

# Tentative Scheduled Activities

Week of 4/27/26 – 5/1/26

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, 4/27/26

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 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, 4/28/26

- 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
- 11:30 – 12:30 Sing Along
- 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

## Thursday, 4/30/26

- 9:00 – 9:45 Aerobic Exercise (YouTube)
- 10:00 – 10:50 Tai-Chi (Intermediate)
- 10:00 - 11:00 Beginner Dulcimers *Suspended*
- 11:00 - 11:30 Lunch MOW
- 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
- 3:00 Lunch Bunch POSTPONED to Texas RoadHouse**

## Friday, 5/1/26

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- *Rutland Place*

## Wednesday, 4/29/26

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 LAST WEDS ONLY*
- 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

### April 2026

28<sup>th</sup> CANCELED Parthenon & Elliston Soda Shop Trip

### May 2026

- 6<sup>th</sup> Friendly Fork Lunch
- 7<sup>th</sup> 10am Mystery Lunch
- 8<sup>th</sup> 11am Music for Seniors
- 8<sup>th</sup> 1pm CPR Course
- 11<sup>th</sup> Lunch & Learn
- 14<sup>th</sup> Yard Sale Set up 2:30
- 15<sup>th</sup> 8am – 1 pm YARD SALE- Pre SALE
- 16<sup>th</sup> 8am – 1 pm YARD SALE- MOVING SALE
- 18<sup>th</sup> Lunch & Learn
- 25<sup>th</sup> MJSAC CLOSED –Memorial Day



### June 2026

%<sup>th</sup> – 7<sup>th</sup> Belk's Fundraiser

PLEASE VISIT and Share our NEW and IMPROVED WEBSITE!



<https://mj55activitycenter.org>