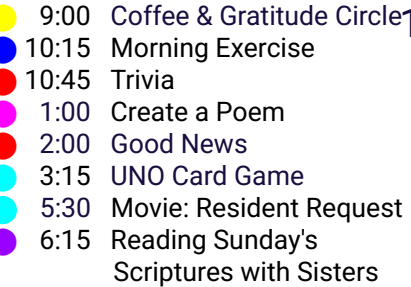


Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
													
August 2026													
9:00 Fresh Air Stroll 2 9:00 Open Art Studio 10:00 Meditation for Life Questions 10:45 Sunday Mass 11:00 Aging Intelligently: How to Avoid Shocking Medical Bills 1:00 Everyday Ethics 2:00 Oakland Discussion Group 3:00 Joyful Mov't for Body & Mind 5:30 Movie: Mind Explained Pt 1	9:00 Nature Walk Outdoors 3 9:30 Daily Mass in Chapel 10:15 Fitness for Body & Mind 10:15 Musical Mirrors 1:00 Res-Led Parkinson's Grp 1:00 Drum Circle 2:00 Mercy Choir 3:00 Meditation, Rev. Rebecca 3:00 Dominoes 3:00 Media Help 5:30 Movie: Nostalgia	9:00 Fresh Air Stroll 4 9:30 Daily Mass in Chapel 10:15 Creative Art Projects 10:15 Fitness Class with Greg 10:45 LE Calendar Planning 10:45 Sr Toni Nash, Japanese Internment WWII 1:30 Gratitude Circle 3:00 Clay Creations 4:30 Candlelight Dinner with Harp 5:30 Movie Theme: Wellness 6:15 Res-led Music Jam	9:00 Nature Walk Outdoors 5 9:30 Daily Mass in Chapel 10:15 Earth & Me Phys. Exercise 11:00 Ambassador Meeting 1:00 Writer's Wkshp, Rev. Rebecca 1:00 Resident Variety Show (3rd Floor) 2:00 Luminous Glass Studio 2:30 BINGO 3:00 Resident-led Rosary 3:30 The Beauty of Lyrics as Literature 5:30 Movie Theme: Wellness 6:00 Resident-led Poker	9:00 Fresh Air Stroll 6 9:30 Mass, Anointing & Reconciliation 10:15 Mind & Body United 11:00 Doc: for National Wellness Month 1:00 Speaker: Advance Directives 1:30 Sister Anna Going Away Party 1:30 Printing Workshop 1:30 Media Help, Perjol 2:30 Resident Led Canasta 3:15 Insights on Reading Jane Austen 4:00 Skills for Emotional Wellness	9:00 Devotion & Coffee 7 9:30 Daily Mass in Chapel 10:15 Upper Body Exercise 11:00 Fresh Air Stroll 1:30 Yahtzee Game 2:00 Adoration 3:15 Happy Hour 5:30 Movie: TED Talk International Beer Day	9:00 Coffee & Gratitude Circle 8 10:15 Morning Exercise 10:45 Trivia 1:00 Create a Poem 2:00 Good News 2:15 Book Discussion with Carlos 3:15 UNO Card Game 5:30 Movie: Resident Request 6:15 Reading Sunday's Scriptures with Sisters							
9:00 Fresh Air Stroll 9 9:00 Open Art Studio 10:00 Meditation for Life Questions 10:45 Sunday Mass 11:00 Aging Intelligently: 99 Ways to Save Money 1:00 Everyday Ethics 2:00 Community Service 3:00 Joyful Mov't for Body & Mind 5:30 Movie: Mind Explained Pt 2	9:00 Nature Walk Outdoors 10 9:30 Daily Mass in Chapel 10:15 Fitness for Body & Mind 10:15 Musical Mirrors 1:00 Conversation with Architect Jim Heilbronner, on Parkinson's Disease 1:00 Drum Circle 2:00 Mercy Choir 3:00 Meditation, Rev. Rebecca 3:00 Dominoes 5:30 Movie: Nostalgia Night	9:00 Fresh Air Stroll 11 9:30 Daily Mass in Chapel 10:15 Asian Brush Stroke 10:15 Joyful Movement for Body & Mind 10:45 Sr Toni Nash, Japanese Internment WWII 1:30 Best Life Over Dessert w. Veronica 1:30 Canvas Creation 3:00 The Paper Makers 3:00 Laughter Yoga 5:30 Movie Theme: Wellness 6:15 Res-led Music Jam	9:00 Nature Walk Outdoors 12 9:30 Daily Mass in Chapel 10:15 Earth & Me Phys. Exercise 11:00 Resident Variety Show 1:00 Writer's Wkshp, Rev. Rebecca 1:30 Food Forum 2:00 Luminous Glass Studio 2:30 BINGO 3:00 Resident-led Rosary 3:30 The Beauty