

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



FEBRUARY 2026

Monday

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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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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****

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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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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

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

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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

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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

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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

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

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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

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

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

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

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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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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****

13

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

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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)
9:30-11AM Cribbage
1-3PM **Creative Expressions-
Decoupage Shells****