







Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <div> <h1>January 2026</h1>  <h2>Assisted Living Neighborhood</h2> <h3>Life Enrichment Activities Calendar</h3> </div>				<div> <div> 9:00 Coffee &amp; Chat  10:15 Upper Body Chair Exercises  10:45 <b>Holy Day Mass</b>  <b>Solemnity of Mother Mary, Mother of God</b>  1:00 Afternoon Voices  1:30 Tech Lab -Tabletops  2:30 Resident-led Canasta  2:30 Tech Lab - Small Devices  3:30 Spiritual Poetry Reflection  4:30 <b>Discussion: New Year's Day</b>  5:00 Movie Night </div> <div>1</div> </div>	<div> <div> 9:00 Coffee &amp; Chat  9:30 Daily Mass  10:15 Moving Meditation  1:15 Study the Masters  2:00 First Friday Adoration  2:15 Create &amp; Connect  3:15 Happy Hour  4:15 Practicing Gratitude  5:00 Movie Night  6:00 Resident-led Poker </div> <div>2</div> </div>	<div> <div> 9:00 Coffee &amp; Chat  10:00 Chair Tai Chi  10:45 Prayer Circle  1:00 Chapters of My Life  2:15 Community Stroll  2:15 Dilexi Te Discussion  3:15 UNO Card Game  4:15 Beginners Improv  5:00 Movie Night </div> <div>3</div> </div>
<div> <div> 10:45 Sunday Mass  11:15 My Life Story  1:00 Ballet Barre for Balance  2:00 Community Connection  3:00 Music Appreciation  4:15 Discussion of the Homily  5:00 Movie Night </div> <div>4</div> </div>	<div> <div> 9:00 Coffee &amp; Chat  9:30 Daily Mass  10:15 Slow Stretching Exercises  11:00 Trivia  1:15 Drum Circle  2:30 Bingo in the Bistro  3:00 Meditation Group w. Rev. Rebecca  3:15 Media Help  3:30 Outdoor Area Care  4:00 Creative Writing  5:00 Movie Night </div> <div>5</div> </div>	<div> <div> 9:00 Coffee &amp; Chat  9:30 Daily Mass  10:15 Mind-Body United  10:45 <b>LE Planning Meeting</b>  1:00 Mercy Choir  2:00 TED Talk and Discussion  2:00 Experimenting Drawing  3:30 Eco-Creations 3D  4:30 <b>Candlelight Dinner</b> </div> <div>6</div> </div>	<div> <div> 9:00 Coffee &amp; Chat  9:30 Daily Mass  10:45 <b>Greg on Cardio for Seniors</b>  11:00 <b>Ambassador Meeting</b>  1:00 Musical Mirrors  2:00 Printing Workshop  3:00 Resident-led Rosary  3:30 Diving into Religion  4:30 Scrapbooking  5:00 Movie Night </div> <div>7</div> </div>	<div> <div> 9:00 Coffee &amp; Chat  9:30 Daily Mass  10:15 <b>Excursion: Oakland Museum</b>  11:00 Upper Body Chair Exercises  1:00 Afternoon Voices  1:30 Tech Lab -Tabletops  2:30 Resident-led Canasta  2:30 Tech Lab -Small Devices  3:30 Spiritual Poetry Reflection  4:30 Discussion: Battle of New Orleans  5:00 Movie Night </div> <div>8</div> </div>	<div> <div> 9:00 Coffee &amp; Chat  9:30 Daily Mass  10:15 Moving Meditation  1:15 Study the Masters  2:15 Create &amp; Connect  3:15 Happy Hour  4:15 Practicing Gratitude  5:00 Movie Night  6:00 Resident-led Poker </div> <div>9</div> </div>	<div> <div> 9:00 Coffee &amp; Chat  10:00 Chair Tai Chi  10:45 Prayer Circle  1:00 Chapters of My Life  2:15 Community Stroll  2:15 Dilexi Te Discussion  3:15 UNO Card Game  4:15 Beginners Improv  5:00 Movie Night </div> <div>10</div> </div>
<div> <div> 10:45 Sunday Mass  11:15 My Life Story  1:00 Ballet Barre for Balance  2:00 Community Connection  3:00 Music Appreciation  4:15 Discussion of the Homily  5:00 Movie Night </div> <div>11</div> </div>	<div> <div> 9:00 Coffee &amp; Chat  9:30 Daily Mass  10:15 Upper Body Chair Exercises  11:00 Indigenous People's Arts  1:15 Drum Circle  2:30 Bingo in the Bistro  3:00 Meditation Group w. Rev. Rebecca  3:15 Media Help  3:30 Tea Time with Friends  5:00 Movie Night </div> <div>12</div> </div>	<div> <div> 9:00 Coffee &amp; Chat  9:30 Daily Mass  10:15 Mind-Body United  1:00 Mercy Choir  1:30 Best Life Over Dessert Educational Series and Discussion  1:30 <b>Cooking Demo W. Steven</b>  2:00 Hymn Sing  2:00 Experimenting Drawing  3:30 Lumina Glass Creations </div> <div>13</div> </div>	<div> <div> 9:00 Coffee &amp; Chat  9:30 Daily Mass  10:15 Classical &amp; Movement  1:00 Writer's Workshop  1:30 Prayers for Peace  2:00 Book Binding  3:00 Rosary W. Carlos  3:30 Diving into Religion  4:30 Improv Beginners Class  5:00 Movie Night </div> <div>14</div> </div>	<div> <div> 9:00 Coffee &amp; Chat  9:30 Daily Mass  10:15 Upper Body Chair Exercises  11:30 <b>Resident Birthday Lunch</b>  1:00 Afternoon Voices  1:30 Tech Lab -Tabletops  2:00 Hymn Sing  2:30 Resident-led Canasta  2:30 Tech Lab -Small Devices  03:30 Cribbage  4:30 Discussion: Martin Luther King's  5:00 Movie Night </div> <div>15</div> </div>	<div> <div> 9:00 Coffee &amp; Chat  9:30 Daily Mass  10:15 Moving Meditation  1:15 Study the Masters  2:15 Create &amp; Connect  3:15 Happy Hour  4:15 Practicing Gratitude  5:00 Movie Night  6:00 Resident-led Poker </div> <div>16</div> </div>	<div> <div> 9:00 Coffee &amp; Chat  10:00 Chair Tai Chi  10:45 Prayer Circle  1:00 Chapters of My Life  2:15 Community Stroll  2:15 Dilexi Te Discussion  3:15 UNO Card Game  4:15 Beginners Improv  5:00 Movie Night </div> <div>17</div> </div>
