

Tentative Scheduled Activities

Week of 3/9/26 – 3/13/26

M - Th - 9:00 – 3:00

Fri. - 9:00 - 2:00

CLOSED Sat & Sun

www.mjseniorcenter.org



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



Make a donation to support MJSAC →



Monday, 3/9/26

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 Euchre & 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, 3/10/26

- 9:00 **Bus Leaves for Loveless Café & McKays**
- 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 Euchre & 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, 3/11/26

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 **Friendly Fork Lunch**
- 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 - 3:00 BUNCO
- 1:00 – 1:50 SAIL Exercise Class
- 2:00 - 2:45 Dance Fit

Thursday, 3/12/26

- 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, 3/13/26

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
- 12:00 2:30 Organized Games (Card Room)
- 12:00 – 1:00 Bingo- Sponsor-Southern Bank
- 1:00 - 1st Quarter Birthday Party (Jan, Feb, March)

March 2026 5th Mystery Lunch

- 10th McKay's Book Store & Loveless Café
- 11th Lunch Friendly Fork –Sign Up \$4.00
- 13th Birthday Party (Jan, Feb, Mar) 1pm
- 16th Lunch & Learn “Gaps in Medicare & How to Protect Yourself from Financial Hardship”– Scott Maulsby
- 17th Music for Seniors- SOLD OUT /WAIT LIST ONLY
- 18th Music for Seniors – START 8 Week Ukulele Course Sign Up on Activity Board (Every Weds 1- 2:30)
- 18th Bravo Theater at Carrick Glen 1pm
- 20th TN Attorney General Office SCAM Prevention seminar 1pm
- 21st 10am-12pm Celebration of Life- Sharon Howard Location: TBA
- 25th Lunch Friendly Fork –Sign Up \$4.00
- 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)
- 31st Dental Oral Hygiene Presentation – Please Sign Up on Activity Board

GET YOUR REVERSE RAFFLE TICKETS

NOW!

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:

BarBQue 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