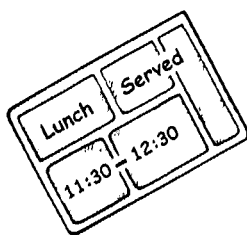


January 2026 Activities



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
5 9:30 Exercise 10:30 Chair Volleyball	6 9:30 EXERCISE 10:30 CHAIR VOLLEYBALL	7 9:30 EXERCISE 10:30 CHAIR VOLLEYBALL	8	9	10/11
12 9:30 Exercise 10:30 Chair Volleyball	13 9:30 EXERCISE 10:30 CHAIR VOLLEYBALL	14 9A – EXERCISE 10:30 Bingo w/ April	15	16	17/18
19 9:30 Exercise 10:30 Chair Volleyball	20 9:30 EXERCISE 10:30 CHAIR VOLLEYBALL 1:00 AAA	21 9:30 EXERCISE 10:30 CHAIR VOLLEYBALL	22	23	24/25
26 9:30 Exercise 10:30 Glenwood Chair Volleyball	27 9:30 EXERCISE 10:30 CHAIR VOLLEYBALL	28 9:30 Exercise 10:30 Chair Volleyball	25	26	30/31