

March 2025 Activities Calendar for Senior Active Adult 50+

Location is 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

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 Council on Aging of Martin County

**Please call to reserve your seat

***Will take place at Indian Riverside Park

Monday, March 3rd, 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, March 4th, 2025

9-10AM Walk with Ease-Indian Riverside Park***Will take place at Indian Riverside Park

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

12-1PM Treasure Coast Food Bank-Challenges & Solutions**Please call to reserve your seat

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

1-3PM Mexican Train Dominoes

Wednesday, March 5th, 2025

9-9:45AM Forever Fit (Chair)

10-11AM Workout with Weights (Chair)

11AM-12PM Special Guest Speaker: Bob Lessemun * Presentation by Council on Aging of Martin County

12-1:30PM Learn to Play Bridge

12-1:30PM Bridge

Thursday, March 6th, 2025

9 -10AM Walk with Ease-Langford Park

10-11AM Mindful Movements (Chair)

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

12:30-3:30PM American Mahjong

Friday, March 7th, 2025

9-9:45AM Total Body Workout

9:30-11AM Cribbage

10-11AM Workout with Weights (Chair)

12-3:45PM Ukulele/Guitar Lessons**Please call to reserve your seat

Monday, March 10th, 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, March 11th, 2025

9-10AM Walk with Ease-Indian Riverside Park***Will take place at Indian Riverside Park

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

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

1-3PM Mexican Train Dominoes

Wednesday, March 12th, 2025

9-9:45AM Forever Fit (Chair)

10-11AM Workout with Weights (Chair)

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

12-1:30PM Learn to Play Bridge

12-1:30PM Bridge

1:30-2:30PM Book Club Discussion- *Anxious People***Please call to reserve your seat

2:30-3:30PM Line Dancing

Thursday, March 13th, 2025

9 -10AM Walk with Ease-Langford Park

10-11AM Mindful Movements (Chair)

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

11:30-12:30PM Button Making with MC Library**Please call to reserve your seat

12:30-3:30PM American Mahjong

Friday, March 14th, 2025

9-9:45AM Total Body Workout

9:30-11AM Cribbage

10-11AM Workout with Weights (Chair)

12:30-3:30PM Creative Expressions-DIY Pipe Cleaner Wreath **Please call to reserve your seat

Monday, March 17th, 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, March 18th, 2025

9-10AM Walk with Ease-Indian Riverside Park ***Will take place at Indian Riverside Park

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

12-1PM Treasure Coast Food Bank-Colorful & Classic Favorites **Please call to reserve your seat

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

1-3PM Mexican Train Dominoes

Wednesday, March 19th, 2025

9-9:45AM Forever Fit (Chair)

10-11AM Workout with Weights (Chair)

11AM-12PM Taub Podiatry *Presentation by Council on Aging of Martin County

12-1:30PM Learn to Play Bridge

12-1:30PM Bridge

1:30-2:30PM Stop the Bleed with MC Fire Rescue**Please call to reserve your seat

2:30-3:30PM Line Dancing

Thursday, March 20th, 2025

9 -10AM Walk with Ease-Langford Park

10-11AM Mindful Movements (Chair)

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

12:30-3:30PM American Mahjong

Friday, March 21st, 2025

9-9:45AM Total Body Workout

9:30-11AM Cribbage

10-11AM Workout with Weights (Chair)

12-3:45PM Ukulele/Guitar Lessons**Please call to reserve your seat

Monday, March 24th, 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, March 25th, 2025

9-10AM Walk with Ease-Indian Riverside Park ***Will take place at Indian Riverside Park

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

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

1-3PM Mexican Train Dominoes

Wednesday, March 26th, 2025

9-9:45AM Forever Fit (Chair)

10-11AM Workout with Weights (Chair)

11-12PM Program of All Inclusive Care for the Elderly*Presentation by Council on Aging of Martin County

12-1:30PM Learn to Play Bridge

12-1:30PM Bridge

2:30-3:30PM Line Dancing

Thursday, March 27th, 2025

9-10AM Walk with Ease-Langford Park

10-11AM Mindful Movements (Chair)

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

12:30-3:30PM American Mahjong

Friday, March 28th, 2025

9-9:45AM Total Body Workout

9:30-11AM Cribbage

10-11AM Workout with Weights (Chair)

1-2PM Libby Tips & Tricks with MC Library**Please call to reserve your seat

Monday, March 31st, 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