






SEPTEMBER 2025: MCU ACTIVITIES



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 LABOR DAY 10:00 Meditate & Yoga 10:45 Wet Your Whistle 11:00 Trivia & Fun Facts 2:15 Gazette & The Agenda 3:00 This or That	2 10:00 Yoga in the Chair 10:45 Hydrate and Prep 2:15 Tour of Iceland 3:00 Jeopardy	3 10:00 Coffee Tea or Me? 10:45 Daily Chronicle 2:00 Category Sort 3:00 Word Games	4 10:00 Ball Toss 10:45 Refreshments 11:00 In the News 2:15 Fact or Fiction 2:15 Art Therapy 3:00 Finish the Phrase	5 10:00 Balloon Games 10:15 Spa Day (DYR) 10:45 Hydrate and Prep 2:15 Yahtzee (DR) 2:15 Would you Rather? 3:00 Music Appreciation	6 10:00 Ribbons 10:45 H2O Time 11:00 Iceland's Music 2:15 Activity Interest Meeting 3:00 Hangman Games
7 10:00 Catholic Mass 10:45 On this Day 2:15 Reach and Stretch 3:00 Have a Sip 3:15 General Trivia	8 10:00 Music with Colton 2:15 Birthday Bash 3:00 Bingo 3:00 Music and Mani's (DYR)	9 10:00 Zumba 10:45 Hydrate and Prep 2:15 Golden State Day 3:00 Reading Circle	10 10:00 Morning Brew 10:45 Happy News 2:15 Iceland Trivia 3:00 Poetry	11 10:00 Stretch & Reach 10:45 H2O Time 11:00 Horoscopes 2:15 Hot Seat Questions 3:15 Hang Man	12 10:00 Chair Zumba 10:45 Hydrate and Prep 2:15 Billy Joel 3:00 Chocolate Milkshakes	13 10:00 Chair Exercise 10:45 Refreshments 11:00 Daily Chronicle 2:15 Chocolate Factory Day 3:00 Willy Wonka
14 10:00 Catholic Mass 10:45 Horoscopes 2:15 Chair Yoga 3:00 Wet your Whistle 3:15 Committee Meeting	15 10:00 Music with Colton 2:15 Getting to know you 3:00 What's the Word	16 10:00 Move it Move it 10:45 Hydrate and Prep 2:15 Neil Daimond 3:00 This or That	17 10:00 Coffee Social 10:45 Jokes 2:15 Constitution Day 3:00 Country Music Day	18 10:00 Kick Ball 10:45 Have a Sip 11:00 Chronicle 2:00 RESIDENT COUNCIL 3A DININGROOM 2:15 Art Therapy 2:15 US Air Force B-Day 3:00 Trivia	19 10:00 Yoga in the Chair 10:15 Manicures (DYR) 10:45 Hydrate and Prep 2:15 Taste of Iceland 3:00 Community Connection	20 10:00 Scarves 10:45 Wet your Whistle 11:00 Iceland Lore/History 2:30 All About Cars
21 10:00 Catholic Mass 10:45 Good Bye Summer 2:15 Hula Hoops 3:00 H2O Time 3:15 Summer Sunday Funday	22 10:00 Music with Colton 2:15 Yahtzee (DR) 2:15 First Day of Autumn 3:00 Lore and Mysteries	23 10:00 Chair Yoga 10:45 Hydrate and Prep 2:15 Brain Games 3:00 Poetry	24 10:00 Cozy Cocoa 10:45 In the News 2:15 Brownie Milk Shakes 3:00 Riddles	25 10:00 Chair Dance 10:45 Refreshments 11:00 Comedy Corner 2:15 Art therapy 2:15 What's the Word? 3:00 Shel Silverstein Day	26 10:00 Graceful Scarves 10:15 Name that Animal (DYR) 10:45 Hydrate and Prep 2:15 Ice Cream Sundaes 3:00 Iceland Flag Craft Task	27 10:00 Chair Zumba 10:45 Rest and Refresh 11:00 Horoscopes 2:00 Music & Entertainment with Guests & Friends!
28 10:00 Catholic Mass 10:45 Daily Chronicle 2:15 Zumba in the Chair 3:00 Refreshments 3:15 Hey Jude	29 10:00 Music with Colton 2:15 Who's Who? 3:00 Riddles 6:30 Trivia	30 10:00 Jazzercise 10:45 Hydrate and Prep 2:15 This or That 3:00 Reading Circle				

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

SEPTEMBER 18TH
2:00 Resident Council Meeting—2:00 3A DR

WEDNESDAYS
10:00 PROTESTANT SERVICES 3RD FLOOR AR

SEPTEMBER 20TH
2:30
CAR SHOW OUT FRONT

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