

Tentative Scheduled Activities

Week of 2/23/26 – 2/27/26

M - Th - 9:00 – 3:00

Fri. - 9:00 - 2:00

CLOSED Sat & Sun

www.mjseniorcenter.org

<https://www.facebook.com/MTJSAC>



Monday, 2/23/26

Chick-Fil-A

- 9:00 – 9:45 Enhanced Fit(LIVE)
- 9:00 – 12:00 Bridge
- 9:30 – 12:00 Knit & Crochet
- 10:00 – 11:00 Choir
- 11:00 - 12:00 **LUNCH & LEARN** Silver Angels
- 11:30 – 12:30 Bravo Theater
- 12:00 – 3:00 Bid Euchre
- 12:00 – 3:00 Dominoes
- 12:00 - 3:00 Chess (Conf Rm/ Art Room)
- 12:00 - 3:00 *Organized Games (Art Room)*
- 12:15 - 1:15 Mat Yoga-
- 1:30 - 3:00 Karaoke

Tuesday, 2/24/26

Welcome Christy! – GNRC Audit

- 9:00 – 9:45 Aerobic Exercise (YouTube)
- 10:00 – 10:50 Tai-Chi (Beginners)
- 10:00 – 11:50 Dulcimers
- 10:00 – 12:00 Mahjong
- 11:00 – 11:30 Lunch MOW
- 12:00 - 3:00 Bid Euchre
- 12:00 – 2:00 Painting Group
- 12:30 - 1:30 Beginners Ukulele Class
- 1:00 – 1:50 (Chair) Yoga
- 2:00 – 2:50 Ultra Beginner Line Dancing
- 2:00 – 3:00 **NEW Beginner Recorder Class**

Wednesday, 2/25/26

Chick-Fil-A

- 9:00 – 9:45 Enhanced Fit (LIVE)
- 9:30 – 12:00 Knit & Crochet
- 9:30 – 11:30 Hand & Foot Card Group
- 10:00 Bible Reading/ Prayer
- 10:00 – 11:00 Line Dancing
- 11:00 - 11:30 **Friendly Fork Lunch -RSVP**
- 11:00 Lunch Bunch meet: Far East Buffet
- 11:00 – 11:30 Lunch MOW
- 12:00 – 12:50 BINGOcize
- 12:00 - 2:30 Chess (Conf. Rm/)
- 12:00 - 2:30 Organized Games (Upstairs)
- 1:00 – 1:50 SAIL Exercise Class
- 2:00 - 2:45 Dance Fit

Thursday, 2/26/26

- 9:00 – 9:45 Aerobic Exercise (YouTube)
- 10:00 – 10:50 Tai-Chi (Intermediate)
- 11:00 - 11:30 Lunch MOW
- 11:00 - 12:00 Beginners Dulcimer
- 11:30 - 12:20 Arthritis Exercise Class
- 12:00 - 2:30 Chess (Conf. Rm/ Art Room)
- 12:00 3:00 Organized Games (Card Room)
- 12:30 – 1:20 SAIL Exercise Class
- 1:30 – 2:30 (Chair) Yoga

Friday, 2/27/26

Chick-Fil-A

- 9:00 – 12:00 Quilting
- 9:30 – 10:20 Bingocize
- 10:30 - 11:15 Arthritis Exercise Class
- 11:00 Blood Pressure Check
- 11:30 – 12:00 Lunch- MOW
- 12:00 2:30 Organized Games (Card Room)
- 12:00 – 1:00 Bingo- Sponsor **TBA**

February 2026

- 23rd Silver Angels Lunch & Learn
- 24th GNRC Audit
- 25th Friendly Fork Lunch Sign up by Feb 20th - \$4

March 2026

- 5th Mystery Lunch
- 10th McKay's Book Store & Loveless Café
- 16th Lunch & Learn – Scott Maulsby
- 26th The Factory Trip
- 28th Reverse Raffle 4pm

GET YOUR REVERSE RAFFLE TICKETS

NOW!

AVAILABLE AT THE RECEPTION DESK

Hosted by:
Exchange Club
of West Wilson County

Reverse Raffle

YOU COULD Win!

\$5,000 Grand Prize

Tickets Available at
Mt. Juliet Senior Activity Center
615-758-9114

Lots of Door Prizes!!

Your **\$50** Ticket includes your Meal from:

Bar-B-Cutie SMOKEHOUSE

Deadline to reserve meals is March 20th Sorry NO TOGO Orders

Saturday, March 28th, 2025

5:30pm

Door Opens at 4pm
Meals Served between 4pm -5pm