



MARCH 2026: MCU ACTIVITIES



Sun	Mon	Tue	Wed	Thu	Fri	Sat	
<p>1 10:00 Catholic Mass 10:45 Tea & News letters 2:15 Yoga 3:00 Catch the Wave 3:15 Write a letter Week</p>	<p>2 10:00 Music with Colton 2:15 Cat in the Hat Day 3:00 Who's Who? 6:30 Trivia</p>	<p>3 10:00 Giant Kickball 10:45 Hydrate and Prep 2:15 Tour of US Virgin Islands 3:00 Holi Festival of Color</p>	<p>4 10:00 Coffee, Tea or Me? 10:45 Happy News 2:15 Pound Cake Day 3:15 Jeopardy</p>	<p>5 10:00 Ball Toss 10:45 Refreshments 11:00 In the News 2:15 ART Therapy (AR) 2:15 Melodys (DYR) 3:00 Nail Day (DYR)</p>	<p>6 10:00 Zumba in the Chair 10:15 Music and Sensory (DYR) 10:45 Wet your Whistle 11:00 Daily Chronicle 2:15 Word Games 2:15 Yahtzee (DR) 3:00 Billy Jole</p>	<p>7 10:00 Ribbons 10:45 H2O Time 11:00 In the News 2:15 Root beer Floats 3:15 Activity Interest Meet</p>	
<p>8 10:00 Catholic Mass 10:45 Coffee hour 2:15 Graceful Scarves 3:00 Wet your Whistle 3:15 Sunday Funday</p>	<p>9 10:00 Music with Colton 2:15 Birthday Bash 3:00 Community Connect</p>	<p>10 10:00 Zumba 10:45 Hydrate and Prep 2:15 USVI Trivia & Facts 3:00 Hangman Game</p>	<p>11 10:00 Morning Brew 10:45 On this Day 2:15 Phrase Finish 3:15 Riddles</p>	<p>12 10:00 Yoga & Meditation 10:15 Five Senses (DYR) 10:45 Catch the Wave 11:00 Happy News Today 2:15 ART Therapy (AR) 2:15 Fun Tunes (DYR) 3:00 Spa Day (DYR)</p>	<p>13 10:00 Ribbon Dance 10:45 Hydrate and Prep 2:15 Thoughts of Spring 3:00 Spring Story Scribe</p>	<p>14 10:00 Jazzercise 10:45 Drinks 11:00 Daily Chronicle 2:15 Music and Guests!</p>	
<p>15 10:00 Catholic Mass 10:45 Coffee & Horoscopes 2:15 Jazzercise 3:00 Cold beverages 3:15 Potato Chip Day</p>	<p>16 10:00 Music with Colton 2:15 Find the Word 2:15 Yahtzee (DR) 3:00 Reading Circle</p>	<p>17 ST. PATRICK'S DAY 10:00 Irish Jig Dance 10:45 Hydrate and Prep 2:15 Green Punch Party! 3:00 Leprechaun Jokes</p>	<p>18 10:00 A Warm Cup of... 10:45 Daily Chronicle 2:15 Committee Meeting 3:15 Virgin Island Cruises</p>	<p>19 10:00 Catch the Ball 10:45 Refreshments 11:00 Daily Chronicle 2:00 RESIDENT COUNCIL 3RD FLOOR AR 2:15 ART Therapy (AR) 2:15 Music appreciation (DYR) 3:00 Manicures (DYR)</p>	<p>20 10:00 Egg Shakers 10:15 Hand & Nail Care (DYR) 10:45 Hydrate & Prep 2:15 Taste of US Virgin Islands! 3:00 Flag Craft</p>	<p>21 10:00 Kickball 10:45 Catch the Wave 11:00 Aries the Ram Day 2:15 Dipping Sauce tasting 3:15 Poetry Day Poems</p>	
<p>22 10:00 Catholic Mass 10:45 Friendship hour 2:15 Ribbon Dance 3:00 H2O Time 3:15 USVI Mocktail Punch!</p>	<p>23 10:00 Music with Colton 2:15 Donut Delights 3:00 Butterfly Project</p>	<p>24 10:00 Chair Yoga 10:45 Hydrate and Prep 2:15 Neil Daimond 3:00 Word Games</p>	<p>25 10:00 Cozy Cocoa 10:45 In the News 2:15 Baseball Opening 3:15 Graceland</p>	<p>26 10:00 Hula Hoops 10:15 Sensory & Music (DYR) 10:45 Wet your Whistle 11:00 For the Love of Music 2:15 ART Therapy (AR) 2:15 For the love of Music 3:00 Nails, Nails, Nails!</p>	<p>27 10:00 Graceful Scarves 10:45 Hydrate and Prep 2:15 History of America 3:00 Sounds of USVI</p>	<p>28 10:00 Balloon Toss 10:45 Have a Sip 11:00 On this Day 2:15 Find the Word 3:15 Music Appreciation</p>	
<p>29 10:00 Catholic Mass 10:45 Coffee, Tea, & Cocoa 2:15 Zumba 3:00 Hydration is Key 3:15 Coca-Cola Day</p>	<p>30 10:00 Music with Colton 2:15 Ice Cream social 3:00 How it's Made</p>	<p>31 10:00 Egg Shakers 10:45 Hydrate and Prep 2:15 Finish the Phrase 3:00 Jeopardy</p>					
							

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

MARCH 19th
2:00 Resident Council Meeting—
3rd Floor Act. Room

PROTESTANT SERVICES:
WEDNESDAYS 10:30 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