<div> <div> 10:45 Sunday Mass  11:15 My Life Story  1:00 Ballet Barre for Balance  2:00 Community Connection  3:00 Music Appreciation  4:15 Discussion of the Homily  5:00 Movie Night </div> <div>18</div> </div>	<div> <div> 9:00 Coffee &amp; Chat  9:30 Daily Mass  10:15 Slow Stretching Exercises  11:00 Trivia  1:15 Drum Circle  2:30 Bingo in the Bistro  3:00 Meditation Group w. Rev. Rebecca  3:00 <b>Martin Luther King Jr.: Life &amp; History</b>  4:00 Creative Writing  5:00 Movie Night </div> <div>19</div> </div>	<div> <div> 9:00 Coffee &amp; Chat  9:30 Daily Mass  10:10 <b>Resident Council</b>  10:15 Mind-Body United  11:30 <b>Stir Fry Station</b>  1:00 <b>Maintenance &amp; Housekeeping Forum</b>  1:00 Mercy Choir  1:30 Prayers for Peace  2:00 TED Talk and Discussion  2:00 Experimenting Drawing  3:30 Eco-Creations 3D  5:00 Movie Night </div> <div>20</div> </div>	<div> <div> 9:00 Coffee &amp; Chat  9:30 Daily Mass  10:45 <b>Exercise with Greg</b>  11:00 Prayer for Peace  1:00 Musical Mirrors  2:00 Printing Workshop  2:00 <b>Food Forum</b>  3:00 Rosary  3:30 Diving into Religion  4:30 Scrapbooking  5:00 Movie Night </div> <div>21</div> </div>	<div> <div> 9:00 Coffee &amp; Chat  9:30 Daily Mass  10:15 <b>Excursion: Animal Shelter Visit</b>  11:00 Upper Body Chair Exercises  1:00 Afternoon Voices  1:30 Tech Lab -Tabletops  2:00 Hymn Sing  2:30 Resident-led Canasta  3:30 Spiritual Poetry Reflection  4:30 Discussion: Roe V. Wade  5:00 Movie Night </div> <div>22</div> </div>	<div> <div> 9:00 Coffee &amp; Chat  9:30 Daily Mass  10:15 Moving Meditation  1:15 Study the Masters  2:15 Create &amp; Connect  3:15 Happy Hour  4:15 Practicing Gratitude  5:00 Movie Night  6:00 Resident-led Poker </div> <div>23</div> </div>	<div> <div> 9:00 Coffee &amp; Chat  10:00 Chair Tai Chi  10:45 Prayer Circle  1:00 Chapters of My Life  2:15 Community Stroll  2:15 Dilexi Te Discussion  3:15 UNO Card Game  4:15 Beginners Improv  5:00 Movie Night </div> <div>24</div> </div>
<div> <div> 10:45 Sunday Mass  11:15 My Life Story  1:00 Ballet Barre for Balance  2:00 XYZ Women's Group High Tea  3:00 Music Appreciation  4:15 Discussion of the Homily  5:00 Movie Night </div> <div>25</div> </div>	<div> <div> 9:00 Coffee &amp; Chat  9:30 Daily Mass  10:15 Upper Body Chair Exercises  11:00 Indigenous People's Arts  1:15 Drum Circle  2:30 Bingo in the Bistro  3:00 Meditation Group w. Rev. Rebecca  3:15 Media Help  3:30 Tea Time w. Friends  5:00 Movie Night </div> <div>26</div> </div>	<div> <div> 9:00 Coffee &amp; Chat  9:30 Daily Mass  10:15 Mind-Body United  1:00 Mercy Choir  2:00 Experimenting Drawing  2:30 Hymn Sing  3:30 Lumina Glass Creations  5:00 Movie Night </div> <div>27</div> </div>	<div> <div> 9:00 Coffee &amp; Chat  9:30 Daily Mass  10:15 Classical &amp; Movement  1:00 Writer's Workshop  2:00 Book Binding  2:30 <b>Town Hall</b>  3:00 Rosary w. Carlos  3:30 <b>New Resident Party</b>  4:30 Improv Beginners Class  5:00 Movie Night </div> <div>28</div> </div>	<div> <div> 9:00 Coffee &amp; Chat  9:30 Daily Mass  11:00 Upper Body Chair Exercises  1:30 Tech Lab -Tabletops  2:00 Hymn Sing  2:30 Resident-led Canasta  3:30 Cribbage  4:30 Discussion: "The Raven" by E.A.P.  5:00 Movie Night </div> <div>29</div> </div>	<div> <div> 9:00 Coffee &amp; Chat  9:30 Daily Mass  10:15 Moving Meditation  1:15 Study the Masters  2:15 Create &amp; Connect  3:15 Happy Hour  4:15 Practicing Gratitude  5:00 Movie Night  6:00 Resident-led Poker </div> <div>30</div> </div>	<div> <div> 9:00 Coffee &amp; Chat  10:00 Chair Tai Chi  10:45 Prayer Circle  1:00 Chapters of My Life  2:15 Community Stroll  2:15 Dilexi Te Discussion  3:15 UNO Card Game  4:15 Beginners Improv  5:00 Movie Night </div> <div>31</div> </div>

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div><h1>January 2026</h1><div><h2>Mercy Retirement &amp; CARE CENTER</h2></div><h3>Oasis Memory Care Neighborhood</h3><h3>Life Enrichment Activities Calendar</h3></div> <div></div>				<div><div><div>● 09:00 Morning Mass</div><div>● 10:00 News &amp; Nurture</div><div>● 10:30 Beginners Chair Zumba</div><div>● 11:00 New Year Goals and Discussions</div><div>● 11:30 Lunch: On the Patio</div><div>● 01:00 Art Appreciation Series &amp; Talk</div><div>● 02:00 Live Music w/ Thrush</div><div>● 02:30 Community Stroll</div><div>● 03:00 Super Bingo!</div><div>● 04:00 Food for Body &amp; Spirit w/ Carlos</div><div>● 06:00 Movie: Comedy</div></div><div>1</div></div> <div>New Years Day</div>	<div><div><div>● 09:00 Morning Mass</div><div>● 10:00 News &amp; Nurture</div><div>● 10:45 Low Impact Chair Exercise</div><div>● 12:30 Calming the Soul</div><div>● 01:00 Let's Discover New Customs</div><div>● 02:00 Happy Hour &amp; Karaoke</div><div>● 02:30 Picture Reflections &amp; Meaning</div><div>● 03:15 Communion in Common</div><div>● 04:00 Food for Body &amp; Spirit w/ Carlos</div><div>● 06:00 Movie: Residents Choice</div></div><div>2</div></div> <div>09:00 Morning Mass 10:00 News &amp; Nurture 10:45 Low Impact Chair Exercise 12:30 Calming the Soul 01:00 Let's Discover New Customs 02:00 Happy Hour &amp; Karaoke 02:30 Picture Reflections &amp; Meaning 03:15 Communion in Common 04:00 Food for Body &amp; Spirit w/ Carlos 06:00 Movie: Residents Choice</div>	<div><div><div>● 09:45 Communion in Common</div><div>● 10:00 Deep Breathing</div><div>● 10:30 Beginners Tai Chi</div><div>● 11:00 Life Reflection &amp; Joy</div><div>● 01:00 Hymns Sing A-long</div><div>● 02:00 Afternoon Refreshments</div><div>● 02:30 Finish the Phrase</div><div>● 03:15 Bingo!</div><div>● 04:00 Food for Body &amp; Spirit w/ Carlos</div><div>● 06:00 Documentary: Pope Leo</div></div><div>3</div></div> <div>09:45 Communion in Common 10:00 Deep Breathing 10:30 Beginners Tai Chi 11:00 Life Reflection &amp; Joy 01:00 Hymns Sing A-long 02:00 Afternoon Refreshments 02:30 Finish the Phrase 03:15 Bingo! 04:00 Food for Body &amp; Spirit w/ Carlos 06:00 Documentary: Pope Leo</div>
