



FEBRUARY 2026: MCU ACTIVITIES



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 10:00 Catholic Mass 10:45 Coffee & Gazette 2:15 Yoga 3:00 Have a Drink 3:15 Brain Teasers	2 10:00 Music with Colton 2:15 Ground Hog Day 3:00 Barbara Streisand day 6:30 Trivia Night!!	3 10:00 Zumba Dance 10:45 Hydrate and Prep 2:15 Virtual Tour of Japan 3:00 Story Scribe <3	4 10:00 Coffee Social 10:45 February Fun Facts 2:15 Rosa Parks B-day 3:00 Word Games	5 10:00 Kick Ball 10:45 Refreshing Drinks 11:00 Daily Chronicle 2:15 Melodys (DYR) 2:15 Art Therapy (DR) 3:00 Spa Day (DYR)	6 10:00 Jazercise 10:15 Sensory and Music 10:45 Hydrate and Prep 2:15 Birthday Bash 3:00 Yahtzee (DR) 3:00 Neil Daimond	7 10:00 Graceful Scarves 10:45 Catch the Wave 11:00 Joke Corner 2:15 Activity Interest Meeting 3:00 Pinocchio Day
8 10:00 Catholic Mass 10:45 Tea & Chronicle 2:15 Egg Shakers 3:00 Wet your Whistle 3:15 Potato Lovers Day!	9 10:00 Music with Colton 2:15 Ice cream Social 3:00 Yahtzee (DR) 3:00 Carole King B-day	10 10:00 Chair Exercise 10:45 Hydrate and Prep 2:15 Finish the Phrase 3:00 Hot seat questions	11 10:00 Morning Brew 10:45 Chronicle 2:15 Getting to know you 3:00 Alphabet Soup	12 10:00 Move it Move it 10:15 Music and Manicures (DYR) 10:45 Have a Sip 11:00 Abe day! 2:15 Fun Facts about Japan 3:00 Poetry	13 10:00 Ball Toss 10:45 Hydrate and Prep 2:15 Pink Drink Love potion 3:00 Valentine's Memories	14 10:00 Valentines Day Party 2:00 Music with friends and guests
15 10:00 Catholic Mass 10:45 Cocoa & Horoscopes 2:15 Zumba 3:00 Refreshments 3:15 NTL. Hippo Day	16 10:00 Zumba in the Chair 10:45 Wet your whistle 11:00 Daily Chronicle 2:15 Karaoke 3:00 Fun Facts	17 10:00 Yoga & Meditation 10:45 Hydrate and Prep 2:15 Mardi Gras 3:00 Japan food fun facts	18 10:00 Cozy Cocoa 10:45 On this Day 2:15 Ash Wednesday 3:00 Lent Discussion	19 10:00 Toss the Ball 10:45 Cold drinks 11:00 Astrological Insights 2:00 RESIDENT COUNCIL 3RD AR 2:15 Child sent in the Post Day (DYR)	20 10:00 Balloon Baseball 10:45 Hydrate and Prep 2:15 Caregiver's Day Community Connection 3:00 Music appreciation	21 10:00 Ribbon Dance 10:45 Wet your Whistle 11:00 Beach Boys 2:15 Manicures (DYR) 2:15 Art Therapy (DR) 3:00 Music (DYR)
22 10:00 Catholic Mass 10:45 A Warm Cup 2:15 Graceful Scarves 3:00 Have a Sip 3:15 SUNDAY FUNDAY	23 10:00 Music with Colton 2:15 Taste of Japan 3:00 Japan Flag Craft	24 10:00 Jazercise 10:45 Hydrate and Prep 2:15 Riddles 3:00 Hangman	25 10:00 Coffee, Tea, or Me? 10:45 Happy News Network 2:15 Folklores 3:00 Jeopardy	26 10:00 Move and Stretch 10:15 Ocean Waves (DYR) 10:45 H2O Time 11:00 Johnny Cash day 2:15 Fun Tunes (DYR) 2:15 Art Therapy (DR) 3:00 Nail Day! (DYR)	27 10:00 Jazz it Up! 10:45 Hydrate and Prep 2:15 Cookies & Coffee 3:00 A Poetic Day	28 10:00 Zumba 10:45 Refreshments 11:00 Daily Chronicle 2:15 Committee Meeting 3:00 Fact or Fiction?
						

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

PROTESTANT SERVICES
WEDNESDAYS 10:30 3RD
FLOOR ACT.ROOM

FEBRUARY 19TH
2:00 Resident Council
Meeting—
3RD FLOOR AR



ADDITIONAL ACTIVITY
SUPPLIES ARE
AVAILABLE PLEASE

CALL THE
RECREATION
DEPARTMENT AT
EXT 3181.

ALL PROGRAMS ARE
SUBJECT TO CHANGE
ACTIVITIES ARE HELD IN
THE
ACTIVITY ROOM
UNLESS OTHERWISE
INDICATED
DYR—DAYROOM