

# Tentative Scheduled Activities

## Week of 3/16/26 – 3/20/26

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, 3/16/26

#### 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**
- 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

### Tuesday, 3/17/26

- 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 Bus leaves Music for Seniors & Lunch**
- 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, 3/18/26

#### 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
- 1:00 Bravo Theater at Carrick Glen**
- 2:00 - 2:45 Dance Fit

### Thursday, 3/19/26

- 9:00 – 9:45 Aerobic Exercise (YouTube)
- 10:00 – 10:50 Tai-Chi (Intermediate)
- 10:00 Book Club –**
- 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, 3/20/26

#### 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- **Harmony**
- 1:00 TN Attorney General Office SCAM Presentation**

Make a donation to support MJSAC →



### Saturday, 3/21/26

**Celebration of Life Sharon Howard 10-12**

#### March 2026

- 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 –**MEALS ARE SOLD OUT!!**
- 29<sup>th</sup> Picture with Easter Bunny at East National Brew
- Works 11:30 – 2:30 (proceeds go to MJSAC)
- 30<sup>th</sup> Active Shooter Presentation MJPD 10am
- 31<sup>st</sup> Dental Oral Hygiene Presentation –
- Please Sign Up on Activity Board

**Looking Ahead**

**GET YOUR REVERSE RAFFLE TICKETS**

**NOW!**

**AVAILABLE AT THE RECEPTION DESK**

Hosted by: Exchange Club of West Wilson County

**Reverse Raffle**

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

**\$5,000 Grand Prize**

Lots of Door Prizes!!

Your \$50 Ticket includes your Meal from:

**BarB CUTE 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

Contact us at: MJSAC 2034 N. Mt Juliet Rd 615.758.9114