

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



# July 2026



## Assisted Living Neighborhood Life Enrichment Activities Calendar

<ul style="list-style-type: none"> <li>9:00 Fresh Air Stroll</li> <li>10:00 Meditation for Life's Questions</li> <li>10:45 Sunday Mass</li> <li>11:00 Scrabble</li> <li>1:00 Everyday Ethics</li> <li>2:00 Oakland Discussion</li> <li>3:00 Joyful Movement</li> <li>5:30 Movie: Spiritual</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Morning Walk</li> <li>9:30 Daily Mass in Chapel</li> <li>10:15 Joyful Movement</li> <li>1:00 Res-Led Parkinson's Support Group</li> <li>1:00 Zen Doodling</li> <li>2:00 Cooking with Sr Nena</li> <li>2:00 Res-led Mercy Choir</li> <li>3:00 Media Help</li> <li>3:00 Res-Led Dominoes</li> <li>5:30 Movie: Comedies</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Fresh Air Stroll</li> <li>9:30 Daily Mass in Chapel</li> <li>10:15 Creative Art</li> <li>10:15 <b>Fitness Class with Greg</b></li> <li>10:45 <b>LE Planning Meeting</b></li> <li>1:30 Spirit Circles Art</li> <li>3:00 Clay Creations</li> <li>3:30 TED Talk</li> <li>4:30 Candlelight Dinner with Harp</li> <li>5:30 Movies from Books</li> <li>6:15 Res-led Music Jam</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Morning Walk</li> <li>9:30 Daily Mass in Chapel</li> <li>10:15 Earth &amp; Me Phys. Exercise</li> <li>1:00 Scrabble</li> <li>2:00 Luminous Glass Studio</li> <li>2:30 BINGO</li> <li>3:00 Resident-led Rosary</li> <li>3:30 Music as Literature</li> <li>5:30 Movie Theme: Life's Stories</li> <li>6:00 Resident-led Poker</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Fresh Air Stroll</li> <li>9:30 Daily Mass in Chapel</li> <li>10:15 Mind &amp; Body United</li> <li>11:00 Doc: US History</li> <li>1:30 Printing Workshop</li> <li>1:30 <b>Media Help, Perjol</b></li> <li>2:00 Resident Led Canasta</li> <li>3:00 Create and Connect</li> <li>4:00 Music for Serenity</li> <li>5:30 Movie: Oscar Winners</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Devotion &amp; Coffee</li> <li>9:30 Daily Mass in Chapel</li> <li>10:15 Upper Body Exercise</li> <li>11:00 Fresh Air Stroll</li> <li>1:30 Yahtzee Game</li> <li>2:00 Adoration</li> <li>3:15 Happy Hour</li> <li>5:30 Movie: TED Talk</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Coffee &amp; Chat</li> <li>10:15 Morning Exercise</li> <li>10:45 Trivia</li> <li>2:00 Good News</li> <li>3:00 4th of July Party</li> <li>5:30 Movie: Resident Request</li> <li>6:15 Reading Sunday's Scriptures with Sisters</li> </ul>
<ul style="list-style-type: none"> <li>9:00 Fresh Air Stroll</li> <li>10:00 Meditation for Life's Questions</li> <li>10:45 Sunday Mass</li> <li>11:00 Scrabble</li> <li>1:00 Everyday Ethics</li> <li>2:00 Resident Variety Show</li> <li>3:00 Joyful Movement</li> <li>5:30 Movie: Spiritual</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Morning Walk</li> <li>9:30 Daily Mass in Chapel</li> <li>10:15 Joyful Movement</li> <li>1:00 Zen Doodling</li> <li>2:00 Journaling</li> <li>2:00 Res-led Mercy Choir</li> <li>3:00 Meditation, Rev. Rebecca</li> <li>3:00 Media Help</li> <li>3:00 Res-Led Dominoes</li> <li>5:30 Movie: Comedies</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Fresh Air