Beach

Hours:

Monday - Friday 9AM - 4PM

Daily Programming:

Meals on Wheels 10AM - 12PM

***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 via email at seniors@martin.fl.us

Use your cellphone's camera to scan the QR Code for more information or visit www.martin.fl.us/SeniorPrograms



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9-9:45AM Total Body Workout
10-11AM Workout with Weights (Chair)
1-3:30PM **Frances Langford Birthday Presentation, Movie & Popcorn****

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8:30-9:30AM **Walk with Ease-Indian Riverside Park*****
10-11AM Tone it Up (Chair)
12:30-3PM Art is Everything (Open Studio)
1-3PM Mexican Train Dominoes

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9-9:45AM Forever Fit (Chair)
10-11AM Workout with Weights(Chair)
11-12PM **Dignity Memorial***
1-2PM **Book Club Discussion-The Briar Club****
2:15-3:15PM Line Dancing

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8:30-9:30AM **Walk with Ease-Indian Riverside Park*****
10-11AM Mindful Movements (Chair)
11:15-12:15PM Ping Pong
12:30-3:30PM American Mahjong

10

9-9:45AM Total Body Workout
9:30-11AM Cribbage
10-11AM Workout with Weights (Chair)
1-2:30PM Music Bingo

13

9-9:45AM Total Body Workout
10-11AM Workout with Weights (Chair)
12:15-1PM Tai Chi for Arthritis
1:15-3:30PM Chinese Mahjong

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8:30-9:30AM **Walk with Ease-Indian Riverside Park*****
10-11AM Tone it Up (Chair)
12-1PM **TC Food Bank-Eating Better Nutrition Class****
12:30-3PM Art is Everything (Open Studio)
1-3PM Mexican Train Dominoes

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9-9:45AM Forever Fit (Chair)
10-11AM Workout with Weights(Chair)
11-12PM **SHINE Program***
2:15-3:15PM Line Dancing

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8:30-9:30AM **Walk with Ease-Indian Riverside Park*****
10-11AM Mindful Movements (Chair)
11:15-12:15PM Ping Pong
12:30-3:30PM American Mahjong

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9-9:45AM Total Body Workout
9:30-11AM Cribbage
10-11AM Workout with Weights (Chair)
12-2:15PM **Ukulele Lessons****
2:30-3:30PM Vocal Expressions-Learn to Sing

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9-9:45AM Total Body Workout
10-11AM Workout with Weights (Chair)
12:15-1PM Tai Chi for Arthritis
1-2PM **Active Shooter Presentation with City of Stuart Police****
1:15-3:30PM Chinese Mahjong

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8:30-9:30AM **Walk with Ease-Indian Riverside Park*****
10-11AM Tone it Up (Chair)
12:30-3PM Art is Everything (Open Studio)
1-3PM Mexican Train Dominoes

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9-9:45AM Forever Fit (Chair)
10-11AM Workout with Weights(Chair)
11-12PM **Council on Aging***
12-1PM **Internet Safety with MC Library****
2:15-3:15PM Line Dancing

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8:30-9:30AM **Walk with Ease-Indian Riverside Park*****
10-11AM Mindful Movements (Chair)
11:15-12:15PM Ping Pong
12:30-3:30PM American Mahjong

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9-9:45AM Total Body Workout
9:30-11AM Cribbage
10-11AM Workout with Weights (Chair)
1-3PM **Creative Expressions-Silk Scarf Workshop ****

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9-9:45AM Total Body Workout
10-11AM Workout with Weights (Chair)
12:15-1PM Tai Chi for Arthritis
1:15-3:30PM Chinese Mahjong

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8:30-9:30AM **Walk with Ease-Indian Riverside Park*****
10-11AM Tone it Up (Chair)
12:30-3PM Art is Everything (Open Studio)
1-3PM Mexican Train Dominoes

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9-9:45AM Forever Fit (Chair)
10-11AM Workout with Weights(Chair)
11:30-12:30PM **Village Arts and Crafts Loft with Vicky***
1-2PM **Alzheimer/Dementia Presentation with MC Library****
2:15-3:15PM Line Dancing

30

8:30-9:30AM **Walk with Ease-Indian Riverside Park*****
10-11AM Mindful Movements (Chair)
11:15-12:15PM Ping Pong
12:30-3:30PM American Mahjong

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