






JANUARY 2026: MCU ACTIVITIES



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 NEW YEARS DAY 10:00 DANCE for 2026!! 10:45 Lets have a Toast! 11:45 Gazette and Chronicle 2:15 Visits & Mail	2 10:00 Zumba in the Chair 10:45 Wet your Whistle 11:00 Music appreciation 2:15 Andrew's Sisters 3:00 This or That?	3 10:00 Reach and Stretch 10:45 Refreshments 11:00 Daily Chronicle 2:00 Music and Friends
4 10:00 Catholic Mass 10:45 Horoscopes 2:15 Yoga 3:00 Hydrate 3:15 Committee Meeting	5 10:00 Music With Colton 2:15 Riddles 3:00 Virtual Tour of Puerto Rico 6:30 Trivia	6 10:00 Jazzercise 10:45 H2O Time 11:00 Story Scribe 2:15 Little Christmas 3:00 Packing up the Trees	7 10:00 Cozy Cocoa 10:45 On this Day in History 2:15 Fact or Fiction 3:00 Reading Circle	8 10:00 Kickball 10:45 Cold Drinks 11:00 On this day 2:15 Art Therapy (DR) 2:15 Melody's (DYS) 3:00 Manicures (DYS)	9 10:00 Egg Shakers 10:45 Catch the Wave 11:00 Phantom of the Opera 2:15 Brain teasers 3:00 Phantom of the Opera	10 10:00 Ribbon Dance 10:45 Wet your Whistle 11:00 Happy News Today 2:15 Karaoke 3:00 Trivia
11 10:00 Catholic Mass 10:45 Good News! 2:15 Graceful scarves 3:00 Have a Sip 3:15 Sunday Funday!!	12 10:00 Hot Tea Day! 10:45 Music Appreciation 2:15 Winter cookies & Warmth 3:00 Billy Jole Music	13 10:00 Chair Zumba 10:45 Hydrate & Prep! 2:15 Phrase finish 3:00 Hangman Game	14 10:00 Morning Brew 10:45 Chronicle 2:15 Hot Seat Questions 3:00 Poetry	15 10:00 Jazzercise 10:15 Sensory (DYS) 10:45 Have a sip 11:00 Phrase finish 2:00 RESIDENT COUNCIL 3RD FLOOR AR 2:15 Art Therapy (DR) 2:15 Music Appreciation (DYS) 3:00 Spa Day (DYS)	16 10:00 Balloon Games 10:45 Hydrate & Prep! 2:15 Fig Newton Day 3:00 How it's made	17 10:00 Zumba 10:45 Drinks 11:00 In the News 2:15 Broadway Hits
18 10:00 Catholic Mass 10:45 Today's Zodiac 2:15 Chair Yoga 3:00 Cold Refreshments 3:15 Find the Word	19 MARTIN LUTHER KING DAY 10:00 Move & Groove 10:45 Have a Sip 11:00 Chronicle 2:15 Finish the Phrase 3:00 MLK Trivia	20 10:00 Music With Colton 2:15 Penguin Day 3:00 Little Orphan Annie	21 10:00 Coffee Tea or Me? 10:45 Happy News Today 2:15 Granola Bar Day 3:00 Jeopardy	22 10:00 Ball Toss 10:45 Refreshments 11:00 Chronicle 2:15 Art Therapy (DR) 2:15 Fun Tunes (DYS) 3:00 Manicures (DYS)	23 10:00 Chair Dance 10:15 Sensory (DYS) 10:45 Hydrate & Prep! 2:15 Taste of Puerto Rico 3:00 West side story 3:15 Yahtzee (DR)	24 10:00 Kickball 10:45 Catch the Wave 11:00 Name that Animal 2:15 Belly Laugh Day Jokes 3:00 Reading Circle
25 10:00 Catholic Mass 10:45 Opposite Day 2:15 Hula Hoops 3:00 Wet your Whistle 3:15 Music and Mocktails	26 10:00 Music With Colton 2:15 Birthday Bash 3:00 Winter writing (story/poem) 3:15 Yahtzee (DR)	27 10:00 Jazzercise 10:45 Hydrate & Prep! 2:15 Chocolate Cake day 3:00 Poems	28 10:00 Coffee & Danishes 10:45 What's going on Today? 2:15 Folktales and Fables 3:00 Alphabet soup	29 10:00 Move it Move it 10:15 Five Senses (DYS) 10:45 Catch the Wave 11:00 Who's Who? 2:15 Art Therapy (DR) 2:15 Notes and Tunes (DYS) 3:00 At the Spa (DYS)	30 10:00 Zumba In the Chair 10:15 Auroma & Senses (DYS) 10:45 Hydrate & Prep! 2:15 Ice cream social 3:00 P.R Flag Craft	31 10:00 Chair Exercise 10:45 Have a Sip 11:00 On this Day 2:15 Hot Chocolate Day 3:00 Jeopardy

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

JANUARY 15TH
2:00 Resident Council
Meeting—3RD FLOOR
ACTIVITY ROOM
PROTESTANT
SERVICES WILL BE
HELD ON
WEDNESDAYS AT
10:30 IN THE 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