Stroll</li> <li>9:30 Daily Mass in Chapel</li> <li>10:15 Asian Brush Stroke</li> <li>10:15 Tai Chi with Sky</li> <li>1:30 <b>Best Life with Dessert</b></li> <li>1:30 Canvas Creations</li> <li>3:00 Paper Makers</li> <li>3:30 TED Talk</li> <li>4:00 Music for Serenity</li> <li>5:30 Movie: Bastille Day</li> <li>6:15 Res-led Music Jam</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Morning Walk</li> <li>9:30 Daily Mass in Chapel</li> <li>10:15 Earth &amp; Me Phys. Exercise</li> <li>1:00 Writer's Wkshp, Rev. Rebecca</li> <li>1:00 Scrabble</li> <li>1:30 <b>Food Forum</b></li> <li>2:00 Luminous Glass Studio</li> <li>2:30 BINGO</li> <li>3:00 Resident-led Rosary</li> <li>3:30 Music as Literature</li> <li>5:30 Movie Theme: Life's Stories</li> <li>6:00 Resident-led Poker</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Fresh Air Stroll</li> <li>9:30 Daily Mass in Chapel</li> <li>10:15 Mind &amp; Body United</li> <li>11:30 <b>Resident Birthday Lunch</b></li> <li>1:30 Printing Workshop</li> <li>1:30 <b>Media Help, Perjol</b></li> <li>2:00 Resident-led Canasta</li> <li>3:00 Create and Connect</li> <li>4:00 Music for Serenity</li> <li>5:30 Movie: Oscar Winners</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Devotion &amp; Coffee</li> <li>9:30 Daily Mass in Chapel</li> <li>10:15 Upper Body Exercise</li> <li>11:00 Fresh Air Stroll</li> <li>1:30 Yahtzee Game</li> <li>3:15 Happy Hour</li> <li>5:30 Movie: TED Talk</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Coffee &amp; Chat</li> <li>10:15 Morning Exercise</li> <li>10:45 Trivia</li> <li>1:00 Create a Poem</li> <li>2:15 Discussion with Carlos</li> <li>3:15 Ice Cream Social</li> <li>5:30 Movie: Resident Request</li> <li>6:15 Reading Sunday's Scriptures with Sisters</li> </ul>
<ul style="list-style-type: none"> <li>9:00 Fresh Air Stroll</li> <li>10:00 Meditation for Life's Questions</li> <li>10:45 Sunday Mass</li> <li>11:00 Scrabble</li> <li>1:00 Everyday Ethics</li> <li>2:00 Community Service</li> <li>3:00 Ice Cream Social</li> <li>5:30 Movie: Ice Cream Days</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Morning Walk</li> <li>9:30 Daily Mass in Chapel</li> <li>10:15 Joyful Movement</li> <li>10:15 Musical Mirrors</li> <li>1:00 Res-Led Parkinson's Grp</li> <li>1:00 Drum Circle</li> <li>2:00 Mercy Choir</li> <li>3:00 Meditation, Rev. Rebecca</li> <li>3:00 Dominoes</li> <li>3:00 Media Help</li> <li>5:30 Movie: Comedies</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Fresh Air Stroll</li> <li>9:30 Daily Mass in Chapel</li> <li>10:10 <b>Resident Council</b></li> <li>10:15 Creative Art</li> <li>10:15 <b>Fitness Class with Greg</b></li> <li>1:00 <b>Maintenance/Housekeeping</b></li> <li>1:30 Joyful Movement</li> <li>2:00 Hymn Singing in Courtyard with Spiritual Care</li> <li>3:00 Clay Creation</li> <li>3:00 <b>Laughter Yoga with Dr Martin</b></li> <li>4:00 Music for Serenity</li> <li>5:30 Movies from Books</li> <li>6:15 Res-led Music Jam</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Morning Walk</li> <li>9:30 Daily Mass in Chapel</li> <li>10:15 Earth &amp; Me Phys. Exercise</li> <li>1:00 Writer's Wkshp, Rev. Rebecca</li> <li>1:00 Scrabble</li> <li>2:00 Luminous Glass Studio</li> <li>2:30 BINGO</li> <li>3:30 