<div><div><div>● 09:00 Chair Yoga</div><div>● 10:00 News &amp; Nurture</div><div>● 10:30 The Chronicle Reminiscence</div><div>● 10:45 Sunday Mass</div><div>● 12:30 Doc: New Years Goals</div><div>● 02:00 Afternoon Delight</div><div>● 02:30 Spa Day</div><div>● 03:15 What's Your Favorite Song?</div><div>● 03:45 Table Activities: Word Search</div><div>● 06:00 Movie: Residents Choice</div></div><div>4</div></div> <div>09:00 Chair Yoga 10:00 News &amp; Nurture 10:30 The Chronicle Reminiscence 10:45 Sunday Mass 12:30 Doc: New Years Goals 02:00 Afternoon Delight 02:30 Spa Day 03:15 What's Your Favorite Song? 03:45 Table Activities: Word Search 06:00 Movie: Residents Choice</div>	<div><div><div>● 09:00 Morning Mass</div><div>● 10:00 Breath Work</div><div>● 10:30 Moving Meditation</div><div>● 12:30 Peaceful Pause</div><div>● 01:00 Echoes &amp; Stories</div><div>● 01:30 Voices of Memory</div><div>● 02:00 Afternoon Refreshments</div><div>● 03:00 Create &amp; Connect</div><div>● 03:45 Flower Arrangements</div><div>● 04:30 Virtual Lecture Series and Discussion</div><div>● 06:00 Netflix: Life on Our Planet</div></div><div>5</div></div> <div>09:00 Morning Mass 10:00 Breath Work 10:30 Moving Meditation 12:30 Peaceful Pause 01:00 Echoes &amp; Stories 01:30 Voices of Memory 02:00 Afternoon Refreshments 03:00 Create &amp; Connect 03:45 Flower Arrangements 04:30 Virtual Lecture Series and Discussion 06:00 Netflix: Life on Our Planet</div>	<div><div><div>● 09:00 Morning Mass</div><div>● 10:00 News &amp; Nurture</div><div>● 10:45 Mindful Movement w. Scarves</div><div>● 11:00 Life Reflection &amp; Joy</div><div>● 01:00 Beginners Spanish Class</div><div>● 02:00 Afternoon Delight</div><div>● 02:30 Community Stroll</div><div>● 03:00 Super Bingo!</div><div>● 04:00 Food for Body &amp; Spirit w / Carlos</div><div>● 04:30 Candle Light Dinning</div><div>● 06:00 Movie: Musical</div></div><div>6</div></div> <div>09:00 Morning Mass 10:00 News &amp; Nurture 10:45 Mindful Movement w. Scarves 11:00 Life Reflection &amp; Joy 01:00 Beginners Spanish Class 02:00 Afternoon Delight 02:30 Community Stroll 03:00 Super Bingo! 04:00 Food for Body &amp; Spirit w / Carlos 04:30 Candle Light Dinning 06:00 Movie: Musical</div>	<div><div><div>● 09:00 Morning Mass</div><div>● 10:00 Deep Breathing</div><div>● 10:45 Warm-up &amp; Balloon Toss</div><div>● 12:30 Peaceful Pause</div><div>● 01:30 Bio on: Elvis Presley</div><div>● 02:00 Afternoon Refreshments</div><div>● 02:00 Laughter Yoga</div><div>● 03:00 Bible Study</div><div>● 03:45 Hymns w. Sr. Maria</div><div>● 04:00 Food for Body &amp; Spirit w / Carlos</div><div>● 06:00 Rosary</div></div><div>7</div></div> <div>09:00 Morning Mass 10:00 Deep Breathing 10:45 Warm-up &amp; Balloon Toss 12:30 Peaceful Pause 01:30 Bio on: Elvis Presley 02:00 Afternoon Refreshments 02:00 Laughter Yoga 03:00 Bible Study 03:45 Hymns w. Sr. Maria 04:00 Food for Body &amp; Spirit w / Carlos 06:00 Rosary</div>	<div><div><div>● 09:00 Morning Mass</div><div>● 10:00 Nourish &amp; Nurture</div><div>● 10:15 Morning Gathering</div><div>● 10:30 Beginners Chair Zumba</div><div>● 12:30 Peaceful Pause</div><div>● 01:00 Art Appreciation Series &amp; Talk</div><div>● 02:00 Live Music w/ Thrush</div><div>● 02:30 Community Stroll</div><div>● 03:00 Super Bingo!</div><div>● 04:00 Food for Body &amp; Spirit w/ Carlos</div><div>● 06:00 Movie: Comedy</div></div><div>8</div></div> <div>09:00 Morning Mass 10:00 Nourish &amp; Nurture 10:15 Morning Gathering 10:30 Beginners Chair Zumba 12:30 Peaceful Pause 01:00 Art Appreciation Series &amp; Talk 02:00 Live Music w/ Thrush 02:30 Community Stroll 03:00 Super Bingo! 04:00 Food for Body &amp; Spirit w/ Carlos 06:00 Movie: Comedy</div>	<div><div><div>● 09:00 Morning Mass</div><div>● 10:00 News &amp; Nurture</div><div>● 10:45 Low Impact Chair Exercise</div><div>● 11:00 Community Stroll</div><div>● 12:30 Calming the Soul</div><div>● 01:00 Let's Discover New Customs</div><div>● 02:00 Happy Hour &amp; Hot Cocoa &amp; Cookies</div><div>● 02:30 Picture Reflections &amp; Meaning</div><div>● 03:15 Communion in Common</div><div>● 04:00 Food for Body &amp; Spirit w/ Carlos</div><div>● 06:00 Movie: Residents' Choice</div></div><div>9</div></div> <div>09:00 Morning Mass 10:00 News &amp; Nurture 10:45 Low Impact Chair Exercise 11:00 Community Stroll 12:30 Calming the Soul 01:00 Let's Discover New Customs 02:00 Happy Hour &amp; Hot Cocoa &amp; Cookies 02:30 Picture Reflections &amp; Meaning 03:15 Communion in Common 04:00 Food for Body &amp; Spirit w/ Carlos 06:00 Movie: Residents' Choice</div>	<div><div><div>● 09:00 Morning Mass</div><div>● 10:00 Deep Breathing</div><div>● 10:15 Beginners Tai Chi</div><div>● 11:00 Trivia: History</div><div>● 12:30 Peaceful Pause</div><div>● 01:00 Hymns Sing A-long</div><div>● 01:30 Travelogue: Australia</div><div>● 02:00 Afternoon Delight</div><div>● 02:30 Outdoor Gardening</div><div>● 03:15 Bingo!</div><div>● 04:00 Food for Body &amp; Spirit w/ Carlos</div><div>● 06:00 Netflix Documentary</div></div><div>10</div></div> <div>09:00 Morning Mass 10:00 Deep Breathing 10:15 Beginners Tai Chi 11:00 Trivia: History 12:30 Peaceful Pause 01:00 Hymns Sing A-long 01:30 Travelogue: Australia 02:00 Afternoon Delight 02:30 Outdoor Gardening 03:15 Bingo! 04:00 Food for Body &amp; Spirit w/ Carlos 06:00 Netflix Documentary</div>
