

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



# February 2026

## Assisted Living Neighborhood Life Enrichment Activities Calendar



|   |  |   |   |  |  |   |
|---|--|---|---|--|--|---|
| <ul style="list-style-type: none"> <li>10:45 Sunday Mass</li> <li>11:15 My Life Story</li> <li>1:00 Exercises for Health</li> <li>2:00 Documentary</li> <li>3:00 <b>Dominoes</b></li> <li>4:15 Craft Project</li> <li>4:45 Gardening</li> <li>5:30 Movie Night</li> </ul>                                     | <ul style="list-style-type: none"> <li>9:00 Morning Conversations</li> <li>9:30 Daily Mass in Chapel</li> <li>10:45 Sliver Strength Exercise</li> <li>11:00 <b>Chinese Calligraphy</b></li> <li>2:00 Resident-led Mercy Choir</li> <li>3:00 Meditation Group w. Rev. Rebecca</li> <li>3:15 Media Help</li> <li>4:00 <b>Crafts: Mardi Gras Mask</b></li> <li>5:30 Movie Night</li> </ul>  | <ul style="list-style-type: none"> <li>9:00 Chronicle, Chat, &amp; Coffee</li> <li>9:30 Daily Mass in Chapel</li> <li>10:15 <b>Expressive Movement</b></li> <li>11:00 <b>Ambassador Meeting</b></li> <li>1:00 Create &amp; Connect</li> <li>2:00 <b>Experimenting Drawing</b></li> <li>2:30 <b>BINGO</b></li> <li>3:00 Resident-led Rosary</li> <li>3:30 <b>Ice Cream Social</b></li> <li>4:00 Writer's Workshop w. Rev. Rebecca</li> <li>4:30 <b>Candlelight Dinner</b></li> <li>5:30 Movie Night</li> </ul> | <ul style="list-style-type: none"> <li>9:00 Morning Conversations</li> <li>9:30 Daily Mass in Chapel</li> <li>10:15 <b>Expressive Movement</b></li> <li>11:00 <b>Ambassador Meeting</b></li> <li>1:00 Create &amp; Connect</li> <li>2:00 <b>Experimenting Drawing</b></li> <li>2:30 <b>Resident-led Rosary</b></li> <li>3:00 <b>Ice Cream Social</b></li> <li>3:30 <b>Writer's Workshop w. Rev. Rebecca</b></li> <li>4:00 <b>Candlelight Dinner</b></li> <li>4:30 <b>Biography on Rosa Parks</b></li> <li>5:30 Movie Night</li> </ul> | <ul style="list-style-type: none"> <li>9:00 Chronicle and Chat</li> <li>9:30 <b>Mass, Anointing, &amp; Reconciliation</b></li> <li>10:15 Sky-Earth &amp; Me Physical Exercise</li> <li>1:15 Printing Workshop</li> <li>1:30 <b>Tech Lab -Tabletops</b></li> <li>2:30 Resident-led Canasta</li> <li>2:30 <b>Tech Lab - Small Devices</b></li> <li>3:00 Gardening</li> <li>3:30 Cribbage</li> <li>4:30 <b>Biography on Rosa Parks</b></li> <li>5:30 Movie Night</li> </ul> | <ul style="list-style-type: none"> <li>9:00 Morning Conversations</li> <li>9:30 Daily Mass in Chapel</li> <li>10:15 Upper Body Chair Exercises</li> <li>1:15 <b>Blackjack</b></li> <li>2:15 Chapters of My Life</li> <li>3:15 Happy Hour</li> <li>4:15 Devotion &amp; Discussion</li> <li>5:30 Movie Night</li> <li>6:00 Resident-led Poker</li> </ul>   | <ul style="list-style-type: none"> <li>9:00 Chronicle and Chat</li> <li>10:00 Chair Tai Chi</li> <li>10:45 Prayer Circle</li> <li>1:00 Karaoke &amp; Mocktails</li> <li>2:00 Adoration</li> <li>2:15 <b>Beginners Spanish Class</b></li> <li>3:15 UNO Card Game</li> <li>4:15 Community Stroll</li> <li>5:30 Movie Night</li> </ul>   |
| <ul style="list-style-type: none"> <li>10:45 Sunday Mass</li> <li>11:15 My Life Story</li> <li>1:00 Ballet Barre for Ballance</li> <li>2:00 Study The Master</li> <li>3:00 <b>Dominoes</b></li> <li>3:30 Super Bowl</li> <li>4:15 Clay Creations</li> <li>4:45 Gardening</li> <li>5:30 Movie Night</li> </ul> | <ul style="list-style-type: none"> <li>9:00 Morning Conversations</li> <li>9:30 Daily Mass in Chapel</li> <li>10:15 <b>Musical Mirrors</b></li> <li>10:45 Chair Exercise with Greg</li> <li>11:00 <b>Chinese Calligraphy</b></li> <li>1:00 Drum Circle</li> <li>2:00 Mercy Choir</li> <li>3:00 Meditation Group w. Rev. Rebecca</li> <li>3:15 Media Help</li> <li>4:00 <b>Crafts: Mardi Gras Mask</b></li> <li>5:30 Movie Night</li> </ul> | <ul style="list-style-type: none"> <li>9:00 Chronicle and Chat</li> <li>9:30 Daily Mass in Chapel</li> <li>10:15 <b>Musical Mirrors</b></li> <li>10:45 Chair Exercise with Greg</li> <li>11:00 <b>Chinese Calligraphy</b></li> <li>1:00 Drum Circle</li> <li>2:00 Mercy Choir</li> <li>3:00 Meditation Group w. Rev. Rebecca</li> <li>3:15 Media Help</li> <li>4:00 <b>Crafts: Mardi Gras Mask</b></li> <li>5:30 Movie Night</li> </ul>   | <ul style="list-style-type: none"> <li>9:00 Chronicle and Chat</li> <li>9:30 Daily Mass in Chapel</li> <li>10:15 <b>Expressive Movement</b></li> <li>11:00 <b>StorySpark Improv</b></li> <li>1:00 Laughter Yoga</li> <li>2:00 Resident-led Rosary</li> <li>2:30 <b>BINGO</b></li> <li>3:00 Getting to Know You</li> <li>3:30 <b>Chinese Art Dragon Project</b></li> <li>4:00 Writer's Workshop w. Rev. Rebecca</li> <li>5:30 Movie Night</li> </ul>   | <ul style="list-style-type: none"> <li>9:00 Chronicle and Chat</li> <li>9:30 Daily Mass in Chapel</li> <li>10:15 <b>Expressive Movement</b></li> <li>11:00 <b>StorySpark Improv</b></li> <li>1:00 Laughter Yoga</li> <li>2:00 Resident-led Rosary</li> <li>2:30 <b>BINGO</b></li> <li>3:00 Getting to Know You</li> <li>3:30 <b>Chinese Art Dragon Project</b></li> <li>4:00 Writer's Workshop w. Rev. Rebecca</li> <li>5:30 Movie Night</li> </ul>                      | <ul style="list-style-type: none"> <li>9:00 Chronicle and Chat</li> <li>9:30 Daily Mass in Chapel</li> <li>10:15 Excursion: Shopping</li> <li>10:15 Sky-Earth &amp; Me Physical Exercise</li> <li>1:15 Book Blinding Workshop</li> <li>1:30 Tech Lab -Tabletops</li> <li>2:30 Resident-led Canasta</li> <li>2:30 Tech Lab - Small Devices</li> <li>3:00 Gardening</li> <li>3:30 Cribbage</li> <li>4:30 <b>Biography on Barack Obama</b></li> <li>5:30 Movie Night</li> </ul> | <ul style="list-style-type: none"> <li>9:00 Chronicle and Chat</li> <li>10:00 Zumba Chair Exercise</li> <li>10:45 Prayer Circle</li> <li>1:00 Karaoke &amp; Mocktails</li> <li>2:15 <b>Beginners Spanish Class</b></li> <li>3:15 <b>Valentine's Day Celebration</b></li> <li>4:15 Community Stroll</li> <li>4:30 <b>Valentine's Dinner</b></li> <li>5:30 Movie Night</li> </ul> |
| <ul style="list-style-type: none"> <li>10:45 Sunday Mass</li> <li>11:15 My Life Story</li> <li>1:00 Ballet Barre for Ballance</li> <li>2:00 Study The Master</li> <li>3:00 <b>Dominoes</b></li> <li>4:15 Eco-Creations 3D</li> <li>4:45 Gardening</li> <li>5:30 Movie Night</li> </ul>                        | <ul style="list-style-type: none"> <li>9:00 Morning Conversations</li> <li>9:30 Daily Mass in Chapel</li> <li>10:15 <b>Musical Mirrors</b></li> <li>10:45 Sliver Strength Exercise</li> <li>11:00 <b>Chinese Calligraphy</b></li> <li>1:00 Drum Circle</li> <li>2:00 Mercy Choir</li> <li>3:00 Meditation Group w. Rev. Rebecca</li> <li>3:15 Media Help</li> <li>4:00 <b>Crafts: Mardi Gras Mask</b></li> <li>5:30 Movie Night</li> </ul> | <ul style="list-style-type: none"> <li>9:00 Chronicle and Chat</li> <li>9:30 Daily Mass in Chapel</li> <li>10:15 <b>Musical Mirrors</b></li> <li>10:45 Sliver Strength Exercise</li> <li>11:00 <b>Chinese Calligraphy</b></li> <li>1:00 Drum Circle</li> <li>2:00 Mercy Choir</li> <li>3:00 Meditation Group w. Rev. Rebecca</li> <li>3:15 Media Help</li> <li>4:00 <b>Crafts: Mardi Gras Mask</b></li> <li>5:30 Movie Night</li> </ul>   | <ul style="list-style-type: none"> <li>9:00 Chronicle and Chat</li> <li>9:30 Daily Mass in Chapel</li> <li>10:10 <b>Resident Council</b></li> <li>10:15 Mind-Body United</li> <li>11:30 <b>Stir Fry Station</b></li> <li>1:00 Maintenance &amp; Housekeeping Forum</li> <li>2:00 <b>BINGO</b></li> <li>3:00 <b>Mardi Gras Celebration</b></li> <li>5:30 Movie Night</li> </ul>  | <ul style="list-style-type: none"> <li>9:00 Chronicle and Chat</li> <li>9:30 Daily Mass in Chapel</li> <li>10:15 <b>Exercise Program</b></li> <li>10:45 Ash Wednesday Mass - Senior Center</li> <li>11:30 <b>Resident Birthday Lunch</b></li> <li>2:00 <b>Food Forum</b></li> <li>3:00 Resident-led Rosary</li> <li>3:15 <b>Mardi Gras Celebration</b></li> <li>4:00 Writer's Workshop w. Rev. Rebecca</li> <li>5:30 Movie Night</li> </ul>                              | <ul style="list-style-type: none"> <li>9:00 Chronicle and Chat</li> <li>9:30 Daily Mass in Chapel</li> <li>10:15 <b>Exercise Program</b></li> <li>10:45 Ash Wednesday Mass - Senior Center</li> <li>11:30 <b>Resident Birthday Lunch</b></li> <li>2:00 <b>Food Forum</b></li> <li>3:00 Resident-led Rosary</li> <li>3:15 <b>Mardi Gras Celebration</b></li> <li>4:00 Writer's Workshop w. Rev. Rebecca</li> <li>5:30 Movie Night</li> </ul>                                  | <ul style="list-style-type: none"> <li>9:00 Chronicle and Chat</li> <li>10:00 Zumba Chair Exercises</li> <li>10:45 Prayer Circle</li> <li>1:00 Karaoke &amp; Mocktails</li> <li>2:15 <b>Beginners Spanish Class</b></li> <li>3:15 <b>Chinese New Year Happy Hour</b></li> <li>4:15 Gardening</li> <li>5:30 Movie Night</li> <li>6:00 Resident-led Poker</li> </ul>              |