Music as Literature</li> <li>3:00 Resident-led Rosary</li> <li>5:30 Movie Theme: Life's Stories</li> <li>6:00 Resident-led Poker</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Fresh Air Stroll</li> <li>9:30 Daily Mass in Chapel</li> <li>10:15 Mind &amp; Body United</li> <li>10:15 <b>Outing: Kim's Nails</b></li> <li>11:00 Doc: US History</li> <li>1:30 <b>Media Help, Perjol</b></li> <li>1:30 Book Binding</li> <li>2:00 Resident-led Canasta</li> <li>3:00 Create and Connect</li> <li>4:00 Music for Serenity</li> <li>5:30 Movie: Oscar Winners</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Devotion &amp; Coffee</li> <li>9:30 Daily Mass in Chapel</li> <li>10:15 Upper Body Exercise</li> <li>11:00 Fresh Air Stroll</li> <li>1:30 Yahtzee Game</li> <li>3:15 Happy Hour</li> <li>5:30 Movie: TED Talk</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Coffee &amp; Chat</li> <li>10:15 Morning Exercise</li> <li>10:45 Trivia</li> <li>1:00 Create a Poem</li> <li>2:15 Discussion with Carlos</li> <li>3:15 UNO Card Game</li> <li>5:30 Movie: Resident Request</li> <li>6:15 Reading Sunday's Scriptures with Sisters</li> </ul>
<ul style="list-style-type: none"> <li>9:00 Fresh Air Stroll</li> <li>10:00 Meditation for Life's Questions</li> <li>10:45 Sunday Mass</li> <li>11:00 Scrabble</li> <li>1:00 Everyday Ethics</li> <li>2:00 Community Service</li> <li>3:00 XYZ Ladies' High Tea</li> <li>5:30 Movie: Spiritual</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Morning Walk</li> <li>9:30 Daily Mass in Chapel</li> <li>10:15 Joyful Movement</li> <li>10:15 Musical Mirrors</li> <li>1:00 Drum Circle</li> <li>2:00 Mercy Choir</li> <li>2:00 Journaling</li> <li>3:00 Meditation, Rev. Rebecca</li> <li>3:00 Dominoes</li> <li>3:00 Media Help</li> <li>5:30 Movie: Comedies</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Fresh Air Stroll</li> <li>9:30 Daily Mass in Chapel</li> <li>10:15 Experimental Drawing</li> <li>1:30 Canvas Creation</li> <li>2:30 <b>Town Hall Meeting</b></li> <li>3:00 <b>Laughter Yoga, Dr Martin</b></li> <li>4:00 Music for Serenity</li> <li>5:30 Movies from Books</li> <li>6:15 Res-led Music Jam</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Morning Walk</li> <li>9:30 Daily Mass in Chapel</li> <li>10:15 Earth &amp; Me Phys. Exercise</li> <li>1:00 Writer's Wkshp, Rev. Rebecca</li> <li>1:00 Scrabble</li> <li>2:00 Luminous Glass Studio</li> <li>2:30 BINGO</li> <li>3:00 <b>New Resident Welcome</b></li> <li>3:00 Resident-led Rosary</li> <li>5:30 Movie Theme: Life's Stories</li> <li>6:00 Resident-led Poker</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Fresh Air Stroll</li> <li>9:30 Daily Mass in Chapel</li> <li>10:15 Mind &amp; Body United</li> <li>11:00 Doc: US History</li> <li>1:30 Stitch &amp; Smile Club</li> <li>1:30 <b>Media Help, Perjol</b></li> <li>2:00 Resident-led Canasta</li> <li>3:00 Create and Connect</li> <li>4:00 Music for Serenity</li> <li>5:30 Movie: Oscar Winners</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Devotion &amp; Coffee</li> <li>9:30 Daily Mass in Chapel</li> <li>10:15 Upper Body Exercise</li> <li>11:00 Fresh Air Stroll</li> <li>1:30 Yahtzee Game</li> <li>3:15 Happy Hour</li> <li>5:30 Movie: TED Talk</li> </ul>	

