



OCTOBER 2026:MCU ACTIVITIES



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 10:00 KICKBALL 10:45 MONTHLY GAZETTE 11:00 REFRESHMENTS 2:15 ART WITH MAE 2:15 MELODIES 3:00 NAILS! NAILS! NAILS!	2 10:00 RING TOSS 10:45 THE NEWS 11:00 HYDRATE & PREP 2:15 FUN FACTS ABOUT MASSACHUSETTS 3:00 READING CIRCLE	3 10:00 ZUMBA 10:45 HOROSCOPES 11:00 REFRESHMENTS 2:15 WORD GAMES 3:00 SING ALONG
4 10:00 MASS 10:45 NEWS FLASH 2:15 BOWLING 3:00 DRINKS 3:15 NAME 10	5 10:00 CHAIR YOGA 10:45 CHRONICLE 11:00 DRINKS 2:15 ACTIVITY INTREST MEET-ING 3:00 WORLD TEACHERS DAY 6:30 JEOPARDY	6 10:00 SOCCER 10:45 HYDRATE & PREP 2:15 TOUR OF MASSACHUSETTS 3:00 TRIVIA	7 10:00 COCOA TIME 11:00 DAILY CRONICLE 2:15 MUSIC WITH COLTON	8 10:00 BALL TOSS 10:45 HOROSCOPES 11:00 COLD DRINKS 2:15 ART WITH MAE 2:15 MUSIC APPRICIATION 3:00 SPA DAY	9 10:00 ZUMBA 10:45 DAILY CRONICLE 11:00 HYDRATE & PREP 2:15 JOHN LENNON DAY 3:00 WORD GAMES	10 10:00 RIBBON EXCERSIZE 10:45 IN THE NEWS 11:00 COLD DRINKS 2:15 PHRASE FINNISH 3:00 RIDDLES
11 10:00 MASS 10:45 CHRONICLE 2:15 YOGA 3:00 REFRESHMENTS 3:15 HANGMAN	12 COLUMBUS DAY 10:00 REACH AND STRECH 10:45 TODAYS NEWS 11:00 DRINKS 2:15 INDIGENOUS PEOPLE DAY 3:00 FACT OR FICTION	13 10:00 KICKBALL 10:45 HYDRATE & PREP 2:15 ICE CREAM SOCIAL 3:00 WHO'S WHO	14 10:00 TEA TIME 11:00 HOROSCOPES 2:15 MUSIC W COLTON	15 10:00 SOCCER 10:45 JOKES 11:00 HAVE A SIP 2:15 ART WITH MAE 2:15 ROCK N ROLL 3:00 NAIL DAY!	16 10:00 HULA HOOPS 10:45 HYDRATE & PREP 2:15 TASTE OF MASSACHUSETTES 3:00 FLAG CRAFT	17 10:00 YOGA 10:45 DRINKS 11:00 DAILY CRONICLE 2:15 CATEGORY SORT 3:00 HOT SEAT QUESTONS
18 10:00 MASS 10:45 IN THE NEWS 2:15 ZUMBA 3:00 REFRESHMENTS 3:15 ALASKA DAY	19 10:00 VOLLEYBALL 10:45 HOROSCOPES 11:00 COLD DRINKS 2:15 BIRTHDAY PARTY 3:00 TRIVIA	20 10:00 BASKETBALL 10:45 HYDRATE & PREP 2:15 COMMUNITY CONNECTION 3:00 MONSTER MASH DAY	21 10:00 COFFEE SOCIAL 11:00 TODAYS NEWS 2:15 MUSIC W. COLTON	22 10:00 KICKBALL 10:45 DRINKS 11:00 JOKES 2:00 RESIDENT COUNCIL 3RD FLOOR AR 2:15 ART WITH MAE 2:15 FUN TUNES 3:00 MANICURES	23 10:00 YOGA 10:45 HYDRATE & PREP 2:15 APPRECIATE AN ELEPHANT DAY 3:00 HANGMAN	24 10:00 CHAIR EXERCISES 10:45 DRINKS 11:00 CHRONICLE 2:15 BROADWAY HITS
25 10:00 MASS 10:45 HUMOR 2:15 GRACEFUL SCARFS 3:00 HAVE A SIP 3:15 POEMS	26 10:00 PARACHUTE 10:45 REFRESHMENTS 11:00 HOROSCOPES 2:15 ROOTBEER FLOATS 3:00 I LOVE LUCY	27 10:00 KICKBALL 10:45 HYDRATE & PREP 2:15 SAY IT! 3:00 STEVIE WONDER DAY	28 10:00 COFFEE, TEA AND COCOA SOCIAL 2:15 MUSIC W COLTON	29 10:00 PASS THE BALL 10:45 REFRESHMENTS 11:00 DAILY CRONICLE 2:15 ART WITH MAE 2:15 ELVIS! 3:00 SPA DAY!	30 10:00 BOWLING 10:45 HYDRATE & PREP 2:15 HALLOWEEN PARTY 3:00 SPOOKTACULAR STORIES	31 HAPPY HALLOWEEN 10:00 REACH AND STRECH 11:00 DAILY NEWS 2:15 HALLOWEEN TRIVIA 3:00 HALLOWEEN WORD GAMES

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

WEDENESDAYS
10:30 PROTESTANT SERVICES 3RD FLOOR AR

OCTOBER 22ND
2:00 Resident Council Meeting—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