| <ul style="list-style-type: none"> <li>10:45 Sunday Mass</li> <li>11:15 My Life Story</li> <li>1:00 Ballet Barre for Ballance</li> <li>2:00 Study The Master</li> <li>3:00 <b>Dominoes</b></li> <li>4:15 Eco-Creations 3D</li> <li>4:45 Gardening</li> <li>5:30 Movie Night</li> </ul>                        | <ul style="list-style-type: none"> <li>9:00 Morning Conversations</li> <li>9:30 Daily Mass in Chapel</li> <li>10:15 <b>Musical Mirrors</b></li> <li>10:45 Sliver Strength Exercise</li> <li>11:00 <b>Chinese Calligraphy</b></li> <li>1:00 Drum Circle</li> <li>2:00 Mercy Choir</li> <li>3:00 Meditation Group w. Rev. Rebecca</li> <li>3:15 Media Help</li> <li>4:00 <b>Crafts: Mardi Gras Mask</b></li> <li>5:30 Movie Night</li> </ul> | <ul style="list-style-type: none"> <li>9:00 Chronicle and Chat</li> <li>9:30 Daily Mass in Chapel</li> <li>10:15 <b>Musical Mirrors</b></li> <li>10:45 Sliver Strength Exercise</li> <li>11:00 <b>Chinese Calligraphy</b></li> <li>1:00 Drum Circle</li> <li>2:00 Mercy Choir</li> <li>3:00 Meditation Group w. Rev. Rebecca</li> <li>3:15 Media Help</li> <li>4:00 <b>Crafts: Mardi Gras Mask</b></li> <li>5:30 Movie Night</li> </ul>   | <ul style="list-style-type: none"> <li>9:00 Chronicle and Chat</li> <li>9:30 Daily Mass in Chapel</li> <li>10:15 <b>Expressive Movement</b></li> <li>11:00 <b>StorySpark Improv</b></li> <li>2:00 <b>New Resident Welcome</b></li> <li>2:30 <b>Town Hall</b></li> <li>3:00 Resident-led Rosary</li> <li>3:30 <b>Coffee Social</b></li> <li>4:00 Writer's Workshop w. Rev. Rebecca</li> <li>5:30 Movie Night</li> </ul>  | <ul style="list-style-type: none"> <li>9:00 Chronicle and Chat</li> <li>9:30 Daily Mass in Chapel</li> <li>10:15 <b>Expressive Movement</b></li> <li>11:00 <b>StorySpark Improv</b></li> <li>2:00 <b>New Resident Welcome</b></li> <li>2:30 <b>Town Hall</b></li> <li>3:00 Resident-led Rosary</li> <li>3:30 <b>Coffee Social</b></li> <li>4:00 Writer's Workshop w. Rev. Rebecca</li> <li>5:30 Movie Night</li> </ul>   | <ul style="list-style-type: none"> <li>9:00 Chronicle and Chat</li> <li>9:30 Daily Mass in Chapel</li> <li>10:15 <b>Upper Body Chair Exercises</b></li> <li>1:15 <b>Blackjack</b></li> <li>2:15 Chapters of My Life</li> <li>3:15 Happy Hour</li> <li>4:15 Devotion &amp; Discussion</li> <li>5:30 Movie Night</li> <li>6:00 Resident-led Poker</li> </ul>   | <ul style="list-style-type: none"> <li>9:00 Chronicle and Chat</li> <li>10:00 Chair Tai Chi</li> <li>10:45 Prayer Circle</li> <li>1:00 Karaoke &amp; Mocktails</li> <li>2:15 <b>Beginners Spanish Class</b></li> <li>3:15 UNO Card Game</li> <li>4:15 Gardening</li> <li>5:30 Movie Night</li> </ul>  |

● Intellectual   ● Purposeful   ● Emotional   ● Environmental   ● Social   ● Physical   ● Spiritual   ● Creative

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



# February 2026

## Oasis Memory Care Neighborhood Life Enrichment Activities Calendar



|   |   |   |  |   |  |  |  |
|---|---|---|--|---|--|--|--|
| <ul style="list-style-type: none"> <li>9:00 Morning Mass</li> <li>10:00 News &amp; Nurture</li> <li>10:30 Reminiscing Through the Decades</li> <li>10:45 Sunday Mass</li> <li>12:30 Doc: Bora Bora</li> <li>2:00 Afternoon Delight</li> <li>2:30 Spa Day</li> <li>3:15 What's Your Favorite Song?</li> <li>3:45 Table Activities: Word Search</li> <li>6:00 Movie: Residents Choice</li> </ul>                              | <ul style="list-style-type: none"> <li>9:00 Morning Mass</li> <li>10:00 Deep Breathing</li> <li>10:30 Morning Meditation</li> <li>12:30 Peaceful Pause</li> <li>1:00 Echoes &amp; Stories</li> <li>1:30 Voices of Memory</li> <li>2:00 Afternoon Refreshments</li> <li>3:00 Create &amp; Connect</li> <li>3:45 Flower Arrangements</li> <li>4:30 Virtual Lecture Series &amp; Discussion</li> <li>6:00 Netflix: Animals Around the World</li> </ul> | <ul style="list-style-type: none"> <li>9:00 Morning Mass</li> <li>10:00 News &amp; Nurture</li> <li>10:45 Mindful Movement w. Scarves</li> <li>11:00 Life Reflection &amp; Joy</li> <li>1:00 Beginners Sign Language</li> <li>2:00 Afternoon Delight</li> <li>2:30 Community Stroll</li> <li>3:00 Super Bingo!</li> <li>3:45 Prayer Circle</li> <li>4:00 Food for Body &amp; Spirit</li> <li>4:30 Candlelight Dining</li> <li>6:00 Movie: Musical</li> </ul>            | <ul style="list-style-type: none"> <li>9:00 Morning Mass</li> <li>10:00 Deep Breathing</li> <li>10:45 Warm-up &amp; Balloon Toss</li> <li>11:00 Peaceful Pause</li> <li>1:30 Biography: Pope Leo</li> <li>2:00 Afternoon Refreshments</li> <li>2:30 Laughter Yoga</li> <li>3:00 Super Bingo!</li> <li>3:45 Bible Study</li> <li>4:00 Hymns</li> <li>4:00 Food for Body &amp; Spirit</li> <li>6:00 Rosary</li> </ul>                  | <ul style="list-style-type: none"> <li>9:00 Morning Mass</li> <li>10:00 News &amp; Nurture</li> <li>10:30 Beginners Chair Zumba</li> <li>11:00 Daily Chronicle &amp; Discussions</li> <li>1:30 Art Appreciation Series &amp; Talk</li> <li>2:00 Live Music w/ Thrush</li> <li>2:30 Community Stroll</li> <li>3:00 Super Bingo!