<div><div><div>● 09:00 Chair Yoga</div><div>● 10:00 Deep Breathing</div><div>● 10:30 The Chronicle Reminiscence</div><div>● 10:45 Sunday Mass</div><div>● 12:30 Show: America's Got Talent</div><div>● 01:30 Fun with Art!</div><div>● 02:00 Afternoon Delight</div><div>● 02:30 Spa Day</div><div>● 03:15 What's Your Favorite Song?</div><div>● 03:45 Table Activities: Word Search</div><div>● 06:00 Movie: Residents Choice</div></div><div>11</div></div> <div>09:00 Chair Yoga 10:00 Deep Breathing 10:30 The Chronicle Reminiscence 10:45 Sunday Mass 12:30 Show: America's Got Talent 01:30 Fun with Art! 02:00 Afternoon Delight 02:30 Spa Day 03:15 What's Your Favorite Song? 03:45 Table Activities: Word Search 06:00 Movie: Residents Choice</div>	<div><div><div>● 09:00 Morning Mass</div><div>● 10:00 Music Therapy w. Hannah</div><div>● 11:00 Community Stroll</div><div>● 12:30 Peaceful Pause</div><div>● 01:00 Gold Tales</div><div>● 01:30 Jewels of Joy</div><div>● 02:00 Afternoon Delight</div><div>● 03:00 Create &amp; Connect</div><div>● 03:45 Flower Arrangements</div><div>● 04:30 Virtual Lecture Series and Discussion</div><div>● 06:00 Netflix: Life on Our Planet</div></div><div>12</div></div> <div>09:00 Morning Mass 10:00 Music Therapy w. Hannah 11:00 Community Stroll 12:30 Peaceful Pause 01:00 Gold Tales 01:30 Jewels of Joy 02:00 Afternoon Delight 03:00 Create &amp; Connect 03:45 Flower Arrangements 04:30 Virtual Lecture Series and Discussion 06:00 Netflix: Life on Our Planet</div>	<div><div><div>● 09:00 Morning Mass</div><div>● 10:00 Deep Breathing</div><div>● 10:15 Morning Gathering</div><div>● 10:45 Mindful Movement w. Scarves</div><div>● 12:30 Reflections</div><div>● 01:00 Beginners Spanish Class</div><div>● 02:00 Afternoon Refreshments</div><div>● 02:30 Community Stroll</div><div>● 03:00 Super Bingo!</div><div>● 04:00 Food for Body &amp; Spirit w/ Carlos</div><div>● 06:00 Movie: Musical</div></div><div>13</div></div> <div>09:00 Morning Mass 10:00 Deep Breathing 10:15 Morning Gathering 10:45 Mindful Movement w. Scarves 12:30 Reflections 01:00 Beginners Spanish Class 02:00 Afternoon Refreshments 02:30 Community Stroll 03:00 Super Bingo! 04:00 Food for Body &amp; Spirit w/ Carlos 06:00 Movie: Musical</div>	<div><div><div>● 09:00 Morning Mass</div><div>● 10:00 News &amp; Nurture</div><div>● 10:45 Warm-up &amp; Balloon Toss</div><div>● 11:00 Community Stroll</div><div>● 12:30 Peaceful Pause</div><div>● 01:30 Bio on: Alexander Hamilton</div><div>● 02:00 Afternoon Delight</div><div>● 02:00 Laughter Yoga</div><div>● 03:00 Bible Study</div><div>● 03:45 Hymns w. Sr. Maria</div><div>● 04:00 Food for Body &amp; Spirit w / Carlos</div><div>● 06:00 Rosary</div></div><div>14</div></div> <div>09:00 Morning Mass 10:00 News &amp; Nurture 10:45 Warm-up &amp; Balloon Toss 11:00 Community Stroll 12:30 Peaceful Pause 01:30 Bio on: Alexander Hamilton 02:00 Afternoon Delight 02:00 Laughter Yoga 03:00 Bible Study 03:45 Hymns w. Sr. Maria 04:00 Food for Body &amp; Spirit w / Carlos 06:00 Rosary</div>	<div><div><div>● 09:00 Morning Mass</div><div>● 10:00 News &amp; Nurture</div><div>● 10:15 Chronicle and Conversation</div><div>● 10:30 Outing: Nature Scenic Drive</div><div>● 11:00 Life Reflections &amp; Joy</div><div>● 01:00 Art Appreciation Series &amp; Talk</div><div>● 02:00 Birthday Celebration</div><div>● 03:00 Super Bingo!</div><div>● 04:00 Food for Body &amp; Spirit w/ Carlos</div><div>● 06:00 Movie: Comedy</div></div><div>15</div></div> <div>09:00 Morning Mass 10:00 News &amp; Nurture 10:15 Chronicle and Conversation 10:30 Outing: Nature Scenic Drive 11:00 Life Reflections &amp; Joy 01:00 Art Appreciation Series &amp; Talk 02:00 Birthday Celebration 03:00 Super Bingo! 04:00 Food for Body &amp; Spirit w/ Carlos 06:00 Movie: Comedy</div>	<div><div><div>● 09:00 Morning Mass</div><div>● 10:00 News &amp; Nurture</div><div>● 10:45 Low Impact Chair Exercise</div><div>● 12:30 Peaceful Pause</div><div>● 01:00 Let's Discover New Customs</div><div>● 02:00 Happy Hour &amp; Karaoke</div><div>● 02:30 Picture Reflection &amp; Meaning</div><div>● 03:15 Table Games</div><div>● 04:00 Food for Body &amp; Spirit w/ Carlos</div><div>● 06:00 Movie: Residents' Choice</div></div><div>16</div></div> <div>09:00 Morning Mass 10:00 News &amp; Nurture 10:45 Low Impact Chair Exercise 12:30 Peaceful Pause 01:00 Let's Discover New Customs 02:00 Happy Hour &amp; Karaoke 02:30 Picture Reflection &amp; Meaning 03:15 Table Games 04:00 Food for Body &amp; Spirit w/ Carlos 06:00 Movie: Residents' Choice</div>	<div><div><div>● 09:00 Morning Mass &amp; Communion in Common</div><div>● 10:00 Deep Breathing</div><div>● 10:15 Beginners Tai Chi</div><div>● 11:00 Trivia: Automobile</div><div>● 12:30 Peaceful Pause</div><div>● 01:00 Hymns Sing A-Long</div><div>● 01:30 Travelogue: China</div><div>● 02:00 Social Hour &amp; Music</div><div>● 02:30 Outdoor Gardening</div><div>● 03:15 Bingo!</div><div>● 04:00 Food for Body &amp; Spirit w/ Carlos</div><div>● 06:00 Netflix Documentary</div></div><div>17</div></div> <div>09:00 Morning Mass &amp; Communion in Common 10:00 Deep Breathing 10:15 Beginners Tai Chi 11:00 Trivia: Automobile 12:30 Peaceful Pause 01:00 Hymns Sing A-Long 01:30 Travelogue: China 02:00 Social Hour &amp; Music 02:30 Outdoor Gardening 03:15 Bingo! 04:00 Food for Body &amp; Spirit w/ Carlos 06:00 Netflix Documentary</div>
