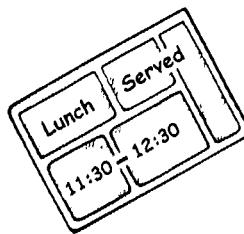


**January 2026  
Activities**



**Murfreesboro Senior Activity Center**

120 Court St. Ph: 870.285.2312  
Open: Mon - Tue - Wed 8:00 am - 2:00 pm

Mon	Tue	Wed	Thurs	Fri	Sat/Sun
<b>5</b> 9:30 Exercise 10:30 Chair Volleyball	<b>6</b> 9:30 EXERCISE 10:30 CHAIR VOLLEYBALL	<b>7</b> 9:30 EXERCISE 10:30 CHAIR VOLLEYBALL	<b>8</b>	<b>9</b>	<b>10/11</b>
<b>12</b> 9:30 Exercise 10:30 Chair Volleyball	<b>13</b> 9:30 EXERCISE 10:30 CHAIR VOLLEYBALL	<b>14</b> 9A - EXERCISE 10:30 Bingo w/ April	<b>15</b>	<b>16</b>	<b>17/18</b>
<b>19</b> 9:30 Exercise 10:30 Chair Volleyball	<b>20</b> 9:30 EXERCISE 10:30 CHAIR VOLLEYBALL 1:00 AAA	<b>21</b> 9:30 EXERCISE 10:30 CHAIR VOLLEYBALL	<b>22</b>	<b>23</b>	<b>24/25</b>
<b>26</b> 9:30 Exercise 10:30 Glenwood Chair Volleyball	<b>27</b> 9:30 EXERCISE 10:30 CHAIR VOLLEYBALL	<b>28</b> 9:30 Exercise 10:30 Chair Volleyball	<b>25</b>	<b>26</b>	<b>30/31</b>