

Tentative Scheduled Activities

Week of 4/20/26 – 4/24/26

M - Th - 9:00 – 3:00

Fri. - 9:00 - 2:00

CLOSED Sat & Sun

www.mjseniorcenter.org

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

Monday, 4/20/26

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
- 10:30 - 12:00 **LUNCH & LEARN** –Nutrition & Exercise
- 11:00 - 11:30 Lunch MOW
- 11:30 – 12:30 Bravo Theater
- 12:00 – 3:00 Bid Euchre
- 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-



Make a donation to support MJSAC



Tuesday, 4/21/26

Dulcimers @ Carrick Glen

- 9:00 – 9:45 Aerobic Exercise (YouTube)
- 10:00 – 10:50 Tai-Chi (Beginners)
- 10:00 – 12:00 Mahjong
- 11:00 – 11:30 Lunch MOW
- 11:30 - 12:30 Sing Along (Music Room)
- 12:00 - 3:00 Bid Euchre
- 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, 4/22/26

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
- Friendly Fork Postponed until May**
- 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

PLEASE VISIT and Share our NEW and IMPROVED WEBSITE!



<https://mj55activitycenter.org>

Thursday, 4/23/26

- 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, 4/24/26

Chick-Fil-A

- 9:00 Coffee & Doughnuts with Amedisys**
- 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**

Looking Ahead



April 2026

- 20th Nutrition/Exercise - Lunch & Learn
- 21st Dulcimers at Carrick Glen
- 22nd **Friendly Fork Lunch POSTPONED until May**
- 24th Coffee & Donuts with Amedisys
- 28th **Parthenon is CLOSED & Elliston Soda Shop Trip POSTPONED See Jennifer for Refund**