

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



# January 2026

 **Mercy Retirement**  
& CARE CENTER



## 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 Ballet Barre for Ballance</li> <li>2:00 Community Connection</li> <li>3:00 Music Appreciation</li> <li>4:15 Discussion of the Homily</li> <li>5:00 Movie Night</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Coffee &amp; Chat</li> <li>9:30 Daily Mass</li> <li>10:15 Slow Stretching Exercises</li> <li>11:00 Trivia</li> <li>1:15 Drum Circle</li> <li>2:30 Bingo in the Bistro</li> <li>3:00 Meditation Group w. Rev. Rebecca</li> <li>3:15 Media Help</li> <li>3:30 Outdoor Area Care</li> <li>4:00 Creative Writing</li> <li>5:00 Movie Night</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Coffee &amp; Chat</li> <li>9:30 Daily Mass</li> <li>10:15 Mind-Body United</li> <li>10:45 LE Planning Meeting</li> <li>1:00 Mercy Choir</li> <li>2:00 TED Talk and Discussion</li> <li>3:00 Meditation Group w. Rev. Rebecca</li> <li>3:15 Media Help</li> <li>3:30 Outdoor Area Care</li> <li>4:00 Creative Writing</li> <li>5:00 Movie Night</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Coffee &amp; Chat</li> <li>9:30 Daily Mass</li> <li>10:45 Greg on Cardio for Seniors</li> <li>11:00 Ambassador Meeting</li> <li>1:00 Musical Mirrors</li> <li>2:00 Printing Workshop</li> <li>3:00 Resident-led Rosary</li> <li>3:30 Eco-Creations 3D</li> <li>4:30 Candlelight Dinner</li> <li>5:00 Movie Night</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Coffee &amp; Chat</li> <li>9:30 Daily Mass</li> <li>10:15 Excursion: Oakland Museum</li> <li>11:00 Upper Body Chair Exercises</li> <li>1:00 Afternoon Voices</li> <li>1:30 Tech Lab -Tabletops</li> <li>2:30 Resident-led Canasta</li> <li>2:30 Tech Lab - Small Devices</li> <li>3:30 Spiritual Poetry Reflection</li> <li>4:30 Discussion: New Year's Day</li> <li>5:00 Movie Night</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Coffee &amp; Chat</li> <li>9:30 Daily Mass</li> <li>10:15 Moving Meditation</li> <li>1:15 Study the Masters</li> <li>2:00 First Friday Adoration</li> <li>2:15 Create &amp; Connect</li> <li>3:15 Happy Hour</li> <li>4:15 Practicing Gratitude</li> <li>5:00 Movie Night</li> <li>6:00 Resident-led Poker</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Coffee &amp; Chat</li> <li>9:30 Daily Mass</li> <li>10:15 Moving Meditation</li> <li>1:15 Study the Masters</li> <li>2:15 Create &amp; Connect</li> <li>3:15 Happy Hour</li> <li>4:15 Practicing Gratitude</li> <li>5:00 Movie Night</li> <li>6:00 Resident-led Poker</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Coffee &amp; Chat</li> <li>9:30 Daily Mass</li> <li>10:15 Moving Meditation</li> <li>1:15 Study the Masters</li> <li>2:15 Create &amp; Connect</li> <li>3:15 Happy Hour</li> <li>4:15 Practicing Gratitude</li> <li>5:00 Movie Night</li> <li>6:00 Resident-led Poker</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Coffee &amp; Chat</li> <li>9:30 Daily Mass</li> <li>10:15 Moving Meditation</li> <li>1:15 Study the Masters</li> <li>2:15 Create &amp; Connect</li> <li>3:15 Happy Hour</li> <li>4:15 Practicing Gratitude</li> <li>5:00 Movie Night</li> <li>6:00 Resident-led Poker</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Coffee &amp; Chat</li> <li>10:00 Chair Tai Chi</li> <li>10:45 Prayer Circle</li> <li>1:00 Chapters of My Life</li> <li>2:15 Community Stroll</li> <li>2:15 Dilexi Te Discussion</li> <li>3:15 UNO Card Game</li> <li>4:15 Beginners Improv</li> <li>5:00 Movie Night</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Coffee &amp; Chat</li> <li>10:00 Chair Tai Chi</li> <li>10:45 Prayer Circle</li> <li>1:00 Chapters of My Life</li> <li>2:15 Community Stroll</li> <li>2:15 Dilexi Te Discussion</li> <li>3:15 UNO Card Game</li> <li>4:15 Beginners Improv</li> <li>5:00 Movie Night</li> </ul>
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Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



# January 2026



## Oasis Memory Care Neighborhood Life Enrichment Activities Calendar


● 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.

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



# January 2026

 **Mercy Retirement**  
& CARE CENTER



**Mercy Care Center**  
**Life Enrichment Activities Calendar**

<ul style="list-style-type: none"> <li>● 9:00 Seated Exercises</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</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</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>● 1:30 Shall We Dance</li> <li>● 2:00 Create and Connect</li> <li>● 3:00 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</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</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>● 1:30 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 Bingo Bash!</li> </ul>	<ul style="list-style-type: none"> <li>● 9:00 Upper Body Chair Exercises</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</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</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</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</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>● 1:30 Best Life Over Dessert Presentation</li> <li>● 2:00 Fresh Air Stroll</li> <li>● 4:00 Super Bingo</li> </ul>	<ul style="list-style-type: none"> <li>● 9:00 Gentle Chair Exercises</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</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</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</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</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</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</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>● 1:30 Movie Matinee</li> <li>● 3:00 Fresh Air Stroll</li> <li>● 4:00 Super Bingo</li> </ul>	<ul style="list-style-type: none"> <li>● 9:00 Gentle Chair Exercises</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</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</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</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</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</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></li> <li>● 10:30 Good News Around the World</li> <li>● 11:00 Daily Mass- Virtual w. Rev. Rebecca</li> <li>● 1:30 Shall We Dance</li> <li>● 2:00 <b>A Taste of Citrus w. David</b></li> <li>● 3:00 Fresh Air Stroll</li> <li>● 4:00 Super Bingo</li> </ul>	<ul style="list-style-type: none"> <li>● 9:00 Gentle Chair Exercises</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>● 3:00 Fresh Air Stroll</li> </ul>	<ul style="list-style-type: none"> <li>● 9:00 Beginners Zumba</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</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</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.