of Lyrics as Literature 5:30 Movie Theme: Wellness 6:00 Resident-led Poker	9:00 Fresh Air Stroll 13 9:30 Daily Mass in Chapel 10:15 Mind & Body United 10:15 Outing: In-N-Out Burger, Alameda 1:30 Book Binding 2:30 Resident-led Canasta 3:00 Create and Connect 3:15 Insights on Reading Jane Austen 4:00 Skills for Emotional Wellness 5:30 Movie: Great Performances Perseid Meteor Shower	9:00 Devotion & Coffee 14 9:30 Daily Mass in Chapel 10:15 Upper Body Exercise 10:30 Garden Club 11:00 Fresh Air Stroll 1:30 Yahtzee Game 3:15 Happy Hour 5:30 Movie: TED Talk Navajo Codetalkers Day	9:00 Coffee & Gratitude Circle 15 10:15 Morning Exercise 10:45 Trivia 1:00 Create a Poem 2:00 Good News 2:15 Discussion with Carlos 3:15 UNO Card Game 5:30 Movie: Resident Request 6:15 Reading Sunday's Scriptures with Sisters Feast of the Assumption							
9:00 Fresh Air Stroll 16 9:00 Open Art Studio 10:00 Meditation for Life Questions 10:45 Sunday Mass 11:00 Aging Intelligently: Complain Like a Pro 1:00 Everyday Ethics 2:00 Community Service 3:00 Joyful Mov't for Body & Mind 5:30 Movie: Mind Explained Pt 3	9:00 Nature Walk Outdoors 17 9:30 Daily Mass in Chapel 10:15 Fitness for Body & Mind 10:15 Musical Mirrors 1:00 Res-Led Parkinson's Grp 1:00 Drum Circle 2:00 Mercy Choir 3:00 Meditation, Rev. Rebecca 3:00 Dominoes 3:00 Media Help 5:30 Movie: Nostalgia Night	9:00 Fresh Air Stroll 18 9:30 Daily Mass in Chapel 10:10 Resident Council 10:15 Creative Art Projects 10:15 Fitness Class with Greg 10:45 Sr Toni Nash, Japanese Internment WWII 1:00 Maintenance/Housekeeping 2:00 Hymn Singing with Spiritual Care 3:00 Clay Creations 3:00 Laughter Yoga with Dr Martin 5:30 Movie Theme: Wellness 6:15 Res-led Music Jam	9:00 Nature Walk Outdoors 19 9:30 Daily Mass in Chapel 10:15 Earth & Me Phys. Exercise 1:00 Writer's Wkshp, Rev. Rebecca 1:00 Resident Variety Show 2:00 Luminous Glass Studio 2:30 BINGO 3:00 Resident-led Rosary 3:30 The Beauty of Lyrics as Literature 5:30 Movie Theme: Wellness 6:00 Resident-led Poker	9:00 Fresh Air Stroll 20 9:30 Daily Mass in Chapel 10:15 Mind & Body United 11:30 Resident Birthday Lunch 1:30 Printing Workshop 1:30 Internet 101 with Perjol: Understanding How The Internet Works 2:30 Resident-led Canasta 3:15 Insights on Reading Jane Austen 4:00 Skills for Emotional Wellness 5:30 Movie: Great Performances Perseid Meteor Shower	9:00 Devotion & Coffee 21 9:30 Daily Mass in Chapel 10:15 Upper Body Exercise 11:00 Fresh Air Stroll 1:30 Yahtzee Game 3:15 Happy Hour 5:30 Movie: TED Talk Senior Citizens Day	9:00 Coffee & Gratitude Circle 22 10:15 Morning Exercise 10:45 Trivia 1:00 Create a Poem 2:00 Good News 2:15 Discussion with Carlos 3:15 UNO Card Game 5:30 Movie: Resident Request 6:15 Reading Sunday's Scriptures with Sisters Feast of the Assumption							
