

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# May 2026



3  
 ● 9:00 Meditation to Music  
 ● 10:45 Sunday Mass  
 ● 1:00 Journaling Your Life For Your Family  
 ● 2:00 Bio: Eleanor Roosevelt  
 ● 3:00 Exercise to Music: Chair or Standing!  
 ● 4:00 30 Minute Ethics for Everyday  
 ● 5:30 Movie Theme: Spirituality

4  
 ● 9:00 Song Sharing  
 ● 9:30 Daily Mass in Chapel  
 ● 10:15 Expressive Movement  
 ● 10:15 Musical Mirrors  
 ● 1:00 Drum Circle  
 ● 2:00 Mercy Choir  
 ● 3:00 Meditation Group w. Rev. Rebecca  
 ● 3:00 Resident-led Dominoes  
 ● 5:30 Movie Theme: Action

5  
 ● 9:00 Open Art Studio  
 ● 9:30 Daily Mass in Chapel  
 ● 10:15 Mind-Body United  
 ● 10:45 **LE Planning Meeting**  
 ● 11:30 The Good News  
 ● 1:30 "Circle of Nature" Indigenous Art  
 ● 3:00 **CINCO DE MAYO PARTY!!**  
 ● 4:00 "A Mother's Love" Poetry  
 ● 4:30 **Candlelight Dinner w. Harpist**  
 ● 5:30 Movie Theme: Oscar, Best Picture  
 ● 6:15 Music Practice with Josh & Megan

6  
 ● 9:00 I'd Love to Hear More About You  
 ● 9:30 Daily Mass in Chapel  
 ● 10:15 Sky-Earth & Me Physical Exercise  
 ● 11:00 **Ambassador Meeting**  
 ● 1:00 Writer's Workshop, Rev. Rebecca  
 ● 2:00 Portrait of my Mother - Fine Art  
 ● 3:00 Resident-led Rosary  
 ● 3:30 TED Talk  
 ● 5:30 Movie: Nostalgia Night  
 ● 6:00 Resident-led Poker

7  
 ● 9:00 Chronicle and Coffee  
 ● 9:30 Daily Mass in Chapel  
 ● 10:15 Chair Exercises  
 ● 1:15 Printing Workshop  
 ● 1:30 Tech Lab -Tabletops  
 ● 2:00 **May Crowning Service**  
 ● 2:30 Tech Lab - Small Devices  
 ● 2:30 Create and Connect  
 ● 3:00 Gardening Club, Sr. Nena  
 ● 3:30 Doc.: Famous Mother's In History  
 ● 5:30 Movie: Netflix Movie

8  
 ● 9:00 Capture a Lifetime and Coffee  
 ● 9:30 Daily Mass in Chapel  
 ● 10:15 Upper Body Chair Exercises  
 ● 11:00 Spiritual Poetry Reading  
 ● 1:30 Yahtzee Game  
 ● 3:15 Happy Hour  
 ● 5:30 Movie Theme: Resident Request

9  
 ● 9:00 Coffee & Chat  
 ● 10:15 Zumba Chair Exercise  
 ● 10:45 Create a Poem with me  
 ● 1:00 Fun Fact Trivia  
 ● 2:15 **Book Discussion Group w. Carlos**  
 ● 3:15 UNO Card Game  
 ● 5:30 Movie: Resident Request  
 ● 6:15 Reading Sunday's Scriptures w. Sisters

10  
 ● 9:00 Music Appreciation: Oldies  
 ● 10:45 Sunday Mass  
 ● 1:00 Journaling Your Life For Your Family  
 ● 2:00 Bio: Jimmy Carter  
 ● 3:00 Mother's Day Tea Time!  
 ● 4:00 30 Minute Ethics Before Dinner  
 ● 5:30 Movie Theme: Spirituality  
**MOTHER'S DAY**

11  
 ● 9:00 Song Sharing  
 ● 9:30 Daily Mass in Chapel  
 ● 10:15 Expressive Movement  
 ● 10:15 Musical Mirrors  
 ● 1:00 Drum Circle  
 ● 2:00 Mercy Choir  
 ● 3:00 Meditation Group w. Rev. Rebecca  
 ● 3:00 Resident-led Dominoes  
 ● 5:30 Movie Theme: Action  
**NAT'L EAT WHAT YOU WANT DAY**

12  
 ● 9:00 Open Art Studio  
 ● 9:30 Daily Mass in Chapel  
 ● 10:15 Mind-Body United  
 ● 11:30 The Good News  
 ● 1:30 **Best Life Over Dessert, Series w. Veronica**  
 ● 1:30 Whispers of Poetry  
 ● 2:30 BINGO  
 ● 3:00 The Paper Makers  
 ● 5:30 Movie Theme: Oscar, Best Picture  
 ● 6:15 Music Practice with Josh & Megan

