

Tentative Scheduled Activities

Week of 3/23/26 – 3/28/26

M - Th - 9:00 – 3:00

Fri. - 9:00 - 2:00

CLOSED Sat & Sun

www.mjseniorcenter.org

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

Monday, 3/23/26

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 - 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, 3/27/26

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-Maristone

Make a donation to support MJSAC →



Tuesday, 3/24/26

- 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 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

Saturday, 3/28/26

4:00 WIN \$5,000 Reverse Raffle Doors open at 4pm

Sunday, 3/29/26

11:30 – 2:30 Picture with Easter Bunny at East Nashville Brew Works

Wednesday, 3/25/26

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 Lunch MOW
- 11:00 Lunch Bunch meet at Demos
- 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

Looking Ahead

March 2026

- 25th Lunch Bunch Meet at Demos 11am
- 26th Lunch Friendly Fork –Sign Up \$4.00 (DATE CHANGE)
- 26th The Franklin Factory & Carousel Trip
- 28th Reverse Raffle 4pm
- 29th Picture with Easter Bunny at East National Brew Works 11:30 – 2:30 (proceeds go to MJSAC)
- 30th Active Shooter Presentation 10am by MJPD
- 31st Dental Oral Hygiene Presentation – Please Sign Up on Activity Board

April 2026

- 2nd Mystery Lunch
- 3rd MJSAC CLOSED
- 5th Easter Sunday
- 13th Lunch & Learn

Thursday, 3/26/26

- 9:00 – 9:45 Aerobic Exercise (YouTube)
- 10:00 Bus Leaves for Franklin Factory & Carousel
- 10:00 – 10:50 Tai-Chi (Intermediate)
- 11:00 – 11:30 Friendly Fork Lunch \$4.00 RSVP
- 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

LAST CHANCE

REVERSE RAFFLE TICKETS 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:

BarB Cuts 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

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