9:00 Fresh Air Stroll 23 9:00 Open Art Studio 10:00 Meditation for Life Questions 10:45 Sunday Mass 11:00 Aging Intelligently: How Old Are You (Really)? 1:00 Everyday Ethics 2:00 Community Service 3:00 Joyful Mov't for Body & Mind 5:30 Movie: Mind Explained Pt 4	9:00 Nature Walk Outdoors 24 9:30 Daily Mass in Chapel 10:15 Fitness for Body & Mind 10:15 Musical Mirrors 1:00 Drum Circle 2:00 Mercy Choir 2:00 Journaling 3:00 Meditation, Rev. Rebecca 3:00 Dominoes 3:00 Media Help 5:30 Movie: Nostalgia Night	9:00 Fresh Air Stroll 25 9:30 Daily Mass in Chapel 10:15 Experimental Drawing 10:15 Joyful Movement for Body & Mind 10:45 Sr Toni Nash, Japanese Internment WWI 1:30 Canvas Creation 3:00 The Paper Makers 3:00 Laughter Yoga, Dr Martin 4:00 Classical Music for Serenity 5:30 Movie Theme: Wellness 6:15 Res-led Music Jam	9:00 Nature Walk Outdoors 26 9:30 Daily Mass in Chapel 10:15 Earth & Me Phys. Exercise 11:00 Share Your Stories 1:00 Writer's Wkshp, Rev. Rebecca 2:00 Luminous Glass Studio 3:00 Resident-led Rosary 3:00 New Resident Welcome 5:30 Movie Theme: 6:00 Resident-led Poker Women's Equality Day	9:00 Fresh Air Stroll 27 9:30 Daily Mass in Chapel 10:15 Outing: Scenic Drive to Alameda Beach 10:15 Mind & Body United 1:30 Media Help, Perjol 1:30 Book Binding 2:30 Resident-led Canasta 3:00 Create and Connect 3:15 Insights on Reading Jane Austen 4:00 Skills for Emotional Wellness 5:30 Movie: Great Performances	9:00 Devotion & Coffee 28 9:30 Daily Mass in Chapel 10:15 Upper Body Exercise 11:00 Fresh Air Stroll 1:30 Yahtzee Game 3:15 Happy Hour 5:30 Movie: TED Talk Eid al-Adha / Full Moon	9:00 Coffee & Gratitude Circle 29 10:15 Morning Exercise 10:45 Trivia 1:00 Create a Poem 2:00 Good News 2:15 Discussion with Carlos 3:15 UNO Card Game 5:30 Movie: Resident Request 6:15 Reading Sunday's Scriptures with Sisters Feast of the Assumption							
9:00 Fresh Air Stroll 30 9:00 Open Art Studio 10:00 Meditation for Life Questions 10:45 Sunday Mass 11:00 Aging Intelligently: Don't Sell Your Home to Wholesalers 1:00 Everyday Ethics 2:00 Community Service 3:00 XYZ Ladies' High Tea 5:30 Movie: Mind Explained Pt 5	9:00 Outdoor Nature Walk 31 9:30 Daily Mass in Chapel 10:15 Fitness for Body & Mind 10:15 Musical Mirrors 1:00 Drum Circle 2:00 Mercy Choir 2:00 Journaling 3:00 Meditation, Rev. Rebecca 3:00 Dominoes 3:00 Media Help 5:30 Movie: Nostalgia Night	  Assisted Living Neighborhood Life Enrichment Activities Calendar											

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 August 2026 						9:00 Morning Mass 9:30 Communion in Common 10:00 Beginners Zumba Exercises 11:00 Fun Trivia 1:00 Engaging with Art 2:00 Afternoon Refreshment 2:30 Saturday SPA Day!!! 3:00 Super Bingo! 3:45 Listening to Hymns & Reflect 6:00 Movie: Viewers Choice
9:30 Sky-Earth & Me Physical Exercise 10:00 Chronicle & Chat 10:30 Heart-Focused Breathing 10:45 Sunday Mass 1:30 Golden Tales & Memories 2:00 Afternoon Delight 2:30 Coloring Art Projects 3:15 Music Time 4:00 Documentary : Wild Life 6:00 Movie: Residents Choice	9:00 Morning Mass 10:00 Current Events & Discussion 10:30 Singing and Moving 12:30 Sensory Calming 1:30 Capture a Lifetime 2:00 Afternoon Refreshments 2:30 Voices of the Past 3:00 Sun Hat Projects 3:45 Flower Arrangements 4:30 Letter Game 6:00 Musical Monday	9:00 Morning Mass 10:15 Tai Chi with Sky 11:00 Spiritual Poetry 1:00 Beginners Spanish 2:00 Afternoon Delight 2:00 Laughter Yoga w/ Martin 2:00 Chaplain visit with Carlos 3:00 Super Bingo! 