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

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



July 2026



Oasis Memory Care Neighborhood Life Enrichment Activities Calendar

Calendar grid with 7 columns (Sunday-Saturday) and 5 rows of activities. Each cell contains a list of activities with colored dots indicating categories and a number in the top right corner of the cell.

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



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



July 2026



Mercy Care Center Life Enrichment Activities Calendar

- 9:00 News and Coffee
10:00 Daily Chronicle
10:30 Beginners Yoga
10:45 Sunday Mass
1:00 National Parks Throughout CA & Chat
2:00 Table Game: UNO
3:00 Gratitude Journal
4:00 Spiritual Nature Walk

- 9:00 Coffee Social
10:00 Upper Body Chair Exercises
10:30 Would you Rather
11:00 Daily Mass- Virtual
1:00 Drum Circle
2:00 Sing-Along with Friends
2:30 Virtual Church Alternative
3:00 Summer Crafts
4:00 Travel to Turks and Caicos and Discussion

- 9:00 News and Coffee
9:30 Daily Chronicle
10:00 Beginners Tai Chi
10:30 Famous Figures Throughout History
11:00 Daily Mass- Virtual
1:00 Skybound Creations
2:00 Painting Class in the Courtyard
3:00 Super Bingo
4:00 Fun Jokes with Friends

- 9:00 Coffee Social
9:30 Current Events & Conversation
10:00 Slow Movements and Deep Breathing Exercises
10:30 Daily Chronicle
10:45 Finish That Line
11:15 Daily Mass-Virtual
1:00 Beginners Spanish Class
2:00 Spiritual Journaling
3:00 Courtyard get-together
4:00 Table Games: Dominoes

- 9:00 Coffee and Current Events
9:30 Daily Chronicle
10:00 Beginners Zumba Class
11:00 Daily Mass- Virtual
1:00 Drum Circle
2:00 TED Talk
3:00 Fresh Air Stroll
4:00 POKER NIGHT!!!!

- 9:00 Coffee And Chat
9:30 Current Events & Chat
10:00 Balloon Toss w/ Friends
10:30 Word Game
11:30 Daily Mass-Virtual
1:00 Meditation & Manifestation
2:00 Social Hour & Music
3:00 SPA DAY
3:30 Nature Stroll
4:00 Reading the Sky: Astrology
5:00 Dinner & Live Music w/Angel the Harpist

- 9:00 News and Coffee
9:30 Daily Chronicle
10:00 Disco Chair Exercise
11:00 Daily Mass- Virtual
1:00 Game: Corn Hole
2:00 Spiritual Crafts
3:00 Ice Cream Social & 60s Music
4:00 Lecture and Discussion on Smart Devices
6:00 BINGO!!!

- 9:00 News and Coffee
10:00 Daily Chronicle
10:30 Beginners Yoga
10:45 Sunday Mass
1:00 National Parks Throughout CA & Chat
2:00 Table Game: UNO
3:00 Gratitude Journal
4:00 Spiritual Nature Walk

- 9:00 Coffee Social
10:00 Upper Body Chair Exercises
10:30 Would you Rather
11:00 Daily Mass- Virtual
1:00 Drum Circle
2:00 Sing-Along with Friends
2:30 Virtual Church Alternative
3:00 Summer Crafts
4:00 Travel to Alaska and Discussion

- 9:00 News and Coffee
9:30 Daily Chronicle
10:00 Beginners Tai Chi
10:30 Famous Figures Throughout History
11:00 Daily Mass- Virtual
11:30 Spiritual Check-In, Rev.Rebecca
1:30 Best Life Over Dessert Series w/ Veronica
2:00 Painting Class in the Courtyard
3:00 Super Bingo
4:00 Fun Jokes with Friends

- 9:00 Coffee Social
9:30 Current Events & Conversation
10:00 Slow Movements and Deep Breathing Exercises
10:30 Daily Chronicle
10:45 Finish That Line
11:15 Daily Mass-Virtual
1:00 Beginners Spanish Class
2:00 Spiritual Journaling
3:15 I Love Horses Art Project
4:00 Table Games: Black Jack

- 9:00 Coffee & Current Events
9:30 Daily Chronicle
10:00 Beginners Zumba Class
11:00 Daily Mass- Virtual
1:00 Drum Circle
2:00 Birthday Celebration!!
3:00 TED Talk
4:00 Fresh Air Stroll
6:00 CASINO NIGHT!!!

- 9:00 Coffee Social
9:30 Current Events & Chat
10:00 Balloon Toss w/Friends
10:30 Word Game
11:30 Daily Mass-Virtual
1:00 Exploring Spirituality with Rev. Rebecca
2:00 Social Hour & Music
3:00 SPA DAY
3:15 Nature Stroll
4:00 Reading the Sky: Astrology

- 9:00 News and Coffee
9:30 Daily Chronicle
10:00 Disco Chair Exercise
11:00 Daily Mass- Virtual
1:00 Game: Corn Hole
2:00 Spiritual Crafts
3:00 Ice Cream Social & 70s Music
4:00 Lecture and Discussion on Smart Devices
6:00 BINGO!!!

