NOVEMBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 **9-9:45AM** Total Body Workout **10-11AM** Workout with Weights (Chair) **12:15-1:15PM** Tai Chi for Health **1:30-3:30PM** Chinese Mahjong	**3** **10-11AM** Tone it Up (Chair) **12:30-3PM** Art is Everything **1-3PM** Mexican Train Dominoes	**4** **9-9:45AM** Forever Fit (Chair) **10-11AM** Workout with Weights(Chair) **11-12PM Prime Benefits Group*** **1-2PM Book Club Discussion-The Women****	**5** **9:45-10:45AM** Mindful Movements (Chair) **12:30-3:30PM** American Mahjong	**6** **9-9:45AM** Total Body Workout **9:30-11AM** Cribbage **10-11AM** Workout with Weights (Chair) **1-3PM A Matter of Balance Workshop****
9 **9:45AM** Total Body Workout **10-11AM** Workout with Weights (Chair) **12:15-1:15PM** Tai Chi for Health **1:30-3:30PM** Chinese Mahjong	**10** **10-11AM** Tone it Up (Chair) **12:30-3PM** Art is Everything **1-3PM** Mexican Train Dominoes	**11** **No Programming**	**12** **9:45-10:30AM** Mindful Movements (Chair) **10:30-11AM** A Moment of Zen **12:30-3:30PM** American Mahjong	**13** **9-9:45AM** Total Body Workout **9:30-11AM** Cribbage **10-11AM** Workout with Weights (Chair) **12-1PM** Brain Fitness **1:30-3:30PM Creative Expressions-Upcycled Holiday Craft****
16 **9-9:45AM** Total Body Workout **10-11AM** Workout with Weights (Chair) **12:15-1:15PM** Tai Chi for Health **1:30-3:30PM** Chinese Mahjong	**17** **10-11AM** Tone it Up (Chair) **12:30-3PM** Art is Everything **1-3PM** Mexican Train Dominoes	**18** **9-9:45AM** Forever Fit Chair) **10-11AM** Workout with Weights(Chair) **11-12PM Adult Protective Services*** **1-3:30PM Movie & Popcorn****	**19** **9:45-10:45AM** Mindful Movements (Chair) **12:30-3:30PM** American Mahjong	**20** **9-9:45AM** Total Body Workout **9:30-11AM** Cribbage **10-11AM** Workout with Weights (Chair) **1-3PM A Matter of Balance Workshop****
23 **9-9:45AM** Total Body Workout **10-11AM** Workout with Weights (Chair) **12:15-1:15PM** Tai Chi for Health **1:30-3:30PM** Chinese Mahjong	**24** **10-11AM** Tone it Up (Chair) **12:30-3PM** Art is Everything **1-3PM** Mexican Train Dominoes	**25** **9-9:45AM** Forever Fit (Chair) **10-11AM** Workout with Weights (Chair) **11-12PM CapTel*** **1-2:30PM** Music Bingo	**26** **No Programming**	**27** **No Programming**
30 **9-9:45AM** Total Body Workout **10-11AM** Workout with Weights (Chair) **12:15-1:15PM** Tai Chi for Health **1:30-3:30PM** Chinese Mahjong				

MARTIN COUNTY Florida Parks and Recreation

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