

Tentative Scheduled Activities

Week of 5/18/26 – 5/22/26

M - Th - 9:00 – 3:00

Fri. - 9:00 - 2:00

CLOSED Sat & Sun

www.mjseniorcenter.org

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

Monday, 18/22/26

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**
- 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 →



Flag Field Weekend



Friday, 5/22/26

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-**Maristone**

Tuesday, 5/19/26

- 9:00 – 9:45 Aerobic Exercise (YouTube)
- 9:00 – 12:00 Mahjong
- 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 Group
- 12:30 - 1:30 Beginners Ukulele Class
- 1:00 – 1:50 (Chair) Yoga
- 2:00 – 2:50 Ultra Beginner Line Dancing

Wednesday, 5/20/26

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 – 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

Thursday, 5/21/26

- 9:00 – 9:45 Aerobic Exercise (YouTube)
- 10:00 – 10:50 Tai-Chi (Intermediate)
- 10:00 Book Club**
- 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

Looking Ahead

May 2026

- 18th Lunch & Learn
- 25th MJSAC CLOSED –Memorial Day
- 26th –June 7th SELL BELK TICKETS AT BELK
NEED VOLUNTEERS
- 26th Choir & Bravo Practice
- 27th Lunch Bunch Meet at Campiones 11am

June 2026

- 4th Music for Seniors
- 4th MUST BE Signed up for Texas RoadHouse
MUST have 50 people committed to going or we will need to CANCEL
- 5th – 7th Belk's Fundraiser SALE
Sign up to help SELL TICKETS AT BELK
- 11th Mystery Lunch
- 15th – 19th MJSAC CLOSED TO MOVE!!!!
- 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**
- 18th 2pm Texas Roadhouse Lunch
* You Pay for your own meal
- 19th Juneteenth – MJ55+AC CLOSED
- 21st Happy Father's Day
- 26th Coffee & Donuts Sponsor Amedisy Hospice