







# MARCH 2025: MCU ACTIVITIES



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 10:00 Zumba 10:45 Refreshments 11:00 Monthly Gazette 2:00 Nebraska's Birthday! 3:00 Hangman
2 10:00 Catholic Mass 10:45 Daily Chronicle 2:00 Chair Yoga 2:45 H2O Time 3:00 Celebrate Your Name	3 10:00 Music With Colton  2:00 Intro to Scotland 3:00 This or That	4 10:00 Giant Beach Ball Fun! 10:45 Hydrate & Prep 2:00 Mardi Gras fun! 3:00 March Trivia	<b>5 Ash Wednesday</b> 10:00 Reach and Stretch 10:45 Catch the Wave 11:00 Jokes 2:00 Ash Wednesday & Lent 3:00 Cheese-Doodle Day	6 10:00 Chair Exercise 10:45 Have a Sip 11:00 Horoscopes 2:00 Art with Mae (DR) 2:00 Fact or Fiction 3:00 Alphabet Soup	7 10:00 Egg Shakers 10:45 Hydrate & Prep 2:00 Activity Interest Meeting 3:00 I want to hold your hand Day!	8 10:00 Ribbons 10:45 H2O Time 11:00 Women Working Day 2:00 Live Music with Guests!
9 10:00 Catholic Mass 10:45 Spring Ahead 2:00 Hula Hoops 2:45 Water is life 3:00 Sunday Funday	10 10:00 Music With Colton 2:00 Birthday Bash 3:00 Bingo 3:00 Music & Mani's (DYR)	11 10:00 Jazz-ercise 10:45 Hydrate & Prep 2:00 Indigenous History Day 3:00 Old Wives Tales	12 10:00 Coffee and Tea Time 10:45 Fire & Rain James Taylor 2:00 Sing Along 3:00 Category Sort= St Patrick's	13 10:00 Community Connection 10:45 Sharing the Love 2:00 Art with Mae (DR) 2:00 Women in the Military Day 3:00 Poetry Hour	14 10:00 Disco Dance 10:45 Hydrate & Prep 2:00 Full "Worm" Moon 3:00 Holi (Hindu Festival)	15 10:00 Chair Yoga 10:45 Water is life 11:00 Daily Chronicle 2:00 Ides of March 3:00 Alphabet Soup
16 10:00 Catholic Mass 10:45 Horoscopes 2:00 Chair Zumba 2:45 Refreshments 3:00 Folktales & Fables	<b>17 ST. PATRICK'S DAY</b> 10:00 Music With Colton 2:00 St Pattie's Party! 3:00 Shamrock Jokes!	18 10:00 Graceful Scarves 10:45 Hydrate & Prep 2:00 Category Sort : Spring Time 3:00 Scotland: A Virtual Tour	19 10:00 Cozy Cocoa 10:45 Swallows return for Spring 2:00 Certified Nurse's day 3:00 Music Appreciation	20 10:00 Chair Zumba 10:45 Refreshments 11:00 Daily Chronicle <b>2:00 RESIDENT COUNCIL 3A DR</b> 2:00 Art with Mae (DR) 2:00 Spring Equinox 3:00 Find The Word	21 10:00 Chair Yoga 10:00 Forest Day Tour (DYR) 10:45 Hydrate and Prep 2:00 Taste of Scotland 3:00 Scotland Flag Task	22 10:00 Toss the Ball 10:45 Catch the Wave 11:00 On this Day 2:00 "Goof off" Day Jokes 3:00 Who's Who?
23 10:00 Catholic Mass 10:45 In the News 2:00 Egg shakers 2:45 Rest and Refresh 3:00 Jeopardy	24 10:00 Music With Colton 2:00 Spring Poetry 2:15 Yahtzee (DR) 3:00 Scotland & It's Music	25 10:00 Beach Ball Toss 10:45 Hydrate & Prep 2:00 Ser. Elton John Day 3:00 Fact or Fiction	26 10:00 Morning Brew 10:45 Purple Day!!! 2:00 Reading Corner 3:00 Table Talk	27 10:00 Making Memories through the Arts With Guest Marcy 2:00 Art with Mae (DR) 2:00 Finish the Phrase 3:00 Word Find	28 10:00 Kick Ball 10:45 Hydrate & Prep 2:00 Reba's Birthday 3:00 Story Scribe	29 10:00 Reach and Stretch 10:45 Rest and Refresh 11:00 Committee Meeting 2:00 Hot seat Questions 3:00 Word games
30 10:00 Catholic Mass 10:45 Horoscopes 2:00 Yoga 2:45 H2O Time 3:00 Story Scribe	31 10:00 Music With Colton 2:00 Scottish Trivia 3:00 Capitals Matching Game 6:30 Thinking Cap Riddles					

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

**MARCH 20th**  
**2:00 Resident Council Meeting—**  
**3A Dining Room**

**PROTESTANT SERVICES:**  
**WEDNESDAYS 10:00 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