13  
 ● 9:00 I'd Love to Hear More About You  
 ● 9:30 Daily Mass in Chapel  
 ● 10:15 Movement with Penny  
 ● 1:00 Writer's Workshop w. Rev. Rebecca  
 ● 1:30 **Food Forum**  
 ● 2:00 Art with Penny  
 ● 3:00 Resident-led Rosary  
 ● 3:30 TED Talk  
 ● 5:30 Movie: Nostalgia Night  
 ● 6:00 Resident-led Poker

14  
 ● 9:00 Chronicle and Coffee  
 ● 9:30 Daily Mass in Chapel  
 ● 10:15 Movement with Penny  
 ● 10:15 **Outing: Thrift Shopping**  
 ● 1:30 Tech Lab -Tabletops  
 ● 2:00 Hymn Song Courtyard  
 ● 2:30 Create and Connect with Penny  
 ● 2:30 Tech Lab -Small Devices  
 ● 3:00 Gardening Club, Sr. Nena  
 ● 3:30 Doc.: Famous Mother's In History  
 ● 5:30 Movie: Netflix Movie

15  
 ● 9:00 Capture a Lifetime and Coffee  
 ● 9:30 Daily Mass in Chapel  
 ● 10:15 Upper Body Chair Exercises  
 ● 11:00 Spiritual Poetry Reading  
 ● 1:30 Yahtzee Game  
 ● 3:15 Happy Hour  
 ● 5:30 Movie Theme: Resident Request

16  
 ● 9:00 Coffee & Chat  
 ● 10:15 Morning Exercises  
 ● 10:45 Create a Poem with me  
 ● 1:00 Fun Fact Trivia  
 ● 2:15 **Book Discussion Group w. Carlos**  
 ● 3:15 UNO Card Game  
 ● 5:30 Movie: Resident Request  
 ● 6:15 Reading Sunday's Scriptures w. Sisters

17  
 ● 9:00 Meditation to Music  
 ● 10:45 Sunday Mass  
 ● 1:00 Journaling: Your Lifetime  
 ● 2:00 Bio: Maya Angelou  
 ● 3:00 Exercise to Music: Chair or Standing!  
 ● 4:00 30 Minute Ethics for Everyday Life  
 ● 5:30 Movie Theme: Earth Day

18  
 ● 9:00 Song Sharing  
 ● 9:30 Daily Mass in Chapel  
 ● 10:15 Expressive Movement  
 ● 10:15 Musical Mirrors  
 ● 1:00 Drum Circle  
 ● 2:00 Mercy Choir  
 ● 3:00 Meditation Group w. Rev. Rebecca  
 ● 3:00 Resident-led Dominoes  
 ● 5:30 Movie Theme: Earth Day

19  
 ● 9:00 Open Art Studio  
 ● 9:30 Daily Mass in Chapel  
 ● 10:10 **Resident Council**  
 ● 10:15 Tai Chi with Sky  
 ● 11:00 The Good News  
 ● 1:00 **Maintenance & Housekeeping**  
 ● 1:30 Whispers of Poetry  
 ● 2:30 BINGO  
 ● 3:00 Clay Creation  
 ● 5:30 Movie Theme: Oscar, Best Picture  
 ● 6:15 Music Practice with Josh & Megan

20  
 ● 9:00 I'd Love to Hear More About You  
 ● 9:30 Daily Mass in Chapel  
 ● 10:15 Sky-Earth & Me Physical Exercise  
 ● 1:00 Writer's Workshop w. Rev. Rebecca  
 ● 2:00 Stained Glass Workshop  
 ● 3:00 Resident-led Rosary  
 ● 3:00 **Laughter Yoga with Dr Martin**  
 ● 5:30 Movie: Nostalgia Night  
 ● 6:00 Resident-led Poker

21  
 ● 9:00 Chronicle and Coffee  
 ● 9:30 Daily Mass in Chapel  
 ● 10:15 Chair Exercises  
 ● 11:30 **Resident Birthday Lunch**  
 ● 1:15 Printing Workshop  
 ● 1:30 Tech Lab: Tabletops  
 ● 2:30 Create and Connect  
 ● 2:30 Tech Lab: Small Devices  
 ● 3:00 Gardening Club w. Sr. Nena  
 ● 3:30 Doc.: Famous Mother's in History  
 ● 5:30 Movie: Netflix Movie

22  
 ● 9:00 Capture a Lifetime and Coffee  
 ● 9:30 Daily Mass in Chapel  
 ● 10:15 Upper Body Chair Exercises  
 ● 11:00 Spiritual Poetry Reading  
 ● 1:30 Yahtzee Game  
 ● 3:15 Happy Hour  
 ● 5:30 Movie Theme: Resident Request

