

Tentative Scheduled Activities

Week of 1/19/26 – 1/23/26

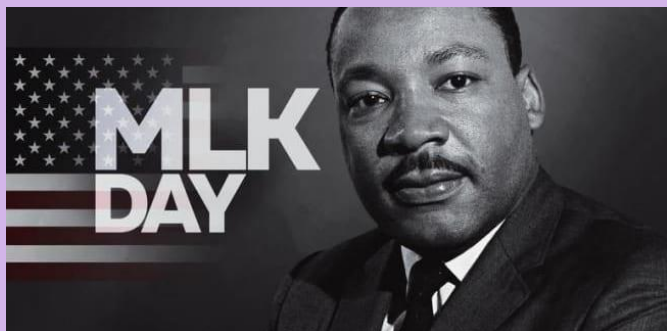


M - Th - 9:00 – 3:00
Fri. - 9:00 - 2:00
CLOSED Sat & Sun
www.mjseniorcenter.org
<https://www.facebook.com/MTJSAC>

Monday, 1/19/26

MJSAC CLOSED

In Observance of Martin Luther King Day



Tuesday, 1/20/26

9:00 – 9:45 Aerobic Exercise (YouTube)
10:00 Choir Practice
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 STARTS TODAY!**


Wednesday, 1/21/26

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 Lunch MOW
12:00 - 2:00 **Jewelry Mak** 
12:00 – 12:50 BINGOize
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, 1/22/26

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, 1/23/26

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--

MJAC



January 2026

19th MJAC CLOSED –MLK Day
20th NEW Recorder Class STARTS 2pm
(MUST Sign up)
26th Karaoke 1:30
28th Lunch Bunch –Meet at Far East Buffet 11am

February 2026

9th Lunch & Learn
16th MJAC CLOSED- Presidents Day