<div><div><div>● 09:00 Chair Yoga</div><div>● 10:00 Deep Breathing</div><div>● 10:30 The Chronicle Reminiscence</div><div>● 10:45 Sunday Mass</div><div>● 12:30 Show: America's Got Talent</div><div>● 02:00 Afternoon Delight</div><div>● 02:30 Spa Day</div><div>● 03:15 What's Your Favorite Song?</div><div>● 03:45 Table Activities: Word Search</div><div>● 06:00 Movie: Residents Choice</div></div><div>18</div></div> <div>09:00 Chair Yoga 10:00 Deep Breathing 10:30 The Chronicle Reminiscence 10:45 Sunday Mass 12:30 Show: America's Got Talent 02:00 Afternoon Delight 02:30 Spa Day 03:15 What's Your Favorite Song? 03:45 Table Activities: Word Search 06:00 Movie: Residents Choice</div>	<div><div><div>● 09:00 Morning Mass</div><div>● 10:00 Breath Work</div><div>● 10:30 Moving Meditation</div><div>● 12:30 Peaceful Pause</div><div>● 01:00 Echoes &amp; Stories</div><div>● 01:30 Voices of Memory</div><div>● 02:00 Afternoon Refreshments</div><div>● 03:00 Create &amp; Connect</div><div>● 03:45 Flower Arrangements</div><div>● 04:30 Virtual Lecture Series and Discussion</div><div>● 06:00 Netflix: Life on Our Planet</div></div><div>19</div></div> <div>09:00 Morning Mass 10:00 Breath Work 10:30 Moving Meditation 12:30 Peaceful Pause 01:00 Echoes &amp; Stories 01:30 Voices of Memory 02:00 Afternoon Refreshments 03:00 Create &amp; Connect 03:45 Flower Arrangements 04:30 Virtual Lecture Series and Discussion 06:00 Netflix: Life on Our Planet</div>	<div><div><div>● 09:00 Morning Mass</div><div>● 10:00 Deep Breathing</div><div>● 10:15 Morning Gathering</div><div>● 10:45 Mindful Movement w. Scarves</div><div>● 12:30 Reflections</div><div>● 01:00 Beginners Spanish Class</div><div>● 02:00 Afternoon Refreshments</div><div>● 02:30 Community Stroll</div><div>● 03:00 Super Bingo!</div><div>● 04:00 Food for Body &amp; Spirit w/ Carlos</div><div>● 06:00 Movie: Musical</div></div><div>20</div></div> <div>09:00 Morning Mass 10:00 Deep Breathing 10:15 Morning Gathering 10:45 Mindful Movement w. Scarves 12:30 Reflections 01:00 Beginners Spanish Class 02:00 Afternoon Refreshments 02:30 Community Stroll 03:00 Super Bingo! 04:00 Food for Body &amp; Spirit w/ Carlos 06:00 Movie: Musical</div>	<div><div><div>● 09:00 Morning Mass</div><div>● 10:00 Deep Breathing</div><div>● 10:45 Warm-up &amp; Balloon Toss</div><div>● 12:30 Peaceful Pause</div><div>● 01:30 Pictures &amp; Scriptures w/ Rev. Rebecca</div><div>● 02:00 Afternoon Delight</div><div>● 02:00 Laughter Yoga</div><div>● 03:00 Bible Study</div><div>● 03:45 Hymns w. Sr. Maria</div><div>● 04:00 Food for Body &amp; Spirit w/ Carlos</div><div>● 06:00 Rosary</div></div><div>21</div></div> <div>09:00 Morning Mass 10:00 Deep Breathing 10:45 Warm-up &amp; Balloon Toss 12:30 Peaceful Pause 01:30 Pictures &amp; Scriptures w/ Rev. Rebecca 02:00 Afternoon Delight 02:00 Laughter Yoga 03:00 Bible Study 03:45 Hymns w. Sr. Maria 04:00 Food for Body &amp; Spirit w/ Carlos 06:00 Rosary</div>	<div><div><div>● 09:00 Morning Mass</div><div>● 10:00 Nourish &amp; Nurture</div><div>● 10:15 The Morning Chronicle</div><div>● 10:30 Beginners Chair Zumba</div><div>● 11:30 Lunch: Main Dining Room</div><div>● 12:30 Peaceful Pause</div><div>● 01:00 Art Appreciation Series &amp; Talk</div><div>● 02:00 Live Music w/ Thrush</div><div>● 02:30 Stories and Laughter</div><div>● 03:00 Super Bingo!</div><div>● 04:00 Food for Body &amp; Spirit w/ Carlos</div><div>● 06:00 Movie: Comedy</div></div><div>22</div></div> <div>09:00 Morning Mass 10:00 Nourish &amp; Nurture 10:15 The Morning Chronicle 10:30 Beginners Chair Zumba 11:30 Lunch: Main Dining Room 12:30 Peaceful Pause 01:00 Art Appreciation Series &amp; Talk 02:00 Live Music w/ Thrush 02:30 Stories and Laughter 03:00 Super Bingo! 04:00 Food for Body &amp; Spirit w/ Carlos 06:00 Movie: Comedy</div>	<div><div><div>● 09:00 Morning Mass</div><div>● 10:00 News &amp; Nurture</div><div>● 10:45 Low Impact Chair Exercise</div><div>● 12:30 Peaceful Pause</div><div>● 01:00 Let's Discover New Customs</div><div>● 02:00 Happy Hour &amp; Hot Cocoa &amp; Cookies</div><div>● 02:30 Picture Reflection &amp; Meaning</div><div>● 03:15 Table Games</div><div>● 04:00 Food for Body &amp; Spirit w/ Carlos</div><div>● 06:00 Movie: Residents' Choice</div></div><div>23</div></div> <div>09:00 Morning Mass 10:00 News &amp; Nurture 10:45 Low Impact Chair Exercise 12:30 Peaceful Pause 01:00 Let's Discover New Customs 02:00 Happy Hour &amp; Hot Cocoa &amp; Cookies 02:30 Picture Reflection &amp; Meaning 03:15 Table Games 04:00 Food for Body &amp; Spirit w/ Carlos 06:00 Movie: Residents' Choice</div>	<div><div><div>● 09:00 Morning Mass</div><div>● 10:00 Deep Breathing</div><div>● 10:15 Beginners Tai Chi</div><div>● 11:00 Trivia: States</div><div>● 12:30 Peaceful Pause</div><div>● 01:00 Hymns Sing A-Long</div><div>● 01:30 Travelogue: Spain</div><div>● 02:00 Social Hour &amp; Music</div><div>● 02:30 Outdoor Gardening</div><div>● 03:15 Bingo!</div><div>● 04:00 Food for Body &amp; Spirit w/ Carlos</div><div>● 06:00 Netflix Documentary</div></div><div>24</div></div> <div>09:00 Morning Mass 10:00 Deep Breathing 10:15 Beginners Tai Chi 11:00 Trivia: States 12:30 Peaceful Pause 01:00 Hymns Sing A-Long 01:30 Travelogue: Spain 02:00 Social Hour &amp; Music 02:30 Outdoor Gardening 03:15 Bingo! 04:00 Food for Body &amp; Spirit w/ Carlos 06:00 Netflix Documentary</div>