4:30 Candlelight Dining 6:00 Tuesday Travelogue Colombia	9:00 Morning Mass 10:00 Current Events & Discussion 10:45 Breathing Exercise and Relaxation 11:00 Stories from the Heart 1:00 Arts and Crafts 2:00 Afternoon Delight 2:00 Bay Area Land Marks 3:00 Famous Icons from the Past 3:45 Communion in Community 6:00 Netflix Movie: Residents Choice	9:00 Morning Mass 10:00 Discussion and Chronicle 10:45 Groovy Chair Exercises 11:00 Beginners Sign Languages 1:00 Art Project 2:00 Afternoon Delight 2:00 Chaplain visit with Carlos 2:30 Spiritual Nature Walk 3:00 Super Bingo 3:45 Karaoke Party! 6:00 Movie: Comedy	9:00 Morning Mass 10:00 Current Events & Discussion 10:45 Chair Exercises 11:00 Spiritual Circle 1:00 Beaches from Around the World 2:00 Social Happy Hour 2:30 Crafts: Fall Edition 3:15 The Vision of Art 6:00 Netflix Movie: Residents Choice	9:00 Morning Mass 9:30 Communion in Common 10:00 Beginners Zumba Exercises 11:00 Fun Trivia 1:00 Engaging with Art 2:00 Afternoon Refreshment 2:30 Saturday SPA Day!!! 3:00 Super Bingo! 3:45 Listening to Hymns & Reflect 6:00 Movie: Viewers Choice
9:30 Sky-Earth & Me Physical Exercise 10:00 Current Events and Chat 10:30 Heart-Focused Breathing 10:45 Sunday Mass 1:30 Poetry Reading 2:00 Afternoon Delight 2:30 Passion Fruit Art 3:15 Songs of Memories 4:00 Documentary: Wild Life 6:00 Movie: Residents Choice	9:00 Morning Mass 9:30 Chronicle & Chat 10:00 Music Therapy w/ Hannah 11:00 Upsy Daisy - Be grateful! 12:30 Peaceful Pause 1:30 Bright Moments in Life 2:00 Afternoon Refreshments 2:30 Archaeological drawings 3:00 Everyday Numbers-Math program 3:45 Flower Arrangements 4:30 Word Game 6:00 Musical Monday	9:00 Morning Mass 10:00 Discussion and Chronicle 11:00 Slow Body Movements 11:00 Spiritual Poetry 1:00 Beginners Spanish 2:00 Afternoon Delight 2:00 Laughter Yoga w/ Martin 2:00 Chaplain visit with Carlos 3:00 Super Bingo! 4:30 Dinner Live Music w/ Angel Harpist 6:00 Tuesday Travelogue Ireland	9:00 Morning Mass 10:00 Current Events & Discussion 10:45 Breathing Exercise and Relaxation 11:00 Stories from the Heart 1:00 Arts and and Crafts 2:00 Afternoon Delight 2:00 Pictures & Scriptures w/Rev. Reb 3:00 Famous Icons from the Past 3:45 Communion in Community 6:00 Netflix Movie: Residents Choice	9:00 Morning Mass 10:00 Discussion and Chronicle 10:30 Scenic Drive 11:00 Beginners Sign Languages 1:00 Art Project 2:00 Afternoon Delight 2:00 Chaplain visit with Carlos 2:30 Spiritual Nature Walk 3:00 Super Bingo 3:45 Karaoke Party! 6:00 Movie: Comedy	9:00 Morning Mass 10:00 Current Events & Discussion 10:45 Chair Exercises 11:00 Spiritual Circle 1:00 Beaches from Around the World 2:00 Social Happy Hour 2:30 Crafts: Fall Edition 3:15 The Vision of Art 6:00 Netflix Movie: Residents Choice	9:00 Morning Mass 9:20 Communion in Common 10:00 Beginners Zumba Exercises 11:00 Fun Trivia 1:00 Engaging with Art 2:00 Afternoon Refreshment 2:30 Saturday SPA Day!!! 3:00 Super Bingo! 3:45 Listening to Hymns & Reflect 6:00 Movie: Viewers Choice
