

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:30 Daily Mass 10:15 Body Intelligence 11:00 Coloring & Shading 1:15 Drum Circle 2:30 Bingo in the Bistro 3:00 Meditation Group w. Rev. Rebecca 3:15 Media Help 3:30 Teatime 4:30 Writing Composition	9:30 Daily Mass 10:15 Mind-Body United 10:45 LE Planning Meeting 1:00 Mercy Choir 1:00 Mahjong Event 2:00 Santa Claus Sleigh Making 3:30 Handmade Holiday Cards 4:00 Seminar: Grief & Loss 4:30 Candlelight Dinner 6:00 Resident-led Scrabble	9:30 Daily Mass 10:15 Classical & Movement 1:00 Musical Mirrors 2:00 Printing Workshop 3:00 Resident-led Rosary 3:30 Inspired Stories 6:00 Resident-led Poker	9:30 Mass, Anointing, & Reconciliation 10:15 Chair Dance 11:00 Morning Voices 1:30 Tech Lab -Tabletops 2:30 Resident-led Canasta 2:30 Tech Lab - Small Devices 3:30 Cribbage	9:30 Daily Mass 10:15 Moving Meditation 1:15 Study the Masters 2:15 Create & Connect 3:15 Happy Hour 4:00 Open Art Studio 6:00 Resident-led Poker	7:30 Omelet Station 10:00 Chair Tai Chi 10:45 Fun Fact Trivia 1:30 UNO 2:15 Resident-led Light Reading Club 3:15 Movie Matinee 4:00 Open Art Studio
10:45 2nd Sunday Advent Mass 11:15 Riddle of the Day 1:00 Ballet Barre for Balance 2:00 Community Connection 3:00 Dominoes 4:15 Best Answer of the Day 5:30 Movie Night	10:15 Body Intelligence 10:45 Immaculate Conception Holy Day Mass 11:00 Coloring & Shading 1:30 Christmas Decorating 3:00 Meditation Group w. Rev. Rebecca 3:15 Media Help 5:30 Holiday Light Excursion	9:30 Daily Mass 10:15 Mind-Body United 1:00 Mercy Choir 1:30 Rockridge Chorale 2:00 Gingerbread House Making 3:30 Handmade Holiday Cards 6:00 Resident-led Scrabble	9:30 Daily Mass 10:45 Core Focus with Greg 1:00 Writer's Workshop 1:30 Cooking Demo 2:00 Book Binding 2:30 Town Hall 3:00 Resident-led Rosary 3:30 Inspired Stories 5:30 Holiday Light Excursion 6:00 Resident-led Poker	9:30 Daily Mass 10:15 Outing: Kim's Nails 11:00 Morning Voices 1:30 Tech Lab -Tabletops 2:30 Resident-led Canasta 2:30 Tech Lab -Small Devices 3:30 Cribbage	9:30 Daily Mass 10:15 Moving Meditation 1:15 Study the Masters 2:15 Create & Connect 3:15 Happy Hour 4:00 Open Art Studio 6:00 Resident-led Poker	10:00 Chair Tai Chi 10:45 Fun Fact Trivia 1:15 Chapters of My Life 2:15 Resident-led Light Reading Club 3:15 Movie Matinee 4:00 Open Art Studio
10:45 Sunday Mass 11:15 Riddle of the Day 1:00 Ballet Barre for Balance 2:00 Community Connection 3:00 Dominoes 4:15 Best Answer of the Day 5:30 Movie Night	9:30 Daily Mass 10:15 Body Intelligence 11:00 Coloring & Shading 1:15 Drum Circle 2:30 Bingo in the Bistro 3:00 Meditation Group w. Rev. Rebecca 3:15 Media Help 3:30 Teatime 4:30 Writing Composition	9:30 Daily Mass 10:10 Resident Council 10:15 Mind-Body United 11:30 Stir Fry Station 1:00 Maintenance & Housekeeping Forum 1:00 Mercy Choir 1:30 Prayers for Peace 2:00 Snowflakes Design 3:30 Handmade Holiday Cards 6:00 Resident-led Scrabble	9:30 Daily Mass 10:15 Classical & Movement 11:00 Prayer for Peace 1:00 Musical Mirrors 2:00 Food Forum 3:00 Resident-led Rosary 3:30 Inspired Stories 6:00 Resident-led Poker	9:30 Daily Mass 10:15 Chair Dance 11:00 Morning Voices 11:30 Resident Birthday Lunch 1:30 Tech Lab -Tabletops 2:00 Holiday Hymn Sing 2:30 Resident-led Canasta 2:30 Tech Lab -Small Devices 3:30 Cribbage	9:30 Daily Mass 10:15 Moving Meditation 1:15 Study the Masters 2:15 Create & Connect 3:15 Christmas Party Happy Hour 4:00 Open Art Studio 6:00 Resident-led Poker	10:00 Open Art Studio 11:00 Mercy Rally 1:30 UNO 2:15 Resident-led Light Reading Club 3:15 Movie Matinee 4:00 Open Art Studio
