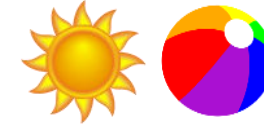








JULY 2026: MCU ACTIVITIES



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 10:00 COFFEE SOCIAL 10:45 IN THE NEWS 2:15 MUSIC WITH COLTON	2 10:00 KICKBALL 10:45 REFRESHMENTS 11:00 MUSIC APPRECIATION 2:15 ART WITH MAE (DR) 2:15 NAILS, NAILS, NAILS	3 10:00 FRIDAY FITNESS 10:45 HYDRATE & PREP 2:15 RIDDLES 3:00 BEST OF THE BEATLES	4 INDEPENDENCE DAY 10:00 JULY 4TH TRIVIA 11:00 DAILY CHRONICLE 2:15 BEACHBALL BANANZA
5 10:00 MASS 10:45 JOKES 2:15 YOGA 3:00 DRINKS 3:15 ACTIVITY CONNECTION MEETING	6 10:00 PARACHUTE 11:00 TAKE A SIP 2:15 WHO'S WHO 3:00 JEOPARDY	7 10:00 COFFEE SOCIAL 10:45 HYDRATION PREP 2:15 PHRASE FINISH 2:15 SPA (DYR) 3:00 REMEMBER WHEN	8 10:00 TEA AND TRIVIA 10:45 HOROSCOPES 2:15 MUSIC WITH COLTON	9 10:00 BALL TOSS 10:45 COLD DRINKS 11:00 TODAY'S NEWS 2:15 ART WITH MAE (DR) 2:15 MELODIES AND MANICURES	10 10:00 YOGA 10:45 DRINKS 11:00 5 SENSES 2:15 ROOTBEER FLOATS 3:00 YAHTZEE	11 10:00 KARAOKE 10:45 HOROSCOPES 2:15 RING TOSS 3:00 HYDRATION
12 10:00 MASS 10:45 TODAY IN HISTORY 2:15 VOLLYBALL 3:00 REFRESHMENTS	13 10:00 SOCCER 10:45 COLD DRNKS 11:00 DAILY CHRONICLE 2:15 COMMITTEE MEETING 3:00 TOUR OF FRANCE	14 10:00 BASKETBALL 10:45 REFRESHMENTS 11:00 HOROSCOPES 2:15 COMMUNITY CONNECTION 3:00 CHRISTMAS IN JULY	15 10:00 COCOA DAY 11:00 DAILY NEWS 2:15 MUSIC WITH COLTON	16 10:00 BALL GAMES 10:45 HAVE A SIP 11:00 JOKE TIME 2:00 RESIDENT COUNCIL 3RD FLOOR ACTIVITY ROOM 2:15 ART WITH MAE (DR) 2:15 SPA DAY AND FUN TUNES	17 10:00 BALLOON GAMES 10:45 HYDRATE & PREP 2:15 WORD GAMES 3:00 NAME 10	18 10:00 SUMMER STRETCHES 10:45 REFRESHMENTS AFTERNOON VISITS
19 10:00 MASS 10:45 DAILY CHRONICLE 2:15 SING ALONG 3:00 HANGMAN	20 10:00 CHAIR ZUMBA 10:45 HYDRATION 2:15 BIRTHDAT PARTY 3:00 FUN FACTS ABOUT FRANCE 6:30 TRIVIA	21 10:00 KICKBALL 10:45 HYDRATE AND PREP 2:15 WORD SCRAMBLE 3:00 FINISH THE LYRICS	22 10:00 MORNING BREW 11:00 HOROSCOPES 2:15 MUSIC WITH COLTON	23 10:00 PASS THE BALL 10:45 COLD DRINKS 11:00 IN THE NEWS 2:15 ART WITH MAE (DR) 2:15 MUSIC AND NAILS	24 10:00 CHAIR YOGA 10:45 HYDRATE AND PREP 11:00 KNOCK, KNOCK 2:15 TASTE OF FRANCE 3:00 FLAG CRAFT	25 10:00 SATURDAY MORNING STRETCHES 10:45 HYDRATE 2:15 BINGO 3:15 SUMMER SONGS
26 10:00 MASS 10:45 HOT TOPICS 2:15 NOODLE BALL 3:00 HYDRATE AND MUSIC	27 10:00 SOCCER GAMES 10:45 HAVE A SIP 11:00 IN THE NEWS 2:15 NAME THAT PLACE 3:00 SPELLING BEE	28 10:00 CHAIR ZUMBA 10:45 REFRESHMENTS 11:00 HOROSCOPES 2:15 ICE CREAM SOCIAL 3:00 HOT SEAT QUESTIONS 3:00 YAHTZEE	29 10:00 COFFEE TIME 11:00 DAILY CHRONICLE 2:15 MUSIC WITH COLTON	30 10:00 KICKBALL 10:45 DRINKS 11:00 DAILY NEWS 2:15 ART WITH MAE (DR) 2:15 FOR THE LOVE OF MUSIC 3:00 SPA DAY	31 10:00 JEOPARDY 10:45 HOROSCOPES 2:15 DANCING TO THE OLDIES 3:00 SNACK SHACK	

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

JULY 16TH
2:00 Resident Council Meeting—3rd Floor Activity Room
WEDNESDAYS
10:30 PROTESTANT SERVICES 3RD FLOOR AR
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