

## **November 2024 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](mailto:seniors@martin.fl.us) or call us at (772) 334-2926.

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

\*Presentation by the Kane Center

\*\*Please call to reserve your seat

### **November 2024**

#### **Friday, November 1st, 2024**

9-9:45AM Total Body Workout

9:30-11AM Cribbage

10-11AM Workout with Weights (Chair)

12-3:45PM Piano/Ukelele/Guitar Lessons\*\* (Please call to reserve your seat)

#### **Monday, November 4th, 2024**

9-9:45AM Total Body Workout

10-11AM Workout with Weights (Chair)

12-1PM Beginner Spanish

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

2:30-4PM Knots' n Needles (Open Studio)

#### **Tuesday, November 5th, 2024**

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

#### **Wednesday, November 6th, 2024**

9-9:45AM Forever Fit (Chair)

10-11AM Workout with Weights (Chair)

11:00AM-12:00PM Arts and Crafts: Village Arts and Crafts Loft with Vicky\*(Presentation by the Kane Center)

**Thursday, November 7th, 2024**

9:30-10:15AM Mindful Movements (Chair)

10:15-10:45AM A Moment of Zen

12:30-3:30PM Mahjong

**Friday, November 8th, 2024**

9-9:45AM Total Body Workout

9:30-11AM Cribbage

10-11AM Workout with Weights (Chair)

12:30-1:30PM Food Smart Series w/ Treasure Coast Food Bank\*\*(Please call to reserve your seat)

**Monday, November 11th, 2024**

No Programming – Veteran's Day

**Tuesday, November 12th, 2024**

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

**Wednesday, November 13th, 2024**

9-9:45AM Forever Fit (Chair)

10-11AM Workout with Weights (Chair)

11:00AM-12:00PM Medicare Masterclass: Refresh and Renew\*(Presentation by the Kane Center)

1:30-2:30PM Book Club Discussion – *The Magnolia Palace*\*\* (Please call to reserve your seat)

2-3:30PM Reader's Theater

**Thursday, November 14th, 2024**

9:30-10:15AM Mindful Movements (Chair)

10:15-10:45AM A Moment of Zen (Chair)

12:30-3:30PM Mahjong

**Friday, November 15<sup>th</sup>, 2024**

9-9:45AM Total Body Workout

9:30-11AM Cribbage

10-11AM Workout with Weights (Chair)

12-3:45PM Piano/Ukelele/Guitar Lessons\*\*(Please call to reserve your seat)

**Monday, November 18th, 2024**

9-9:45AM Total Body Workout

10-11AM Workout with Weights (Chair)

12-1PM Beginner Spanish

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

2:30-4PM Knots' n Needles (Open Studio)

**Tuesday, November 19th, 2024**

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

**Wednesday, November 20th, 2024**

9-9:45AM Forever Fit (Chair)

10-11AM Workout with Weights (Chair)

11:00AM-12:00PM Florida Blue: Jacquelyn Ruiz, Community Specialist – Important Health Topics\*(Presentation by the Kane Center)

12:30-1:30PM MC Sheriff's Office Scam Presentation\*\*(Please call to reserve your seat)

2-3:30PM Reader's Theater

**Thursday, November 21st, 2024**

9:30-10:15AM Mindful Movements (Chair)

10:15-10:45AM A Moment of Zen (Chair)

12:30-3:30PM Mahjong

**Friday, November 22nd, 2024**

9-9:45AM Total Body Workout

9:30-11AM Cribbage

10-11AM Workout with Weights (Chair)

12:30-1:30PM Food Smart Series with Treasure Coast Food Bank\*\*(Please call to reserve your seat)

**Monday, November 25th, 2024**

9-9:45AM Total Body Workout

10-11AM Workout with Weights (Chair)

12-1PM Beginner Spanish

1-4PM Help Decorate Log Cabin for Holidays

**Tuesday, November 26th, 2024**

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

**Wednesday, November 27th, 2024**

9-9:45AM Forever Fit (Chair)

10-11AM Workout with Weights (Chair)

11:00AM-12:00PM Mystery Whodunnit Party with Frank Jackson\*(Presentation by the Kane Center)

1-3PM Creative Expressions – DIY Pens and Holiday Quilling Card Making \*\*(Please call to reserve your seat)

2-3:30PM Reader's Theater

**Thursday, November 28th, 2024**

No Programming – Happy Thanksgiving

**Friday, November 29th, 2024**

No Programming – Happy Thanksgiving

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