



JULY 2024

Monday

1
9-9:45AM Total Body Workout
10-11AM Workout with Weights (Chair)
1:30-2:30PM Tai Chi for Arthritis
2:30-4PM Knots' n Needles (Open Studio)

8
9-9:45AM Total Body Workout
10-11AM Workout with Weights (Chair)
1:30-2:30PM Tai Chi for Arthritis
2:30-4PM Knots' n Needles (Open Studio)

15
9-9:45AM Total Body Workout
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22
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2:30-4PM Knots' n Needles (Open Studio)

29
9-9:45AM Total Body Workout
10-11AM Workout with Weights (Chair)
1:30-2:30PM Tai Chi for Arthritis
2:30-4PM Knots' n Needles (Open Studio)

Tuesday

2
9:30-10:15AM Mindful Movements (Chair)
12:30-3PM Art is Everything (Open Studio)
1-3PM Mexican Train Dominoes

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30
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1-3PM Mexican Train Dominoes

Wednesday

3
9-9:45AM Forever Fit (Chair)
10-11AM Workout with Weights (Chair)
11:00AM-12:00PM **Council on Aging: Case Management with Brian Sullivan***

10 9-9:45AM Forever Fit (Chair)
10-11AM Workout with Weights (Chair)
11:00AM-12:00PM **Arts & Crafts: Village Arts and Crafts Loft with Vicky and Joe***
1-3PM **Music Bingo****

17
9-9:45AM Forever Fit (Chair)
10-11AM Workout with Weights (Chair)
11:00AM-12:00PM **Conviva Care Solutions with Susan DeonofrioD***
1-3:30PM **Creative Expressions - Seashells on Wood Plaque****

24
9-9:45AM Forever Fit (Chair)
10-11AM Workout with Weights (Chair)
11:00AM-12:00PM **Healthy Living for the Brain and Body with Evelyn Espinal, Alzheimer's Association***

31
9-9:45AM Forever Fit (Chair)
10-11AM Workout with Weights (Chair)
11:00AM-12:00PM **Pinnacle Home Health with Nesli Gacek-McClure***

Thursday

4
HAPPY Independence DAY
CLOSED

11
9:30-10:15AM Mindful Movements (Chair)
10:15-10:45AM A Moment of Zen
12:30-3:30PM Mahjong

18
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25
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12:30-3:30PM Mahjong

Friday

5
HOLIDAY - No Programming
CLOSED

12
9-9:45AM Total Body Workout
9:30-11AM Cribbage
10-11AM Workout with Weights (Chair)
1-2PM Ukulele/Guitar Open Jam Session

19
9-9:45AM Total Body Workout
9:30-11AM Cribbage
10-11AM Workout with Weights (Chair)
12:30-1:30PM **Ten Tip Series w/ Treasure Coast Food Bank****

26
9-9:45AM Total Body Workout
9:30-11AM Cribbage
10-11AM Workout with Weights (Chair)

2
9-9:45AM Total Body Workout
9:30-11AM Cribbage
10-11AM Workout with Weights (Chair)
12:30-1:30PM **Ten Tip Series w/ Treasure Coast Food Bank****

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



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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