

James Maness
Mayor

CITY OF MT. JULIET

Commissioners

Bill Trivett
Vice-Mayor

Ray Justice
Jennifer Milele
Scott Hefner

Kenny Martin
City Manager



May 30, 2024

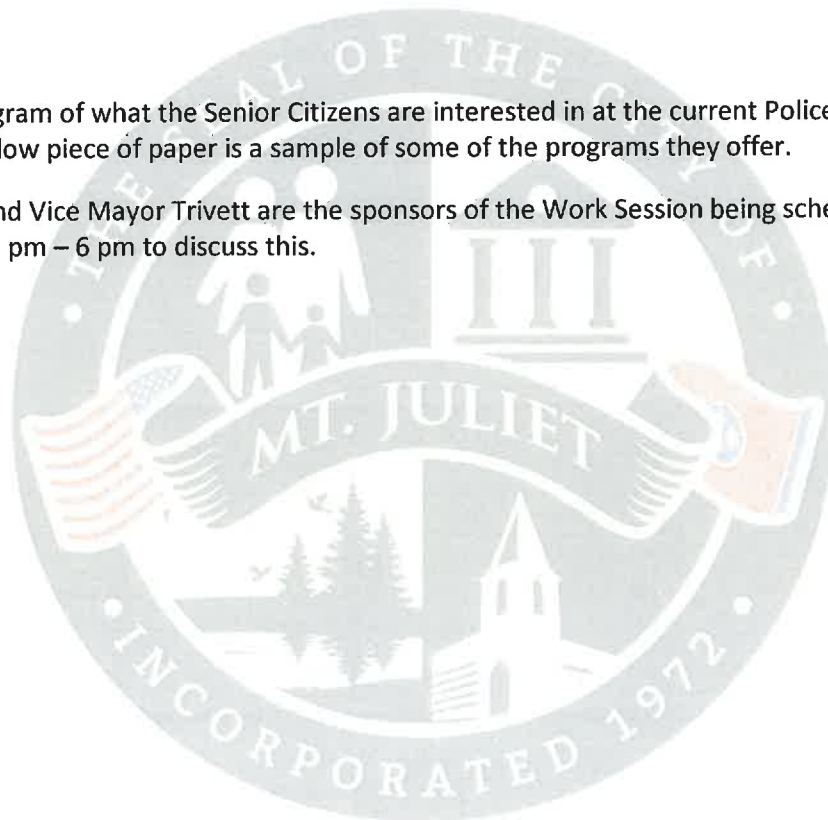
Hello,

Attached is a diagram of what the Senior Citizens are interested in at the current Police Headquarters building. The yellow piece of paper is a sample of some of the programs they offer.

Mayor Maness and Vice Mayor Trivett are the sponsors of the Work Session being scheduled for July 8th beginning at 5:15 pm – 6 pm to discuss this.

Thanks so much,

Sheila



Tentative Scheduled Activities

Week of 6/3/24 – 6/7/24

Mt. Juliet
Senior Activity Center



M - Th - 9:00 – 3:00

Fri. - 9:00 - 2:30

CLOSED Sat & Sun

www.mjseniorcenter.org

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

Monday, 6/3/24 Chick-Fil-A (Need Helpers)

9:00 – 9:45 Aerobic Exercise (LIVE)

9:00 – 12:00 Bridge

9:30 – 12:00 Knit & Crochet

11:00 – 12:00 Lunch and Learn

Youth Villages- Backpack Drive

11:30 – 12:30 Bravo Theater

12:00 - 3:00 Bid Euchre

12:00 - 3:00 Chess

12:00 - 3:00 Organized Table games

1:00 - 3:00 Dominos

12:15 - 1:15 NO PhysioBall Yoga

1:30 - 2:15 Dance Fit

Friday, 6/7/24 Chick-Fil-A (Need Helpers)

NEED Volunteers to sell Tickets at BELKS see Valissa or Jennifer for details

9:00 – 12:00 Quilting

9:30 – 10:20 BINGOcize

10:00 – 11:30 Ukulele Group

10:30 – 11:20 Arthritis Exercise Class

11:00 Blood Pressure Check

11:30 – 12:00 Lunch- MOW

12:00 – 1:00 Bingo- Sponsor Rutland

Saturday & Sunday

NEED Volunteers to sell Tickets at BELKS see Valissa or Jennifer for Details

Tuesday, 6/4/24

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

10:00 – 10:50 Tai-Chi (Beginners)

10:00 – 11:50 Dulcimers

10:00 – 12:00 Mahjong

11:30 – 12:00 Lunch- MOW

12:00 - 3:00 Bid Euchre

12:00 – 2:00 Oil Painting

12:00 – 12:50 Ballroom Dance

1:00 – 1:50 NO (Chair) Yoga

Wednesday, 6/5/24 Chick-Fil-A (Need Helpers)

9:00 – 9:45 Aerobic Exercise (LIVE)

9:30 – 12:00 Knit & Crochet

10:00 Bus Leaves for Mystery Lunch

10:00 Bible Reading/ Prayer

10:00 – 2:00 Hand & Foot Card Group

10:00 – 11:00 Line Dancing

11:30 – 12:00 Lunch- MOW

12:00 - 3:00 Chess

12:00 - 3:00 Organized Table Games

12:00 – 12:50 BINGOcize

1:15 – 2:15 SAIL Exercise Class

Thursday, 6/6/24

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

10:00 – 10:50 Tai-Chi (Intermediate)

11:30 – 12:00 Lunch- MOW

11:30 - 12:20 Arthritis Exercise Class

12:00 - 3:00 Chess

12:00 - 3:00 Organized Table Games

12:30 – 1:20 SAIL Exercise Class

1:30 – 2:30 NO (Chair) Yoga

Looking Ahead

2nd Wednesday BUNCO 1pm – 3pm

3rd Thursday Book Club 10am

Every Wednesday 10am Bible Reading & Prayer

Every Friday Blood Pressure Checks 11am

ALL DAY, Everyday - Indoor/ Outdoor Games Available

(Ask Jennifer)

***If you like to HELP PLEASE See Jennifer. She is looking for people to help file, Yard Sale Prep, plan parties, decorate etc. Also PLEASE SIGN UP to VOLUNTEER WITH CHICK-FIL-A & Cheddars**

June 2024

3rd Backpack Christmas Project Lunch & Learn with Youth Villages Program – SIGN UP!

6th Mystery Lunch

7th Shop at BELK Fundraiser \$5 +% off / \$5 Goes to MJSAC

8th Shop at BELK Fundraiser \$5 +% off / \$5 Goes to MJSAC

9th Shop at BELK Fundraiser \$5 + % off / \$5 Goes to MJSAC

10th GNRC- SHIP Medicare Presentation

11th TN Agricultural Museum/Longhorn SteakHouse

13th NO MEALS ON WHEELS SERVED TODAY

15th Indoor Yard SALE 8am-1pm Please sign up to help!

19th MJSAC CLOSED - Juneteenth

19th Music for Seniors- Plaza Mariachi

(YES! we will have MJSAC transportation Available!)

26th Gallaton /Historic Rosemont Trip

26th Lunch Bunch –at Margaritaville

July 2024

1st 2024-2025 NEW MEMBERSHIP REGISTRATION BEGINS



OUTSIDE PATIO/
GARDEN