<div><div><div>● 09:00 Chair Yoga</div><div>● 10:00 Deep Breathing</div><div>● 10:30 The Chronicle Reminiscence</div><div>● 10:45 Sunday Mass</div><div>● 12:30 Show: America's Got Talent</div><div>● 01:00 Angel the Harpist</div><div>● 02:00 Afternoon Delight</div><div>● 02:30 Spa Day</div><div>● 03:15 What's Your Favorite Song?</div><div>● 03:45 Table Activities: Word Search</div><div>● 06:00 Movie: Residents Choice</div></div><div>25</div></div> <div>09:00 Chair Yoga 10:00 Deep Breathing 10:30 The Chronicle Reminiscence 10:45 Sunday Mass 12:30 Show: America's Got Talent 01:00 Angel the Harpist 02:00 Afternoon Delight 02:30 Spa Day 03:15 What's Your Favorite Song? 03:45 Table Activities: Word Search 06:00 Movie: Residents Choice</div>	<div><div><div>● 09:00 Morning Mass</div><div>● 10:00 News &amp; Nurture</div><div>● 10:15 Moving Meditation</div><div>● 12:30 Peaceful Pause</div><div>● 01:00 Gold Tales</div><div>● 01:30 Jewels of Joy</div><div>● 02:00 Afternoon Delight</div><div>● 03:15 Create &amp; Connect</div><div>● 03:45 Flower Arrangements</div><div>● 04:30 Virtual Lecture Series and Discussion</div><div>● 06:00 Netflix: Life on Our Planet</div></div><div>26</div></div> <div>09:00 Morning Mass 10:00 News &amp; Nurture 10:15 Moving Meditation 12:30 Peaceful Pause 01:00 Gold Tales 01:30 Jewels of Joy 02:00 Afternoon Delight 03:15 Create &amp; Connect 03:45 Flower Arrangements 04:30 Virtual Lecture Series and Discussion 06:00 Netflix: Life on Our Planet</div>	<div><div><div>● 09:00 Morning Mass</div><div>● 10:00 Deep Breathing</div><div>● 10:15 Morning Gathering</div><div>● 10:45 Mindful Movement w. Scarves</div><div>● 11:30 Lunch: Main Dining Room</div><div>● 12:30 Reflections</div><div>● 01:00 Beginners Spanish Class</div><div>● 02:00 Afternoon Refreshments</div><div>● 02:30 Community Stroll</div><div>● 03:00 Super Bingo!</div><div>● 04:00 Food for Body &amp; Spirit w/ Carlos</div><div>● 06:00 Movie: Musical</div></div><div>27</div></div> <div>09:00 Morning Mass 10:00 Deep Breathing 10:15 Morning Gathering 10:45 Mindful Movement w. Scarves 11:30 Lunch: Main Dining Room 12:30 Reflections 01:00 Beginners Spanish Class 02:00 Afternoon Refreshments 02:30 Community Stroll 03:00 Super Bingo! 04:00 Food for Body &amp; Spirit w/ Carlos 06:00 Movie: Musical</div>	<div><div><div>● 09:00 Morning Mass</div><div>● 10:00 News &amp; Nurture</div><div>● 10:45 Warm-up &amp; Balloon Toss</div><div>● 11:00 Community Stroll</div><div>● 12:30 Peaceful Pause</div><div>● 01:30 Bio on: Alexander Hamilton</div><div>● 02:00 Afternoon Delight</div><div>● 02:00 Laughter Yoga</div><div>● 03:00 Bible Study</div><div>● 03:45 Hymns w. Sr. Maria</div><div>● 04:00 Food for Body &amp; Spirit w / Carlos</div><div>● 06:00 Rosary</div></div><div>28</div></div> <div>09:00 Morning Mass 10:00 News &amp; Nurture 10:45 Warm-up &amp; Balloon Toss 11:00 Community Stroll 12:30 Peaceful Pause 01:30 Bio on: Alexander Hamilton 02:00 Afternoon Delight 02:00 Laughter Yoga 03:00 Bible Study 03:45 Hymns w. Sr. Maria 04:00 Food for Body &amp; Spirit w / Carlos 06:00 Rosary</div>	<div><div><div>● 09:00 Morning Mass</div><div>● 10:00 Deep Breathing</div><div>● 10:15 The Morning Chronicle</div><div>● 10:30 Beginning Chair Zumba</div><div>● 10:45 Mindful Movement w. Scarves</div><div>● 11:30 Lunch: Main Dining Room</div><div>● 12:30 Peaceful Pause</div><div>● 01:00 Art Appreciation Series &amp; Talk</div><div>● 02:00 Live Music w/ Thrush</div><div>● 02:30 Stories and Laughter</div><div>● 03:00 Super Bingo!</div><div>● 04:00 Food for Body &amp; Spirit w/ Carlos</div><div>● 06:00 Movie: Comedy</div></div><div>29</div></div> <div>09:00 Morning Mass 10:00 Deep Breathing 10:15 The Morning Chronicle 10:30 Beginning Chair Zumba 10:45 Mindful Movement w. Scarves 11:30 Lunch: Main Dining Room 12:30 Peaceful Pause 01:00 Art Appreciation Series &amp; Talk 02:00 Live Music w/ Thrush 02:30 Stories and Laughter 03:00 Super Bingo! 