

Tentative Scheduled Activities

Week of 5/25/26 – 5/29/26

M - Th - 9:00 – 3:00

Fri. - 9:00 - 2:00

CLOSED Sat & Sun

www.mjseniorcenter.org

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



Monday, 5/25/26

MJSAC CLOSED MEMORIAL DAY



Make a donation to support MJSAC



Memorial Day

Tuesday, 5/26/26 **START SELLING BELK TICKETS
SEE JENNIFER TO VOLUNTEER**

- 9:00 – 9:45 Aerobic Exercise (YouTube)
- 10:00 Choir Practice
- 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 Bravo Theater
- 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

Wednesday, 5/27/26

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 Lunch **Bunch meet at Campiones**
- 11:00 – 11:30 Lunch MOW
- 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, 5/28/26

- 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

Friday, 5/29/26

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 – 3:00 **Jewelry / Craft Making**
- 12:00 2:30 Organized Games (Card Room)
- 12:00 – 1:00 Bingo- Sponsor-**Select Physical Therapy**

Looking Ahead

May 2026

25th MJSAC CLOSED –Memorial Day
26th –June 7th SELL BELK TICKETS
AT BELK VOLUNTEERS ARE NEEDED SEE JENNIFER FOR DETAILS

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

PLEASE VISIT and Share our NEW and IMPROVED WEBSITE!

<https://mj55activitycenter.org>