







OCTOBER 2025:MCU ACTIVITIES



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 10:00 Coffee, Tea, or Me 10:45 Gazette & Chronicle 2:15 Fables and Folktales 3:00 Hangman	2 10:00 Ball Toss 10:45 Refreshments 11:00 Horoscopes 2:15 Category Sort 2:15 Art Therapy 3:00 Fact or Fiction	3 10:00 Chair Jazzing 10:15 Music & Mani's (DYR) 10:45 Hydrate & Prep 2:15 Tour of Switzerland 2:15 Yahtzee (DR) 3:00 Jeopardy	4 10:00 Ribbon dance 10:45 Have a Sip 11:00 On this Day 2:15 Space Week begins 3:00 How it's made
5 10:00 Catholic Mass 10:45 Teacher's Day 2:15 Hula Hoops 3:00 Wet your Whistle 3:15 Sunday Funday	6 10:00 Music with Colton 2:15 Taste of Switzerland 3:00 Manicures (DYR) 3:00 Hunter's Moon	7 10:00 Chair Exercise 10:45 Hydrate & Prep 2:15 Who's Who? 3:00 Tunes Tuesday	8 10:00 Morning Brew 10:45 Octopus Day 2:15 Getting to know you 3:00 Poetry	9 10:00 Chair Zumba 10:15 Name that Animal (DYR) 10:45 H2O Time 11:00 On this Day 2:15 Curious Events Day 2:15 Art Therapy 3:00 John Lennon Day	10 10:00 Hula Hoops 10:45 Hydrate & Prep 2:15 Angel Food Cake Day 3:00 Zorro!!!	11 10:00 Yoga 10:45 Refreshments 11:00 Horoscopes 2:15 Broadway Hits
12 10:00 Catholic Mass 10:45 Daily Chronicle 2:15 Zumba 3:00 Catch the Wave 3:15 Committee Meeting	13 COLUMBUS DAY 10:00 Music with Colton 2:15 Indigenous People's day 3:00 Phrase Finish 6:30 Trivia	14 10:00 Graceful Scarves 10:45 Hydrate & Prep 2:15 Pooh Day 3:00 Music Appreciation	15 10:00 Cozy Cocoa 10:45 In the News 2:15 Cranium Crunch 3:00 Alphabet soup	16 10:00 Kick Ball 10:45 Wet your Whistle 11:00 On this Day 2:15 Fall Harvest Day 2:15 Art Therapy 3:00 Hot Seat Questions	17 10:00 Move and Stretch 10:15 Spa day (DYR) 10:45 Hydrate & Prep 2:15 Witch's Hat Craft 3:00 Good ship Lollypop	18 10:00 Zumba Dance 10:45 H2O Time 11:00 This or That 2:15 Batty Day 3:00 Music Appreciation
19 10:00 Catholic Mass 10:45 Happy News 2:15 Graceful scarves 3:00 Have a Sip 3:15 Jack-o-Lantern History	20 10:00 Monster Mash & Music with Colton 2:15 Birthday Bash 3:00 Sweeden Flag Craft	21 10:00 Reach and Stretch 10:45 Hydrate & Prep 2:15 World series Begins 3:00 What's the word?	22 10:00 Tea Time 10:45 Smart is Cool Trivia 2:15 Activity Interest meeting 3:00 Reading Circle	23 10:00 Eat'n Pumpkin Day 10:45 How it's Made! 2:00 RESIDENT COUNCIL 3RD FLOOR ACT ROOM 2:15 Jeopardy 2:15 Art Therapy 3:00 Word Crunch	24 10:00 Ribbons 10:45 Hydrate & Prep 2:15 Root Beer Floats 3:00 Sarsaparilla?	25 10:00 Yoga & Meditation 10:45 Wet your Whistle 11:00 On this Day 2:15 Hangman Word Game 3:00 Billy Jole
26 10:00 Catholic Mass 10:45 Chronicle 2:15 Chair Exercise 3:00 H2O Time 3:15 Halloween Trivia	27 10:00 Music with Colton 2:15 Pumpkin Carving 3:00 Spooky Atmosphere	28 10:00 Dance to The Blob 10:45 Hydrate & Prep 2:15 History of Halloween 3:00 Lore and Folktales	29 10:00 Warm Fall Cider 10:45 NTL Cat Day 2:15 Riddles 3:00 Hangman	30 10:00 Ball Toss 10:45 Refreshments 11:00 Chronicle Read 2:15 This or That 2:15 Art Therapy 3:00 Poems	31 HAPPY HALLOWEEN 10:00 Pass the Pumpkin 10:15 Spooky at the Spa (DYR) 10:45 Hydrate & Prep 2:30 Halloween Party & Music	

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

WEDENESDAYS
10:00 PROTESTANT
SERVICES 3RD FLOOR
AR

FRIDAY OCTOBER 31ST
1:15 HALLOWEEN
PARADE-ALL UNITS

OCTOBER 23RD
2:00 Resident Council
Meeting—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
DYR—DAYROOM