23  
 ● 9:00 Coffee & Chat  
 ● 10:15 Morning Exercises  
 ● 10:45 Create a Poem with me  
 ● 1:00 Fun Fact Trivia  
 ● 2:15 **Book Discussion Group w. Carlos**  
 ● 3:15 UNO Card Game  
 ● 5:30 Movie: Resident Request  
 ● 6:15 Reading Sunday's Scriptures w. Sisters

24  
 ● 9:00 Music Appreciation: Oldies  
 ● 10:45 Sunday Mass  
 ● 1:00 Community Service Projects  
 ● 2:00 Bio: John F. Kennedy  
 ● 3:00 Exercise to Music: Chair or Standing!  
 ● 4:00 30 Minute Ethics for Everyday Life  
 ● 5:30 Movie Theme: Spirituality

25  
 ● 9:00 Patriotic Song Sing-a-long  
 ● 9:30 Daily Mass in Chapel  
 ● 10:15 Expressive Movement  
 ● 10:15 Musical Mirrors  
 ● 11:30 Memorial Day BBQ  
 ● 1:00 Drum Circle  
 ● 3:00 Meditation Group w. Rev. Rebecca  
 ● 3:00 **Memorial Day Gathering**  
 ● 5:30 Movie Theme: Action

26  
 ● 9:00 Open Art Studio  
 ● 9:30 Daily Mass in Chapel  
 ● 10:15 Mind-Body United  
 ● 11:30 The Good News  
 ● 1:30 Whispers of Poetry  
 ● 2:30 **Town Hall Meeting**  
 ● 3:00 The Paper Makers  
 ● 5:30 Movie Theme: Oscar, Best Picture  
 ● 6:15 Music Practice with Josh & Megan

27  
 ● 9:00 I'd Love to Hear More About You  
 ● 9:30 Daily Mass in Chapel  
 ● 10:15 Sky-Earth & Me Physical Exercise  
 ● 1:00 Writer's Workshop w. Rev. Rebecca  
 ● 2:00 Stained Glass Workshop  
 ● 3:00 **New Resident Welcome**  
 ● 3:00 Resident-led Rosary  
 ● 3:30 TED Talk  
 ● 5:30 Movie: Nostalgia Night  
 ● 6:00 Resident-led Poker

28  
 ● 9:00 Chronicle and Coffee  
 ● 9:30 Daily Mass in Chapel  
 ● 10:15 "Expression in Motion" - Sematic Movement  
 ● 10:15 **Outing: SF Conservatory of Flowers**  
 ● 1:15 Book Binding Workshop  
 ● 1:30 Tech Lab -Tabletops  
 ● 2:30 Create and Connect  
 ● 3:00 Gardening Club w. Sr. Nena  
 ● 3:30 Doc.: Famous Mother's in History  
 ● 5:30 Movie: Netflix Movie

29  
 ● 9:00 Capture a Lifetime and Coffee  
 ● 9:30 Daily Mass in Chapel  
 ● 10:15 Upper Body Chair Exercises  
 ● 11:00 Spiritual Poetry Reading  
 ● 1:30 Yahtzee Game  
 ● 3:15 Happy Hour  
 ● 5:30 Movie Theme: Resident Request

30  
 ● 9:00 Coffee & Chat  
 ● 10:15 Morning Exercises  
 ● 10:45 Create a Poem with me  
 ● 1:00 Fun Fact Trivia  
 ● 2:15 **Book Discussion Group w. Carlos**  
 ● 3:15 UNO Card Game  
 ● 5:30 Movie: Resident Request  
 ● 6:15 Reading Sunday's Scriptures w. Sisters

31  
 ● 9:00 Meditation to Music  
 ● 10:45 Sunday Mass  
 ● 1:00 Community Service Projects  
 ● 2:00 Bio: Hank Aaron  
 ● 3:00 XYZ Women's Tea  
 ● 4:00 30 Minute Ethics for Everyday Life  
 ● 5:30 Movie Theme: Spirituality

