

Tentative Scheduled Activities

Week of 3/30/26 – 4/3/26

M - Th - 9:00 – 3:00

Fri. - 9:00 - 2:00

CLOSED Sat & Sun

www.mjseniorcenter.org

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

Monday, 3/30/26

Chick-Fil-A

9:00 – 9:45 Enhanced Fit((VIDEO)

9:00 – 12:00 Bridge

9:30 – 12:00 Knit & Crochet

10:00 Active Shooter and MJPD Updates

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



Thursday, 4/2/26

9:00 – 9:45 Aerobic Exercise (YouTube)

10:00 – 10:50 Tai-Chi (Intermediate)

11:00 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

Tuesday, 3/30/26

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

11:00 Oral Health Education Presentation

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



Make a donation to support MJSAC



Friday, 4/3/26

In observance of Good Friday

MJ55AC is CLOSED

Wednesday, 4/1/26 Pass Over Begins

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 – 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

Sunday 4/5/26

Easter Sunday



April 2026

2nd Mystery Lunch

3rd MJSAC CLOSED in observance of Good Friday

8th Friendly Fork Lunch

8th Staff at GNRC Conference

10th Unbroken Circle Concert

13th Lunch & Learn

14th Dulcimers at Harmony

15th Tour Wilson Co. Sherriff Office/ Demos

16th Book Club

21st Dulcimers at Carrick Glen

22nd Friendly Fork Lunch

24th Coffee & Donuts with Amedisys

28th Parthenon & Elliston Soda Shop Trip

March 2026

30th Active Shooter Presentation by MJPD

31st Dental Oral Hygiene Presentation –

Please Sign Up on Activity Board