



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 Kane Center**

****Please call to reserve your seat**



Use your cellphone's camera to
scan the QR Code for more
information or visit
www.martin.fl.us/SeniorPrograms



APRIL 2024

Monday

1

9-9:45AM Total Body Workout
10-11AM Workout with Weights (Chair)
12-1PM Bingo
12:30-3PM Chinese Mahjong
1:30-2:30PM Tai Chi for Arthritis

8

9-9:45AM Total Body Workout
10-11AM Workout with Weights (Chair)
12:30-3PM Chinese Mahjong
1:30-2:30PM Tai Chi for Arthritis
3-4PM **Book Club****

15

9-9:45AM Total Body Workout
10-11AM Workout with Weights (Chair)
12:30-3PM Chinese Mahjong
1:30-2:30PM Tai Chi for Arthritis
3-4PM **Tribute to Frances Langford****

22

9-9:45AM Total Body Workout
10-11AM Workout with Weights (Chair)
12-1PM Bingo
12:30-3PM Chinese Mahjong
1:30-2:30PM Tai Chi for Arthritis

29

9-9:45AM Total Body Workout
10-11AM Workout with Weights (Chair)
12-1PM Bingo
12:30-3PM Chinese Mahjong
1:30-2:30PM Tai Chi for Arthritis

Tuesday

2

9:30-10:15AM Mindful Movements (Chair)
12:30-3PM Art is Everything (Open Studio)
1-3PM Mexican Train Dominoes

9

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16

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23

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30

9:30-10:15AM Mindful Movements (Chair)
12:30-3PM Art is Everything (Open Studio)
1-3PM Mexican Train Dominoes

Wednesday

3

9-9:45AM Forever Fit (Chair)
10-11AM Workout with Weights (Chair)
11AM-12PM **Arts and Crafts w/ Village Arts and Crafts Loft***
12:30-1:30PM Line Dancing

10

9-9:45AM Forever Fit (Chair)
10-11AM Workout with Weights (Chair)
11AM-12PM **Council on Aging Outreach***
1-2:15PM **Frances Langford Movie & Popcorn****

17

9-9:45AM Forever Fit (Chair)
10-11AM Workout with Weights (Chair)
11AM-12PM **Seniors vs. Crime***
12:30-1:30PM Line Dancing

24

9-9:45AM Forever Fit (Chair)
10-11AM Workout with Weights (Chair)
11AM-12PM **Pinnacle Home Health***
12:30-1:30PM Line Dancing
1:45-3PM **DIY: Kentucky Derby Hat****

1

9-9:45AM Forever Fit (Chair)
10-11AM Workout with Weights (Chair)
2-3PM **Kentucky Derby Tea Party****

Thursday

4

9:30-10:15AM Mindful Movements (Chair)
12:30-3:30PM American Mahjong

11

9:30-10:15AM Mindful Movements (Chair)
12:30-3:30PM American Mahjong

18

9:30-10:15AM Mindful Movements (Chair)
12:30-3:30PM American Mahjong

25

9:30-10:15AM Mindful Movements (Chair)
12:30-3:30PM American Mahjong

2

9:30-10:15AM Mindful Movements (Chair)
12:30-3:30PM American Mahjong

Friday

5

9-9:45AM Total Body Workout
9:30-11AM Cribbage
10-11AM Workout with Weights (Chair)
12-3PM **Ukulele/Guitar Lessons****

12

9-9:45AM Total Body Workout
9:30-11AM Cribbage
10-11AM Workout with Weights (Chair)
12:30-1:30PM **Eat Smart, Live Strong Series w/ Treasure Coast Food Bank****

19

9-9:45AM Total Body Workout
9:30-11AM Cribbage
10-11AM Workout with Weights (Chair)
12-3PM **Ukulele/Guitar Lessons****

26

9-9:45AM Total Body Workout
9:30-11AM Cribbage
10-11AM Workout with Weights (Chair)
12:30-1:30PM **Eat Smart, Live Strong Series w/ Treasure Coast Food Bank****

3

9-9:45AM Total Body Workout
9:30-11AM Cribbage
10-11AM Workout with Weights (Chair)
12-3PM **Ukulele/Guitar Lessons****

For questions or more information, please contact us via email at seniors@martin.fl.us or call us at (772) 334-2926.

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