10:45 Sunday Mass 11:15 Riddle of the Day 1:00 Ballet Barre for Balance 2:00 Community Connection 3:00 Dominoes 4:15 Best Answer of the Day 5:30 Movie Night	9:30 Daily Mass 10:15 Body Intelligence 11:00 Coloring & Shading 1:15 Drum Circle 2:30 Bingo in the Bistro 3:15 Media Help 3:30 Teatime 4:30 Writing Composition	9:30 Daily Mass 10:15 Mind-Body United 1:00 Mercy Choir: Oasis 2:00 Brown Bag Mural Design Review 2:30 Hymn Sing 3:30 Handmade Holiday Cards 6:00 Resident-led Scrabble	9:30 Daily Mass 10:15 Classical & Movement 1:00 Writer's Workshop 2:00 Book Binding 3:00 Resident-led Rosary 3:30 Inspired Stories 6:00 Mercy Choir: Care Center 6:00 Resident-led Poker	10:15 Chair Dance 10:45 Christmas Day Mass 11:00 Morning Voices 11:30 Christmas Buffet 2:00 Holiday Movie with Munchies 2:30 Resident-led Canasta 3:30 Cribbage	9:30 Daily Mass 10:15 Moving Meditation 1:15 Study the Masters 2:15 Create & Connect 3:15 Happy Hour 4:00 Open Art Studio	10:00 Chair Tai Chi 10:45 Fun Fact Trivia 1:15 Chapters of My Life 2:15 Resident-led Light Reading Club 3:15 Movie Matinee 4:00 Open Art Studio
10:45 Sunday Mass 11:15 Riddle of the Day 1:00 Ballet Barre for Balance 2:00 XYZ Women's Group - High Tea 3:30 Dominoes 4:15 Best Answer of the Day 5:30 Movie Night	9:30 Daily Mass 10:15 Body Intelligence 11:00 Coloring & Shading 1:15 Drum Circle 2:30 Bingo in the Bistro 3:00 Meditation Group w. Rev. Rebecca 3:15 Media Help 3:30 Teatime 4:30 Writing Composition	9:30 Daily Mass 10:15 Mind-Body United 1:00 Mercy Choir: Planning 2:00 Brown Bag Mural Design Review 2:30 Hymn Sing 3:30 Handmade Holiday Cards 6:00 Resident-led Scrabble	9:30 Daily Mass 10:15 Classical & Movement 2:00 New Years Eve Party 3:00 Resident-led Rosary 4:15 New Years Eve Culinary Event			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	10:00 Coffee & Chat 10:30 Morning Stretch 11:00 Daily Mass- Virtual 1:30 Hand Wellness and Polish 2:00 Christmas Decor 3:00 Documentary 5:00 Holiday Light Excursion	10:00 Warm Cup Social 10:30 Good News Around the World 11:00 Daily Mass- Virtual 11:30 Spiritual Check-In 1:30 Super Bingo 3:30 Christmas Letter Writing 4:00 Coping with Grief 5:00 Candlelight Dinner	10:00 Coffee & Chat 10:30 Moving Meditation 11:15 Create and Connect 1:30 Carols and Cocoa Social 2:00 Travelogue 3:00 Laughter Yoga 5:00 Holiday Light Excursion	10:00 Warm Cup Social 10:30 Holiday Dance Fitness 11:00 Daily Mass- Virtual 1:30 Mindful Coloring 2:00 Beads and Beyond 3:00 Christmas Decoration 3:30 Fresh Air Stroll	10:00 Coffee & Chat 10:30 Daily Mass- Virtual 11:00 Morning Exercise 1:00 Exploring Spirituality 2:00 Social Hour 4:00 This Day in History	10:00 Coffee & Chat 10:30 Daily Mass- Virtual 11:00 Morning Exercise 1:00 Exploring Spirituality 2:00 Social Hour 4:00 This Day in History
10:00 Warm Cup Social 10:30 Seated Exercise 10:45 Sunday Mass 2:00 Community Connection 3:30 Diving into Religion 4:00 Fresh Air Stroll	10:00 Coffee & Chat 10:45 Immaculate Conception Holy Day Mass 11:00 Music Therapy w. Hannah 1:30 Hand Wellness and Polish 2:30 Table Activities 3:00 Daily Chronicle 3:15 Documentary	10:00 Warm Cup Social 10:30 Good News Around the World 11:00 Daily Mass- Virtual 11:30 Spiritual Check-In 1:30 Rockridge Choral 2:30 Christmas tree Lighting 3:30 Fresh Air Stroll 4:00 Super Bingo	10:00 Coffee & Chat 10:30 Moving Meditation 11:15 Create and Connect 2:00 Resident Christmas Party 3:00 Laughter Yoga 4:00 Scripture Sharing	10:00 Warm Cup Social 10:30 Resident Council Meeting 11:00 Daily Mass- Virtual 1:30 Mindful Coloring 2:00 The Joy of Music continuum 3:30 Fresh Air Stroll	10:00 Coffee & Chat 10:30 Daily Mass- Virtual 11:00 Morning Exercise 1:00 Exploring Spirituality 2:00 Social Hour 4:00 This Day in History	10:00 Warm Cup Social 11:00 Daily Mass- Virtual 11:30 Mobility Exercise 1:15 Singing Out Loud 2:15 Pencil Play 3:15 Movie Night: Viewer's Choice
10:00 Warm Cup Social 10:30 Seated Exercise 10:45 Sunday Mass 2:00 Community Connection 3:30 Diving into Religion 4:00 Fresh Air Stroll	10:00 Coffee & Chat 10:30 Morning Stretch 11:00 Daily Mass- Virtual 1:30 Hand Wellness and Polish 2:00 Table Activities 3:00 Daily Chronicle 3:15 Documentary	10:00 Warm Cup Social 10:30 Good News Around the World 11:00 Daily Mass- Virtual 11:30 Spiritual Check-In 1:30 Christmas Movie Matinee 3:30 Fresh Air Stroll 4:00 Super Bingo	10:00 Coffee and Chat 10:30 Moving Meditation 11:15 Create and Connect 1:30 Carols and Cocoa Social 2:00 Travelogue 3:00 Laughter Yoga 4:00 Scripture Sharing	10:00 Warm Cup Social 10:30 Holiday Dance Fitness 11:00 Daily Mass- Virtual 1:30 Mindful Coloring 2:00 Holiday Hymn Sing 2:30 Beads and Beyond 3:30 Fresh Air Stroll	10:00 Coffee & Chat 10:30 Daily Mass- Virtual 11:00 Morning Exercise 1:00 Exploring Spirituality 2:00 Happy Hour 4:00 This Day in History	10:00 Warm Cup Social 11:00 Daily Mass- Virtual 11:30 Mobility Exercise 1:15 Singing Out Loud 2:15 Pencil Play 3:15 Movie Night: Viewer's Choice
10:00 Warm Cup Social 10:30 Seated Exercise 10:45 Sunday Mass 2:00 Community Connection 3:30 Diving into Religion 4:00 Fresh Air Stroll	10:00 Coffee & Chat 10:30 Daily Mass-Virtual 11:00 Music Therapy w. Hannah 1:30 Hand Wellness and Polish 2:00 Table Activities 3:00 Daily Chronicle 3:15 Documentary	10:00 Tai Chi w. Sky 10:30 Good News Around the World 11:00 Daily Mass- Virtual 1:30 Christmas Movie Matinee 3:30 Fresh Air Stroll 4:00 Super Bingo	10:00 Coffee & Chat 10:30 Moving Meditation 11:15 Create and Connect 1:30 The Eve of Christmas Classics 2:00 Travelogue 3:30 Fresh Air Stroll 4:00 Scripture Sharing	10:00 Warm Cup Social 10:30 Holiday Dance Fitness 10:45 Christmas Day Mass 1:30 Mindful Coloring 2:00 Christmas Cheer Social 3:00 Beads and Beyond 3:30 Fresh Air Stroll	10:00 Coffee & Chat 10:30 Daily Mass- Virtual 11:00 Morning Exercise 2:00 Happy Hour 4:00 This Day in History	10:00 Warm Cup Social 11:00 Daily Mass- Virtual 11:30 Mobility Exercise 1:15 Singing Out Loud 2:15 Pencil Play 3:15 Movie Night: Viewer's Choice
10:00 Warm Cup Social 10:30 Seated Exercise 10:45 Sunday Mass 2:00 Angel the Harpist 3:30 Diving into Religion 4:00 Fresh Air Stroll	10:00 Coffee & Chat 10:30 Daily Mass-Virtual 11:00 Music Therapy w. Hannah 1:30 Hand Wellness and Polish 2:00 Table Activities 3:00 Daily Chronicle 3:15 Documentary	10:00 Warm Cup Social 10:30 Good News Around the World 11:00 Daily Mass- Virtual 11:30 Spiritual Check-In 1:30 Christmas Movie Matinee 3:30 Fresh Air Stroll 4:00 Super Bingo	10:00 Coffee & Chat 10:30 Moving Meditation 11:15 Create and Connect 2:00 Reel in the New Year 3:30 Fresh Air Stroll 4:00 Scripture Sharing	 December 2025 Mercy Care Center Life Enrichment Activities Calendar 		

Intellectual
Purposeful
Emotional
Environmental
Social
Physical
Spiritual
Creative