04:00 Food for Body &amp; Spirit w/ Carlos 06:00 Movie: Comedy</div>	<div><div><div>● 09:00 Morning Mass</div><div>● 10:00 News &amp; Nurture</div><div>● 10:45 Low Impact Chair Exercise</div><div>● 12:30 Peaceful Pause</div><div>● 01:00 Let's Discover New Customs</div><div>● 02:00 Happy Hour &amp; Ice Cream</div><div>● 02:30 Picture Reflection &amp; Meaning</div><div>● 03:15 Table Games</div><div>● 04:00 Food for Body &amp; Spirit w/ Carlos</div><div>● 06:00 Movie: Residents' Choice</div></div><div>30</div></div> <div>09:00 Morning Mass 10:00 News &amp; Nurture 10:45 Low Impact Chair Exercise 12:30 Peaceful Pause 01:00 Let's Discover New Customs 02:00 Happy Hour &amp; Ice Cream 02:30 Picture Reflection &amp; Meaning 03:15 Table Games 04:00 Food for Body &amp; Spirit w/ Carlos 06:00 Movie: Residents' Choice</div>	<div><div><div>● 09:00 Morning Mass &amp; Community in Common</div><div>● 10:00 Deep Breathing</div><div>● 10:15 Beginners Tai Chi</div><div>● 11:00 Trivia: World Countries</div><div>● 12:30 Peaceful Pause</div><div>● 01:30 Travelogue: England</div><div>● 02:00 Social Hour &amp; Music</div><div>● 02:30 Finish the Phrase</div><div>● 03:15 Table Games</div><div>● 04:00 Food for Body &amp; Spirit w/ Carlos</div><div>● 06:00 Netflix Documentary</div></div><div>31</div></div> <div>09:00 Morning Mass &amp; Community in Common 10:00 Deep Breathing 10:15 Beginners Tai Chi 11:00 Trivia: World Countries 12:30 Peaceful Pause 01:30 Travelogue: England 02:00 Social Hour &amp; Music 02:30 Finish the Phrase 03:15 Table Games 04:00 Food for Body &amp; Spirit w/ Carlos 06:00 Netflix Documentary</div>

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <div> <h1>January 2026</h1>  <h2>Mercy Retirement &amp; CARE CENTER</h2> <h3>Mercy Care Center</h3> <h3>Life Enrichment Activities Calendar</h3> </div> 				<ul style="list-style-type: none"> <li>9:00 Beginners Zumba 1</li> <li>10:45 Holy Day Mass</li> <li>10:00 Warm Cup Social</li> <li>10:30 <b>Outing: Shopping</b></li> <li>1:30 Mindful Coloring</li> <li>2:30 Beads and Beyond</li> <li>3:30 Fresh Air Stroll</li> <li>5:00 Poker Time!</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Upper Body Chair Exercises 2</li> <li>10:00 Coffee &amp; Chat</li> <li>10:30 Daily Mass- Virtual</li> <li>11:00 Biography</li> <li>1:00 Exploring Spirituality w. Rev. Rebecca</li> <li>2:00 Social Hour</li> <li>4:00 This Day in History</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Low Impact Chair Exercises 3</li> <li>10:00 Warm Cup Social</li> <li>11:00 Daily Mass- Virtual</li> <li>11:30 Trivia</li> <li>1:15 Singing Out Loud</li> <li>2:15 Pencil Play</li> <li>3:15 Movie Night: Viewer's Choice</li> <li>4:30 Keep it Moving</li> </ul>
New Years Day						
<ul style="list-style-type: none"> <li>9:00 Seated Exercises 4</li> <li>10:00 Warm Cup Social</li> <li>10:30 Daily Chronicle</li> <li>10:45 Sunday Mass</li> <li>1:00 National Parks &amp; Discussion</li> <li>2:00 Community Connection</li> <li>3:30 Diving into Religion</li> <li>4:00 Fresh Air Stroll</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Morning Stretch 5</li> <li>10:00 Coffee &amp; Chat</li> <li>10:30 Moving Meditation</li> <li>11:00 Daily Mass- Virtual</li> <li>1:30 Cheers to Creativity</li> <li>2:30 Dominoes</li> <li>3:00 Daily Chronicle</li> <li>3:15 Documentary</li> <li>4:30 Keep it Moving</li> </ul>	<ul style="list-style-type: none"> <li>09:00 Beginners Yoga 6</li> <li>10:00 Warm Cup Social</li> <li>10:30 Good News Around the World</li> <li>11:00 Daily Mass- Virtual w. Rev. Rebecca</li> <li>11:30 Spiritual Check-In</li> <li>1:30 Movie Matinee</li> <li>3:30 Fresh Air Stroll</li> <li>4:00 Bingo</li> <li>5:00 <b>Candlelight Dinner</b></li> </ul>	<ul style="list-style-type: none"> <li>9:00 Gentle Chair Exercises 7</li> <li>10:00 Coffee &amp; Chat</li> <li>10:30 Moving Meditation</li> <li>11:00 Daily Mass- Virtual</li> <li>1:30 Shall We Dance</li> <li>2:00 Create and Connect</li> <li>3:00 Laughter Yoga</li> <li>4:00 Travelogue</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Beginners Zumba 8</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>5:00 Bingo Bash!</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Upper Body Chair Exercises 9</li> <li>10:00 Coffee &amp; Chat</li> <li>10:30 Daily Mass- Virtual</li> <li>11:00 Biography</li> <li>1:00 Exploring Spirituality w. Rev. Rebecca</li> <li>2:00 Social Hour</li> <li>4:00 This Day in History</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Low Impact Chair Exercises 10</li> <li>10:00 Warm Cup Social</li> <li>11:00 Daily Mass- Virtual</li> <li>11:30 Trivia</li> <li>1:15 Singing Out Loud</li> <li>2:15 Pencil Play</li> <li>3:15 Movie Night: Viewer's Choice</li> <li>4:30 Keep it Moving</li> </ul>
<ul style="list-style-type: none"> <li>9:00 Seated Exercises 11</li> <li>10:00 Warm Cup Social</li> <li>10:30 Daily Chronicle</li> <li>10:45 Sunday Mass</li> <li>2:00 Community Connection</li> <li>3:30 Diving into Religion</li> <li>4:00 Fresh Air Stroll</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Morning Stretch 12</li> <li>10:00 Coffee &amp; Chat</li> <li>10:30 Daily Mass-Virtual</li> <li>11:00 <b>Music Therapy w. Hannah</b></li> <li>1:30 A Year in Color</li> <li>2:00 Black Jack</li> <li>3:00 Daily Chronicle</li> <li>3:15 Documentary</li> <li>4:30 Keep it Moving</li> </ul>	<ul style="list-style-type: none"> <li>09:00 Beginners Yoga 13</li> <li>10:00 Warm Cup Social</li> <li>10:30 Good News Around the World</li> <li>11:00 Daily Mass- Virtual w. Rev. Rebecca</li> <li>11:30 Spiritual Check-In</li> <li>1:30 <b>Best Life Over Dessert Presentation</b></li> <li>3:30 Fresh Air Stroll</li> <li>4:00 Super Bingo</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Gentle Chair Exercises 14</li> <li>10:00 Coffee &amp; Chat</li> <li>10:30 Moving Meditation</li> <li>11:00 Daily Mass- Virtual</li> <li>1:30 Shall We Dance</li> <li>2:00 Create and Connect</li> <li>3:00 Laughter Yoga</li> <li>4:00 Travelogue</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Beginners Zumba 15</li> <li>10:00 Warm Cup Social</li> <li>10:30 Daily Chronicle</li> <li>11:00 Daily Mass- Virtual</li> <li>1:30 <b>Birthday Celebration</b></li> <li>2:30 Beads and Beyond</li> <li>3:30 Fresh Air Stroll</li> <li>5:00 Party &amp; Karaoke!