

# DECEMBER 2025

## 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](http://www.martin.fl.us/SeniorPrograms)



## Monday

1

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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10-11AM Workout with Weights (Chair)  
12:15-1PM Tai Chi for Arthritis  
1:15-3:30PM Chinese Mahjong  
1:30-3:30PM **Creative Expressions-  
Crafts, Cookies and Carols\*\***

15

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12:15-1PM Tai Chi for Arthritis  
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22

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29

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12:15-1PM Tai Chi for Arthritis  
1:15-3:30PM Chinese Mahjong

## Tuesday

2

8:30-9:30AM **Walk with Ease-Indian  
Riverside Park\*\*\***  
10-12PM Ping Pong (Open Play)  
12:30-3PM Art is Everything (Open Studio)  
1-3PM Mexican Train Dominoes

9

8:30-9:30AM **Walk with Ease-Indian  
Riverside Park\*\*\***  
10-12PM Ping Pong (Open Play)  
12-1PM **Treasure Coast Food Bank-  
Nutrition Class-Fuel Your Brain\*\***  
12:30-3PM Art is Everything (Open Studio)  
1-3PM Mexican Train Dominoes

16

8:30-9:30AM **Walk with Ease-Indian  
Riverside Park\*\*\***  
10-12PM Ping Pong (Open Play)  
12:30-3PM Art is Everything (Open Studio)  
1-3PM Mexican Train Dominoes

23

8:30-9:30AM **Walk with Ease-Indian  
Riverside Park\*\*\***  
10-12PM Ping Pong (Open Play)  
12:30-3PM Art is Everything (Open Studio)  
1-3PM Mexican Train Dominoes

30

8:30-9:30AM **Walk with Ease-Indian  
Riverside Park\*\*\***  
10-12PM Ping Pong (Open Play)  
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)  
11-12PM **Edward Jones\***  
12-1:30PM Learn to Play Bridge  
12-1:30PM Bridge

10

9-9:45AM Forever Fit (Chair)  
10-11AM Workout with Weights (Chair)  
11-12PM **Tech Class\***  
12-1:30PM Learn to Play Bridge  
12-1:30PM Bridge  
1-2PM **Book Club Discussion-Berry  
Pickers\*\***

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9-9:45AM Forever Fit (Chair)  
10-11AM Workout with Weights (Chair)  
11-12PM **Elder Care Home Services\***  
12-1:30PM Learn to Play Bridge  
12-1:30PM Bridge

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No Programming

31

9-9:45AM Forever Fit (Chair)  
10-11AM Workout with Weights (Chair)  
11-12PM **Aveanna Home Health\***  
1-3PM **Almost Midnight New Year's  
Eve Party-Dress to Impress\*\***

## Thursday

4

8:30-9:30AM **Walk with Ease-Indian  
Riverside Park\*\*\***  
10-11AM Mindful Movements (Chair)  
11:15-12:15PM Ping Pong (Open Play)  
12:30-3:30PM Mahjong

11

8:30-9:30AM **Walk with Ease-Indian  
Riverside Park\*\*\***  
10-11AM Mindful Movements (Chair)  
11:15-12:15PM Ping Pong (Open Play)  
12:30-3:30PM Mahjong

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8:30-9:30AM **Walk with Ease-Indian  
Riverside Park\*\*\***  
10-11AM Mindful Movements (Chair)  
11:30-2:30PM Mahjong

25



No Programming

## Friday

5

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

12

9-9:45AM Total Body Workout  
9:30-11AM Cribbage  
10-11AM Workout with Weights (Chair)  
1-2PM **Scam and Fraud Presentation  
with Martin County Sheriff Office\*\***

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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

26

9-9:45AM Total Body Workout  
9:30-11AM Cribbage  
10-11AM Workout with Weights (Chair)  
1-2:30PM Music Bingo

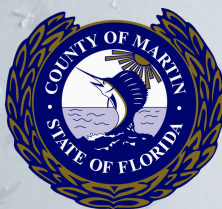
## JANUARY 2026

1

*Happy  
New Year*  
No Programming

2

9-9:45AM Total Body Workout  
9:30-11AM Cribbage  
10-11AM Workout with Weights (Chair)



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

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