

Tentative Scheduled Activities

Week of 5/4/26 – 5/8/26

M - Th - 9:00 – 3:00

Fri. - 9:00 - 2:00

CLOSED Sat & Sun

www.mjseniorcenter.org

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

Monday, 5/4/26 Chick-Fil-A

9:00 Bus Choir perform -1st week ONLY

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 Partner Co Education Seminar

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, 5/5/26

Bravo @ Carrick Glen

9:30 Bus Choir perform -1st week ONLY

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, 5/6/26

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, 5/7/26

9:00 – 9:45 Aerobic Exercise (YouTube)

10:00 Bus leaves for Mystery Lunch

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, 5/8/26

Chick-Fil-A

9:00 – 12:00 Quilting

9:30 – 10:20 Bingocize

10:30 - 11:15 Arthritis Exercise Class

11:00 Bus Leaves for Music for Seniors

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**

1:00 Staff / Instructors CPR Course

Looking Ahead

May 2026

6th Friendly Fork Lunch

7th 10am Mystery Lunch

8th 11am Music for Seniors

8th 1pm CPR Course

11th Lunch & Learn

14th Yard Sale Set up 2:30

15th & 16th MJSAC CLOSED for Regular Activities for YARD SALE

15th 8am – 1 pm YARD SALE- Pre SALE

16th 8am – 1 pm YARD SALE- MOVING SALE

18th Lunch & Learn

21st Book Club

25th MJSAC CLOSED –Memorial Day

26th BELK TICKET'S Available for CHARITY SALE



June 2026

5th – 7th Belk's Charity Fundraiser- VOLUNTEERS

NEEDED

PLEASE VISIT and Share our NEW and IMPROVED WEBSITE!



<https://mj55activitycenter.org>