</li> <li>3:45 Worship &amp; Singing</li> <li>4:00 Food for Body &amp; Spirit</li> <li>6:00 Movie: Comedy</li> </ul>  | <ul style="list-style-type: none"> <li>9:00 Morning Mass</li> <li>10:00 News &amp; Nurture</li> <li>10:45 Low Impact Chair Exercise</li> <li>11:00 Let's Discover New Customs</li> <li>1:00 Art Appreciation Series &amp; Talk</li> <li>2:00 Happy Hour &amp; Karaoke</li> <li>2:30 Picture Reflections &amp; Meaning</li> <li>3:15 Soul Break Communion</li> <li>3:45 Prayer Circle</li> <li>4:00 Food for Body &amp; Spirit</li> <li>6:00 Movie: Comedy</li> </ul>               | <ul style="list-style-type: none"> <li>9:00 Morning Mass</li> <li>9:45 Communion in Common</li> <li>10:00 Deep Breathing</li> <li>10:30 Beginners Tai Chi</li> <li>11:00 Life Reflection &amp; Joy</li> <li>1:00 Sing A-long</li> <li>2:00 Afternoon Refreshments</li> <li>2:30 Finish the Phrase</li> <li>3:15 Bingo!</li> <li>3:45 Spiritual Poetry Reflection</li> <li>6:00 Documentary: Sharks</li> </ul>  | <ul style="list-style-type: none"> <li>9:00 Morning Mass</li> <li>9:45 Communion in Common</li> <li>10:00 Deep Breathing</li> <li>10:30 Beginners Tai Chi</li> <li>11:00 Life Reflection &amp; Joy</li> <li>1:00 Sing A-long</li> <li>2:00 Afternoon Refreshments</li> <li>2:30 Finish the Phrase</li> <li>3:15 Bingo!</li> <li>3:45 Spiritual Poetry Reflection</li> <li>6:00 Documentary: Sharks</li> </ul>  |
| <ul style="list-style-type: none"> <li>9:00 Chair Yoga</li> <li>10:00 Deep Breathing</li> <li>10:30 The Chronicle Reminiscence</li> <li>10:45 Sunday Mass</li> <li>11:00 Show: America's Got Talent</li> <li>12:30 Fun with Art!</li> <li>2:00 Super Bowl Party</li> <li>2:30 Spa Day</li> <li>3:15 What's Your Favorite Song?</li> <li>3:45 Table Activities: Word Search</li> <li>6:00 Movie: Residents Choice</li> </ul> | <ul style="list-style-type: none"> <li>9:00 Morning Mass</li> <li>10:00 Music Therapy w. Hannah</li> <li>11:00 Community Stroll</li> <li>12:30 Peaceful Pause</li> <li>1:00 Chef Corner: Smoothies</li> <li>2:00 Afternoon Delight</li> <li>3:00 Create &amp; Connect</li> <li>3:45 Flower Arrangements</li> <li>4:30 Virtual Lecture Series &amp; Discussion</li> <li>6:00 Netflix: Polar Bears</li> </ul>   | <ul style="list-style-type: none"> <li>9:00 Morning Mass</li> <li>10:00 Deep Breathing</li> <li>10:15 Morning Gathering</li> <li>10:45 Mindful Movement w. Scarves</li> <li>11:00 Reflections</li> <li>1:00 Beginners Sign Language</li> <li>2:00 Afternoon Refreshments</li> <li>2:30 Community Stroll</li> <li>3:00 Super Bingo!</li> <li>3:45 Prayer Circle</li> <li>4:00 Food for Body &amp; Spirit</li> <li>6:00 Movie: Musical</li> </ul>                         | <ul style="list-style-type: none"> <li>9:00 Morning Mass</li> <li>10:00 News &amp; Nurture</li> <li>10:45 Warm-up &amp; Balloon Toss</li> <li>11:00 Community Stroll</li> <li>1:30 Biography: Albert Einstein</li> <li>2:00 Afternoon Delight</li> <li>2:30 Laughter Yoga</li> <li>3:00 Bible Study</li> <li>3:45 Hymns</li> <li>4:00 Food for Body &amp; Spirit</li> <li>6:00 Rosary</li> </ul>                                     | <ul style="list-style-type: none"> <li>9:00 Morning Mass</li> <li>10:00 News &amp; Nurture</li> <li>10:30 Beginners Chair Zumba</li> <li>11:00 Daily Chronicle &amp; Discussions</li> <li>1:00 Art Appreciation Series &amp; Talk</li> <li>2:00 Live Music w/ Thrush</li> <li>2:30 Community Stroll</li> <li>3:00 Super Bingo!</li> <li>3:45 Worship &amp; Singing</li> <li>4:00 Food for Body &amp; Spirit</li> <li>6:00 Movie: Comedy</li> </ul>  | <ul style="list-style-type: none"> <li>9:00 Morning Mass</li> <li>10:00 News &amp; Nurture</li> <li>10:45 Low Impact Chair Exercise</li> <li>11:00 Community Stroll</li> <li>1:00 Let's Discover New Customs</li> <li>2:00 Happy Hour &amp; Hot Cocoa &amp; Cookies</li> <li>2:30 Picture Reflections &amp; Meaning</li> <li>3:15 Galentines Day and SPA!!!</li> <li>3:45 Prayer Circle</li> <li>4:00 Food for Body &amp; Spirit</li> <li>6:00 Movie: Residents' Choice</li> </ul> | <ul style="list-style-type: none"> <li>9:00 Morning Mass</li> <li>9:45 Communion in Common</li> <li>10:00 Deep Breathing</li> <li>10:15 Beginners Tai Chi</li> <li>10:30 Valentines Day Trivia</li> <li>10:45 Better Then or Now?