







MAY 2026: MCU ACTIVITIES



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 10:00 Zumba 10:45 Hydrate and Prep 2:15 Flower Moon Day 3:00 Jeopardy	2 10:00 Ribbon Dance 10:45 Wet your Whistle 11:00 Happy News 2:15 Story Scribe 3:00 Gazette & Chronicle
3 10:00 Catholic Mass 10:45 Friendship Hour 2:15 Graceful Scarves 3:00 H2O Time 3:15 Garden Meditation Day	4 10:00 Music with Colton 2:15 Birthday Celebration 3:00 MAY THE 4TH BE WITH YOU! Star Wars	5 10:00 Reach and Stretch 10:45 Hydrate and Prep 2:15 Perfect 10 Day 3:00 Cinco De Mayo	6 10:00 Coffee Social 10:45 In the News 2:15 NTL Nurse's Week 3:00 Community Connection for our Nurses!!	7 10:00 Kickball 10:45 Refreshments 11:00 Monday Monday Day 2:15 Art Therapy (DR) 2:15 Melodys (DYS) 3:00 Nails nails nails (DYS)	8 10:00 Hula Hoops 10:45 Hydrate and Prep 2:15 Green Thumb Day 3:00 Word Games	9 10:00 Yoga 10:45 Cold Drinks 11:00 Jokes 2:15 Activity Interest Meet 3:00 Brazil Fun Facts
10 MOTHER'S DAY 10:00 Catholic Mass 10:45 Daily Chronicle 2:15 Mother's Day Tea 3:15 Mother's Day poems	11 10:00 Morning Brain Games 10:45 State Capital Match 2:15 Music with Colton 6:30 Trivia	12 10:00 Ribbon Dance 10:45 Hydrate and Prep 2:15 ICE CREAM SOCIAL 3:00 How it's Made	13 10:00 Morning Brew 10:45 Horoscopes 2:15 Fact or Fiction 3:00 Find the Word	14 10:00 Ball Toss 10:45 Drinks 11:00 Chronicle 2:15 Art Therapy (DR) 2:15 Fun Tunes (DYS) 3:00 Spa Day (DYS)	15 10:00 Yoga 10:45 Hydrate and Prep 2:15 Taste of Brazil 3:00 Flag craft	16 10:00 Jazzercise 10:45 H2O Time 11:00 In the News 2:15 Crafts 3:00 Word Games
17 10:00 Catholic Mass 10:45 A Warm Cuppa 2:15 Zumba Dance 3:00 Wet your Whistle 3:15 Day of Acceptance	18 10:00 Music with Colton- CENTENNIAL DAY 2:15 Comet Day 3:00 I <3 Reese's Day	19 10:00 Chair Exercise 10:45 Hydrate and Prep 2:15 Tiptoe through Tulips 3:00 Tour of Brazil	20 10:00 Tea Time 10:45 Daily chronicle 2:15 Phrase Finish 3:00 Crafting Project	21 10:00 Pass the ball 10:45 Refreshments & horoscopes 2:00 RESIDENT COUNCIL MEETING 3rd FLOOR AR 2:15 Art Therapy (DR) 2:15 Music appreciation (DYS) 3:00 Nails (DYS)	22 10:00 Scarf Dance 10:45 Hydrate and Prep 2:15 Mr. Rodgers Day Celebration & Movie	23 10:00 Reach and Stretch 10:45 Have a Sip 11:00 Lucky Penny Day 2:15 Broadway Hits
24 10:00 Catholic Mass 10:45 Committee meet 2:15 ZUMBA 3:00 Drinks 3:15 Hangman Game	25 MEMORIAL DAY 10:00 Hot Potato 10:45 Cold drinks 11:00 Horoscopes 2:15 Memorial day Trivia 3:00 Patriotic Songs	26 10:00 Hula Hoops 10:45 Hydrate and Prep 2:15 General Trivia 3:00 Music Appreciation	27 10:00 Cocoa Day 10:45 News Today 2:15 Grape Popsicle Day 3:00 Poems	28 10:00 Kickball 10:45 Refreshing Drinks 11:00 Today's News 2:15 Art Therapy (DR) 2:15 We love Music (DYS) 3:00 Manicures (DYS)	29 10:00 Zumba 10:45 Hydrate and Prep 2:15 Riddles 3:00 Quilt Craft	30 10:00 Graceful Scarves 10:45 Catch the Wave 11:00 On this Day 2:15 Jeopardy 3:00 Hangman Game
31 10:00 Catholic Mass 10:45 Coffee Hour 2:15 Ribbons 3:00 Have a Sip 3:15 Resident choice						

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

MAY 12TH AT 2:15 ICE CREAM SOCIAL ON ALL UNITS FOR NATIONAL NURSING HOME WEEK

MAY 21st 2:00 Resident Council Meeting—3rd Floor Activity Room

WEDNESDAY PROTESTANT SERVICES 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