## Assisted Living Neighborhood Life Enrichment Activities Calendar



Mercy Retirement & CARE CENTER

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

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



# May 2026



<ul style="list-style-type: none"> <li>9:00 Sky-Earth &amp; Me Physical Exercise</li> <li>10:00 Heart-Focused Breathing</li> <li>10:30 Daily Chronicle &amp; Discussion</li> <li>10:45 Sunday Mass</li> <li>1:30 Poetry &amp; Reflection</li> <li>2:00 Afternoon Delight</li> <li>2:30 Indigenous Art Project</li> <li>3:15 Music Time</li> <li>4:00 Documentary : Wild Life</li> <li>6:00 Movie: Residents Choice</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Morning Mass</li> <li>10:00 Chronicle &amp; Chat</li> <li>10:30 Singing and Moving</li> <li>12:30 Sensory Calming</li> <li>1:30 Capture a Lifetime</li> <li>1:30 Afternoon Refreshments</li> <li>2:00 Voices of the Past</li> <li>3:00 Indigenous Crafts Project</li> <li>3:45 Flower Arrangements</li> <li>4:30 Letter Game</li> <li>6:00 Musical Monday</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Morning Mass</li> <li>10:00 Current Events &amp; Discussion</li> <li>11:00 Beginners Tai Chi Exercises</li> <li>11:00 HeartFelt Stories</li> <li>1:00 Biography of Marie Curie</li> <li>2:00 Afternoon Delight</li> <li>2:00 <b>Cinco De Mayo Party!</b></li> <li>2:30 Nature Walk</li> <li>3:00 Super Bingo!</li> <li>3:45 Prayer Circle</li> <li>4:30 Food for Body &amp; Spirit w. Carlos</li> <li>4:30 <b>Candlelight Dining</b></li> </ul>	<ul style="list-style-type: none"> <li>9:00 Morning Mass</li> <li>10:00 Chronicle &amp; Chat</li> <li>10:45 Movement w/ Scarves and Music</li> <li>11:00 Meaningful Short Stories</li> <li>1:00 Beginners Spanish</li> <li>2:00 Pictures &amp; Scriptures w/Rev. Reb</li> <li>2:00 <b>Laughter Yoga w/ Martin</b></li> <li>3:00 Historical Bands</li> <li>3:45 Communion In Community</li> <li>4:30 Food for Body &amp; Spirit w. Carlos</li> <li>6:00 Movie: Western Wednesday</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Morning Mass</li> <li>10:00 Current Events &amp; Discussion</li> <li>10:45 Balloon Toss with Friends</li> <li>11:00 Spiritual Poetry</li> <li>1:00 Uncovering Culture Roots</li> <li>2:00 Afternoon Delight</li> <li>2:30 Scenic Walk</li> <li>3:00 Super Bingo!</li> <li>3:45 Rootbeer Float and Music!</li> <li>4:30 Food for Body &amp; Spirit w. Carlos</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Morning Mass</li> <li>10:00 Chronicle &amp; Chat</li> <li>10:45 Beginners Zumba Exercises</li> <li>11:00 Prayer Circle</li> <li>1:00 Parks from Around the World</li> <li>2:00 Social Hour</li> <li>2:30 Nature Walk</li> <li>3:15 Visual Metaphor &amp; Meaning</li> <li>4:30 Food for Body &amp; Spirit w. Carlos</li> <li>6:00 Netflix 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 Slow Deep Breathing</li> <li>10:45 Gentle Chair Exercises</li> <li>11:00 Trivia with Friends</li> <li>1:00 Explore Museum Worldwide</li> <li>2:00 Afternoon Refreshments</li> <li>2:30 Saturday SPA Day!!!</li> <li>3:15 Bingo!</li> <li>3:45 Soul Musing and Soul Searching</li> <li>6:00 Movie: Viewers Choice</li> </ul>
<ul style="list-style-type: none"> <li>9:00 Sky-Earth &amp; Me Physical Exercise</li> <li>10:00 Heart-Focused Breathing</li> <li>10:30 Current Events and Chat</li> <li>10:45 Sunday Mass</li> <li>1:30 Mother's Love Poetry Reading</li> <li>2:00 Mother's Day Tea Time!</li> <li>2:30 Portrait of My Mother- Art Project</li> <li>3:15 Songs of Memories</li> <li>4:00 Documentary: Wild Life</li> <li>6:00 Movie: Residents Choice</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Morning Mass</li> <li>9:30 Chronicle &amp; Chat</li> <li>10:00 <b>Music Therapy w/ Hannah</b></li> <li>11:00 Expressive Movement</li> <li>12:30 Peaceful Pause</li> <li>1:30 Bright Moments in Life</li> <li>2:00 Wind Catcher Streamers</li> <li>3:00 Everyday Numbers-Math program</li> <li>3:45 Flower Arrangements</li> <li>4:30 Word Game</li> <li>6:00 Musical Monday</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Morning Mass</li> <li>10:00 Current Events &amp; Discssion</li> <li>11:00 Beginners Tai Chi Exercises</li> <li>11:00 Heartfelt Sories</li> <li>1:00 Biography of Sacagawea</li> <li>2:00 Afternoon Delight</li> <li>2:30 Nature Walk</li> <li>3:00 Super Bingo!