</li> <li>11:00 Peaceful Pause</li> <li>1:00 Sing A-long w/ Love Songs</li> <li>1:30 Travelogue: Rome</li> <li>2:00 Valentine's Day Party!!!</li> <li>3:15 Bingo!</li> <li>3:45 Spiritual Poetry Reflection</li> <li>6:00 Movie: Valentine's Day Comedy</li> </ul>          | <ul style="list-style-type: none"> <li>9:00 Morning Mass</li> <li>9:45 Communion in Common</li> <li>10:00 Deep Breathing</li> <li>10:15 Beginners Tai Chi</li> <li>10:30 Valentines Day Trivia</li> <li>10:45 Better Then or Now?</li> <li>11:00 Peaceful Pause</li> <li>1:00 Sing A-long w/ Love Songs</li> <li>1:30 Travelogue: Rome</li> <li>2:00 Valentine's Day Party!!!</li> <li>3:15 Bingo!</li> <li>3:45 Spiritual Poetry Reflection</li> <li>6:00 Movie: Valentine's Day Comedy</li> </ul>          |
| <ul style="list-style-type: none"> <li>9:00 Chair Yoga</li> <li>10:00 News &amp; Nurture</li> <li>10:30 The Chronicle Reminiscence</li> <li>10:45 Sunday Mass</li> <li>11:00 Show: America's Got Talent</li> <li>12:30 Spa Day</li> <li>2:00 Afternoon Delight</li> <li>2:30 What's Your Favorite Song?</li> <li>3:15 Table Activities: Word Search</li> <li>6:00 Movie: Residents Choice</li> </ul>                        | <ul style="list-style-type: none"> <li>9:00 Morning Mass</li> <li>10:00 Deep Breathing</li> <li>10:30 Morning Meditation</li> <li>12:30 Peaceful Pause</li> <li>1:00 Echoes &amp; Stories</li> <li>1:30 Voices of Memory</li> <li>2:00 Afternoon Refreshments</li> <li>3:00 Create &amp; Connect</li> <li>3:45 Flower Arrangements</li> <li>4:30 Virtual Lecture Series &amp; Discussion</li> <li>6:00 Netflix: The Evolution of Dogs</li> </ul>    | <ul style="list-style-type: none"> <li>9:00 Morning Mass</li> <li>10:00 Nourish &amp; Nurture</li> <li>10:15 Chronicle and Conversation</li> <li>10:45 Mindful Movement w. Scarves</li> <li>11:00 Reflections</li> <li>1:00 Beginners Sign Language</li> <li>2:00 Afternoon Delight</li> <li>2:30 Mardi Gras Party!</li> <li>3:00 Super Bingo!</li> <li>3:45 Prayer Circle</li> <li>4:00 Food for Body &amp; Spirit</li> <li>6:00 Doc: History of Mardi Gras</li> </ul> | <ul style="list-style-type: none"> <li>9:00 Morning Mass</li> <li>10:00 Deep Breathing</li> <li>10:45 Warm-up &amp; Balloon Toss</li> <li>11:00 Chronicle and Conversation</li> <li>1:30 Pictures &amp; Scriptures w/ Rev. Rebecca</li> <li>2:00 Afternoon Delight</li> <li>2:30 Laughter Yoga</li> <li>3:00 Bible Study: Ash Wednesday</li> <li>3:45 Hymns</li> <li>4:00 Food for Body &amp; Spirit</li> <li>6:00 Rosary</li> </ul> | <ul style="list-style-type: none"> <li>9:00 Morning Mass</li> <li>10:00 News &amp; Nurture</li> <li>10:15 Chronicle and Conversation</li> <li>10:30 Outing: Grizzly Peak Nature Drive!</li> <li>11:00 Life Reflections &amp; Joy</li> <li>1:00 Art Appreciation Series &amp; Talk</li> <li>2:00 Birthday Celebration</li> <li>2:30 Live Music w/ Thrush</li> <li>3:00 Super Bingo!</li> <li>3:45 Worship &amp; Singing</li> <li>4:00 Food for Body &amp; Spirit</li> <li>6:00 Doc: History of Mardi Gras</li> </ul> | <ul style="list-style-type: none"> <li>9:00 Morning Mass</li> <li>10:00 News &amp; Nurture</li> <li>10:45 Low Impact Chair Exercise</li> <li>11:00 Chronicle and Conversation</li> <li>1:00 Let's Discover Chinese New Year</li> <li>2:00 Chinese New Year Happy Hour</li> <li>2:30 Picture Reflection &amp; Meaning</li> <li>3:15 Table Games</li> <li>3:45 Prayer Circle</li> <li>4:00 Food for Body &amp; Spirit</li> <li>6:00 Doc: Chinese New Year</li> </ul>                 | <ul style="list-style-type: none"> <li>9:00 Morning Mass</li> <li>9:45 Communion in Common</li> <li>10:00 Deep Breathing</li> <li>10:15 Beginners Tai Chi</li> <li>10:30 Valentines Day Trivia</li> <li>10:45 Fun Fact Trivia</li> <li>11:00 Peaceful Pause</li> <li>1:00 Afternoon Delight</li> <li>1:30 Travelogue: China</li> <li>2:00 Afternoon Refreshments</li> <li>2:30 Outdoor Gardening</li> <li>3:15 Bingo!</li> <li>3:45 Spiritual Poetry Reflection</li> <li>6:00 Netflix Documentary</li> </ul> | <ul style="list-style-type: none"> <li>9:00 Morning Mass</li> <li>9:45 Communion in Common</li> <li>10:00 Deep Breathing</li> <li>10:15 Beginners Tai Chi</li> <li>10:30 Valentines Day Trivia</li> <li>10:45 Fun Fact Trivia</li> <li>11:00 Peaceful Pause</li> <li>1:00 Afternoon Delight</li> <li>1:30 Travelogue: China</li> <li>2:00 Afternoon Refreshments</li> <li>2:30 Outdoor Gardening</li> <li>3:15 Bingo!</li> <li>3:45 Spiritual Poetry Reflection</li> <li>6:00 Netflix Documentary</li> </ul> |
