

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



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****