







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 Jazzercise 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 Jazzercise 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