</li> <li>3:45 Prayer Circle</li> <li>4:30 Food for Body &amp; Spirit w. Carlos</li> <li>6:00 TED Talk</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Morning Mass</li> <li>10:00 Chronicle &amp; Chat</li> <li>10:45 Movement w/ Scarves and Music</li> <li>11:00 Meaningful Short Stories</li> <li>1:00 Beginners Spanish</li> <li>2:00 Afternoon Refreshments</li> <li>2:00 <b>Laughter Yoga w/ Martin</b></li> <li>3:00 Historical Bands</li> <li>3:45 Communion In Community</li> <li>4:30 Food for Body &amp; Spirit w. Carlos</li> <li>6:00 Movie: Western Wednesday</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Morning Mass</li> <li>10:00 Current Events &amp; Discussion</li> <li>10:45 Balloon Toss with Friends</li> <li>11:00 Spiritual Poetry</li> <li>1:00 Uncovering Culture Roots</li> <li>2:00 Afternoon Delight</li> <li>2:30 Scenic Walk</li> <li>3:00 Super Bingo!</li> <li>3:45 Rootbeer Float and Music!</li> <li>4:30 Food for Body &amp; Spirit w. Carlos</li> <li>6:00 The Taste Series Thursday</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Morning Mass</li> <li>10:00 Chronicle &amp; Chat</li> <li>10:45 Beginners Zumba Exercises</li> <li>11:00 Prayer Circle</li> <li>1:00 Parks from Around the World</li> <li>2:00 Social Hour</li> <li>2:30 Nature Walk</li> <li>3:15 Visual Metaphor &amp; Meaning</li> <li>4:30 Food for Body &amp; Spirit w. Carlos</li> <li>6:00 Netflix 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 Slow Deep Breathing</li> <li>10:45 Gentle Chair Exercises</li> <li>11:00 Trivia with Friends</li> <li>1:00 Explore Museum Worldwide</li> <li>2:00 Afternoon Refreshments</li> <li>2:30 Saturday SPA Day!!!</li> <li>3:15 Bingo!</li> <li>3:45 Soul Musing and Soul Searching</li> <li>6:00 Movie: Viewers Choice</li> </ul>
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<ul style="list-style-type: none"> <li>9:00 Sky-Earth &amp; Me Physical Exercise</li> <li>10:00 Heart-Focused Breathing</li> <li>10:30 Current Events and Chat</li> <li>10:45 Sunday Mass</li> <li>1:30 Fresh Air &amp; Sunshine poems</li> <li>2:00 Afternoon Delight</li> <li>2:30 Color Art</li> <li>3:15 Songs of Memories</li> <li>4:00 National Geographic</li> <li>6:00 Movie: Residents Choice</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Morning Mass</li> <li>10:00 Chronicle &amp; Chat</li> <li>11:00 Expressive Movement</li> <li>12:30 Peaceful Pause</li> <li>1:30 Bright Moments in Life</li> <li>2:00 Moments of Honor: Remembering with Gratitude</li> <li>3:00 Everyday Numbers-Math program</li> <li>3:45 Flower Arrangements</li> <li>4:30 Word Game</li> <li>6:00 Musical Monday Memorial Day</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Morning Mass</li> <li>10:00 Current Events &amp; Discussion</li> <li>11:00 Beginners Tai Chi Exercises</li> <li>11:00 Heartfelt Stories</li> <li>1:00 Biography of Eleanor Roosevelt</li> <li>2:00 Afternoon Delight</li> <li>2:30 Nature Walk</li> <li>3:00 Super Bingo!</li> <li>3:45 Prayer Circle</li> <li>4:30 Food for Body &amp; Spirit w. Carlos</li> <li>6:00 TED Talk</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Morning Mass</li> <li>10:00 Chronicle &amp; Chat</li> <li>10:45 Movement w/ Scarves and Music</li> <li>11:00 Meaningful Short Stories</li> <li>1:00 Beginners Spanish</li> <li>2:00 Afternoon Refreshments</li> <li>2:00 <b>Laughter Yoga w/ Martin</b></li> <li>3:00 Historical Bands</li> <li>3:45 Communion In Community</li> <li>4:30 Food for Body &amp; Spirit w. Carlos</li> <li>6:00 Movie: Western Wednesday</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Morning Mass</li> <li>10:00 Current Events &amp; Discussion</li> <li>10:45 Balloon Toss with Friends</li> <li>11:00 Spiritual Poetry</li> <li>1:00 Uncovering Culture Roots</li> <li>2:00 Afternoon Delight</li> <li>2:30 Scenic Walk</li> <li>3:00 Super Bingo!</li> <li>3:45 Rootbeer Float and Music!</li> <li>4:30 Food for Body &amp; Spirit w. Carlos</li> <li>5:00 <b>Dinner Live Music Angel Harpist</b></li> </ul>	<ul style="list-style-type: none"> <li>9:00 Morning Mass</li> <li>10:00 Chronicle &amp; Chat</li> <li>10:45 Beginners Zumba Exercises</li> <li>11:00 Prayer Circle</li> <li>1:00 Parks from Around the World</li> <li>2:00 Social Hour</li> <li>2:30 Nature Walk</li> <li>3:15 Visual Metaphor &amp; Meaning</li> <li>4:30 Food for Body &amp; Spirit w. Carlos</li> <li>6:00 Netflix 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 Slow Deep Breathing</li> <li>10:45 Gentle Chair Exercises</li> <li>11:00 Trivia with Friends</li> <li>1:00 Explore Museum Worldwide</li> <li>2:00 Afternoon Refreshments</li> <li>2:30 Saturday SPA Day!!!</li> <li>3:15 Bingo!</li> <li>3:45 Soul Musing and Soul Searching</li> <li>6:00 Movie: Viewers Choice</li> </ul>