| <ul style="list-style-type: none"> <li>9:00 Chair Yoga</li> <li>10:00 Deep Breathing</li> <li>10:30 The Chronicle Reminiscence</li> <li>10:45 Sunday Mass</li> <li>11:00 Show: America's Got Talent</li> <li>12:30 Spa Day</li> <li>2:00 Afternoon Delight</li> <li>2:30 What's Your Favorite Song?</li> <li>3:15 Table Activities: Word Search</li> <li>6:00 Movie: Residents Choice</li> </ul>                            | <ul style="list-style-type: none"> <li>9:00 Morning Mass</li> <li>10:00 News &amp; Nurture</li> <li>10:15 Morning Meditation</li> <li>12:30 Peaceful Pause</li> <li>1:00 Gold Tales</li> <li>1:30 Jewels of Joy</li> <li>2:00 Afternoon Delight</li> <li>2:30 Create &amp; Connect</li> <li>3:15 Flower Arrangements</li> <li>4:30 Virtual Lecture Series &amp; Discussion</li> <li>6:00 Netflix: Elephant Documentary</li> </ul>                   | <ul style="list-style-type: none"> <li>9:00 Morning Mass</li> <li>10:00 Deep Breathing</li> <li>10:15 The Morning Chronicle</li> <li>10:45 Art + Music RA Led</li> <li>11:30 Lunch: Main Dining Room</li> <li>12:30 Reflections</li> <li>1:00 Beginners Sign Language</li> <li>2:00 Afternoon Delight</li> <li>2:30 Laughter Yoga</li> <li>3:00 Community Stroll</li> <li>3:45 Super Bingo!</li> <li>4:00 Prayer Circle</li> <li>6:00 Movie: Musical</li> </ul>         | <ul style="list-style-type: none"> <li>9:00 Morning Mass</li> <li>10:00 News &amp; Nurture</li> <li>10:45 Warm-up &amp; Balloon Toss</li> <li>11:00 Beginners Chair Zumba</li> <li>1:30 Biography: Frank Sinatra</li> <li>2:00 Afternoon Delight</li> <li>2:30 Laughter Yoga</li> <li>3:00 Super Bingo!</li> <li>3:45 Bible Study</li> <li>4:00 Hymns</li> <li>4:00 Food for Body &amp; Spirit</li> <li>6:00 Rosary</li> </ul>       | <ul style="list-style-type: none"> <li>9:00 Morning Mass</li> <li>10:00 News &amp; Nurture</li> <li>10:45 Low Impact Chair Exercise</li> <li>11:00 Community Stroll</li> <li>1:00 Art Appreciation Series &amp; Talk</li> <li>2:00 Live Music w/ Thrush</li> <li>2:30 Community Stroll</li> <li>3:00 Super Bingo!</li> <li>3:45 Worship &amp; Singing</li> <li>4:00 Food for Body &amp; Spirit</li> <li>6:00 Movie: Comedy</li> </ul>   | <ul style="list-style-type: none"> <li>9:00 Morning Mass</li> <li>10:00 News &amp; Nurture</li> <li>10:45 Low Impact Chair Exercise</li> <li>11:00 Community Stroll</li> <li>1:00 Art Appreciation Series &amp; Talk</li> <li>2:00 Happy Hour &amp; Hot Cocoa &amp; Cookies</li> <li>2:30 Picture Reflections &amp; Meaning</li> <li>3:15 Table Games</li> <li>3:45 Prayer Circle</li> <li>4:00 Food for Body &amp; Spirit</li> <li>6:00 Movie: Residents' Choice</li> </ul>       | <ul style="list-style-type: none"> <li>9:00 Morning Mass</li> <li>9:45 Communion in Common</li> <li>10:00 Deep Breathing</li> <li>10:15 Beginners Tai Chi</li> <li>10:30 Valentines Day Trivia</li> <li>10:45 Fun Fact Trivia</li> <li>11:00 Peaceful Pause</li> <li>1:00 Afternoon Refreshments</li> <li>1:30 Travelogue: Spain</li> <li>2:00 Outdoor Gardening</li> <li>3:15 Bingo!</li> <li>3:45 Spiritual Poetry Reflection</li> <li>6:00 Netflix Documentary</li> </ul>                                 | <ul style="list-style-type: none"> &lt;li</ul>   |

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



# February 2026

## Mercy Care Center Life Enrichment Activities Calendar



|   |   |  |   |  |   |  |
|---|---|--|---|--|---|--|
| <ul style="list-style-type: none"> <li>9:00 Low Impact Chair Exercises</li> <li>9:30 News And Discussion</li> <li>10:00 Warm Cup Social</li> <li>10:30 Daily Chronicle</li> <li>10:45 Sunday Mass</li> <li>1:00 Museum Throughout CA &amp; Chat</li> <li>2:00 Black Jack Game</li> <li>3:30 Devotion and Discuss</li> <li>4:00 Fresh Air Stroll</li> </ul>      | <ul style="list-style-type: none"> <li>9:00 Seated Exercises</li> <li>9:30 News And Discussion</li> <li>10:00 Coffee &amp; Chat</li> <li>10:30 Daily Chronicle</li> <li>11:00 Daily Mass- Virtual</li> <li>1:30 Hand Wellness</li> <li>2:30 Table Activities: Dominoes</li> <li>3:00 Crafts: Chinese New Year</li> <li>4:00 Documentary: Black History Month</li> </ul>                         | <ul style="list-style-type: none"> <li>9:00 Beginners Yoga</li> <li>9:30 News And Discussion</li> <li>10:00 Warm Cup Social</li> <li>10:30 Daily Chronicle</li> <li>11:00 Daily Mass- Virtual</li> <li>11:30 Spiritual Check-In w/ Rev. Rebecca</li> <li>1:00 UNO Game</li> <li>2:00 Fresh Air Stroll</li> <li>3:00 Super Bingo</li> <li>4:30 Candlelight Dinner</li> </ul>        | <ul style="list-style-type: none"> <li>9:00 Chair Exercises</li> <li>9:30 News And Discussion</li> <li>10:00 Coffee &amp; Chat</li> <li>10:30 Moving