






# DECEMBER 2025:MCU ACTIVITIES



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 10:00 Music With Colton  2:15 Monthly Gazette 3:00 Tour of South Africa	2 10:00 Zumba in the Chair 10:45 Hydrate & Prep 2:15 Did you know? 3:00 Mutt Day!!	3 10:00 Coffee, Tea or Me? 10:45 Daily Chronicle 2:15 December Trivia 3:00 This or That?	4 10:00 Scarf Dance 10:45 Wet your Whistle 11:00 Cold Moon Full moon 2:15 Art Therapy 2:15 Cookie Day 3:00 At the Spa!	5 10:00 Kick Ball 10:45 Hydrate and Prep 2:15 South African Xmas? 3:00 Krampus Day	6 10:00 Move and Stretch 10:45 Refreshments 11:00 Horoscopes 2:00 Music and Entertainment with Guests!
7 10:00 Catholic Mass 10:45 Daily Chronicle 2:15 Yoga 3:00 Have a sip 3:15 Activity Interest Meeting	8 10:00 Music With Colton  2:15 Goodbye John Lennon 3:00 South African Fun facts 6:30 Tree Trimming	9 10:00 Balloon Baseball 10:45 Hydrate & Prep 2:15 Italy Day 3:00 Who's Who?	10 10:00 Coffee Social 10:45 Winter Wonderland! 2:15 Emily Dickenson Day 3:00 Jeopardy	11 10:00 Kick Ball 10:45 Catch the Wave 11:00 On this Day 2:15 Art Therapy 2:15 Music Appreciation 3:00 Spa Day!	12 10:00 Hula Hoops 10:15 Sensory & Aroma (DYR) 10:45 Wet your Whistle 11:00 zodiac signs 2:15 Ice Cream Social 3:00 Find the word	13 10:00 Ribbon Dance 10:45 Have a Sip 11:00 'Tis the Season 2:15 Gingerbread House! 3:00 Dick Van Dyke's 100th-BIRTH DAY!
14 <b>HANUKKAH BEGINS</b> 10:00 Catholic Mass 10:45 Happy News 2:15 Yoga & Meditation 3:00 Lets have a Sip 3:15 Hanukkah Blessings	15 10:00 Music With Colton  2:15 Birthday PARTY 3:00 Deck the Halls	16 10:00 Chair Exercise 10:45 Hydrate & Prep 2:15 Chocolate Covered Anything Day 3:00 Hangman Game	17 10:00 Peppermint Day Cocoa 10:45 Xmas Music 2:15 Hot Seat Questions 3:00 Poetry	18 10:00 Zumba W/ Shakers 10:15 Name that Animal (DYR) 10:45 Wet your Whistle 11:00 December Fun facts <b>2:00 RESIDENT COUNCIL 3RD FLOOR ACT ROOM</b> 2:15 Art Therapy (DR) 2:15 Holiday Season Atmosphere 3:00 Music and Manicures	19 10:00 Balloon Games 10:45 Hydrate and Prep 2:15 Ugly Seater Day 3:00 A Christmas Carol Anniversary Day	20 10:00 Kick Ball 10:45 H2O time 11:00 Trivia 2:15 Sounds of the Season 3:00 Xmas Trivia
21 10:00 Catholic Mass 10:45 Chronicle Reading 2:15 Balloon Baseball 3:00 Wet Your Whistle 3:15 True or False	22 10:00 Music With Colton  2:15 Winter Solstice 3:00 Yule Blessings	23 10:00 Ribbon Dance 10:45 Hydrate & Prep 2:15 Word Games 3:00 Meaning of Christmas	24 10:00 Eggnog Day Social 10:45 T'was the night b4 Xmas 2:15 Christmas Eve Social 3:00 Frosty the snowman and Friends!	25 <b>CHRISTMAS</b> 10:00 Christmas Mass  2:00 Eggnog & Pie 3:00 Christmas Music!	26 <b>KWANZAA BEGINS</b> 10:00 Let's Move and Stretch! 10:15 Music and Manicures (DYR) 10:45 Refreshments 11:00 Finish the Phrase 2:15 Yahtzee (DR) 2:15 Kwanzaa and it's History 3:00 South Africa. What's it like?	27 10:00 Graceful Scarves 10:45 Have a drink 11:00 On this Day 2:15 Cut Snowflakes day 3:00 Peter Pan Day Read
28 10:00 Catholic Mass 10:45 On this Day 2:15 Move it Move it 3:00 Refreshments 3:15 Chocolate Candy Day	29 10:00 Music With Colton  2:15 Taste of South Africa 3:00 Community Connection	30 10:00 Chair Yoga 10:45 Hydrate & Prep 2:15 Reading Circle 3:00 Who's That?	31 10:00 Ring in the New Year 10:45 Resolutions 2:15 New Year's Eve Party 3:00 Champagne Day			

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

PROTESTANT SERVICES  
WEDNESDAYS  
10:30 3RD FLOOR AR  
**DECEMBER 18th**  
**2:00 Resident Council**  
**Meeting—3RD FLOOR**  
**ACT 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