9:30 Sky-Earth & Me Physical Exercise 10:00 Daily Chronicle & Discussion 10:30 Heart-Focused Breathing 10:45 Sunday Mass 1:30 Golden Tales & Memories 2:00 Afternoon Delight 2:30 Parachute Art ideas 3:15 Music Time 4:00 Documentary : Wild Life 6:00 Movie: Residents Choice	9:00 Morning Mass 10:00 Chronicle & Chat 10:30 Singing and Moving 12:30 Sensory Calming 1:30 Capture a Lifetime 2:00 Afternoon Refreshments 2:30 Voices of the Past 3:00 Art of Science 3:45 Flower Arrangements 4:30 Letter Game 6:00 Musical Monday	9:00 Morning Mass 10:00 Discussion and Chronicle 11:00 Slow Body Movements 11:00 Spiritual Poetry 1:00 Beginners Spanish 2:00 Afternoon Delight 2:00 Laughter Yoga w/ Martin 2:00 HYMN Sing in Courtyard w/ Spiritual Care 3:00 Super Bingo! 6:00 Tuesday Travelogue to Taiwan	9:00 Morning Mass 10:00 Current Events & Discussion 10:45 Breathing Exercise and Relaxation 11:00 Stories from the Heart 1:00 Arts and and Crafts 2:00 Afternoon Delight 2:00 Pictures & Scriptures w/Rev. Reb 3:00 Famous Icons from the Past 3:45 Communion in Community 6:00 Netflix Movie: Residents Choice	9:00 Morning Mass 10:00 Discussion and Chronicle 10:45 Groovy Chair Exercises 11:00 Beginners Sign Languages 1:00 Music Therapy w/ VJ 2:00 Art Project 2:00 Afternoon Delight 2:00 Chaplain visit with Carlos 2:30 Spiritual Nature Walk 3:00 Super Bingo 3:45 Karaoke Party! 6:00 Movie: Comedy	9:00 Morning Mass 10:00 Current Events & Discussion 10:45 Chair Exercises 11:00 Spiritual Circle 1:00 Beaches from Around the World 2:00 Social Happy Hour 2:00 Chaplain visit with Carlos 2:30 Crafts: Fall Edition 3:15 The Vision of Art 6:00 Netflix Movie: Residents Choice	9:00 Morning Mass 9:20 Communion in Common 10:00 Beginners Zumba Exercises 11:00 Fun Trivia 1:00 Engaging with Art 2:00 Afternoon Refreshment 2:30 Saturday SPA Day!!! 3:00 Super Bingo! 3:45 Listening to Hymns & Reflect 6:00 Movie: Viewers Choice
9:30 Sky-Earth & Me Physical Exercise 10:00 Current Events and Chat 10:30 Heart-Focused Breathing 10:45 Sunday Mass 1:30 Fresh Air & Sunshine poems 2:00 Afternoon Delight 2:30 Wind Chime Fun 3:15 Songs of Memories 4:00 National Geographic 6:00 Movie: Residents Choice	9:00 Morning Mass 10:00 Music Therapy w/ Hannah 11:00 Expressive Movement 12:30 Peaceful Pause 1:30 Chef Corner 2:00 Afternoon Refreshments 2:30 Radiant Sun Mandala - Art Project 3:00 Everyday Numbers-Math program 3:45 Flower Arrangements 4:30 Word Game 6:00 Musical Monday	9:00 Morning Mass 10:00 Discussion and Chronicle 11:00 Slow Body Movements 11:00 Spiritual Poetry 1:00 Beginners Spanish 2:00 Afternoon Delight 2:00 Laughter Yoga w/ Martin 2:00 Chaplain visit with Carlos 3:00 Super Bingo! 6:00 Tuesday Travelogue to Japan	9:00 Morning Mass 10:00 Current Events & Discussion 10:45 Breathing Exercise and Relaxation 11:00 Stories from the Heart 1:00 Arts and and Crafts 2:00 Afternoon Delight 2:00 Pictures & Scriptures w/Rev. Reb 3:00 Famous Icons from the Past 3:45 Communion in Community 6:00 Netflix Movie: Residents Choice	9:00 Morning Mass 10:00 Discussion and Chronicle 10:45 Groovy Chair Exercises 11:00 Beginners Sign Languages 1:00 Art Project 2:00 Afternoon Delight 2:00 Chaplain visit with Carlos 2:30 Spiritual Nature Walk 3:00 Super Bingo 3:45 Karaoke Party! 6:00 Movie: Comedy	9:00 Morning Mass 10:00 Current Events & Discussion 10:45 Chair Exercises 11:00 Spiritual Circle 1:00 Beaches from Around the World 2:00 Social Happy Hour 2:30 Crafts: Fall Edition 3:15 The Vision of Art 6:00 Netflix Movie: Residents Choice	9:00 Morning Mass 9:20 Communion in Common 10:00 Beginners Zumba Exercises 11:00 Fun Trivia 1:00 Engaging with Art 2:00 Afternoon Refreshment 2:30 Saturday SPA Day!!! 3:00 Super Bingo! 3:45 Listening to Hymns & Reflect 6:00 Movie: Viewers Choice