Meditation</li> <li>11:15 Create and Connect</li> <li>1:30 Ice Cream Social</li> <li>2:00 Travelogue: Japan</li> <li>3:00 Laughter Yoga</li> <li>4:00 Daily Chronicle</li> </ul>                                 | <ul style="list-style-type: none"> <li>9:00 Beginners Zumba</li> <li>9:30 News And Discussion</li> <li>10:00 Warm Cup Social</li> <li>10:30 <b>Outing: Shopping</b></li> <li>11:00 Daily Mass- Virtual</li> <li>1:00 Spa Day</li> <li>2:00 Beads and Beyond</li> <li>3:00 Fresh Air Stroll</li> <li>4:00 Beginners Spanish Class</li> <li>5:00 Bingo Bash</li> </ul>   | <ul style="list-style-type: none"> <li>9:00 Lower Body Chair Exercises</li> <li>9:30 News And Discussion</li> <li>10:00 Warm Cup Social</li> <li>11:00 Daily Mass- Virtual</li> <li>11:30 Daily Chronicle</li> <li>1:00 Hymns Sing A-Long</li> <li>2:00 DIY: Facial Scrubs</li> <li>3:00 Movie Night: Viewer's Choice</li> <li>4:00 On this Day</li> </ul>        | <ul style="list-style-type: none"> <li>9:00 Disco Chair Exercises</li> <li>9:30 News And Discussion</li> <li>10:00 Warm Cup Social</li> <li>11:00 Daily Mass- Virtual</li> <li>11:30 Daily Chronicle</li> <li>1:00 Hymns Sing A-Long</li> <li>2:00 DIY: Facial Scrubs</li> <li>3:00 Movie Night: Viewer's Choice</li> <li>4:00 On this Day</li> </ul>    |
| <ul style="list-style-type: none"> <li>9:00 Low Impact Chair Exercises</li> <li>9:30 News And Discussion</li> <li>10:00 Warm Cup Social</li> <li>10:30 Daily Chronicle</li> <li>10:45 Sunday Mass</li> <li>1:00 Museum Throughout CA &amp; Chat</li> <li>2:00 Blackjack Game</li> <li>3:00 <b>Super Bowl Sunday</b></li> <li>4:00 Fresh Air Stroll</li> </ul>   | <ul style="list-style-type: none"> <li>9:00 Seated Exercises</li> <li>9:30 News And Discussion</li> <li>10:00 Coffee &amp; Current Events</li> <li>10:30 Daily Mass-Virtual</li> <li>11:00 <b>Music Therapy w. Hannah</b></li> <li>1:30 Hand Wellness</li> <li>2:00 Table Activities: Dominoes</li> <li>3:00 Crafts: Chinese New Year</li> <li>4:00 Documentary: Black History Month</li> </ul> | <ul style="list-style-type: none"> <li>9:00 Beginners Yoga</li> <li>9:30 News And Discussion</li> <li>10:00 Warm Cup Social</li> <li>10:30 Daily Chronicle</li> <li>11:00 Daily Mass- Virtual</li> <li>11:30 Spiritual Check-In w/ Rev. Rebecca</li> <li>1:30 Crafts: Mardi Grass Mask</li> <li>2:30 Fresh Air Stroll</li> <li>4:00 Super Bingo</li> </ul>                         | <ul style="list-style-type: none"> <li>9:00 Chair Exercises</li> <li>9:30 News And Discussion</li> <li>10:00 Warm Cup Social</li> <li>10:30 Daily Chronicle</li> <li>11:00 Daily Mass- Virtual</li> <li>11:15 Create and Connect</li> <li>1:30 Ice Cream Social</li> <li>2:00 Travelogue: Spain</li> <li>3:00 Laughter Yoga</li> <li>4:00 Daily Chronicle</li> </ul>  | <ul style="list-style-type: none"> <li>9:00 Beginners Zumba</li> <li>9:30 News And Discussion</li> <li>10:00 Warm Cup Social</li> <li>10:30 <b>Resident Council Meeting</b></li> <li>11:00 Daily Mass- Virtual</li> <li>10:30 Daily Chronicle</li> <li>1:30 Mindful Coloring</li> <li>2:30 Beads and Beyond</li> <li>3:30 Fresh Air Stroll</li> <li>4:00 Beginners Spanish Class</li> <li>5:00 Karaoke Party!</li> </ul> | <ul style="list-style-type: none"> <li>9:00 Lower Body Chair Exercises</li> <li>9:30 News And Discussion</li> <li>10:00 Warm Cup Social</li> <li>10:30 Daily Mass- Virtual</li> <li>11:00 Daily Chronicle</li> <li>1:00 Spiritual Poetry and Response</li> <li>2:00 Chinese New Year Party</li> <li>3:00 Galentine's SPA DAY</li> <li>4:00 On this Day</li> </ul> | <ul style="list-style-type: none"> <li>9:00 Disco Chair Exercises</li> <li>9:30 News And Discussion</li> <li>10:00 Warm Cup Social</li> <li>11:00 Daily Mass- Virtual</li> <li>11:30 Daily Chronicle</li> <li>1:00 Hymns Sing A-Long</li> <li>2:00 DIY: Facial Scrubs</li> <li>3:00 Valentine's Party &amp; Karaoke</li> <li>4:00 On this Day</li> </ul> |
