

Tentative Scheduled Activities

Week of 1/26/26 – 1/30/26

M - Th - 9:00 – 3:00

Fri. - 9:00 - 2:00

CLOSED Sat & Sun

www.mjseniorcenter.org

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



Monday, 1/26/26

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 - 11:30 Lunch MOW
- 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 (ArtRoom)*
- 12:15 - 1:15 Mat Yoga-
- 1:30 - 3:00 Karaoke

Tuesday, 1/27/26

- 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, 1/28/26

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 **Friendly Fork Lunch- \$4.00 Must RSVP**
- 11:00 **Lunch Bunch meet at Far East Buffet**
- 11:00 – 11:30 Lunch MOW
- 12:00 - 2:00 **Jewelry Making**
- 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

A Friendly Reminder:
In the event of inclement weather
If WILSON County Schools are Closed
the Mt. Juliet Senior Activity Center
will be closed.

Thursday, 1/29/26

- 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, 1/30/26

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 **MAC MEETING**
- 11:30 – 12:00 Lunch- MOW
- 12:00 2:30 Organized Games (Card Room)
- 12:00 – 1:00 Bingo- Sponsor-
Select Physical Therapy

January 2026

- 26th Karaoke 1:30
- 28th Friendly Fork Lunch \$4 Must sign up the Friday before.
- 28th Lunch Bunch –Meet at Far East Buffet 11am

February 2026

- 9th Lunch & Learn
- 11th Friendly Fork Lunch Sign up by Feb. 6th - \$4
- 16th MJAC CLOSED- Presidents Day
- 19th Book Club
- 25th Friendly Fork Lunch Sign up by Feb 20th - \$4