30	31	   				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
  						
9:00 News and Coffee 10:00 Daily Chronicle 10:30 Beginners Yoga 10:45 Sunday Mass 1:00 National Beaches Throughout CA & Chat 2:00 Table Game: UNO 3:00 Gratitude Journal 4:00 Spiritual Nature Walk	9:00 Coffee, Chronicle, and Chat 10:00 Low Impact Chair Exercises 10:30 Trivia on Famous Artist 11:00 Daily Mass- Virtual 1:00 Drum Circle 2:00 Sing-Along with Friends 2:30 Virtual Church Alternative 3:00 Card Creation 4:00 Travel To Turkey and Discussion	9:00 News and Coffee 9:30 Daily Chronicle 10:00 Beginners Zumba Chair Exercises 10:30 Famous Painters Throughout History 11:00 Daily Mass- Virtual 11:30 Spiritual Check-in w/ Rev. Rebecca 1:30 Sun Hat Creations 2:00 Ice Tea in the Courtyard 3:00 Super Bingo 4:00 Art Meditation	9:00 Coffee, Chronicle, and Chat 10:00 Chair Exercise and Music 10:30 Daily Chronicle 10:45 Would You Rather 11:15 Daily Mass-Virtual 1:00 Beginners Spanish Class 2:00 Sing-a-Long with Karen 3:00 Ice Cream Time! 4:00 Table Games: UNO	9:00 News and Coffee 9:30 Beginners Tai Chi 10:30 Outing: Dollar Tree Store 1:00 Devotion and Discussion 2:00 Drum Circle 3:00 TED Talk 3:30 Passion Fruit Art Project 4:00 Fresh Air Stroll 6:00 POKER PARTY!!!	9:00 Coffee, Chronicle, and Chat 9:30 Current Events & Chat 10:00 Balloon Toss w/ Friends 10:30 Word Game 11:30 Daily Mass-Virtual 1:00 Exploring Spirituality w/ 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 Courtyard Social 2:00 Spiritual Crafts 3:00 Root Beer & R& B 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 Beaches Throughout CA & Chat 2:00 Table Game: UNO 3:00 Gratitude Journal 4:00 Spiritual Nature Walk	9:00 Coffee Social & Current Events 9:30 Mindful Meditation 10:00 Daily Mass- Virtual 11:00 Music Therapy w/ Hannah 1:00 Drum Circle 2:00 Sing-Along with Friends 2:30 Virtual Church Alternative 3:00 Summer Crafts 4:00 Travel to China and Discussion	9:00 Current Events and Coffee 9:30 Daily Chronicle 10:00 Beginners Zumba Chair Exercises 10:30 Famous Painters Throughout Hist. 11:00 Daily Mass- Virtual 11:30 Spiritual Check-In, Rev. Rebecca 1:30 Best Life Over Dessert Series w/ Veronica 3:00 Super Bingo 4:00 Art Mediation	9:00 Coffee, Chronicle, and Chat 10:00 Chair Exercise and Music 10:30 Daily Chronicle 10:45 Would You Rather 11:15 Daily Mass-Virtual 1:00 Beginners Spanish Class 2:00 Sing-a-Long with Karen 3:00 Ice Cream Time! 4:00 Table Games: Black Jack	9:00 News and Coffee 9:30 Beginners Tai Chi 10:00 Daily Mass- Virtual 11:00 Resident Council 1:00 Devotion & Discussion 2:00 Drum Circle 3:00 TED Talk 4:00 Fresh Air Stroll 6:00 CASINO 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 Exploring Spirituality w/ Rev. Rebecca 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	9:00 News and Coffee 9:30 Daily Chronicle 10:00 Disco Chair Exercise 11:00 Daily Mass- Virtual 