<ul style="list-style-type: none"> <li>9:00 Sky-Earth &amp; Me Physical Exercise</li> <li>10:00 Heart-Focused Breathing</li> <li>10:30 Daily Chronicle &amp; Discussion</li> <li>10:45 Sunday Mass</li> <li>1:30 Poetry &amp; Reflection</li> <li>2:00 Afternoon Delight</li> <li>2:30 Scribble Art Project</li> <li>3:15 Music Time</li> <li>4:00 Documentary : Wild Life</li> <li>6:00 Movie: Residents Choice</li> </ul>
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## Oasis Memory Care Neighborhood Life Enrichment Activities Calendar




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

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



# May 2026



<ul style="list-style-type: none"> <li>9:00 Coffee &amp; Chat</li> <li>10:00 Current Events</li> <li>10:30 Beginners Yoga</li> <li>10:45 Sunday Mass</li> <li>1:00 Beaches Throughout California &amp; Chat</li> <li>2:00 Black Jack Game</li> <li>3:00 Chronicle &amp; Chat</li> <li>4:00 Spiritual Nature Walk</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Coffee And Current Events</li> <li>9:30 News and Discussion</li> <li>10:00 Stretch and Flex Chair Exercises</li> <li>10:30 Trivia with Friends</li> <li>11:00 Daily Mass- Virtual</li> <li>1:30 UNO Game</li> <li>2:30 Church Alternative</li> <li>3:00 Crafts: Mother's Day Cards</li> <li>4:00 Documentary: Influential Mothers Throughout History: Marie Curie</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Coffee &amp; Chat</li> <li>9:30 News &amp; Discussion</li> <li>10:00 Beginners Chair Pilates</li> <li>10:30 Daily Chronicle</li> <li>11:00 Daily Mass- Virtual</li> <li>11:30 Spiritual Check-In, Rev. Rebecca</li> <li>1:00 Ted Talk &amp; Chat</li> <li>2:00 BINGO!</li> <li>3:00 CINCO DE MAYO PARTY!!!</li> <li>6:15 Music Practice with Josh &amp; Megan</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Coffee And Current Events</li> <li>9:30 News and Discussion</li> <li>10:00 Low Impact Chair Exercises</li> <li>10:30 Daily Chronicle</li> <li>10:45 Fun Trivia!</li> <li>11:15 Daily Mass-Virtual</li> <li>1:00 Spiritual Poetry</li> <li>2:00 Movie Matinee: Viewers Choice</li> <li>4:00 Table Games: Yahtzee</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Coffee &amp; Chat</li> <li>9:30 News and Discussion</li> <li>10:00 Upper Body Chair Exercises</li> <li>10:30 <b>Outing: Scenic Drive Alameda Beach Front</b></li> <li>1:00 Beginners Spanish Class</li> <li>2:00 <b>May Crowning Service</b></li> <li>3:00 This Day in History</li> <li>4:00 Fresh Air Stroll</li> <li>5:00 <b>Dinner &amp; Live Music w/Angel Harpist</b></li> </ul>	<ul style="list-style-type: none"> <li>9:00 Coffee And Current Events</li> <li>9:30 News and Discussion</li> <li>10:00 Slow Breathing Chair Exercises</li> <li>10:30 Trivia Game</li> <li>11:00 Daily Chronicle</li> <li>11:30 Daily Mass-Virtual</li> <li>1:00 Exploring Spirituality with Rev. Rebecca</li> <li>2:00 Social Hour &amp; Music</li> <li>3:00 Movie Matinee: Viewers Choice</li> <li>3:15 Nature Stroll</li> <li>4:00 Documentary on Wild Life</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Coffee &amp; Chat</li> <li>9:45 Daily Chronicle</li> <li>10:00 Balloon Toss Exercises</li> <li>11:00 Daily Mass- Virtual</li> <li>1:00 Uno Game</li> <li>2:00 Spiritual Painting</li> <li>3:00 TED Talk &amp; Discussion</li> <li>4:00 Fresh Air Stroll</li> <li>6:00 Movie Night: Viewer's Choice</li> </ul>
