

# Tentative Scheduled Activities

## Week of 4/6/26 – 4/10/26

M - Th - 9:00 – 3:00

Fri. - 9:00 - 2:00

CLOSED Sat & Sun

### Monday, 4/6/26

#### 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-
- 1:30 - 3:00 Karaoke

### Tuesday, 4/7/26

- 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 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, 4/8/26

#### Staff at GNRC Conference

#### 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 \$4.00 RSVP**
- 12:00 – 12:50 BINGOcize
- 12:00 - 2:30 Chess (Conf. Rm/ )
- 12:00 - 2:30 Organized Games (Upstairs)
- 1:00 - 3:00 **BUNCO (2<sup>nd</sup> WEDS ONLY)**
- 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>



MT. JULIET

55+ Activity Center

NEW WEBSITE <https://mj55activitycenter.org>

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

Make a one time or monthly donation to support MJ55AC (MJSAC)



### Thursday, 4/9/26

- 9:00 – 9:45 Aerobic Exercise (YouTube)
- 10:00 - 11:00 Beginners Dulcimer
- 10:00 – 10:50 Tai-Chi (Intermediate)
- 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

### Friday, 4/10/26

#### 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-**Southern Bank**
- 1:30 **Unbroken Circle Concert**

## Looking Ahead



### April 2026

- 8<sup>th</sup> Friendly Fork Lunch
- 8<sup>th</sup> Staff at GNRC Conference
- 10<sup>th</sup> Unbroken Circle Concert
- 13<sup>th</sup> Lunch & Learn
- 14<sup>th</sup> Dulcimers at Harmony
- 15<sup>th</sup> Tour Wilson Co. Sherriff Office/ Demos
- 16<sup>th</sup> Book Club
- 20<sup>th</sup> Nutrition/Exercise - Lunch & Learn
- 21<sup>st</sup> Dulcimers at Carrick Glen
- 22<sup>nd</sup> **Friendly Fork Lunch POSTPONED until May**
- 24<sup>th</sup> Coffee & Donuts with Amedisys
- 28<sup>th</sup> Parthenon & Elliston Soda Shop Trip