

Tentative Scheduled Activities

Week of 5/11/26 – 5/16/26

M - Th - 9:00 – 3:00

Fri. - 9:00 - 2:00

CLOSED Sat & Sun

www.mjseniorcenter.org

https://www.facebook.com/MTJSAC

Sunday, 5/10/26



Make a donation to support MJSAC ➔



PLEASE VISIT and Share our NEW and IMPROVED WEBSITE!

Monday, 5/11/26

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 - 12:00 Lunch & Learn –Scott Maulsby
- 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

<https://mj55activitycenter.org>

Thursday, 5/14/26

- 9:00 – 9:45 Aerobic Exercise (YouTube)
- 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
- 2:30 Set up for YARD SALE

Tuesday, 5/12/26

- 9:00 – 9:45 Aerobic Exercise (YouTube)
- 9:00 – 12:00 Mah Jongg
- 10:00 – 10:50 Tai-Chi (Beginners)
- 10:00 – 11:50 Dulcimers
- 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
- 12:30 - 1:30 Beginners Ukulele Class
- 1:00 – 1:50 (Chair) Yoga
- 2:00 – 2:50 Ultra Beginner Line Dancing

Friday, 5/15/26

YARD SALE 8-1



Saturday 5/16/26

YARD SALE 8-1



Wednesday, 5/13/26

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
- 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

Looking Ahead

May 2026

- 10th Happy Mother's Day
- 11th Lunch & Learn
- 14th Yard Sale Set up 2:30
- 15th 8am – 1 pm YARD SALE- Pre SALE
- 16th 8am – 1 pm YARD SALE- MOVING SALE
- 18th Lunch & Learn
- 25th MJSAC CLOSED –Memorial Day
- 26th –June 7th SELL BELK TICKETS AT BELK NEED VOLUNTEERS

June 2026

- 5th – 7th Belk's Fundraiser SALE
- 15th MOVING DAY!!! No Regular Activities All week. All hands-on Deck for MOVE. Launch of Regular Schedule date TBD. **Thank you for your patience and kind understanding as we prepare our NEW BUILDING
- 19th Juneteenth – MJ55+AC CLOSED
- 21st Happy Father's Day