



SEPTEMBER 2026: MCU ACTIVITIES



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 10:00 ZUMBA 10:45 HYDRATE & PREP 2:15 WELCOME SEPTEMBER 3:00 SPELLING BEE	2 10:00 TEA TIME 10:45 DAILY CRONICLE 2:15 MUSIC WITH COLTON	3 10:00 KICKBALL 10:45 HOROSCOPES 11:00 REFRESHMENTS 2:15 ART W. MAE 2:15 MELODY'S 3:00 SPA DAY	4 10:00 PARACUTE 10:45 HYDRATE & PREP 2:15 COMMUNITY CONNECTION 3:00 YATZEE 3:00 GOOGLE DAY	5 10:00 RIBBION DANCE 10:45 NEWS TODAY 11:00 SIP N CHAT 2:15 JEOPARDY 3:00 POEMS
6 10:00 MASS 10:45 DAILY CRONICLE 2:15 BOWLING 3:00 HYDRATE 3:15 MAYFLOWER ANNIVARSARY	7 LABOR DAY 10:00 YOGA 10:45 DAILY NEWS 11:00 COLD DRINK 2:15 LABOR DAY TRIVIA 3:00 NAME THAT TUNE	8 10:00 SOCCER 10:45 HYDRATE & PREP 2:15 ACTIVITY INTEREST MEETING 3:00 TOUR OF NEW YORK	9 10:00 COFFEE SOCIAL 10:45 TODAY'S NEWS 2:15 MUSIC W. COLTON	10 10:00 TOSS THE BALL 10:45 JOKES 11:00 COLD DRINKS 2:15 ART W. MAE 2:15 MUSIC APPRECIATION 3:00 MANICURES	11 10:00 BEAN BAG TOSS 10:45 HYDRATE & PREP 2:15 REMEMBER WHEN? 3:00 WHO AM I?	12 FAMILY DAY (OUTSIDE 2:00-4:00) 10:00 BASKETBALL 10:45 HAVE A SIP 11:00 DAILY NEWS
13 10:00 MASS 10:45 CHRONICLE 2:15 GRACEFUL SCARFS 3:00 REFRESHMENTS 3:15 COMMITTEE MEETING	14 10:00 BASKETBALL 10:45 NEWS 11:00 COLD DRINKS 2:15 BIRTHDAY PARTY 3:00 FUN FACTS ABOUT NEW YORK 6:00 JEOPARDY	15 10:00 NOODLE GAME 10:45 HYDRATE & PREP 2:15 70'S TRIVIA 3:00 RIDDLES	16 10:00 COCOA DAY 10:45 IN THE NEWS 2:15 MUSIC W. COLTON	17 10:00 SOCCER 10:45 ZODIAC SIGNS 11:00 HAVE A SIP 2:00 RESIDENT COUNCIL 3rd FOOR ACT ROOM 2:15 ART W. MAE 2:15 FUN TUNES 3:00 NAILS! NAILS! NAILS!	18 10:00 YOGA 10:45 HYDRATE & PREP 2:15 ICE CREAM SOCIAL 3:00 READING CIRCLE	19 10:00 HOT POTATO 10:45 NEWS REVIEW 11:00 HAVE A SIP 2:15 BINGO
20 10:00 MASS 10:45 HOROSCOPES 2:15 MOVE N GROOVE 3:00 COOL DRINKS 3:15 SCATERGORIES	21 10:00 KICKBALL 10:45 DAILY CRONICLE 11:00 REFRESHMENTS 2:15 NAME THAT PLACE 3:00 POETRY	22 10:00 ZUMBA 10:45 HYDRATE & PREP 2:15 TASTE OF NEW YORK 3:00 FLAG CRAFT	23 10:00 MORNING BREW 10:45 HOROSCOPES 2:15 MUSIC W. COLTON	24 10:00 KICKBALL 10:45 TODAY'S NEWS 11:00 SIP N CHAT 2:15 ART W. MAE 2:15 CLASSIC COUNTRY 3:00 SPA HOUR	25 10:00 BEAN BAG TOSS 10:45 HYDRATE & PREP 2:15 ONE HIT WONDERS 3:00 HANGMAN	26 10:00 HULA HOOPS 10:45 TODAY'S NEWS 11:00 COLD DRINKS 2:15 BROADWAY HITS
27 10:00 MASS 10:45 JOKES 2:15 ZUMBA 3:00 HAVE A SIP 3:15 HANGMAN	28 10:00 PARACUTE 10:45 IN THE NEWS 11:00 DINKS 2:15 SPELLING BEE 3:00 WHO'S WHO?	29 10:00 VOLLEYBALL 10:45 HYDRATE AND PREP 2:15 CATEGORY SORT 3:00 SING ALONG	30 10:00 COFFEE TEA & HOT COCOA 10:45 DAILY CRONICLE 2:15 MUSIC W. COLTON			

ONE TO ONE VISITS &
WALKS ARE PROVIDED
DAILY AT

9:15AM & 9:30AM
1:15PM, 3:30PM & 4:00PM

MONDAY—FRIDAY

SEPTEMBER 17TH

**2:00 Resident Council
Meeting—2:00 3RD
FLOOR ACT ROOM**

**WEDNESDAYS
10:30 PROTESTANT
SERVICES 3RD FLOOR
ACT ROOM**

**SEPTEMBER 12
FAMILY DAY
CELEBRATION
OUTSIDE-WEATHER
PERMITTING
2:00-4:00**

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