| <ul style="list-style-type: none"> <li>9:00 Low Impact Chair Exercises</li> <li>9:30 News And Discussion</li> <li>10:00 Warm Cup Social</li> <li>10:30 Daily Chronicle</li> <li>10:45 Sunday Mass</li> <li>1:00 Museum Throughout CA &amp; Chat</li> <li>2:00 <b>Angel Harpist</b></li> <li>3:30 Devotion and Discuss</li> <li>4:00 Fresh Air Stroll</li> </ul> | <ul style="list-style-type: none"> <li>9:00 Seated Exercises</li> <li>9:30 News And Discussion</li> <li>10:00 Coffee &amp; Chat</li> <li>10:30 Daily Chronicle</li> <li>11:00 Daily Mass- Virtual</li> <li>1:30 Hand Wellness</li> <li>2:30 Table Activities: Dominoes</li> <li>3:00 Crafts: Chinese New Year</li> <li>4:00 Documentary: Black History Month</li> </ul>                         | <ul style="list-style-type: none"> <li>9:00 Beginners Yoga</li> <li>9:30 News And Discussion</li> <li>10:00 Warm Cup Social</li> <li>10:30 Daily Chronicle</li> <li>11:00 Daily Mass- Virtual</li> <li>11:30 Spiritual Check-In</li> <li>1:30 Movie Matinee</li> <li>3:00 Mardi Gras Party</li> <li>4:00 Super Bingo</li> </ul>  | <ul style="list-style-type: none"> <li>9:00 Chair Exercises</li> <li>9:30 News And Discussion</li> <li>10:00 Warm Cup Social</li> <li>10:30 Daily Chronicle</li> <li>11:00 Daily Mass- Virtual</li> <li>11:15 Create and Connect</li> <li>1:30 Ice Cream Social</li> <li>2:00 Travelogue: France</li> <li>3:00 Laughter Yoga</li> <li>4:00 Daily Chronicle</li> </ul> | <ul style="list-style-type: none"> <li>9:00 Beginners Zumba</li> <li>9:30 News And Discussion</li> <li>10:00 Warm Cup Social</li> <li>10:30 <b>Ash Wednesday</b></li> <li>11:00 Daily Mass- Virtual</li> <li>1:30 Mindful Coloring</li> <li>2:30 Beads and Beyond</li> <li>3:30 Fresh Air Stroll</li> <li>4:00 Birthday Celebration</li> <li>5:00 Movie and Snacks!</li> </ul>   | <ul style="list-style-type: none"> <li>9:00 Lower Body Chair Exercises</li> <li>9:30 News And Discussion</li> <li>10:00 Warm Cup Social</li> <li>10:30 Daily Chronicle</li> <li>11:00 Daily Chronicle</li> <li>1:00 Spiritual Poetry and Response</li> <li>2:00 Chinese New Year Party</li> <li>3:00 Beginners Improv</li> <li>4:00 On this Day</li> </ul>        | <ul style="list-style-type: none"> <li>9:00 Disco Chair Exercises</li> <li>9:30 News And Discussion</li> <li>10:00 Warm Cup Social</li> <li>11:00 Daily Mass- Virtual</li> <li>11:30 Daily Chronicle</li> <li>1:00 Hymns Sing A-Long</li> <li>2:00 DIY: Hair Mask</li> <li>3:00 Movie Night: Viewer's Choice</li> <li>4:00 On this Day</li> </ul>        |
| <ul style="list-style-type: none"> <li>9:00 Low Impact Chair Exercises</li> <li>9:30 News And Discussion</li> <li>10:00 Warm Cup Social</li> <li>10:30 Daily Chronicle</li> <li>10:45 Sunday Mass</li> <li>1:00 Museum Throughout CA &amp; Chat</li> <li>2:00 Blackjack Game</li> <li>3:30 Devotion and Discuss</li> <li>4:00 Fresh Air Stroll</li> </ul>       | <ul style="list-style-type: none"> <li>9:00 Seated Exercises</li> <li>9:30 News And Discussion</li> <li>10:00 Coffee &amp; Current Events</li> <li>10:30 Daily Mass-Virtual</li> <li>11:00 <b>Music Therapy w. Hannah</b></li> <li>1:30 Hand Wellness</li> <li>2:00 Table Activities: Dominoes</li> <li>3:00 Crafts: Chinese New Year</li> <li>4:00 Documentary: Black History Month</li> </ul> | <ul style="list-style-type: none"> <li>9:30 News And Discussion</li> <li>10:00 <b>Tai Chi w. Sky</b></li> <li>10:30 <b>Warm Cup Social</b></li> <li>10:30 Daily Chronicle</li> <li>11:00 Daily Mass- Virtual</li> <li>1:30 Hand Wellness</li> <li>2:00 Table Activities: Dominoes</li> <li>3:00 Crafts: Chinese New Year</li> <li>4:00 Documentary: Black History Month</li> </ul> | <ul style="list-style-type: none"> <li>9:00 Chair Exercises</li> <li>9:30 News And Discussion</li> <li>10:00 Coffee &amp; Chat</li> <li>10:30 Moving Meditation</li> <li>11:15 Create and Connect</li> <li>1:30 Ice Cream Social</li> <li>2:00 Movie Matinee</li> <li>3:30 Fresh Air Stroll</li> <li>4:00 Super Bingo</li> </ul>                                      | <ul style="list-style-type: none"> <li>9:00 Beginners Zumba</li> <li>9:30 News And Discussion</li> <li>10:00 Warm Cup Social</li> <li>10:30 Daily Chronicle</li> <li>11:00 Daily Mass- Virtual</li> <li>11:15 Create and Connect</li> <li>1:30 Ice Cream Social</li> <li>2:00 <b>A Taste of... w. David</b></li> <li>3:00 Laughter Yoga</li> <li>4:00 Daily Chronicle</li> </ul>   | <ul style="list-style-type: none"> <li>9:00 Lower Body Chair Exercises</li> <li>9:30 News And Discussion</li> <li>10:00 Warm Cup Social</li> <li>10:30 Daily Chronicle</li> <li>11:00 Daily Chronicle</li> <li>1:00 Spiritual Poetry and Response</li> <li>2:00 Chinese New Year Party</li> <li>3:00 Beginners Improv</li> <li>4:00 On this Day</li> </ul>        | <ul style="list-style-type: none"> <li>9:00 Disco Chair Exercises</li> <li>9:30 News And Discussion</li> <li>10:00 Warm Cup Social</li> <li>11:00 Daily Mass- Virtual</li> <li>11:30 Daily Chronicle</li> <li>1:00 Hymns Sing A-Long</li> <li>2:00 DIY: Face Mask</li> <li>3:00 Movie Night: Viewer's Choice</li> <li>4:00 On this Day</li> </ul>        |

● Intellectual   ● Purposeful   ● Emotional   ● Environmental   ● Social   ● Physical   ● Spiritual   ● Creative