<ul style="list-style-type: none"> <li>9:00 Coffee Social</li> <li>10:00 Current Events</li> <li>10:30 Beginners Yoga</li> <li>10:45 Sunday Mass</li> <li>1:00 Beaches Throughout California &amp; Chat</li> <li>2:00 Black Jack Game</li> <li>3:00 Mother's Day Tea Time!</li> <li>4:00 Spiritual Nature Walk</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Coffee And Current Events</li> <li>9:30 News and Discussion</li> <li>10:00 Stretch and Flex Chair Exercises</li> <li>10:30 Daily Mass-Virtual</li> <li>11:00 <b>Music Therapy w/ Hannah</b></li> <li>1:30 UNO Game</li> <li>2:30 Church Alternative</li> <li>3:00 Crafts: Memorial Day</li> <li>4:00 Documentary: Influential Mothers Throughout History: Abigail Adams</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Coffee And Chat</li> <li>9:30 News &amp; Discussion</li> <li>10:30 <b>Daily Chronicle</b></li> <li>11:00 Daily Mass- Virtual</li> <li>11:30 Spiritual Check-In, Rev. Rebecca</li> <li>1:30 <b>Best Life Over Dessert Series w/ Veronica</b></li> <li>2:00 Sip and Paint</li> <li>3:00 Super Bingo</li> <li>4:30 Dad Jokes</li> <li>6:15 Music Practice with Josh &amp; Megan</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Coffee And Current Events</li> <li>9:30 News and Discussion</li> <li>10:00 Low Impact Chair Exercises</li> <li>10:30 Daily Chronicle</li> <li>10:45 Fun Trivia!</li> <li>11:15 Daily Mass-Virtual</li> <li>1:00 Spiritual Poetry</li> <li>2:00 Movie Matinee: Viewers Choice</li> <li>4:00 Table Games: Yahtzee</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Coffee &amp; Chat</li> <li>9:30 News and Discussion</li> <li>10:00 <b>Resident Council</b></li> <li>1:00 Beginners Spanish Class</li> <li>2:00 Worship &amp; Discussion</li> <li>3:00 This Day in History</li> <li>4:00 Fresh Air Stroll</li> <li>6:00 KARAOKE PARTY!!!</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Coffee And Current Events</li> <li>9:30 News and Discussion</li> <li>10:00 Slow Breathing Chair Exercises</li> <li>10:30 Trivia Game</li> <li>11:00 Daily Chronicle</li> <li>11:30 Daily Mass-Virtual</li> <li>1:00 Exploring Spirituality with Rev. Rebecca</li> <li>2:00 Social Hour &amp; Music</li> <li>3:00 Movie Matinee: Viewers Choice</li> <li>3:15 Nature Stroll</li> <li>4:00 Documentary on Wild Life</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Coffee &amp; Chat</li> <li>9:45 Daily Chronicle</li> <li>10:00 Balloon Toss Exercises</li> <li>11:00 Daily Mass- Virtual</li> <li>1:00 Uno Game</li> <li>2:00 Spiritual Painting</li> <li>3:00 TED Talk &amp; Discussion</li> <li>4:00 Fresh Air Stroll</li> <li>6:00 Movie Night: Viewer's Choice</li> </ul>
<ul style="list-style-type: none"> <li>9:00 Coffee Social</li> <li>10:00 Current Events</li> <li>10:30 Beginners Yoga</li> <li>10:45 Sunday Mass</li> <li>1:00 Beaches Throughout California &amp; Chat</li> <li>2:00 Black Jack Game</li> <li>3:00 Chronicle &amp; Chat</li> <li>4:00 Spiritual Nature Walk</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Coffee And Current Events</li> <li>9:30 News and Discussion</li> <li>10:00 Stretch and Flex Chair Exercises</li> <li>10:30 Trivia with Friends</li> <li>11:00 Daily Mass- Virtual</li> <li>1:30 UNO Game</li> <li>2:30 Church Alternative</li> <li>3:00 Crafts: Memorial Day</li> <li>4:00 Documentary: Influential Mothers Throughout History: Harriet Tubman</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Coffee &amp; Chat</li> <li>10:00 News &amp; Discussion</li> <li>10:30 Beginners Chair Pilates</li> <li>11:00 Daily Mass- Virtual</li> <li>11:30 Spiritual Check-In, Rev. Rebecca</li> <li>1:00 Ted Talk &amp; Chat</li> <li>2:00 Sip and Paint</li> <li>3:00 Super Bingo</li> <li>4:30 Dad Jokes</li> <li>6:15 Music Practice with Josh &amp; Megan</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Coffee And Current Events</li> <li>9:30 News and Discussion</li> <li>10:00 Low Impact Chair Exercises</li> <li>10:30 Daily Chronicle</li> <li>10:45 Fun Trivia!</li> <li>11:15 Daily Mass-Virtual</li> <li>1:00 Spiritual Poetry</li> <li>2:00 Movie Matinee: Viewers Choice</li> <li>4:00 Table Games: Yahtzee</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Coffee &amp; Chat</li> <li>9:30 News and Chat</li> <li>10:00 Beginners Chair Yoga</li> <li>11:00 Daily Mass- Virtual</li> <li>1:00 Beginners Sign Language</li> <li>2:00 <b>Birthday Celebration!!</b></li> <li>3:00 This Day in History</li> <li>4:00 Fresh Air Stroll</li> <li>6:00 DISCO PARTY!!!!