</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Upper Body Chair Exercises 16</li> <li>10:00 Coffee &amp; Chat</li> <li>10:30 Daily Mass- Virtual</li> <li>11:00 Biography</li> <li>1:00 Exploring Spirituality w. Rev. Rebecca</li> <li>2:00 Happy Hour</li> <li>4:00 This Day in History</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Low Impact Chair Exercises 17</li> <li>10:00 Warm Cup Social</li> <li>11:00 Daily Mass- Virtual</li> <li>11:30 Trivia</li> <li>1:15 Singing Out Loud</li> <li>2:15 Pencil Play</li> <li>3:15 Movie Night: Viewer's Choice</li> <li>4:30 Keep it Moving</li> </ul>
<ul style="list-style-type: none"> <li>9:00 Seated Exercises 18</li> <li>10:00 Warm Cup Social</li> <li>10:30 Daily Chronicle</li> <li>10:45 Sunday Mass</li> <li>2:00 Community Connection</li> <li>3:30 Diving into Religion</li> <li>4:00 Fresh Air Stroll</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Morning Stretch 19</li> <li>10:00 Coffee &amp; Chat</li> <li>10:30 Moving Meditation</li> <li>11:00 Daily Mass- Virtual</li> <li>1:30 New Creations</li> <li>2:00 Dominoes</li> <li>3:00 Daily Chronicle</li> <li>3:15 <b>Documentary: Martin Luther King</b></li> <li>4:30 Keep it Moving</li> </ul>	<ul style="list-style-type: none"> <li>09:00 Beginners Yoga 20</li> <li>10:00 Warm Cup Social</li> <li>10:30 Good News Around the World</li> <li>11:00 Daily Mass- Virtual w. Rev. Rebecca</li> <li>11:30 Spiritual Check-In</li> <li>1:30 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 Gentle Chair Exercises 21</li> <li>10:00 Coffee &amp; Chat</li> <li>10:30 Moving Meditation</li> <li>11:00 Daily Mass- Virtual</li> <li>1:30 Shall We Dance</li> <li>2:00 Create and Connect</li> <li>3:00 Laughter Yoga</li> <li>4:00 Travelogue</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Beginners Zumba 22</li> <li>10:00 Warm Cup Social</li> <li>10:30 Daily Chronicle</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>5:00 Dominoes!</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Upper Body Chair Exercises 23</li> <li>10:00 Coffee &amp; Chat</li> <li>10:30 Daily Mass- Virtual</li> <li>10:00 Biography</li> <li>1:00 Exploring Spirituality w. Rev. Rebecca</li> <li>2:00 Happy Hour</li> <li>4:00 This Day in History</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Low Impact Chair Exercises 24</li> <li>10:00 Warm Cup Social</li> <li>11:00 Daily Mass- Virtual</li> <li>11:30 Trivia</li> <li>1:15 Singing Out Loud</li> <li>2:15 Pencil Play</li> <li>3:15 Movie Night: Viewer's Choice</li> <li>4:30 Keep it Moving</li> </ul>
Martin Luther King Day						
<ul style="list-style-type: none"> <li>9:00 Seated Exercises 25</li> <li>10:00 Warm Cup Social</li> <li>10:30 Daily Chronicle</li> <li>10:45 Sunday Mass</li> <li>2:00 Community Connection</li> <li>3:30 Diving into Religion</li> <li>4:00 Fresh Air Stroll</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Morning Stretch 26</li> <li>10:00 Coffee &amp; Chat</li> <li>10:30 Daily Mass-Virtual</li> <li>11:00 <b>Music Therapy w. Hannah</b></li> <li>1:30 Arts &amp; Resolutions</li> <li>2:00 Black Jack</li> <li>3:00 Daily Chronicle</li> <li>3:15 Documentary</li> <li>4:30 Keep it Moving</li> </ul>	<ul style="list-style-type: none"> <li>10:00 <b>Tai Chi w. Sky</b> 27</li> <li>10:30 Good News Around the World</li> <li>11:00 Daily Mass- Virtual w. Rev. Rebecca</li> <li>11:30 Spiritual Check-In</li> <li>1:30 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 Gentle Chair Exercises 28</li> <li>10:00 Coffee &amp; Chat</li> <li>10:30 Moving Meditation</li> <li>11:00 Daily Mass- Virtual</li> <li>1:30 Shall We dance</li> <li>2:00 <b>A Taste of Citrus w. David</b></li> <li>3:30 Fresh Air Stroll</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Beginners Zumba 29</li> <li>10:00 Warm Cup Social</li> <li>10:30 Daily Chronicle</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>5:00 Sing A-Long w. Friends</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Upper Body Chair Exercises 30</li> <li>10:00 Coffee &amp; Chat</li> <li>10:30 Daily Mass- Virtual</li> <li>10:00 Biography</li> <li>1:00 Exploring Spirituality w. Rev. Rebecca</li> <li>2:00 Happy Hour</li> <li>4:00 This Day in History</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Low Impact Chair Exercises 31</li> <li>10:00 Warm Cup Social</li> <li>11:00 Daily Mass- Virtual</li> <li>11:30 Trivia</li> <li>1:15 Singing Out Loud</li> <li>2:15 Pencil Play</li> <li>3:15 Movie Night: Viewer's Choice</li> <li>4:30 Keep it Moving</li> </ul>

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

Activities are subject to change. Please refer to your Daily Schedule for the most up-to-date information regarding activities and times.