- 9:00 News and Coffee
10:00 Daily Chronicle
10:30 Beginners Yoga
10:45 Sunday Mass
1:00 National Parks Throughout CA & Chat
2:00 Table Game: UNO
3:00 Gratitude Journal
4:00 Spiritual Nature Walk

- 9:00 Coffee Social
10:00 Upper Body Chair Exercises
10:30 Would you Rather
11:00 Daily Mass- Virtual
1:00 Drum Circle
2:00 Sing-Along with Friends
2:30 Virtual Church Alternative
3:00 Summer Crafts
4:00 Travel to Greenland and Discussion

- 9:00 News and Coffee
9:30 Daily Chronicle
10:00 Beginners Tai Chi
10:30 Famous Figures Throughout History
11:00 Daily Mass- Virtual
11:30 Spiritual Check-In, Rev. Rebecca
1:00 Art of Science
2:00 Hymn Sing in the Courtyard with Spiritual Care
3:00 Super Bingo
4:00 Fun Jokes with Friends

- 9:00 Coffee Social
9:30 Current Events & Conversation
10:00 Slow Movements and Deep Breathing Exercises
10:30 Daily Chronicle
10:45 Finish That Line
11:15 Daily Mass-Virtual
1:00 Beginners Spanish Class
2:00 Spiritual Journaling
3:00 Courtyard get-together
4:00 Table Games: Dominoes

- 9:00 Coffee and Current Events
9:30 Daily Chronicle
10:00 Beginners Zumba Class
11:00 Daily Mass- Virtual
1:00 Devotion & Discussion
2:00 Drum Circle
3:00 TED Talk
4:00 Fresh Air Stroll
6:00 DANCE PARTY!!!!

- 9:00 Coffee Social
9:30 Current Events & Chat
10:00 Balloon Toss w/Friends
10:30 Word Game
11:30 Daily Mass-Virtual
1:00 Exploring Spirituality with Rev. Rebecca
2:00 Social Hour & Music
3:00 SPA DAY
3:15 Nature Stroll
4:00 Reading the Sky: Astrology

- 9:00 News and Coffee
9:30 Daily Chronicle
10:00 Disco Chair Exercise
11:00 Daily Mass- Virtual
1:00 Game: Corn Hole
2:00 Spiritual Crafts
3:00 Ice Cream Social & 80s Music
4:00 Lecture and Discussion on Smart Devices
6:00 BINGO!!!

- 9:00 News and Coffee
10:00 Daily Chronicle
10:30 Beginners Yoga
10:45 Sunday Mass
1:00 National Parks Throughout CA & Chat
2:00 Table Game: UNO
3:00 Gratitude Journal
4:00 Spiritual Nature Walk

- 9:00 Coffee Social
10:00 Upper Body Chair Exercises
10:30 Would you Rather
11:00 Daily Mass- Virtual
1:00 Drum Circle
2:00 Sing-Along with Friends
2:30 Virtual Church Alternative
3:00 Summer Crafts
4:00 Travel to Germany and Discussion

- 9:00 News and Coffee
9:30 Daily Chronicle
10:00 Beginners Tai Chi
10:30 Famous Figures Throughout History
11:00 Daily Mass- Virtual
11:30 Spiritual Check-In, Rev. Rebecca
1:00 Create and Connect
2:00 Painting Class in the Courtyard
3:00 Super Bingo
4:00 Fun Jokes with Friends

- 9:00 Coffee Social
9:30 Current Events & Conversation
10:00 Slow Movements and Deep Breathing Exercises
10:30 Daily Chronicle
10:45 Finish That Line
11:15 Daily Mass-Virtual
1:00 Beginners Spanish Class
2:00 Summer Memory Journal
3:15 "Love is Kind" Art Project
4:00 Table Games: Black Jack

- 9:00 Coffee and Current Events
9:30 Daily Chronicle
10:00 Beginners Zumba Class
11:00 Daily Mass- Virtual
1:00 Devotion & Discussion
2:00 Drum Circle
3:00 TED Talk
4:00 Fresh Air Stroll
6:00 MONTE CARLO NIGHT!!!!

- 9:00 Coffee Social
9:30 Current Events & Chat
10:00 Balloon Toss w/Friends
10:30 Word Game
11:30 Daily Mass-Virtual
1:00 Exploring Spirituality with Rev. Rebecca
2:00 A Taste of Summer w/ David
3:00 SPA DAY
3:15 Nature Stroll
4:00 Reading the Sky: Astrology



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