

## 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**

Use your cellphone's camera to scan  
the QR Code for more information or  
visit [www.martin.fl.us/SeniorPrograms](http://www.martin.fl.us/SeniorPrograms)



**MARTIN COUNTY**  
Florida  
Parks and Recreation

# FEBRUARY 2026

## Monday

2

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

## Tuesday

3

8:30-9:30AM Walk with Ease-  
**Indian Riverside Park\*\*\***  
10-12:15PM Ping Pong  
12:30-3PM Art is Everything  
(Open Studio)  
1-3PM Mexican Train Dominoes

## Wednesday

4

9-9:45AM Forever Fit (Chair)  
10-11AM Workout with  
Weights(Chair)  
**11:30-12:30PM Village Arts and  
Crafts Loft with Vicky-Beaded  
Keychain\***  
2:15-3:15PM Line Dancing

## Thursday

5

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

## Friday

6

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\*\***

9

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  
**1:30-3:45PM American Mahjong  
Lesson Part 1\*\***

10

8:30-9:30AM Walk with Ease-  
**Indian Riverside Park\*\*\***  
10-12:15PM Ping Pong  
12:30-3PM Art is Everything  
(Open Studio)  
1-3PM Mexican Train Dominoes

11

9-9:45AM Forever Fit (Chair)  
10-11AM Workout with  
Weights(Chair)  
**11-12PM Aveanna Home Health\***  
**1-2PM Book Club Discussion-  
Remarkably Bright Creatures\*\***  
2:15-3:15PM Line Dancing

12

8:30-9:30AM **Walk with Ease-  
Indian Riverside Park\*\*\***  
10-11AM Mindful Movements  
(Chair)  
**12-3:30PM American Mahjong  
Lesson Part 2\*\***  
12:30-3:30PM American Mahjong

13

9-9:45AM Total Body Workout  
9:30-11AM Cribbage  
10-11AM Workout with Weights  
(Chair)  
**2-3PM Valentine's Day Tea  
Party\*\***

16

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

17

8:30-9:30AM Walk with Ease-  
**Indian Riverside Park\*\*\***  
10-12PM Ping Pong  
**12-1PM Treasure Coast Food Bank-  
Making Moving Fun Nutrition  
Class\*\***  
12:30-3PM Art is Everything (Open  
Studio)  
1-3PM Mexican Train Dominoes

18

9-9:45AM Forever Fit (Chair)  
10-11AM Workout with  
Weights(Chair)  
**11-12PM Cleveland Clinic-Stroke  
Education\***  
**1-2PM Fire Extinguisher Simulator  
Demonstration with MC Fire  
Rescue\*\***  
2:15-3:15PM Line Dancing

19

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

20

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\*\***

23

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  
2-3:30PM Music Bingo

24

8:30-9:30AM Walk with Ease-  
**Indian Riverside Park\*\*\***  
10-12:15PM Ping Pong  
12:30-3PM Art is Everything  
(Open Studio)  
1-3PM Mexican Train Dominoes

25

9-9:45AM Forever Fit (Chair)  
10-11AM Workout with  
Weights(Chair)  
**11-12PM VIP America\***  
**12-1PM Apple Watch with MC  
Library\*\***  
2:15-3:15PM Line Dancing

26

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

27

9-9:45AM Total Body Workout  
10-11AM Workout with Weights  
(Chair)  
9:30-11AM Cribbage  
**1-3PM Creative Expressions-  
Decoupage Shells\*\***