1:00 Courtyard Social 2:00 Spiritual Crafts 3:00 RootBeer Social & Country 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 Beaches Throughout CA & Chat 2:00 Table Game: UNO 3:00 Gratitude Journal 4:00 Spiritual Nature Walk	9:00 Coffee, Chronicle, and Chat 10:00 Low Impact Chair Exercises 10:30 Trivia on Famous Artist 11:00 Daily Mass- Virtual 1:00 Drum Circle 2:00 Sing-Along with Friends 2:30 Virtual Church Alternative 3:00 Card Creation 4:00 Travel To Spain and Discussion	9:00 Current Events and Coffee 9:30 Daily Chronicle 10:00 Beginners Zumba Chair Exercises 10:30 Famous Painters Throughout His. 11:00 Daily Mass- Virtual 11:30 Spiritual Check-In, Rev. Rebecca 1:30 Parachute Art ideas 2:00 Hymn Sing in the Courtyard with Spiritual Care 3:00 Super Bingo 4:00 Art Meditation	9:00 Coffee, Chronicle, and Chat 10:00 Chair Exercise and Music 10:30 Daily Chronicle 10:45 Would You Rather 11:15 Daily Mass-Virtual 1:00 Beginners Spanish Class 2:00 Sing-a-Long with Karen 3:00 Ice Cream Time! 4:00 Table Games: UNO	9:00 News and Coffee 9:30 Daily Chronicle 10:00 Beginners Tai Chi Class 11:00 Daily Mass- Virtual 1:00 Drum Circle 2:00 Birthday Celebration!! 3:00 TED Talk 3:30 Chef Corner 4:00 Fresh Air Stroll 6:00 KARAOKE 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 w/ 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 Courtyard Social 2:00 Spiritual Crafts 3:00 Rootbeer Social & Latin 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 Beaches Throughout CA & Chat 2:00 Table Game: UNO 3:00 Gratitude Journal 4:00 Spiritual Nature Walk	9:00 Coffee Social & Current Events 9:30 Mindful Meditation 10:00 Daily Mass- Virtual 11:00 Music Therapy w/ Hannah 1:00 Drum Circle 2:00 Sing-Along with Friends 2:30 Virtual Church Alternative 3:00 Summer Crafts 4:00 Travel to London and Discussion	9:00 Current Events and Coffee 9:30 Daily Chronicle 10:00 Beginners Zumba Chair Exercises 10:30 Famous Painters Throughout History 11:00 Daily Mass- Virtual 11:30 Spiritual Check-In, Rev. Rebecca 1:00 Create and Connect 2:00 Ice Tea in the Courtyard 3:00 Super Bingo 4:00 Art Mediation	9:00 Coffee, Chronicle, and Chat 10:00 Chair Exercise and Music 10:30 Daily Chronicle 10:45 Would You Rather 11:15 Daily Mass-Virtual 1:00 Beginners Spanish Class 2:00 Sing-a-Long with Karen 3:00 Ice Cream Time! 4:00 Table Games: Black Jack	9:00 News and Coffee 9:30 Daily Chronicle 10:00 Beginners Tai Chi 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 BLACK JACK 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 w/ Rev. Rebecca 2:00 A Taste of Summer with David 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 Courtyard Social 2:00 Spiritual Crafts 3:00 Rootbeer Social & Slow Jam 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 Beaches Throughout CA & Chat 2:00 Table Game: UNO 3:00 Gratitude Journal 4:00 Spiritual Nature Walk	9:00 Coffee, Chronicle, and Chat 10:00 Low Impact Chair Exercises 10:30 Trivia on Famous Artist 11:00 Daily Mass- Virtual 1:00 Drum Circle 2:00 Sing-Along with Friends 2:30 Virtual Church Alternative 3:00 Card Creation 4:00 Travel To Italy and Discussion	   				

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