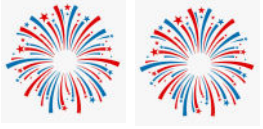






JULY 2025: MCU ACTIVITIES



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 10:00 ZUMBA 10:45 REFRESHMENTS/FRUIT CUTTING 11:00 MONTHLY GAZETTE 2:15 CANADA DAY 3:00 HERSHEY KISSES DEBUT DAY	2 10:00 NOODLE BASEBALL 10:45 HYDRATE 11:00 ON THIS DAY 2:15 HALF WAY TROUGH 2025 3:00 SUMMER POETRY WRITING DAY	3 10:00 GRACEFUL SCARVES 10:45 MOCKTAILS 11:00 CAROL KING MUSIC 2:15 ART WITH MAE DR 2:15 TRIVIA 3:00 MUSIC APPRECIATION	4 HAPPY 4TH OF JULY 10:00 INDEPENDENCE DAY WORD GAMES 11:00 GETTING TO KNOW YOU	5 10:00 CHAIR EXERCISE 10:45 REFRESHMENTS AND PREP 11:00 HOROSCOPES 2:15 HOP-A-PARK DAY 3:00 HANGMAN
6 10:00 MASS 11:00 DAILY CHRONICLE 2:15 YOGA 2:45 RFRESHMENTS 3:00 COMMITTEE MEETING	7 10:00 MUSIC WTH COLTON 2:15 WHO'S WHO 3:00 FACT OR FICTION 6:30 TRIVIA	8 10:00 TWIST AND SHOUT 10:45 HYDRATE AND PREP 11:00 IN THE NEWS 2:15 LIBERTY BELL DAY 3:00 COCA-COLA DAY	9 10:00 MORNING BREW 11:00 IN THE NEWS 2:15 ROCK AROUND THE CLOCK 3:00 SUGAR COOKIE DAY	10 10:00 KICKBALL 10:45 REFRESHMENTS 11:00 DAILY CHRONICLE 2:15 ART WITH MAE DR 2:15 FULL MOON DAY 3:00 WYOMING DAY	11 10:00 BALLOON GAMES 10:00 MUSIC AND MANICURES DYR 10:45 HYDRATE AND PREP 11:00 RIDDLES 2:15 ICE CREAM SUNDAES 3:00 EB WHITE READING	12 10:00 CHAIR EXERCISES 10:45 HYDRATION 11:00 FUN FACTS 2:15 PRICE IS RIGHT 3:00 SATURDAY SONGS
13 10:00 MASS 11:00 SUNDAY NEWS 2:15 BINGO 3:00 PHRASE FINISH	14 10:00 MUSIC WITH COLTON 2:15 YAHTZEE DR 2:15 OCRA DAY 3:00 THIS OR THAT?	15 10:00 HULA HOOPS 10:45 HYDRATE AND PREP 11:00 NEWS STORIES 2:15 MLB ALL STAR GAME 3:00 POETRY	16 10:00 COFFEE TEA OR ME 11:00 DAILY DIGEST 2:15 TRIVIA ON CANADA 3:00 FOLKTALE AND FABLES	17 10:00 RAINBOW RIBBONS 10:45 HYDRATE 11:00 FUN FACTS 2:00 RESIDENT COUNCIL 3A DINING ROOM 2:15 ART WITH MAE DR 2:15 DISNEYLAND'S BIRTHDAY 3:00 TABLE TALK	18 10:00 ZUMBA 10:45 HYDRATE AND PREB 11:00 DAILY CHRONICLE 2:15 COMMUNITY CONNECTION 3:00 FRIDAY FUN FACTS	19 10:00 REACH AND STRETCH 10:45 REFRESHMENTS 11:00 HOROSCOPE 2:15 ACTIVITY INTEREST MEETING 3:00 HOW MANY WORDS
20 10:00 MASS 11:00 DAILY CHRONICLE 2:15 ZUMBA 2:45 REFRESHMENTS 3:00 MAN ON THE MOON	21 10:00 MUSIC WITH COLTON 2:15 BIRTHDAY BASH 3:00 FLAG CRAFT	22 10:00 NOODLE BALL GAME 10:45 HYDRATE AND PREP 11:00 HOROSCOPES 2:15 ITALY: LANGUAGE AND CULTURE WITH FRANK	23 10:00 COZY COCOA 11:00 TODAY IN HISTORY 2:15 FIRST LIGHT HOUSE DAY 3:00 LEO THE LION DAY	24 10:00 BALL TOSS 10:45 REFRESHMENTS 11:00 DAILY NEWS 2:15 ART WITH MAE DR 2:15 FACT OR FICTION 3:00 ALPHABET SOUP	25 10:00 KICKBALL 10:00 SPA DAY DYR 10:45 HYDRATE AND PREP 2:15 YAHTZEE DR 2:15 CHRISTMAS IN JULY	26 10:00 SIMON SAYS 10:45 HYDRATION 2:15 WORD SEARCH 3:00 OLD WIVES TALES
27 10:00 MASS 11:00 IN THE NEWS 2:15 30 SECOND MYSTERIES 3:00 NAME 10	28 10:00 MUSIC WITH COLTON 2:15 TASTE OF CANADA 3:00 OLDIES BUT GOODLIES	29 10:00 ZUMBA 10:45 HYDRATE AND PREP 11:00 POEMS 2:15 GETTING TO KNOW YOU 3:00 NASA DAY	30 10:00 TEA TIME 11:00 DAILY CHRONICLE 2:15 READING CIRCLE 3:00 HANGMAN	31 10:00 BALL TOSS 10:00 MUSIC AND MANICURES DYR 10:45 HYDRATION 11:00 RIDDLES 2:15 ART WITH MAE 2:15 THIS OR THAT 3:00 POEMS		

ONE TO ONE VISITS & WALKS ARE PROVIDED
DAILY AT
9:15AM & 9:30AM
3:30PM & 4:00PM
MONDAY—FRIDAY

JULY 17TH
Resident Council
Meeting—2:00 3A
DINING ROOM
PROTESTANT SERVICES
WEDNESDAYS
10:00 3RD FLOOR AR



ADDITIONAL ACTIVITY SUPPLIES ARE AVAILABLE PLEASE CALL THE RECREATION DEPARTMENT AT EXT 3181.

ALL PROGRAMS ARE SUBJECT TO CHANGE
ALL PROGRAMS ARE HELD IN THE ACTIVITY ROOM UNLESS OTHERWISE INDICATED
DYR—DAYROOM