

MCC Daily Recreation Schedule

Group	Hour	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	9:00-9:30	Snack	Snack	Snack	Snack	Snack
	9:30-10:30	Bingo	Arts & Crafts	Cooking Lesson	Arts & Crafts	Bingo
	10:30-11:30	Exercise	Exercise	Exercise	Exercise	Exercise
		Swim	Swim	Swim	Swim	Swim
	11:00-12:00	Health & Wellness	Health & Wellness	Health & Wellness	Health & Wellness	Health & Wellness
	12:00-1:00	Lunch	Lunch	Lunch	Lunch	Lunch
	1:00-1:30	Break	Break	Break	Break	Break
Afternoon	1:30-2:00	Arts & Crafts	Cooking Lesson	Games	Games	Arts & Crafts
	2:30-3:00	Current Events	Exercise	Exercise	Current Events	Music
	3:00-4:00	Snack	Snack	Snack	Snack	Snack

Updated: March 2019