



Monday

Tuesday

Wednesday

Thursday

Friday

# May 2026

## 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](mailto:seniors@martin.fl.us)

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)



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**9-9:45AM** Total Body Workout  
**10-11AM** Workout with Weights (Chair)  
**12:30-3PM** Historical Preservation Month-Log Cabin Open House  
**1:15-3:30PM** Chinese Mahjong

5

**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

6

**9-9:45AM** Forever Fit (Chair)  
**10-11AM** Workout with Weights(Chair)

7

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

8

**9-9:45AM** Total Body Workout  
**9:30-11AM** Cribbage  
**10-11AM** Workout with Weights (Chair)  
**12-1PM** Brain Fitness

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**9-9:45AM** Total Body Workout  
**10-11AM** Workout with Weights (Chair)  
**12:15-1PM** Tai Chi for Arthritis  
**1:15-3PM** 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-Strong Bones 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)  
**1-2PM Book Club Discussion-The Frozen River\*\***

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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  
**12:30-3PM** American Mahjong

15

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

18

**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

19

**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

20

**9-9:45AM** Forever Fit (Chair)  
**10-11AM** Workout with Weights(Chair)  
**11-12PM PACE Program\***  
**1-2PM Stop the Bleed with MC Fire Rescue\*\***

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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

22

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

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NO PROGRAMMING

26

**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

27

**9-9:45AM** Forever Fit (Chair)  
**10-11AM** Workout with Weights(Chair)  
**11-12PM Tech Class with MC Library\***

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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

29

**9-9:45AM** Total Body Workout  
**9:30-11AM** Cribbage  
**10-11AM** Workout with Weights (Chair)