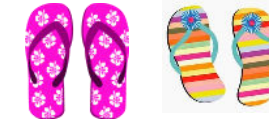




AUGUST 2025: MCU ACTIVITIES



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 10:00 Ribbon Dance 10:45 Hydrate & Prep 2:15 Tour of Wales 3:00 Monthly Gazette and the Month's Agenda!	2 10:00 Reach & Stretch 10:45 H2O Time 11:00 Horoscopes 2:15 Hotseat Questions 3:00 Hangman Game
3 10:00 MASS 10:45 The Daily Chronicle 2:15 Yoga 3:00 Catch the Wave 3:15 Reading Circle	4 10:00 Music with Colton 2:15 Choc. Chip Cookie Day 3:00 Name that Tune	5 10:00 Graceful Scarves 10:45 Hydrate & Prep 2:15 Activity Interest Meeting 3:00 Finish the Phrase	6 10:00 Kick Ball 10:45 Refreshments 11:00 What's the Word? 2:15 Milk shakes 3:00 Music appreciation	7 10:00 Chair Yoga 10:45 Refresh yourself 11:00 Daily Good News 2:15 Brain Games 2:15 Art with Mae 3:00 Wales History	8 10:00 Zumba 10:45 Hydrate & Prep 2:15 Connect Four 3:00 Story Scribe	9 10:00 Beach Ball Toss 10:45 Refreshments 11:00 Betty Boop Day 2:00 Music & Entertainment with Guests and friends
10 10:00 MASS 10:45 On this Day 2:15 Pool Noodle Ball! 3:00 Water is life 3:15 Neil Daimond	11 10:00 Music with Colton 2:15 Taste of Wales 3:00 Yahtzee (DR) 3:00 Community Connecting	12 10:00 Kick The Ball 10:45 Hydrate & Prep 2:15 World Elephant Day 3:00 Poetry	13 10:00 Morning Brew 10:45 Happy News 2:15 Trivia on Wales 3:00 Alphabet Soup	14 10:00 Balloon Toss 10:15 Music & Mani's (DYS) 10:45 Water is Life 11:00 Lets Brain Storm 2:15 Orange Cream-cicles 2:15 Art with Mae 3:00 Fun facts	15 10:00 Scarves 10:45 Hydrate & Prep 2:15 Woodstock Anniversary 3:00 Root beer Floats	16 10:00 Yoga 10:45 Wet your Whistle 11:00 Remember Elvis Day 2:15 Broadway Hits
17 10:00 MASS 10:45 Horoscopes 2:15 Zumba 3:00 H2O Time 3:15 Love Black Cats	18 10:00 Music with Colton 2:15 Women's Right to Vote 3:00 Fact or Fiction 6:30 Phrase Finish	19 10:00 Ribbons 10:45 Hydrate & Prep 2:15 Wales Fun Facts 3:00 Potato Day	20 10:00 Coffee, Tea, or Me? 10:45 Daily Chronicle 2:15 Rock around the Clock 3:00 Find the word	21 10:00 Ball Toss 10:45 Wet your Whistle 11:00 Horoscopes 2:00 RESIDENT COUNCIL 3A DINING ROOM 2:15 Hawaii becomes a state 2:15 Art with Mae 3:00 Hangman	22 10:00 Chair Dance 10:15 Spa Day (DYS) 10:45 Hydrate & Prep 2:15 Sun Flower Day Task 3:00 Yahtzee (DR) 3:00 Flag of Wales	23 10:00 Zumba 10:45 Refreshments 11:00 Singin' in the Rain 2:15 Jeopardy 3:00 Getting to know you
24 10:00 MASS 10:45 Chronicle 2:15 Yoga 3:00 Have a Sip <u>3:15 Sunday Funday</u> 31 10:00 MASS 10:45 On this Day 2:15 Reach &Stretch 3:00 Refreshments 3:15 Committee Meeting	25 10:00 Music with Colton 2:15 Birthday Bash 3:00 Yahtzee (DR) 3:00 Category Sort	26 10:00 Zumba 10:45 Hydrate & Prep 2:15 National Dog Day 3:00 Cherry Popsicle Day	27 10:00 A Cozy Cup 10:45 On this Day 2:15 Reading Circle 3:00 Word Games	28 10:00 Pool Noodle Baseball 10:15 Manicures (DYS) 10:45 Have a Drink 11:00 Read with me 2:15 I Have a Dream Day MLK JR 2:15 Art with Mae 3:00 Poems	29 10:00 Hula Hoops 10:45 Hydrate & Prep 2:15 Word Games 3:00 Story Scribe	30 10:00 Jazzercise 10:45 H2O Time 11:00 Horoscopes 2:15 Who's Who? 3:00 I Love Lucy

ONE TO ONE VISITS &
WALKS ARE PROVIDED
DAILY AT
9:15AM & 9:30AM
1:15PM, 3:30PM & 4:00PM

MONDAY—FRIDAY
AUGUST 21ST
2:00 Resident Council
Meeting—3A DINING
ROOM



WEDNESDAYS:
10:00 PROTESTANT
SERVICES 3RD FLOOR
ACTIVITY ROOM

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
DYS—DAYROOM*