

July 2025 Activities Calendar for Senior Active Adult 50+

Located in Langford Park at 2369 NE Dixie Hwy, Jensen Beach

Hours: Monday - Friday, 9AM - 4PM

Daily Programming: Meals on Wheels, 10AM - 12PM

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

Visit www.martin.fl.us/SeniorPrograms

*Presentation by the Council on Aging of Martin County

**Please call to reserve your seat

Tuesday, July 1st, 2025

9-9:45AM Walk this Way (Indoors)

10:30-12:30PM Ping Pong (Open Play)

12:30-3PM Art is Everything (Open Studio)

1-3PM Mexican Train Dominoes

Wednesday, July 2nd, 2025

9-9:45AM Forever Fit (Chair)

10-11AM Workout with Weights (Chair)

11:30-12:30PM Village Arts and Crafts Loft with Vicky *Presentation by the Council on Aging of Martin County

12-1:30PM Learn to Play Bridge

12-1:30PM Bridge

Thursday, July 3rd, 2025

10-11AM Mindful Movements (Chair)

11:15-12:30PM Ping Pong (Open Play)

12:30-3:30PM American Mahjong

Friday, July 4th, 2025

Holiday – No Programming

Monday, July 7th, 2025

9-9:45AM Total Body Workout

10-11AM Workout with Weights (Chair)

1-3PM Chinese Mahjong

1:30-2:30PM Tai Chi for Arthritis

Tuesday, July 8th, 2025

9-9:45AM Walk this Way (Indoors)

10:30-12PM Ping Pong (Open Play)

12-1PM Treasure Coast Food Bank-Better Beverage Choices Presentation **Please call to reserve your seat

12:30-3PM Art is Everything (Open Studio)

1-3PM Mexican Train Dominoes

Wednesday, July 9th, 2025

9-9:45AM Forever Fit (Chair)

10-11AM Workout with Weights (Chair)

11-12PM Medicare Jeopardy *Presentation by Council on Aging of Martin County

12-1:30PM Learn to Play Bridge

12-1:30PM Bridge

Thursday, July 10th, 2025

10-11AM Mindful Movements (Chair)

11:15-12:30PM Ping Pong (Open Play)

12:30-3:30PM American Mahjong

Friday, July 11th, 2025

9-9:45AM Total Body Workout

9:30-11AM Cribbage

10-11AM Workout with Weights (Chair)

Monday, July 14th, 2025

9-9:45AM Total Body Workout

10-11AM Workout with Weights (Chair)

12-1PM Beginner Spanish

1-3PM Chinese Mahjong

1:30-2:30PM Tai Chi for Arthritis

Tuesday, July 15th, 2025

9-9:45AM Walk this Way (Indoors)

10:30-12:30PM Ping Pong (Open Play)

12:30-3PM Art is Everything (Open Studio)

1-3PM Mexican Train Dominoes

Wednesday, July 16th, 2025

9-9:45AM Forever Fit (Chair)

10-11AM Workout with Weights (Chair)

11-12PM Encompass Health*Presentation by the Council on Aging of Martin County

12-1:30PM Learn to Play Bridge

12-1:30PM Bridge

Thursday, July 17th, 2025

10-11AM Mindful Movements (Chair)

11:15-12:30PM Ping Pong (Open Play)

12:30-3:30PM American Mahjong

Friday, July 18th, 2025

9-9:45AM Total Body Workout

9:30-11AM Cribbage

10-11AM Workout with Weights (Chair)

1-3PM Creative Expressions-Canvas Garden Moss Beauty **Please call to reserve your seat

Monday, July 21st, 2025

9-9:45AM Total Body Workout

10-11AM Workout with Weights (Chair)

12-1PM Beginner Spanish

1-3PM Chinese Mahjong

1:30-2:30PM Tai Chi for Arthritis

Tuesday, July 22nd, 2025

9-9:45AM Walk this Way (Indoors)

10:30-12PM Ping Pong (Open Play)

12-1PM Treasure Coast Food Bank-Healthy Affordable Meals Presentation **Please call to reserve your seat

12:30-3PM Art is Everything (Open Studio)

1-3PM Mexican Train Dominoes

Wednesday, July 23rd, 2025

9-9:45AM Forever Fit (Chair)

10-11AM Workout with Weights (Chair)

11-12PM Council on Aging Outreach *Presentation by the Council on Aging of Martin County

12-1:30PM Learn to Play Bridge

12-1:30PM Bridge

Thursday, July 24th, 2025

10-11AM Mindful Movements (Chair)

11:15-12:30PM Ping Pong (Open Play)

12:30-3:30PM American Mahjong

Friday, July 25th, 2025

9-9:45AM Total Body Workout

9:30-11AM Cribbage

10-11AM Workout with Weights (Chair)

1-2:30PM Music Bingo

Monday, July 28th, 2025

9-9:45AM Total Body Workout

10-11AM Workout with Weights (Chair)

12-1PM Beginner Spanish

1-3PM Chinese Mahjong

1:30-2:30PM Tai Chi for Arthritis

Tuesday, July 29th, 2025

9-9:45AM Walk this Way (Indoors)

10:30-12:30PM Ping Pong (Open Play)

12:30-3PM Art is Everything (Open Studio)

1-3PM Mexican Train Dominoes

Wednesday, July 30th, 2025

9-9:45AM Forever Fit (Chair)

10-11AM Workout with Weights (Chair)

11-12PM MC Library Tech Class *Presentation by the Council on Aging of Martin County

12-1:30PM Learn to Play Bridge

12-1:30PM Bridge

Thursday, July 31st, 2025

10-11AM Mindful Movements (Chair)

11:15-12:30PM Ping Pong (Open Play)

12:30-3:30PM American Mahjong