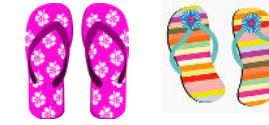




AUGUST 2026: MCU ACTIVITIES



Sun	Mon	Tue	Wed	Thu	Fri	Sat
2 10:00 MASS 10:45 HULA HOOPS 11:00 REFRESHMENTS 2:15 JOKES 3:00 ACTIVITY INTREST MEETING	3 10:00 BASKETBALL 10:45 DRINKS 11:00 HOROSCOPES 2:15 BIRTHDAY PARTY 3:00 PRICE IS RIGHT 3:00 YAHTZEE	4 10:00 CHAIR ZUMBA 10:45 HYDRATE & PREP 11:00 DAILY NEWS 2:15 HANGMAN 3:00 TRIVIA	5 10:00 BEAN BAG TOSS 10:45 COLD DRINKS 11:00 CRONICLE 2:15 MUSIC WITH COLTON	6 10:00 MORNING STRECHES 10:45 REFRESHMENTS 11:00 NEWS OF THE DAY 2:15 ART WITH MAE 2:15 ROCK N ROLL 3:00 MANICURES	7 10:00 RIBBON WORKOUT 10:45 HYDRATE & PREP 11:00 HOROSCOPES 2:15 LET'S LEARN ASL 3:00 DAREDEVILS	1 10:00 ZUMBA 10:45 HAVE A SIP 11:00 DAILY CHRONICLE 2:15 POETRY 3:00 HANGMAN
9 10:00 MASS 10:45 CHRONICLE 2:15 BALL TOSS 3:00 KARAOKE	10 10:00 NOODLE GAME 10:45 COLD DRINKS 11:00 TODAY IN THE NEWS 2:15 ITALIAN FUN 3:00 SCATIGORIES	11 10:00 RING TOSS 10:45 HYDRATE & PREP 2:15 SUNFLOWER PROJECT 3:00 ICE CREAM SOCIAL	12 10:00 COFFEE SOCIAL 10:45 DAILY NEWS 2:15 MUSIC WITH COLTON	13 10:00 KICKBALL 10:45 REFRESHMENTS 11:00 HOROSCOPES 2:15 ART WITH MAE 2:15 MUSIC APPRECIATION 3:00 SPA DAY	14 10:00 ZUMBA 10:45 HYDRATE & PREP 11:00 NEWS FLASH 2:15 TOUR OF JAPAN 3:00 WORD SCRAMBLE	8 10:00 MOVE N GROOVE 10:45 DRINKS 11:00 TODAY'S NEWS 2:15 NAME THAT TUNE 3:00 RIDDLES
16 10:00 MASS 10:45 DAILY CHRONICLE 2:15 GRACEFUL SCARFS 3:00 REFRESHMENTS 3:15 COMMETTEE MEETING	17 10:00 BLACK CAT APPRECIATION DAY 10:45 HAVE A SIP 2:15 HANGMAN 3:00 JEOPARDY	18 10:00 RING TOSS 10:45 HYDRATE & PREP 11:00 TODAYS NEWS 2:15 ALL ABOUT JAPAN 3:00 WHO AM I?	19 10:00 TEA TIME 10:45 DAILY CHORNICLE 2:15 MUSIC WITH COLTON	20 10:00 TOSS THE BALL 10:45 DRINKS 11:00 ZODIAC 2:00 RESIDENT COUNCIL 3RD FLOOR ACT ROOM 2:15 ART WITH MAE 2:15 FUN TUNES 3:00 MANICURES	21 10:00 PARACUTE 10:45 HYDRATE & PREP 2:15 TASTE OF JAPAN 3:00 FLAGS	22 10:00 YOGA 10:45 COLD DRINKS 11:00 HOROSCOPES 2:15 HISTORY OF ASL 3:00 WORD MINING
23 10:00 MASS 10:45 REFRESHMENTS 2:15 FUN FACTS 3:00 FINNISH THE PHRASE	24 10:00 BALL TOSS 10:45 REFRESHMENTS 2:15 GEM OF A DAY	25 10:00 BOWLING 10:45 HYDRATE & PREP 2:15 COMMUNITY CONNECTION 3:00 BINGO 3:00 YAHTZEE	26 10:00 COCOA TIME 10:45 TODAY'S NEWS 2:15 MUSIC WITH COLTON	27 10:00 SOCCER 10:45 COLD DRINKS 2:15 ART WITH MAE 2:15 MELODIES 3:00 NAILS! NAILS! NAILS!	28 10:00 RIBBON WORKOUT 10:45 HYDRATE & PREP 11:00 DAILY CHONICLE 2:15 NAME 10 3:00 REMEMBER WHEN	29 10:00 REACH & STRECH 10:45 HAVE A SIP 11:00 DAILY NEWS 2:15 READING CIRCLE 3:00 POEMS
30 10:00 MASS 10:45 TODAY IN THE NEWS 2:15 ZUMBA 3:00 COLD DRINKS 3:15 FIND THE WORD	31 10:00 BALL TOSS 10:45 DRINKS 2:15 HOROSCOPES 3:00 ROOT BEER FLOATS					

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

MONDAY—FRIDAY
AUGUST 20TH
2:00 Resident Council Meeting—3rd floor ACTIVITY ROOM



WEDNESDAYS:
10:30 PROTESTANT SERVICES 3RD FLOOR ACTIVITY 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