

DECEMBER 2024

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



Monday	Tuesday	Wednesday	Thursday	Friday		
<p>2</p> <p>9-9:45AM Total Body Workout 10-11AM Workout with Weights (Chair) 12-1PM Beginner Spanish 1:30-2:30PM Tai Chi for Arthritis</p>	<p>3</p> <p>9:30-10:15AM Mindful Movements (Chair) 10:30-12:30PM Ping Pong (Open Play) 12:30-3PM Art is Everything (Open Studio) 1-3PM Mexican Train Dominoes</p>	<p>4</p> <p>9-9:45AM Forever Fit (Chair) 10-11AM Workout with Weights (Chair) 11AM-12PM Medicare Jeopardy*</p>	<p>5</p> <p>NO PROGRAMMING</p>	<p>6</p> <p>9-9:45AM Total Body Workout 9:30-11AM Cribbage 10-11AM Workout with Weights (Chair)</p>		
<p>9</p> <p>9-9:45AM Total Body Workout 10-11AM Workout with Weights (Chair) 12-1PM Beginner Spanish 1:30-2:30PM Tai Chi for Arthritis</p>	<p>10</p> <p>9:30-10:15AM Mindful Movements (Chair) 10:30-12:30PM Ping Pong (Open Play) 12:30-3PM Art is Everything (Open Studio) 1-3PM Mexican Train Dominoes</p>	<p>11</p> <p>9-9:45AM Forever Fit (Chair) 10-11AM Workout with Weights (Chair) 11AM-12PM Florida Blue with Jacquelyn Ruiz, Community Specialist* 1:30-2:30PM Book Club Discussion - The Pineapple Street ** 2:30-3:30PM Reader's Theater</p>	<p>12</p> <p>9:30-10:15AM Mindful Movements (Chair) 10:15-10:45AM A Moment of Zen 12:30-3:30PM Mahjong</p>	<p>13</p> <p>9-9:45AM Total Body Workout 9:30-11AM Cribbage 10-11AM Workout with Weights (Chair) 12-3:45PM Ukulele/Guitar Lessons**</p>		
<p>16</p> <p>9-9:45AM Total Body Workout 10-11AM Workout with Weights (Chair) 12-1PM Beginner Spanish 1:30-2:30PM Tai Chi for Arthritis</p>	<p>17</p> <p>9:30-10:15AM Mindful Movements (Chair) 10:30-12:30PM Ping Pong (Open Play) 12:30-3PM Art is Everything (Open Studio) 1-3PM Mexican Train Dominoes</p>	<p>18</p> <p>9-9:45AM Forever Fit (Chair) 10-11AM Workout with Weights (Chair) 11AM-12PM Arts & Crafts: Village Arts and Crafts Loft with Vicky* 1-3PM Holiday Potluck Party**</p>	<p>19</p> <p>9:30-10:15AM Mindful Movements (Chair) 10:15-10:45AM A Moment of Zen (Chair) 12:30-3:30PM Mahjong</p>	<p>20</p> <p>9-9:45AM Total Body Workout 9:30-11AM Cribbage 10-11AM Workout with Weights (Chair)</p>		
<p>23</p> <p>9-9:45AM Total Body Workout 10-11AM Workout with Weights (Chair) 12-1PM Beginner Spanish 1:30-2:30PM Tai Chi for Arthritis</p>	<p>24</p> <p>NO PROGRAMMING</p>	<p>25</p> <p>NO PROGRAMMING</p>	<p>26</p> <p>9:30-10:15AM Mindful Movements (Chair) 10:15-10:45AM A Moment of Zen (Chair) 12:30-3:30PM Mahjong</p>	<p>27</p> <p>9-9:45AM Total Body Workout 9:30-11AM Cribbage 10-11AM Workout with Weights (Chair) 1-2:30 Music Bingo **</p>		
<p>30</p> <p>9-9:45AM Total Body Workout 10-11AM Workout with Weights (Chair) 1:30-2:30PM Tai Chi for Arthritis 12:30-2PM Creative Expressions-DIY Craft Stick Decor**</p>	<p>31</p> <p>9:30-10:15AM Mindful Movements (Chair) 10:30-12:30PM Ping Pong (Open Play) 12:30-3PM Art is Everything (Open Studio) 1-3PM Mexican Train Dominoes</p>	<p>JANUARY 2025</p> <p>1</p> <p>NO PROGRAMMING</p>			<p>2</p> <p>9:30-10:15AM Mindful Movements (Chair) 10:15-10:45AM A Moment of Zen (Chair) 12:30-3:30PM Mahjong</p>	<p>3</p> <p>9-9:45AM Total Body Workout 9:30-11AM Cribbage 10-11AM Workout with Weights (Chair)</p>



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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