

# Tentative Scheduled Activities

## Week of 3/2/26 – 3/6/26

M - Th - 9:00 – 3:00

Fri. - 9:00 - 2:00

CLOSED Sat & Sun

[www.mjseniorcenter.org](http://www.mjseniorcenter.org)



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

### Monday, 3/2/26

Chick-Fil-A

#### 9:00 Bus Choir perform

- 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 CARDS & GAMES**
- 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



### Friday, 3/6/26

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 Happy Belated Chinese  
**New Year. MUST RSVP by 3/3/26 \$8.00**
- 12:00 2:30 Organized Games (Card Room)
- 12:00 – 1:00 Bingo- Sponsor-Rutland Place

### Tuesday, 3/3/26

#### 9:00 Bus Choir perform

- 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 CARDS & GAMES**
- 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

### Wednesday, 3/4/26

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 Making**
- 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, 3/5/26

- 9:00 – 9:45 Aerobic Exercise (YouTube)
- 10:00 – 10:50 Tai-Chi (Intermediate)
- 10:00 Bus Leaves for Mystery Lunch**
- 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

### March 2026 5<sup>th</sup> Mystery Lunch

- 6<sup>th</sup> Happy Be-Lated Chinese NEW YEAR  
MUST RSVP March 3<sup>rd</sup> Cost: \$8.00
- 10<sup>th</sup> McKay's Book Store & Loveless Café
- 11<sup>th</sup> Lunch Friendly Fork –Sign Up \$4.00
- 13<sup>th</sup> Birthday Party (Jan, Feb, Mar) 1pm
- 16<sup>th</sup> Lunch & Learn “Gaps in Medicare & How to Protect Yourself from Financial Hardship”– Scott Maulsby
- 17<sup>th</sup> Music for Seniors- SOLD OUT /WAIT LIST ONLY
- 18<sup>th</sup> Music for Seniors – START 8 Week Ukulele Course  
Sign Up on Activity Board (Every Weds 1- 2:30)
- 18<sup>th</sup> Bravo Theater at Carrick Glen 1pm
- 20<sup>th</sup> TN Attorney General Office  
SCAM Prevention seminar 1pm
- 21<sup>st</sup> 10am-12pm Celebration of Life- Sharon Howard  
Location: TBA
- 25<sup>th</sup> Lunch Friendly Fork –Sign Up \$4.00
- 26<sup>th</sup> The Franklin Factory & Carousel Trip
- 28<sup>th</sup> Reverse Raffle 4pm
- 29<sup>th</sup> Picture with Easter Bunny at East National Brew  
Works 11:30 – 2:30 (proceeds go to MJSAC)
- 31<sup>st</sup> Dental Oral Hygiene Presentation –  
Please Sign Up on Activity Board



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:

## BarBCute

## SMOKEHOUSE

Deadline to reserve meals is March 20<sup>th</sup> Sorry NO TOGO Orders

**Saturday, March 28th, 2025**

**5:30pm**

Door Opens at 4pm

Meals Served between 4pm -5pm

GET YOUR  
REVERSE RAFFLE TICKETS

NOW!

AVAILABLE AT  
THE RECEPTION DESK