</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Coffee And Current Events</li> <li>9:30 News and Discussion</li> <li>10:00 Slow Breathing Chair Exercises</li> <li>10:30 Trivia Game</li> <li>11:00 Daily Chronicle</li> <li>11:30 Daily Mass-Virtual</li> <li>1:00 Exploring Spirituality with Rev. Rebecca</li> <li>2:00 Social Hour &amp; Music</li> <li>3:00 Movie Matinee: Viewers Choice</li> <li>3:15 Nature Stroll</li> <li>4:00 Documentary on Wild Life</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Coffee &amp; Chat</li> <li>9:45 Daily Chronicle</li> <li>10:00 Balloon Toss Exercises</li> <li>11:00 Daily Mass- Virtual</li> <li>1:00 Uno Game</li> <li>2:00 Spiritual Painting</li> <li>3:00 TED Talk &amp; Discussion</li> <li>4:00 Fresh Air Stroll</li> <li>6:00 Movie Night: Viewer's Choice</li> </ul>
<ul style="list-style-type: none"> <li>9:00 Coffee Social</li> <li>10:00 Current Events</li> <li>10:30 Beginners Yoga</li> <li>10:45 Sunday Mass</li> <li>1:00 Beaches Throughout California &amp; Chat</li> <li>2:00 Black Jack Game</li> <li>3:00 Chronicle &amp; Chat</li> <li>4:00 Spiritual Nature Walk</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Coffee And Current Events</li> <li>9:30 News and Discussion</li> <li>10:00 Stretch and Flex Chair Exercises</li> <li>10:30 Daily Mass-Virtual</li> <li>11:00 <b>Music Therapy w/ Hannah</b></li> <li>1:30 UNO Game</li> <li>2:30 Church Alternative</li> <li>3:00 Memorial Day Gathering</li> <li>4:00 Documentary: Influential Mothers Throughout History: Queen Victoria</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Coffee &amp; Chat</li> <li>10:00 News &amp; Discussion</li> <li>10:30 Beginners Chair Pilates</li> <li>11:00 Daily Mass- Virtual</li> <li>11:30 Spiritual Check-In, Rev. Rebecca</li> <li>1:00 Ted Talk &amp; Chat</li> <li>2:00 Sip and Paint</li> <li>3:00 Super Bingo</li> <li>4:30 Dad Jokes</li> <li>6:15 Music Practice with Josh &amp; Megan</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Coffee And Current Events</li> <li>9:30 News and Discussion</li> <li>10:00 Low Impact Chair Exercises</li> <li>10:30 Daily Chronicle</li> <li>10:45 Fun Trivia!</li> <li>11:15 Daily Mass-Virtual</li> <li>1:00 Spiritual Poetry</li> <li>2:00 Movie Matinee: Viewers Choice</li> <li>4:00 Table Games: Yahtzee</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Coffee &amp; Chat</li> <li>9:30 News and Chat</li> <li>10:00 Beginners Chair Yoga</li> <li>11:00 Daily Mass- Virtual</li> <li>1:00 Beginners Sign Language</li> <li>2:00 Worship &amp; Discussion</li> <li>3:00 This Day in History</li> <li>4:00 Fresh Air Stroll</li> <li>6:00 BINGO &amp; PRIZES!!!</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Coffee And Current Events</li> <li>9:30 News and Discussion</li> <li>10:00 Slow Breathing Chair Exercises</li> <li>10:30 Trivia Game</li> <li>11:00 Daily Chronicle</li> <li>11:30 Daily Mass-Virtual</li> <li>1:00 Exploring Spirituality with Rev. Rebecca</li> <li>2:00 <b>A Taste of Spring w/ David</b></li> <li>3:00 Movie Matinee: Viewers Choice</li> <li>3:15 Nature Stroll</li> <li>4:00 Documentary on Wild Life</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Coffee &amp; Chat</li> <li>9:45 Daily Chronicle</li> <li>10:00 Balloon Toss Exercises</li> <li>11:00 Daily Mass- Virtual</li> <li>1:00 Uno Game</li> <li>2:00 Spiritual Painting</li> <li>3:00 TED Talk &amp; Discussion</li> <li>4:00 Fresh Air Stroll</li> <li>6:00 Movie Night: Viewer's Choice</li> </ul>

<ul style="list-style-type: none"> <li>9:00 Coffee Social</li> <li>10:00 Current Events</li> <li>10:30 Beginners Yoga</li> <li>10:45 Sunday Mass</li> <li>1:00 Beaches Throughout California &amp; Chat</li> <li>2:00 Black Jack Game</li> <li>3:00 Chronicle &amp; Chat</li> <li>4:00 Spiritual Nature Walk</li> </ul>
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## Mercy Care Center Life Enrichment Activities Calendar



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